



USING PHYSICAL EDUCATION AND SPORTS FOR JOB CREATION AND ECONOMIC DIVERSIFICATION AND SELF-RELIANCE

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ABSTRACT

Physical Education teaching in our schools has faced serious challenges of misconception as to whether the subject is capable of providing career opportunity that will improve the life of an individual. Both parents have always been skeptical to allow their children to offer the course. This paper examine the Job opportunities available in Physical Education and sports as a field of study, The multiple career opportunities abound in physical

Introduction

Physical Education have been viewed as integral part of general education provides ample Job opportunities, for the Nigerians which of provided, sustained and maintain Nigeria can utilize The economy of Nigeria has been so much relying on oil as its main stay; unfortunately today, there have been twists of clock in the global oil markets, the price of oil continue to fall, causing serious global economic meltdown. To counters this, many nations are today moving away from oil dependent economy. Some countries have already adopted sports as one of the strong alternative area for their economic diversification, generating billions of dollars annually, Physical Education through the organization and hosting of sports competitions and developments of sports industries, promoting tourism and expansion of recreational facilities. Nigeria can emulate the steps of these nations to diversify the dwindling economy through physical education and sports programs. This paperdiscusses the utilization of physical educationand sport education injob creation, self-reliance and as alternative source of economic diversification in Nigeria. The multiple career opportunities abound in physical education and sports has been extensively brought to light.It is recommended that the physical education curriculum should be diversifying, beyond teacher preparation, butto



education and sports has been extensively brought to light. It is recommended that the physical education curriculum should be diversifying, beyond teacher preparation, to encourage participation of those who do not have passion for teaching

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encourage the participation of those who do not have passion for teaching.

Physical education is an integral part of the total education of every child from kindergarten through high school. In our institutions, quality physical education programs are needed to increase the physical competence, health-related fitness, self-responsibility and enjoyment of physical activity for all students so that they can be physically active for a lifetime (Charlotte, 2014). Physical education programs can provide a lot of benefits if they are well-planned and well-implemented, it is one of the tools that makes major contribution to the broader aims of education by helping the children learn how to use their bodies effectively and efficiently, it helps them learn about their world and those in it through movement and attainment of sports skills (Audu, 2012).

Ojeme (1986) maintained that a quality Physical Education program should offer challenging yet achievable goals and include all students in each activity session. Elementary students should build basic skills, such as skipping and hopping, and work up to developing sport skills. Middle School physical education should continue to build physical skills while teaching students how to apply sports skills and basic sports strategies. High school Physical education should review skills and begin to focus more on team-building and more in-depth sport strategy, along with coaching and officiating sport. Physical education is a course that focuses on developing physical fitness in the youth. Same as Music, Gym and Math, this is a required course in primary and secondary school. Most of the time, it is also required in college (Chado, 2013).

Participation in physical education and sports activities in the school setting is therefore the most effective vehicle through which both participation objectives can be achieved, in the first instances it creates opportunities to introduce children to sports activities, a quality physical education program has the potential to provide individual with opportunities to acquire critical thinking skills and to learn how to bring about desire and purposeful change, physical education and sports play a vital role in development of society's human resources imparting intellectual skills knowledge needed to make wise decisions. Physical education, sports and general education have equal potentials to develop human resources for national development. Grassroots sports education should



be the main target of development but it is the most underutilized part of sports education in Nigeria (Aibueku, 2000).

Misconception on the intellectual viability Physical Education

Chado (2013) observed that Physical education as a subject of learning has being very important and it is very necessary and compulsory for every child to offer in primary and secondary schools” but Nigeria lack good Physical Education curriculum at the post primary school level for the fact that her National Policy on Education (4th edition, 2004) omitted completely the physical education subject. This is an indication that there is no definite planning for sports education in Nigeria educational policy. Experience has revealed that many of the primary and post primary schools are founded on land with no playing ground. Planning of sports education programs in our schools system has many challenges and management problems in resource mobilization to progress as physical education subject and to grow as other science subjects”Physical Education teaching in our schools have faced serious challenges of misconception on to whether the subject is capable of development of the three domains cognitive (Mental/intellectual), the effective (Emotional/attitude), and the psychomotor (Physical) domains of the learner(Ojeme, 1986). Physical Education is perceived as a field that deals much on the developing the child physical skills and preparing him to be future athlete, or footballer. This misconception is found even among the teaching staff in the secondary schools, and among the parents who often view Physical Education as engaging only in running and jumping. Many parents are skeptical about their children offering physical education as a course and taking part in sporting activities in the school.

