

# The Role of Physical Education Teachers in Promoting Student Health - Literature review

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## ABSTRACT

**Introduction:** Physical education is much broader than just physical activity, and the role of physical education teachers is crucial in this process. The objective of this literature review is to analyze the role of physical education (PE) teachers in fostering student health, with the intent of assessing their influence on students' physical, mental, and social well-being, while underscoring the significance of health promotion in the school setting.

**Methods:** A systematic review was performed using the electronic databases including Scopus, PubMed, and SAGE Journals were examined for peer-reviewed literature pertaining to the role of physical education teachers in health education and student well-being.

**Results:** A total of 20 studies satisfied the inclusion criteria and were incorporated into the final evaluation. The findings underscore the multifaceted function of physical education teachers, who facilitate not just physical growth but also enhance students' mental and emotional well-being through inclusive, structured, and motivational pedagogical approaches.

**Conclusion:** The literature demonstrates that physical education teachers are crucial in cultivating enduring health behaviors in pupils. Their impact transcends physical fitness, influencing emotional resilience and social engagement. Acknowledging and facilitating their contribution is crucial in developing comprehensive school-based health promotion efforts.

**Keywords:** emotional; fitness; health behaviors; impact; physical