

Empowering Learners Through Effective Health and Physical Education Curriculum Redesign and Learner Engagement Pedagogies: A Scoping Review

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This study explores successful strategies for redesigning the Health and Physical Education (HPE) curriculum and pedagogy to promote student engagement, physical activity, and overall well-being. This scoping review employed a systematic approach, including well-defined research questions, inclusion criteria for studies, comprehensive search strategies, data charting, and thematic content analysis. Emphasizing experiential and cross-curricular methods and creating an active school environment promotes meaningful learning experiences. Cooperative learning, personal and social responsibility, and outdoor adventure education foster social and emotional learning skills were employed. Democratic approaches and reflective practices enhance meaningfulness in PE classes. Re-evaluating PE teacher training programs to incorporate emotional intelligence and inclusive teaching practices is vital. Providing specialized placements for trainee teachers prepares them for inclusive PE teaching, meeting diverse student needs. Tailored PE-specific professional development for staff supports lifelong learning for inclusive PE practitioners. The study also highlights teachers' role in enhancing students' perceptions of visibility in PE. Specific pedagogic decisions, providing a safe mastery environment, and individualizing activities improve fitness motivation and accomplishment, particularly among girls. Recommendations from this study can significantly impact HPE curriculum and pedagogy. Policymakers can create an inclusive and student-centric curriculum that promotes physical activity and healthy behaviors. Educators can adopt new teaching methods, fostering critical thinking, physical activity, and healthy habits. Collaboration between families, communities, educators, and policymakers can prioritize physical education, promoting a healthier lifestyle for children. Overall, this study provides comprehensive insights into successful strategies for transforming HPE curriculum and pedagogy, emphasizing evidence-based practices, inclusivity, and collaboration to enhance student engagement and overall well-being, contributing to a healthier society with socially responsible individuals.

Keywords: Curriculum Redesign, Physical Activity, Student Engagement, Well-being