This negative perception might have emanated from the practices in some schools, as observed by Chado (2013), that except for the teachers in Teachers Training Colleges who engaged in both theory and practical in the school subject area the remaining secondary schools because of insufficient teachers took part only on the field practical involving different sports skills in most instances, children are only sent out and left alone to play in the field during every physical education lesson. At the primary schools level, where a single teacher is teaching almost every subjects, physical education lesson is handled by teachers who are believed to be good insports and games or the respective class teachers. While in the secondary schools where professional physical education teachers are lacking, games masters are appointed from, biology or any other subject teachers to handle Physical education and sports, in such schools the intellectual aspect of physical education is almost missing.

Physical Education as Sports Education Programs

The teaching of physical education as sports education programs have not been doing very well especially since the Teachers Training Colleges was mistakenly abolished and



approval of physical education in the secondary schools was not given any serious concern as an academic area some schools do not even offer it because it is carelessly considered as alternative to biology (Chado 2013)

According to Ladani (2008), the ways and manner physical education teaching is being handled particularly in our Nigerian secondary schools level has already affected the foundation of sports education program and professionalization in Nigeria, for example, Aibueku (2002) said that out of the multitude of individuals handling sports activities including sports management in Nigeria only few of them are trained professionals, this allowed sports in Nigeria to be taking over by the non-professionals, who do not know much about the theories, practices and rule of games. Audu (2009) observed that individual is appointed as a coach or sports manager simply because, he was a former football player or captain. Most of them are not in tune with the current trends in rules regulation and techniques of events.

Physical Education as a multi-discipline

Nigeria as a nation seeking to diversify her economy is experimenting with series of programs in various fields away from petroleum, several effort have been made in Industry, Agriculture Transports, and other sectors, however the misconception about physical education may help to explain why for long the field has not been adequately utilized. (Idris,2014) There is therefore the need to properly educate and sensitized the Nigerian public include those at the helm of affairs in the policy making, on the series of opportunities that the field of physical education and sports may offer to the individual and the Nigerian economy in general .

Ajisafe (1977) Said that Physical education as sports education offers some range opportunities that are both direct and indirect in nature, physical education can play multiple roles on the diversification of Nigeria's economic. As a course of study, and grassroots ports education, physical education equipped the students with multiple knowledge about principle theories and practices of sports and games,while at the same time they engaged in continues exercises that leads to all round development. Chartlotte (2014) stressed that the multiple discipline and career opportunities has placed physical education in the leading position as the filed that developed the capacity for employments to many categories of individuals both male and females. Shehu,(1995) opined that If Nigeria's dreams for actualization economic diversification is to be achieved then there is need for greater attention, of the teaching of physical education as a core subject in our schools

Physical Education and Job Opportunities

Physical education offered a wide range of sports education, including principles, theories and practices of games, scientific analysis of physical exercise early childhood



physical fitness development. Leadership and followership quality, confidence and trust on the individual abilities, socialization, self-control, determinations, the zeal to win, the patience to accept defeat and many other qualities that are required to succeed in whatever field one may find himself in life (Ojime, 1986).

Although other academic disciplines such as biology, Chemistry, mathematics and other professional causes like engineering, accounting, business administration, economics, medicine pharmacy and the rest, may seem to have pronounced, glaring and promising opportunities to the Nigerian graduates, in view of the multiple job opportunities that are very visible, thus attracting the student and parents, none of these fields may be able to offer opportunities as much as physical education and sports. Jeroh (2012) postulate that the multi-dimensional nature of Physical education provides the combination of physical, Mental, Emotional, and Social Development and leadership qualities on the child. Physical Education as an academic discipline is concerned with the overall development of the child at the same time providing theories and practices of sports education (Ajisafe, 1977).

Career opportunities for Graduate of Physical Education

Physical Education as an academic discipline has major advantages over other subjects. Specialists in the field of physical Education are privileged to make wider future career choices, let us look at a few of these areas:

1. **Professional teachers:** graduates of physical education from the teachers training colleges or secondary schools are already professional teachers, if they decide to take appointment as primary school teachers they may rise to grade level 10 with this qualification and may also further their career in the institution of higher learning
2. **Athletes:** those who are proficient in any of the multitude sports and games may join relevant sports clubs within and outside the country
3. **Exercise physiologist:** individuals may pursue a career as an exercise physiologist in the institution of higher learning studying the application of scientific principles in sports performance, and may be employed as a trainer by various sports clubs
4. **Coaches:** this is another glaring career awaiting the students of physical education, individuals may pursue a career as coach and trainer in the various cooperative sports clubs
5. **Sports administrators:** sports management is another lucrative career that graduates of physical education can pursue, one may either serve as director of sports, manager at recreational and tourism sports center, organizing secretary in the sports associations



6. **Sport medicine:** sports medicine is another area that attract big business, and graduate of physical education may chose this as a career
7. **Sports psychology:** this is an aspect that deal with motivations and psyching of athletes for better performances
8. **Sportsengineering,** this is the field that deal with designing, of sports equipment's
9. **Sport marketing,** sports marketing is concern with advertisement, which attracts sport sponsorship. "Other special areas include sports pedagogy, sports calisthenics recreational.

