

COLÁISTE NÁISIÚNTA EALAÍNE IS DEARADH  
***NATIONAL COLLEGE OF ART AND DESIGN***  
A Recognised College of the University College Dublin  
**FACULTY OF EDUCATION**

**Name of Student:**

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**Course:** BA3 Education

**Submission Date:** 22/12/2020

**Lecturer/tutor:** Mella Cussack

**Essay/Assignment title:** Curriculum Studies Research Poster

**Word-count:** 1350

**General comment:**

Essay/Assignment Cover Sheet

Criteria	Ex	VG	Good	Fair	Poor	Comment
Introduction (statement of problem, response to task)						
Range and use of appropriate sources						
Development of argument (analysis, interpretation)						
Conclusions (application, findings, outcomes)						
Presentation, language, academic conventions						

**Indicative grade:**

**Tutor:** \_\_\_\_\_

**Date:** \_\_\_\_\_

# BA3 Student's :Claire Brogan & Courtney Burke

## Obesity

Physical fitness is declared as a person's ability to perform particular health related exercises and tasks (Kohl H and Cook, H, 2013). Physical activity is critical for public health. The benefits of physical activity enhances bone strength, therefore diminishing the possibility of the disease osteoporosis. Physical activity is known to improve flexibility, muscle strength, balance and coordination (Bloomfield et al., 2004). The absence of involvement in physical activity and decrease in fitness, poses a critical increase in the risk of health related diseases, particularly obesity (Bonham and Riddoch, 2001; Eisenmann, 2003; Malina, 2007; Steele et al., 2008). The record levels of overweight and obesity are surging among Irish children. The global examination of obesity among children have revealed that 9 percent of girls and 10.2 percent of boys are obese. Recent research has proven that Irish girls are classified as '79th and boys are 98th as part of the 'WHO' report for obesity (Online editor, 2017). The problem of obesity has been stressed and acknowledged for many years 'The Growing up in Ireland' recent project update has highlighted and underlined the issue of obesity. In 1998 the 'Growing up in Ireland' project conducted a study of development among thousands of 9 year old children. At this time the issue of childhood obesity was emphasized, 75% were labelled as having a healthy BMI, 19% were overweight and 7% were obese. At 13 the children were interviewed again and in their late teens. The issue of obesity, lingers on concern (Growing up in Ireland, Child Cohort '98).

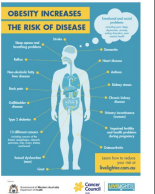


Fig 1 (LaylaHealthcare, 2019) Resources to help promote healthy lifestyles Available at: <https://www.laylahealthcare.com/10-issues-impacting-mental-wellbeing>

## Obesity's effect on Post Primary curriculum

Obesity is a factor that influences the post primary curriculum. Students spend a large portion of their time in school, (Dillman-Morris and Lee-2013) expenses that schools can prevent childhood obesity by creating an environment for students to practice healthy behaviours and lifestyles by providing healthy meals, PE and implementing school policies. At school, a child's body weight is formulated by their consumption of food and PE. (Carter, Collins, R, 2002).

Ireland has now introduced the examination of LCPPE for senior cycle students as part of the curriculum. In September 2018, LCPPE was phased among a cohort of 64 post primary schools. (Department of Education and Skills, 2018). Two ways in which physical education is provided in post primary schools is LCPPE and SCPE. The aim of LCPPE is to 'develop the learner's capacity to become an informed, skilled, self-directed and reflective performer in physical education and physical activity in senior cycle and in their future life' (NCCA, 2017, p.7). LCPPE (Leaving Certificate Physical Education) is a choice subject that students can undertake as part of their Leaving Certificate Examination, with the obtaining of CAO points. In comparison the SCPE (Senior Cycle Physical Education) is a module for all Senior cycle students that is not assessed as part of the Leaving Certificate Examination (NCCA Framework, 2016). Furthermore, Irish post primary schools are beating the battle of obesity by developing PE as part of the curriculum.



