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Integrating Sports into Health Education: A Mini Review

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ABSTRACT

The integration of sports into health education has gained increasing attention as a multidimensional strategy to promote physical, mental, and social well-being. This mini review synthesizes recent high-quality systematic reviews and meta-analyses to explore how sport-based interventions are embedded within health education frameworks and their associated outcomes. A structured Boolean search strategy was employed to identify relevant literature, followed by a rigorous thematic analysis using a hybrid inductive-deductive approach. Four interrelated themes emerged: behavioral and psychosocial outcomes, curriculum integration strategies, implementation barriers and enablers, and contextual and demographic adaptability. Findings highlight the potential of sports to enhance health literacy, foster positive behavioral change, and support inclusive, culturally responsive education. However, challenges related to implementation fidelity, resource allocation, and equity remain. This review underscores the need for context-sensitive, evidence-informed strategies to effectively integrate sports into health education and calls for further research to address existing gaps in practice and policy.

Keywords: Education interventions, health education, sport integration, implementation barriers, psychosocial health