

**EXPLORING THE EFFECTS OF THE STUDENT CENTERED TEACHING METHOD
IN PHYSICAL AND HEALTH EDUCATION ON STUDENTS UNDERSTANDING AND
PRACTICE**

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Abstract

The effective teaching and learning could have a technique and performed some method to encourage level of understanding by students in education. The important matters to improve the quality of teaching session are group work, outdoor session, students' discussion and other approach (Sufean 2002). This research is mainly on identifying to effectiveness of student centered teaching method towards the understanding and practice in PHE. Instrument that is used is questionnaire. This research involves 100 students from SMKS 16 as respondent. All of them are form 2 students from afternoon session. Data analysis is showed manually that through percentage and chart. Implication from this research can be summarized that teaching and learning process which uses student centered method helps smoothen both student and teachers teaching and learning process and also gives positive effect to the student.

CHAPTER I

INTRODUCTION

1.0 Introduction

This chapter addresses the background of study, statement of problem, research purpose or objective, research question, significant of study, limitation and definition of terms.

1.1 Background of study

This research was carry out is to investigate the teaching and learning method among students. As we know, the teachers very comfortable to used traditional method or teacher centered teaching method at school. Teacher centered is focus more too teaching sessions and what ever teachers do depend on curriculum syllabus strictly.