

Daily physical education (DPE) as part of holistic school health promotion (HHP) in Hungary

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Synopsis

- I. The story
- II. DPE – to fulfil several health promotion criteria for all students
- III. HHP – in all schools, for all students
- IV. Modernisation of education in Hungary – better learning = better health



I. The Story

- Struggle for DPE since 1995 (Hungarian Spine Society)
- National Public Health Program 2001: „health enhancing DPA”
- Application for schools for some fund to organize DPA in 2001, 2003: strong evidence for Ed. Sector – schools can do it if finances are given
- From 2010: highest political commitment (prime minister)
- Ministry for Human Capacities: 8 sectors in one
- 2011 new act on education: mandatory prescription of DPE, with gradual implementation (from school-year 2012/13 to 2015/16)
- Holistic health promotion in all schools (HHP): mandatory prescription since 2012

Health sector's role now:

helping and monitoring of effective implementation



II. DPE

According to Section 27 of Act CXC of 2011 on National Public Education

- „(11) In day-time education, in classes teaching subject in cultural domains, schools shall organise **daily physical education within five PE classes per week**, of which no more than two curricular classes per week may be substituted by
 - a) education organisation forms and sports teaching specified in the PE provisions of the general curriculum,
 - b) sports activities pursued within school sports clubs,
 - c) organised training within a sports organisation, based on the request of students who are either certified members of a competitive sports club or have an amateur sports contract.”
- Based on the Act CXC of 2011 on National Public Education in the 2012/2013 school year **gradual implementation has started and from the 2015/16 school year all students do have every day PE classes, which equals 5 times 45 mins PE a week.**



Health Promoting Criteria for the Effective Implementation of Daily Physical Education (DPE)

- No waste exemptions – **parents** to involve!
- Proper cardiovascular strain (no long waitings)
- Special posture correcting exercises to all children (HSS)
- Relaxation exercises
- Dancing – traditional and salon dances to prefer
- Sense of achievement, disciplined activity and joyful playing for all (also for obese, less developed, less skilled)
- Evaluation: motivating, encouraging
- Netfit: new method to assess physical fitness - motivating, encouraging, giving information to student and parent, online database (*developed by HSSF in cooperation with Cooper Institute*)
- Creative solutions for PE outside the gymnasium:
 - E.g: „Alternative plays”- methodological publication to all schools:
87 sport games for outside the gym



Huge project to enhance quality of DPE

Hungarian School Sport Federation (HSSP) 2013-2015:

HSSF produced seven very important **methodological publications** to help PE-teachers in using new methods according the health promoting criteria of daily physical education. **All Hungarian schools (ca. 3800)** were given these publications, and nearly **8.000 teachers took part in postgraduate courses** to practice these new PE-methods.

HSSF in cooperation with the Cooper Institute (USA) created a **new national measurement tool (NETFIT)** for PE teachers to monitor physical fitness of schoolchildren from 10 to 18 years. **Online input of data and online analysis of results was made on the website www.mdsz.hu**. **All Hungarian schools (more than 3800 schools) were given the devices for NETFIT. The use of this measurement tool is compulsory** according to the Decree No. 20/2012 of the Ministry for Human Capacities.

- HSSF together with the sport sector (Ministry for Human Capacities) produced a **strategy to further development of quality daily physical education.**



Continuous cooperation of health, education and sport sector

Renewal of education's ruling documents in 2011, 2012: to contain all health promoting criteria of DPE

Renewal of PE by Hungarian School Sport Federation (HSSF): according to health promoting criteria

Professional review: ceased in 1985! – but now reintroduced as monitoring and supervision

- Postgraduate education for PE teachers
- Improvement of graduate education for PE teachers

Government: building new gymnasiums and swimming pools, improving equipments

+ PE teacher's creativity is needed for PE classes outside the gymnasium



III. HHP

In **2001**, Healthy Nation Public Health Program and the **Public Health Interministerial Board** was launched with the Government Resolution No. 1066/2001 (VII.10.).

In **2003**, corresponding to the Parliamentary decision No. 46/2003. (IV.16.), and to the Public Health Interministerial Board's decisions the **Ministry of Health** in consensus with other competent departments (Ministry of Education, Ministry of Children, Youth and Sport, Ministry of Finance) made the **plan of holistic health promotion in schools**, which – mainly because of lacking political commitment from the side of education – was **not implemented until 2010**.

In **2010** the Program of Government, in **2011** the Act Nr. 190 on National Education, and in **2012** the Decree No. 20/2012 of the Minister for Education prescribed the institutionalized implementation of holistic school health promotion in Hungarian schools.

In **2015** three huge projects gave significant **professional assistance and motivation to schools** to further their daily work in health promotion.



Daily tasks of HHP

The main tasks for schools in their daily work for holistic health promotion - with participation of the whole school, of parents and the public environment:

- I.) Healthy eating;
- II.) Daily physical education fulfilling health promotion criteria;
- III.) Appropriate pedagogic methods (including also the use of arts) to enhance mental health;
- IV.) Improving health literacy and health competencies.



