

E-LEARNING MATERIALS AS TOOLS IN TEACHING PHYSICAL EDUCATION AMONG GRADE 11 STUDENTS AT BESTLINK COLLEGE OF THE PHILIPPINES

ABSTRACT

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DISCIPLINE

Education

KEYWORDS

*bestlink college of the
philippines; e-learning
materials; physical education;
grade 11 students; digital
learning tools; online teaching
strategies*

ARTICLE ID

AASGBCPJMRA-B88242

The Philippine education system faces persistent problems and challenges, particularly in logistics. These issues include insufficient facilities, instructional materials, and schools, as well as overworked and underpaid teachers. This study aims to develop a comprehensive plan for integrating e-learning tools into Physical Education classes. However, several challenges and factors significantly impact the effectiveness of e-learning systems, especially for Physical Education teachers who may need proper guidance and support. The researchers employed a quasi-experimental design along with a quantitative approach for their study. Participants consisted of seventy (70) Grade 11 students from the Humanities and Social Sciences (HUMSS) track. For data collection, a survey questionnaire was utilized to gather reliable and accurate information, thereby enhancing the validity of the research. The questionnaire included two sections: the first focused on the demographic profiles of the respondents, and the second assessed the teaching methods experienced by the two groups. These methods included lecture-based, technology-based, individual-based, and kinesthetic-based approaches. The data analysis process began with a systematic review of the collected information, followed by the aggregation of responses to quantify the frequency of each occurrence. The evaluated frequencies were then expressed as percentages, providing a clearer representation of data distribution. The E-learning materials highlighted the significant impact of technology on students within the context of physical education instruction. The online cohort achieved a composite mean score of 16.70. Among the participants, 43% scored between 17 and 22, while 17% reached scores in the highest range of 23 to 26. The findings highlight the substantial potential of e-learning materials to improve the teaching methods used in physical education. The E-Connect website is a valuable platform that enables students to gain new skills, knowledge, and certifications at their own convenience, regardless of their location. As a result, the evidence indicates that e-learning can significantly enhance the accessibility and convenience of education.

RECOMMENDED CITATION

Boyles, J. M., Castillo, P. J., Dequiña, M., Lecias, L. A., & Lualhati, M. C. (2025). E-Learning Materials as Tools in Teaching Physical Education Among Grade 11 Students at Bestlink College of the Philippines. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(4), 78.