PHYSICAL EDUCATION, SPORTS AND SECURITY FOR SUSTAINABLE DEVELOPMENT IN NIGERIA

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Abstract
Physical education and sports have been recognized as veritable tools for maintaining adequate health and wellness. Research has demonstrated that virtually all individuals will benefit from regular physical activities irrespective of age, nature of work, gender and state of health. Physical education is education through the physical which aims to develop students' physical competence and knowledge of movement and safety and ability to use these to perform in a wide range of activities associated with the development of an active and healthy lifestyle. It also develops students' confidence and generic skills especially those of collaboration, communication, creativity, critical thinking and aesthetic appreciation. These together with the nurturing of positive values and attitude in physical education provide a good foundation, for students ' life-long and life-wide learning. The paper began by discussing the concept of physical education. The paper also discussed sports and the importance of engaging in regular physical activities. The benefits an individual will derive in physical activities. The paper further examined the concept of security to reveal the various aspects of the term including political, military, economical, ecological, social, cultural, ideological and other types of security. The paper further examined sustainable development and achieving security through physical education and sport for sustainable development. Conclusions and recommendations were drawn to include among others approximately 60 minutes per day of moderate to vigorous aerobic activity for children and adolescents and at least 150-300 minutes per week for adults.

Keywords: Physical Education, Sports, Security, Sustainable Development.

INTRODUCTION

Education is the transmission of what is worthwhile to individuals to make them knowledgeable and contributing members of the society. Physical education itself from earliest times has played an important part in man's life. The knowledge of physical education and sports is indispensable for the constructive use of our bodies. The valuable role of the two in the development of a nation cannot be over-emphasized. Physical education and sport have served various purposes for different nations at different times as it concerns nation building and sustainable development.

Physical education comprises holistic education for the development of personality of the child to its fullest and perfection in body, mind and spirit through engaging in regular physical activities. Physical education through the medium of physical activities helps individuals to attain and maintain physical fitness. It contributes to efficiency, mental alertness and the development of qualities like perseverance, team spirit, leadership and obedience to rules. It develops personal and social skills among the learners and makes a positive impact on their physical, social, emotional and mental development (Biddle & Asare, 2011). It also contributes to the total health of learners and community. Physical education thus, can be defined as a subject that is not only focused on physical fitness but is also concerned with development of a number of skills, abilities and attitudes for leading a healthy life style. It inculcates values like cooperation, respect for others, loyalty, self-confidence, winning with grace and losing with hope.

Physical education is a process of education that concerns activities, which develop and maintain the human body. Physical education according to Eze (2010) is an integral part of general education, which aims at complete development of an individual physically, socially, morally and intellectually, hence sustainable development cannot take place without the above outcomes. Boyce (2017) states that physical education should aim at making the child physically,

mentally, emotionally fit and develop personal and social qualities which will help him to live happily and be a good citizen. It further emphasizes the development of total personality and achievement of worthy citizens motivated for service. Physical education is that phase of education achieved through selected human activities (Oberteufer, 2009). Physical education cuts across many allied areas of studies such as Biomechanics, Kinesiology, Anatomy and Physiology and therefore has a wide application than as may be ignorantly regarded by the society

Sports on its part is an individual or group activity pursued for exercise or pleasure, often involving the testing of physical capabilities and taking the form of competitive games such as football, tennis etc. Sports are all forms of physical activities that contribute to physical fitness, mental well being and social interaction. These include play, recreation, organized casual or competitive sport and indigenous sports or games.

Sports can also be seen as organized physical activities through which, fun, play and relaxations are enjoyed. It also covers all forms of physical activities which through casual or organized participation aim at improving physical fitness, composure, mental well-being and forming social relationships as well as obtaining results at all levels (Haruna, 2013).