Healthy eating at school

Appropriate legislation for public catering (37/2014. Decree of the Ministry for Human Capacities)

Public Health Product Tax levied on products highly salted or sugared

Several helping actions from the health and the agricultural sector

Pedagogic task: children should know and like healthy eating

– Here public health has to help much:

- School health: „first aid” for pedagogues (low level of health literacy is general in Hungary)
- Establishment of Health Promoting Offices (HPO-s): encouraging change in health behaviour (dietician)
- Support of general practitioners: psychologist, physiotherapist, dietician, public health assistant



Appropriate pedagogic methods and arts to enhance mental health

In Hungary still general: „frontal” education.

Children of now dislike this, they need newer methods, e.g:

- cooperative learning
- problem-centered learning

Daily singing in schools:

- „method of Kodály”: better learning in shorter time, better mental health and social integration
- painting, other forms of art: similar effects

**This is the most important and most beautiful task of
the pedagogues today!**

**Well known: better learning and better mental health
are twins! (WHO Health 2020)**



Improving health literacy and health competencies

In Hungary generally low health literacy

(very long not satisfactorily taught in schools)

Pedagogues need much help:

- School health
- HPO
- Public health departments at the county's office

2 projects for pedagogues, for some health topics:

– good examples, how to teach them interestingly

1 new project starting now: health topics interestingly for children (for their smart devices)



Monitoring of HHP

- Healthy eating: results of National Institute of Pharmacy and Nutrition, and results of HBSC 2010, 2015)
- DPE: a new national measuring tool “NETFIT” was developed to compulsory use by PE-teachers for 10-18 years old school-children (first in May 2014: 623.026 schoolchildren measured by 13.543 teachers; secondly in May 2015: 651 431 school-children measured by 14.685 teachers).
- Mental health: measured as part of HBSC and ESPAD
 - Smoking, drinking, drugs, aggression, low level of social and interpersonal skills
- Health literacy: no significant measurement in children till now.



Netfit in 2014 and in 2015

For more details see:

<http://www.mdsz.hu/en/netfit-2/about-netfit/>

Main statements:

- Overweight and obese: 25,8 % - in 2015 worse than in 2014. (BMI and bioimpedance using OMRON BF511)
- Worst results in:
 - Progressive aerobic capacity endurance test (PACER-test) – in health zone only 61,8 %
 - Trunk lift test – in health zone only 51 %
- 2015: girls developed in PACER-test (10%), especially who already have taken part in DPE!

Csányi T, Finn K, Welk GJ et al: Overview of the Hungarian National Youth Fitness Study. Research Quarterly for Exercise and Sport, 2015, 86 (Sup 1): S3-S12