Fig 2 (NDI Submission to the Joint Oireachtas Committee on Children and Youth Affairs on Tackling Childhood Obesity May 2018. Available at: <https://www.ndi.ie/14-report-on-tackling-childhood-obesity-an.pdf> (oireachtas.ie)

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## Introduction

The Department of Education expresses that in Ireland, the Minister for Education and Skills and assistance from the NCCA determines the curriculum for primary and post primary schools. The curriculum defines what is to be taught to students, the teaching methodologies and how assessment is conducted in each subject. For our poster we are focusing on two domestic factors, Obesity and Wellbeing, which are currently influencing the post primary curriculum. Throughout our poster we have decided to link the correspondence of Physical Education on these two factors. We believe that the Physical Education syllabus of Junior and Senior cycle positively affects the school body in battling obesity and promoting wellbeing.

## Well Being's effect on Post Primary School

The school environment plays a critical role in the development of young people by providing opportunities of learning, to develop friendships and to seek necessary support. Teachers and school staff play a prominent role in leading and implementing a positive approach to mental health promotion. The fostering of healthy relationships with teachers and peers enhances and encourages a supportive environment for building life skills and resilience (Department of Education and Skills/Health Service Executive/Department of Health Ireland, 2013). Schools promote positive mental health through their ethos and policies. A school policy effects on the inclusion of respect and equality among the school community.



Fig 3 (LaylaHealthcare, 2019) 10 Issues Impacting Mental Wellbeing Available at: <https://www.laylahealthcare.com/10-issues-impacting-mental-wellbeing>

The introduction of the LCPPE and the SCPE curriculum has a positive effect on student's well being as it enhances a student's opportunity to showcase their interest and skills in physical activity while also providing an inclusive learning experience in senior cycle. LCPPE is in demand for all students, the (NCCA LCPPE curriculum specifications, 2017) states that LCPPE is not only a subject for students who excel in sport, but includes the student population who have a diverse array of interests. The specification implements a positive, inclusive learning environment as it includes all genders, those with special educational needs and physical disabilities, and students from diverse backgrounds an opportunity for personal development and achievement (NCCA, LCPPE Curriculum Specification, 2017).



Fig 4 (NCCA LCPPE Curriculum Specification, 12, 2017). Available at: <https://www.ncca.ie/14-report-on-tackling-childhood-obesity-an.pdf> (curriculumonline.ie)

- Fig 3 (LaylaHealthcare, 2019) 10 Issues Impacting Mental Wellbeing Available at: <https://www.laylahealthcare.com/10-issues-impacting-mental-wellbeing>
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## Wellbeing

The WHO (2001) outlines that mental health is the ability to realise one's state of psychological well being, the ability to handle the stresses we encounter everyday, to participate in one's environment and to work effectively. In Ireland, young people and adolescents are suffering from a mental health disorder. Different forms of mental health are anxiety, depression, PAND and OCD (Crichton, M, 2018). According to the recent research conducted by the Royal College of Surgeons Ireland revealed that one in five 19-24 year olds and one in six 11-15 year olds are suffering from a mental health disorder. Additionally, one in ten young adults have participated in self harm and likewise one in five have encountered suicidal thoughts (O'Regan, E, 2013). Throughout the age period of 15-24 year olds, suicide is the primary cause of death among young people. In fact, amidst the European Union, Ireland has the 4th highest percentage of youth suicide (Murphy, C, 2017).



Fig 3 (LaylaHealthcare, 2019) 10 Issues Impacting Mental Wellbeing Available at: <https://www.laylahealthcare.com/10-issues-impacting-mental-wellbeing>

When young people feel acknowledged, safe and respected, their mental and emotional health are supported (Department of Education and Skills/Health Service Executive/Department of Health Ireland, 2013). An important aspect for emotional well being is having good friends and positive relationships. During the adolescence stage, young people spend a vast majority of their time in a school environment.

