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Editorial

The admirable work of the Physical Education Teacher

La admirable labor del profesor de Educación Física

O admirável trabalho do professor de Educação Física

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It is not news to say that the Physical Education (PE) teacher has historically been a model of human being to imitate in the educational environment, due to his or her perseverance, altruism, agility and strength of character. Added to this is the fact that he or she has been able to respond to the gaps left by a consumer society of digital technologies that encourage leisure and a sedentary lifestyle; when before games and physical contact between students prevailed (Cárcamo, 2012).

In addition, nowadays, their work is increasingly appropriate and used to alleviate the stress faced by students when they meet their course objectives, take exams, face pressing problems related to their material support, and the physiological and psychological changes that most affect them at their age; thus, PE is projected towards achieving the autonomy necessary to solve these problems (Aibar , et al., 2015).

Undoubtedly, in the new school it is required that everyone helps to form a humanistic graduate, committed to the social transformations that the world stage requires and it is the PE teacher, due to the characteristics of his/her subject, who has the potential to achieve this; this is stated by Herrera & Almonacid (2019), who consider that they must "(...) intervene with a positive attitude towards problems inside and outside the classroom, giving spaces for participation to their students, which favor the search for solutions" (p.65).

Due to their level of empathy, which is key to motivating students in games and sports, PE teachers can interact with them directly, influence their development and understand them, and this is highly valued in terms of education; games have a dose of joy and joviality, intelligence and skill that young people greatly appreciate. In this sense:



The traits of attitudinal formation point to elements related to support towards the student. He is the one who listens to you, helps you when you have difficulties and encourages you to be better. He has social skills on a personal level. He is a teacher who is demanding but who understands the context and condition of each of his students and who has a close relationship. (Tobar, et al., 2019, p. 163)

Some authors agree in stating that the PE teacher has great qualities: he is trustworthy, willing, sociable, integrative, empathetic, collaborative, understanding, communicative, interactive, warm, affectionate, and friendly (Merellano , et al, 2016; Martínez & Chàfer , 2019); however, one of the moments that most undermines his equanimity is when he decides to venture into the area of sports training, since it is very difficult to concentrate a young person on sports rectitude and discipline to achieve better results, when due to the characteristics of their age they aim for festive activities or those that require less effort, systematicity, discipline and commitment (Villaverde, et al., 2021).

The challenge of developing an intervention plan to motivate the desire to practice sports is also complex, especially based on respect for gender characteristics and the interpersonal or professional interests of students (Nahuelcura , et al., 2022); therefore, strategic and creative thinking is required so that sports activities prevail over leisure and excessive hours spent in front of technologies, as is currently the case internationally and nationally.

The way many PE teachers have found to motivate and attract young people to join teams or play different sports is considered a challenge, even with the often unfavorable social and economic conditions. Their example, their fidelity to the essence of being educators and finding a way to balance material and spiritual needs and interests in favor of the human growth of students is admirable.

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Conflict of interest statement:

The author declares that there are no conflicts of interest.

Author's contribution:

The author is responsible for writing the work and analyzing the documents.



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