Sports according to *Cambridge Advanced Learners' Dictionary* (2010) is a game, competition or activity needing physical effort and skill that is played or done according to rules, for enjoyment and or as a job. Amuchie (2012) defines sports as activities having recorded history and tradition, which stress physical-exhaustion through competition, within the limit of predetermined rules and regulations earned out by individuals who represent organized groups who want to win honour and glory by defeating the opponents. He also reported that sports are mirrors of a society because they mirror or show the fundamental values of any given society. In Nigeria today, even the most myopic observer is aware that competitive sports have been connected with the social turbulence of our time and has become a part and parcel of political and economic struggles. Sports arc being taken as fun and recreation or as play (Eze, 2010).

Security refers to protection from hostile forces, but it has a wide range of other senses, such, as the absence of harm, freedom from want, food security, resilience against potential damage or harm, secure room or state of mind. Security is both a feeling and a state of reality. People can feel secure, while they aren't but also feel insecure while they are secure.

The term is also used to refer to acts and systems whose purpose may be to provide security (security company, security police, security forces, security service, security agencies, security cameras, remote guarding. Security can be physical and virtual.

IMPORTANCE OF PHYSICAL EDUCATION TO CHILD DEVELOPMENT

Physical education helps students develop the knowledge, fitness levels, motor skills, personal and social skills to attain their ultimate goal in life.

Physical Education (PE) is "education through the physical", which aims to develop students' physical competence and knowledge of movement and safety, and their ability to use these to perform in a wide range of activities associated with the development of an active and healthy life style. It also develops students' confidence and general skills, especially those of collaboration, communication, creativity, critical thinking and aesthetics appreciation. These, together with the nurturing of positive value's and attitudes in PE, provide a good foundation for students' life-long and life-wide learning (US Department of Health and Human Services, 2008).

Physical education is an integral part of the total education of every child. Therefore, every student has the opportunity to participate in a quality physical education programme, to help develop health-related fitness, physical competence in movement activities, cognitive understanding and positive attitudes towards physical activity so that they can adopt healthy and physically active lifestyles. Quality programmes are also important because they provide learning experiences that meet a student's developmental needs, which in turn helps to improve the mental alertness, academic performance, readiness and enthusiasm for learning.

Global researchers over the years have also shown there is a direct correlation between regular participation in physical activity and health in school-age children, suggesting that

physical activity provides important benefits directly to the individual child. For instance, athletic training helps strengthen the body, develops coordination and promotes physical fitness. Physical activity during a school day may also be associated with academic benefits and children's social and emotional well-being. Physical education along with other opportunities for physical activity in the school environment is important for health and development in school-age children. It may also serve as a preventive measure for adult conditions such as high blood pressure and type 2 Diabetes (Department of Health and Human Services, 2008).

Physical education remains the only time and place for every child to gain knowledge and skills related to physical activity and to be physically active during the school day. It also is currently the only time and place for all children to engage in vigorous or moderate intensive physical activity, in a specialist-supervised instructional environment. It is expected that children will use the skills and knowledge learned in physical education in other physical activity opportunities in school, such as active recess, active transportation, and intramural sports. For these reasons, physical education programming has been identified as the foundation on which multi-component or coordinated approaches incorporating other physical activity opportunities can be designed and promoted. National Association of State Board of Education (NASBE, 2012)

Coordinated approaches in one form or another have existed since the early 1900s, but it was not until the 21st century that physical education was acknowledged as the foundation for these approaches. The Center for Disease Control and Prevention (CDC) (2010), the National Association of State Boards of Education (NASBE, 2012) and National Association of Sports and Physical Education, (NASPE, 2012,2014) all support its view because physical education provides students with the tools needed to establish and maintain a physically active lifestyle throughout their life span. Research on motor skills development has provided evidence linking physical skill proficiency levels to participation in physical activity and fitness (Stodden et al, 2008, 2009). Exercise psychology research has also identified children's perceived, skill competence as a correlate of their motivation for participation in physical activity (Sallis et al, 2000).