School's play a critical role in supporting and understanding young people to be physically healthy through education, the development of sports, exercise and physical activity throughout the school period (The National Policy Framework for Children and Young People, 2014-2020). The Factor of Well being is a positive influence on the curriculum as the introduction of PE as a Leaving Certificate subject 'promotes growth and development and has multiple benefits for physical, mental, and psychological health that undoubtedly contributes to learning' (Kohl, H and Cook, H, p77, 2013). The LCPPE curriculum specification is assessed through three components, physical activity project, performance assessment and a written examination in June.



Fig 1 (LaylaHealthcare, 2019) Resources to help promote healthy lifestyles Available at: <https://www.laylahealthcare.com/10-issues-impacting-mental-wellbeing>

Assessment Component	Weighting	Level
Physical Activity Project	20%	Higher and Ordinary
Performance Assessment	30%	Common
Written Paper	50%	Higher and Ordinary

(NCCA statistics table, 2018)

## Conclusion

To conclude our poster, the implementation of the Physical Education curriculum in post primary schools has a positive effect on the factors of obesity prevention and promoting healthy wellbeing. The levels of obesity in Ireland are expected to surge dramatically and could have one of the highest rates of obesity in Europe by 2050. (Oireachtas data, 2018). If every school introduces and implements LCPPE and SCPE curriculum for senior cycle students, it could have a positive effect on the future health statistics. Health is the most important aspect of one's life and the curriculum of PE improves one's health through promoting exercise and a healthy lifestyle. PE offers the opportunity to create a connection between physical education and mental health, by encouraging a healthy way of life through healthy eating, exercise, a positive mental health, relaxation and stress management (NCCA Guidelines for Wellbeing in Junior Cycle, 2017). Overall, in our personal opinion, we feel that the factors of obesity prevention and wellbeing are positively influencing the post primary curriculum development, and creating a constructive learning environment among the school population.



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# Obesity

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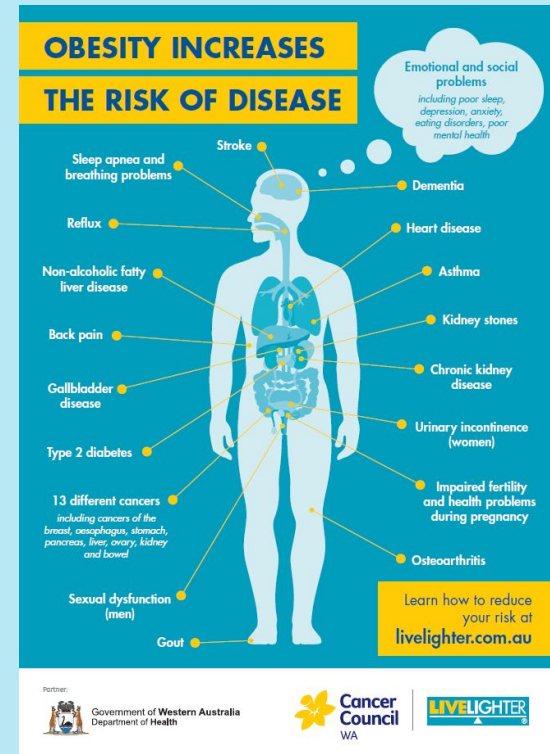


Fig.1(Livelighter, 2010) Resources to help promote healthy lifestyles Available at [livelighter-risks-of-obesity-infographic-poster-a4.pdf](http://livelighter-risks-of-obesity-infographic-poster-a4.pdf)

# Obesity's effect on Post Primary curriculum

Obesity is a factor that influences the post primary curriculum. Students spend a large portion of their time in school. (Nihiser, Merlo and Lee, 2013) expresses that schools can prevent childhood obesity by creating an environment for students to practice healthy behaviours and lifestyles by providing healthy meals, PE and implementing school policies. At school, a child's body weight is formulated by their consumption of food and P.E (Carter, Collin. R, 2002).

