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**SPECULATING THE LIVED EXPERIENCES OF PHYSICAL  
EDUCATION COLLEGE INSTRUCTORS ON HEALTH  
AND WELLNESS ACTIVITIES**

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**ABSTRACT**

Health issues faced by Physical Education College Instructors (PECIs) are rampant nowadays due to various teaching activities which are considered an exigency that needs to be addressed globally. This study speculated the lived experiences of the PECIs on health and wellness activities from both Private Higher Education Institutions (PHEIs) and State Universities and Colleges (SUCs) in Region 12. It used a phenomenological research design through exploring and understanding PECIs lived experiences and gathering information which included semi-structured interviews from 33 key informants. It also used thematic analysis to organize the data, which on the latter was transcribed. The findings revealed that the occurrence of illnesses, multifaceted commitments, expectant perspectives, and palpable support from the administration were not religiously implemented. This study concluded that PECIs were uninvolved in participating in wellness activities due to their overwork commitments, hectic schedules, unmanageable integration of policies, and unstable promotional well-being programs. Additionally, the lack of health and wellness awareness in the institutions was the major issue

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# INSTABRIGHT e-GAZETTE

ISSN: 2704-3010

Volume V, Issue III

February 2024

Available online at <https://www.instabrightgazette.com>



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and problem encountered by PECIs. Thus, these matters need immediate action through implementing health and wellness program activities for future study.

**Keywords:** *Health and Wellness Activities, Occurrence of Illnesses, Multifaceted Commitment, Expectant Perspective, Palpable Supports*



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