

B-LEARNING ON PHYSICAL EDUCATION I

(Physical Fitness and Aerobics)

Thesis

MONICA T. AUSTRAL

JILL ANNE MARIE M. ROTAIRO

College of Engineering and Information Technology

CAVITE STATE UNIVERSITY

Indang, Cavite

Cavite State University (Main Library)



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**E - LEARNING ON PHYSICAL EDUCATION 1
(Physical Fitness and Aerobics)**

Undergraduate Thesis
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**MONICA T. AUSTRAL
JILL ANNE MARIE M. ROTAIRO**

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ABSTRACT

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The study entitled, “E-learning on Physical Education 1 (Physical Fitness and Aerobics)” was conducted to serve as a teaching aid in studying the subject which presents lessons based on the standard course outline given by the faculty of the CSPEAR. It is a learning technique wherein students can study online. It enables the users to access the system through the Internet.

The main objective of the study was to develop an e- learning system on Physical Education 1 (Physical Fitness and Aerobics) wherein students can study their lessons through the use of internet. This served as educational tool wherein college students were entertained and at the same time, learned and gained knowledge. This is one way of helping the students to be more interested to the subject matter.

The paradigm used in the study was Unified Process (UP) methodology following every phase that started with Inception, Elaboration, Construction and lastly Transition.

The system was evaluated by the students and instructors to check the system’s functionalities. It was evaluated by its accuracy, consistency, correctness, reliability, information in the program, user’s interaction and technical aspects. The results of the evaluation showed that the system was acceptable to the users. The ratings in the two groups of clients were excellent.

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E - LEARNING ON PHYSICAL EDUCATION 1

(Physical Fitness and Aerobics)

Monica T. Austral
Jill Anne Marie M. Rotairo

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INTRODUCTION

Education has always played an integral part of human society since the dawn of time. It has evolved and would continue its evolution until human imagination runs out. The computer via internet has provided the most effective resource of knowledge in the world. It has changed almost every field of everyday life (Garcia, 2007).

E- Learning could be visualized simply as attending classes, taking lectures, watching demonstrations, conducting group discussions and even submitting homework. E-Learning is defined as all forms of electronic supported learning and teaching which are procedural in character and aim to effect the construction of knowledge with reference to individual experience, practice and knowledge of the learner. Information and communication systems, whether networked or not, serve as specific media to implement the learning process (Corvilla, 2000).