Ireland has now introduced the examination of LCPE for senior cycle students as part of the curriculum. In September 2018, LCPE was phased among a cohort of 64 post primary schools. (Department of Education and skills, 2018). Two ways in which physical education is provided in post primary schools is LCPE and SCPE. The aim of LCPE is to “develop the learner's capacity to become an informed, skilled, self-directed and reflective performer in physical education and physical activity in senior cycle and in their future life” (NCCA, 2017, p.7). LCPE (Leaving Certificate Physical Education) is a choice subject that students can undertake as part of their Leaving Certificate Examination, with the obtaining of CAO points. In comparison the SCPE (Senior Cycle Physical Education) is a module for all Senior cycle students that is not assessed as part of the Leaving Certificate Examination (NCCA Framework, 2016). Furthermore, Irish post primary schools are beating the battle of obesity by developing PE as part of the curriculum.



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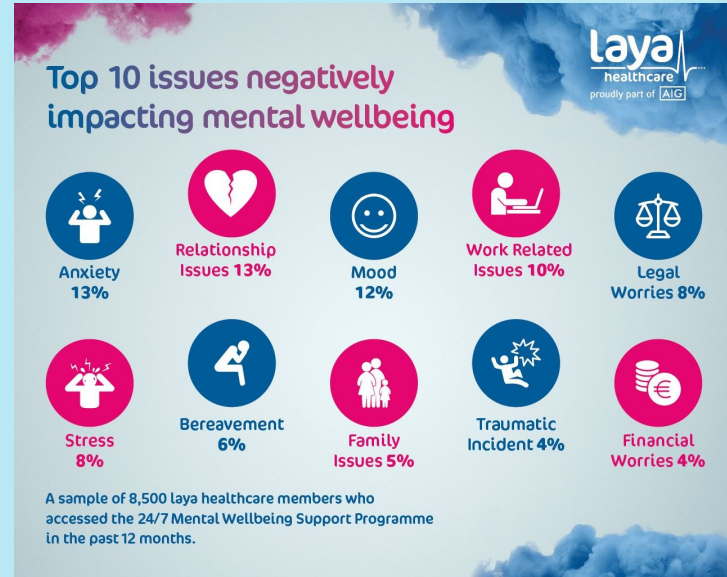


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Fig .4 [Wellbeing | Resources | Junior Cycle for Teachers \(JCT\)](https://www.jct.ie/wellbeing/resources#IndicatorsofWellbeingPoster2)  
(Indicators of Wellbeing, 2020). (Junior Cycle Wellbeing guidelines).Available at  
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School's play a critical role in supporting and understanding young people to be physically healthy through education, the development of sports, exercise and physical activity throughout the school period (The National Policy Framework for Children and Young People, 2014-2020). The factor of Well being is a positive influence on the curriculum as the introduction of P.E as a Leaving Certificate subject “promotes growth and development and has multiple benefits for physical, mental, and psychosocial health that undoubtedly contributes to learning” (Kohl.H and Cook. H, p97, 2013).The LCPE curriculum specification is assessed through three components, physical activity project, performance assessment and a written examination in June.

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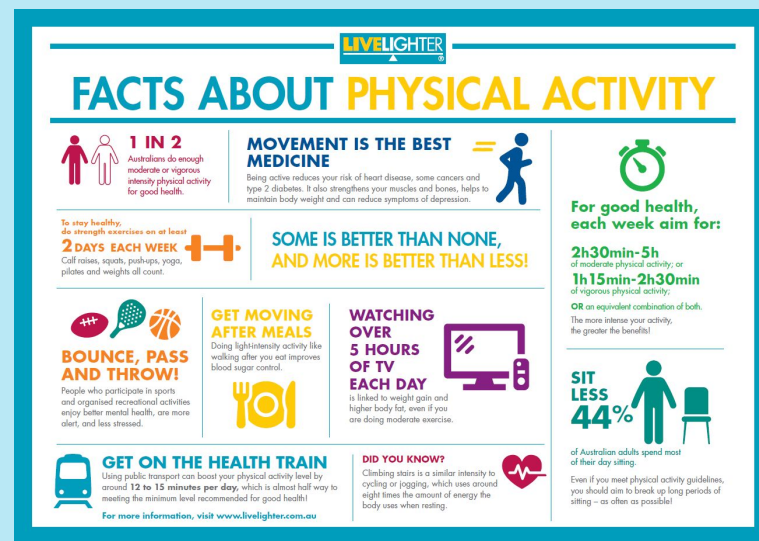