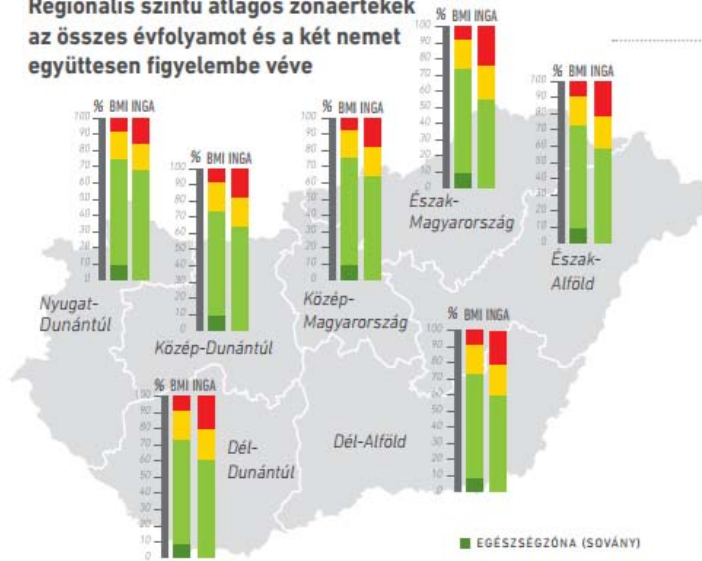




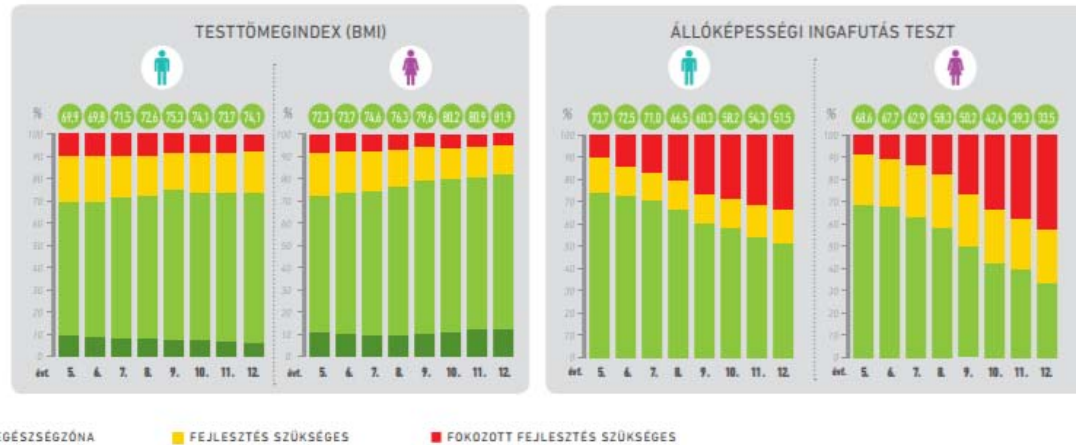
Infografika a Nemzeti Egységes Tanulói Fittségi Teszt (NETFIT®) 2015/2016. tanévi országos eredményeiről

2 730 köznevelési intézmény 3 802 feladatellátási hely
 651 431 tanuló → 332 230 + 319 201
 14 685 pedagógus → átlagosan 44 tanuló rögzített mérési adatai pedagógusonként

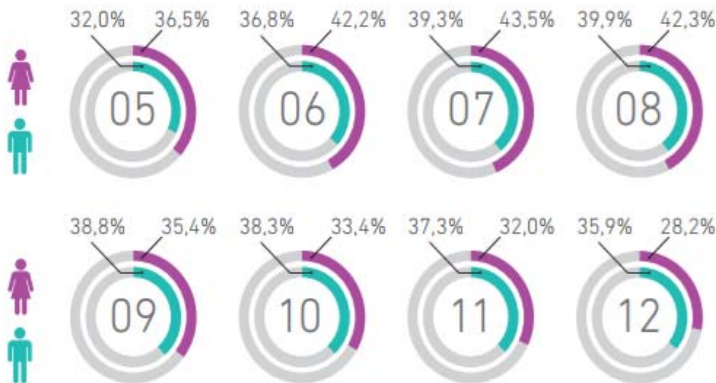
Regionális szintű átlagos zónaértékek az összes évfolyamot és a két nemet együttesen figyelembe véve



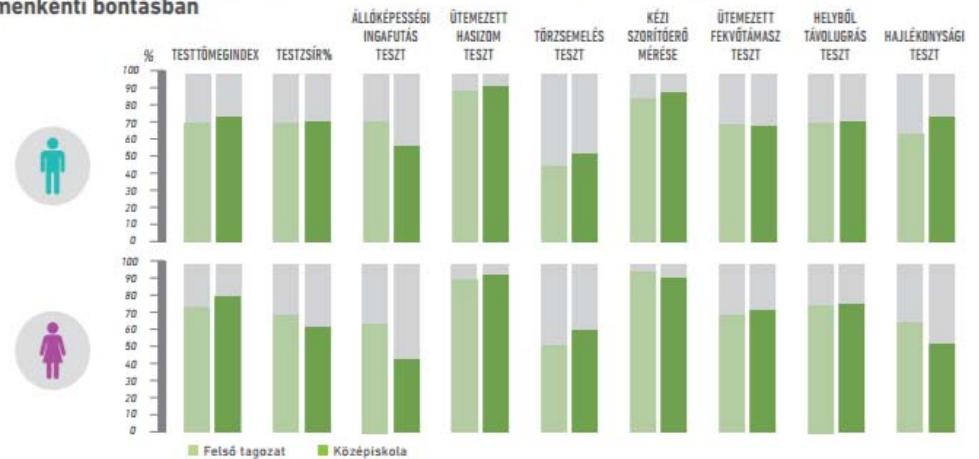
Zónamegoszlás és az egészségzónába került tanulók százalékos értéke a vizsgált évfolyamokon



A legalább hét tesztben egészségzónában teljesítő tanulók aránya nemenként és évfolyamonként



A felső tagozatos és középiskolás tanulók egészségzónába kerülési arányai tesztenként, nemenkénti bontásban



A teljes kutatási jelentés letölthető a Magyar Diáksport Szövetség honlapjáról: www.mdsz.hu

Forrás: Kaj Mónika és mtsai. (2017): A magyar 10–18 éves tanulók egészségközpontú fizikai fittségi állapota (2014) – Kutatási jelentés a Nemzeti Egységes Tanulói Fittségi Teszt (NETFIT®) 2015/2016. tanévi országos eredményeiről. Magyar Diáksport Szövetség, Budapest.

www.ogn.hu

IV. Modernization of education in Hungary

Since 2016: Round table for Education

I participate on behalf of the State Secretary for Health Department:

- to push the process towards the better health of children

I see with much delight:

No pushing is needed – every participant knows today:
better learning = better health

Huge projects of education serve this!

- through promoting appropriate pedagogic methods

WHO Health 2020: the same is expected



Thank you for attention!
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