

## **Toward Creating a World Map on the Current Status of Physical Education in Liberal Arts Higher Education Courses at Colleges and Universities**

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### **Abstract**

**Background and Purpose:** A complete survey revealed that the rate of colleges and universities (hereafter, CUs) physical education in liberal arts higher education (hereafter, PEHE) courses was 99.3% in Taiwan, 97.7% in Japan, and 90.0% in Korea (Kajita et al., 2019). However, the current status of PEHE in foreign countries is not known since the survey on PEHE and CUs sports for 57 countries presented at the Universiade Fukuoka conference in 1995 (Tokunaga et al., 1996). The actual situation therefore, remains unknown. Here, we surveyed the current status of offered PEHE in foreign countries and present an overview of the current status of PEHE around the world.

**Methods:** (1) Survey subjects: International students and returnee students enrolled in undergraduate and graduate schools of the University of Tsukuba from 2017 to 2019 were targeted as 110 students (age;21.5±5.4) in 34 countries. (2) Survey contents: The state of offered PEHE in the whole country and a part of curriculum (educational goals, grading evaluation and course events) was asked. (3) Survey method: Answers were received from the questionnaire survey about three minutes.

**Results and Discussion:** The main results concerning the state of offered PEHE in foreign countries, 32/324 countries (94.1%) offered PEHE. There were several countries in Europe that did not offer PEHE, and many countries in Asia offered PEHE. It was found that there are 6/32 countries (18.8%) that offer free courses at many universities, and some countries do not give credits. Similar to Japan, there are 22/32 countries (68.8%) offering compulsory PEHE, but it has been suggested that there may be more than one country with a higher compulsory PEHE rate than Japan. Of the five educational goals of PEHE the content that was the most important in all foreign countries was "Acquisition of exercise skills and training methods", and the content that was the least important was "Establishment of regular lifestyles". Also, among the materials for grading evaluation, there are many countries that evaluated by practical skill test, participation attitude and attendance situation, and few countries imposed the written test and report. Results showed that there are more countries in which the sports content is the course content than the fitness content.

**Summary and Future prospects:** From this international survey, it has become clear that PEHE is offered in other countries. As a next step, it is necessary to improve the accuracy of the survey results and continuously advance the creation of a world map of PEHE while increasing the number of survey subjects. In addition, in order to clarify trends in other countries, it is also desirable to compare and examine from the perspective of regions, social systems, economic levels, etc.