Fig.5 (Livelighter, 2010) Resources to help promote healthy Lifestyles Available at [LiveLighter - About Physical Activity](http://www.livelighter.com.au)

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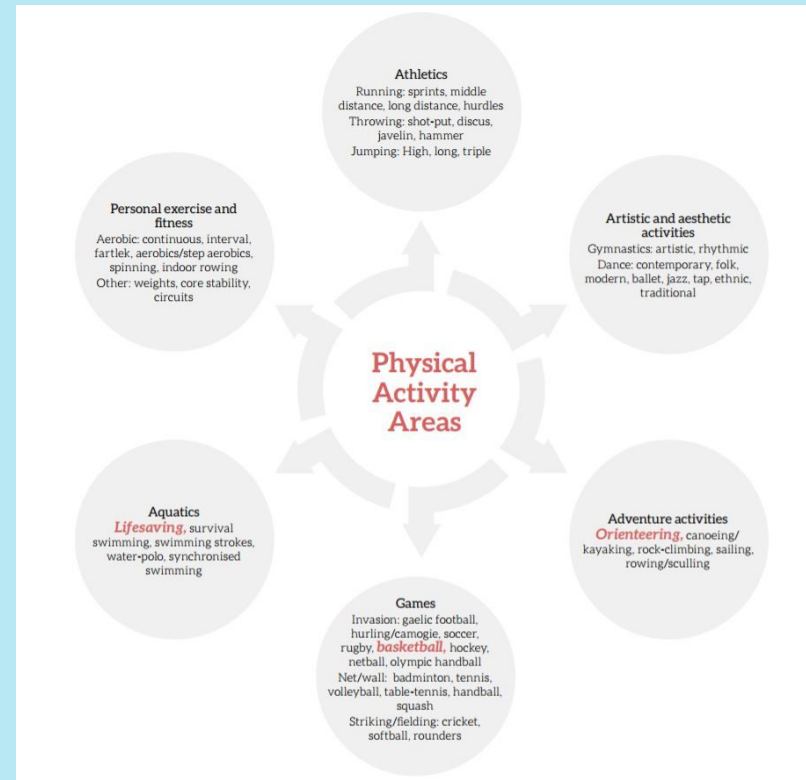


Fig.6 (NCCA LCPE Curriculum Specification,p.12 , 2017),  
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([curriculumonline.ie](https://www.curriculumonline.ie))

# Conclusion

To conclude our poster, the implementation of the Physical Education curriculum in post primary schools has a positive effect on the factors of obesity prevention and promoting healthy wellbeing. The levels of obesity in Ireland are expected to surge dramatically and could have one of the highest rates of obesity in Europe by 2030. (Oireachtas data, 2018). If every school introduces and implements LCPE and SCPE curriculum for senior cycle students, it could have a positive effect on the future health statistics. Health is the most important aspect of one's life and the curriculum of PE improves one's health through promoting exercise and a healthy lifestyle. P.E offers the opportunity to create a connection between physical education and mental health, by encouraging a healthy way of life through healthy eating, exercise, a positive mental health, relaxation and stress management (NCCA Guidelines for Wellbeing in Junior Cycle, 2017). Overall, in our personal opinion, we feel that the factors of obesity prevention and wellbeing are positively influencing the post primary curriculum development, and creating a constructive learning environment among the school population.



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