Benefits of physical education and Sports in Physical exercise is good for mind, body and spirit. Furthermore, team sports are good for learning accountability, dedication, and leadership, among many other traits. Putting it all together by playing a sport is a winning combination. Thus as already discussed physical education provides sports education, the long run objective is to develop the individual to become a useful member of the society. Today sports provide verities of opportunities; it is important to briefly look at few of the benefits of Sports.

1. **Many athletes do better academically:** Playing a sport requires a lot of time and energy. Some may think this would distract student-athletes from schoolwork. However, the opposite is true. Sports require memorization, repetition and learning — skillsets that are directly relevant to classwork. Also, the determination and goal-setting skills sports require can be transferred to the classroom.
2. **Sports teach teamwork and help achieve goals :**Fighting for a common goal with a host of other players, coaches, managers and community members teaches you how to build a collective team synergy and effectively communicate the best way to solve problems en route to a victory. This will be very helpful in life when encountering problems at work, at home, or in any arena.
3. **Sports offer many health benefits:** Clearly, sports will improve your fitness and weight goals. However, they also encourage healthy decisions such as not smoking or drinking and offer hidden health benefits such as a lower chance of getting osteoporosis or breast cancer later in life. Also, a team counting on you to show up and work hard is plenty of motivation for you to get to the gym day in and day out.
4. **Sports boost self- esteem:** Watching your hard work pay off and achieving your dreams brings about tons of self-confidence. If you can achieve something in a sport or with a fitness goal, then you know you can achieve any other goal you set. This is a very rewarding and exciting process.
5. **Playing sport cuts down on pressure and stress:** Exercising is a natural way to loosen up and let go of stress. Also, you will most likely make many new friends on the team



who can be there for you as a support system. When you find you are having a lot of stress, you can call up teammates and head to the gym to talk it out and play it out.

These benefit of sports seemed to effect the general life situation of citizens therefore for nation to talk of economic diversification there must be a vibrant people that are will to pilot the affairs of all the sectors a healthy nation make a vibrant economy.

A Review of Economic Impact of Sports

According to Uever, (1990), Major sporting events usually make a big impression on the lives and pulse-rates of fans. But these occasions can also have a wider economic impact that goes on beyond the final whistle. It's an area that universities have been researching in detail since the 1990s. Sporting events and new stadia also influence related sectors such as construction, leisure – gyms can see a rise in membership – and sports retail, as well as tourism. TV and tablet sales tend to rise around sporting events. “Lasting economic benefits from major events may ultimately come from new infrastructure and land regeneration, regular sporting fixtures to foreign tourists can have a more immediate effect for example in Britain alone football tourists attending English league matches contributed £706 million to the economy in 2011, spending £785 per visitor compared to £583 for their non-sport counterparts. “Winter sports such as football and rugby are extremely attractive tools for tour operators to entice visitors to Britain during quieter periods.

Recommendations

The public should understand that as ports education Physical Education can have a wider economic impact as a result of the development of the child potentialities. Sports can bring in money from multiple sources, the money that normally would have belonged to the fans, spectators’ tourists and corporate bodies. If a sporting event is carefully analyzing on the context of where money is coming from and how it's spent. “This money benefits accommodation providers (Hotels and Guesthouses), local travel (transporters), shops owners, hawker’s sports viewing centers and even car parks.” Sporting events and new stadia alsoSports can also Influence related sectors such as construction, leisure – gyms can see a rise in membership and sports retail, as well as tourism.Lasting economic benefits from major events may ultimately come from new infrastructure and land regeneration

In order for enhance maximum benefit the physical education program should be looked upon as vital contributing potion of the total school curriculum in Nigeria, it should never be viewed as a frill or appendage that can easily be left out of the school programs. In order to encourage creativity and mass participation in sports, the physical education



curriculum should be diversifying beyond teacher preparation. It should go beyond the faculty of education at the universities or colleges of education; it should provide opportunity for the participation of those who do not have passion for teaching. People should view physical education as being viable like Engineering, Medicine, Banking, Agriculture etc

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