Accordingly, two of the Healthy people 2020 (Healthy people, 2020) objectives for physical activity in youth relate to physical education, developed by the US government is, to increase the proportion of the nation's public and private school that require daily physical education for all students and increases the proportion of adolescents who participate in daily school physical education.

To acknowledge the importance of physical education to the physical, cognitive and social aspect of child development, many global health entities throughout the world have offered their support and recommendations for strengthening physical education. For example, the US Institute of Medicine (2012) in its report, (Accelerating Progress in Obesity Prevention: Solving the Weight of the Nation) points to the need to strengthen physical education to ensure that all children engage in 60 minutes or more of physical activity per school day. According to National Association for Sport and Physical Education (NASPE), a UNESCO supported global body controlling standards in physical education in its guidelines, a high quality PE programme should provide the student with the following benefits:

1.   Physical education contributes to an inquiring mind. An inquiring mind is essential to an individual for the motor mechanism of the individual enables him to explore, to cruise and to see his environment.

2.   Physical education contributes to democratic living. The physical educated citizen believes in the democratic way of life and his every action is symbolic of his loyalty to its ideals. It has the tools with which to create a truly democratic society.

3.   Physical education contributes to knowledge of health and disease. To a great degree, a sustainable development is dependent upon the health of the citizens. The citizens' state

of health, physical fitness will determine to a great extent whether or not they succeed in realizing their potentials.

4. Physical education contributes also to skill as a participant and spectator in sports. Physical education and sporting activities are important parts of our culture, thereby enhancing a sustainable development.

5. The acclaimed roles of sports in the society bothered around physical fitness development, development of character, mental, social and psychological development.

Other four broad roles of sports include:

1. Integration mechanism: sports have become one of the ways in which an individual achieves patriotism, nationalism which may eventually lead to internationalism, and world peace, hence a sustainable development is ensured.

2. Goal attainment: sports service certain specific groups and some individual benefits. Sports teach courage, patience, fortitude, determination and perseverance.

3. Pattern maintenance: This means that sports try to perpetuate the status quo of any given society. In other words, sports try to maintain the culture of the society it exists in. This is true to the extent that the sports field has become a place of indoctrinating the youths with the ideal of the society. Politics have very much influence on determining the nature of structure and organization of sports in a given society. Therefore, any attack that is being made on sports is attack on the society itself.

4. Tension management: There is a general belief that sports release emotional tension lets off the steams or that sports develop the spirit of give and take, via sustainable development.

5. Sports teach more things such as fitness to face life, situation, leadership, harmony and peace among the participants and spectators. Also in Okey and Okey (2005) sports play the role of providing a powerful force for control of violence and have actually been used in the past either consciously or unconsciously.

In spite of its known value, physical education routinely falls to the bottom of the priority list of governments and school systems especially in the developing world. In Nigeria today, physical education has lost its pride of place as a compulsory subject in our Senior Secondary Schools. Even though it is still recognized on the timetable, now, its periods are mostly used for relaxation or as an adjunct period for other subjects. This leaves much to be desired in the attempt to benefit from the opportunities provided by this great subject in schools by children. For sustainable development goals to be achieved in 2030 as planned there is need to make physical education an integral part of child development and adult normal living.

CONCEPT OF SECURITY
Security is one of the most fundamental needs of the individual, the state and nation. *Cambridge Advanced Learners' Dictionary* (2010) defines security as protection of a person, building, organization or country against threats such as crime or attacks by foreigners. The need for safety is complex and provides for such other elements as: certainty, stability, support, care, freedom from fear, anxiety and chaos, structure, order, law, borders etc. In trying to satisfy the need for security, Maslow (2006) noticed that satisfying the needs which are lower in the hierarchy is a condition for opening the need for satisfying further needs. Yet if a fundamental need is not satisfied, the development of the individual is blocked and his striving for satisfying this particular need is limited.

Security is a political issue on account of the key decisions that need to be made by state authorities to regard a particular issue as a priority. Ensuring security is regarded as one of the most fundamental objectives and functions of the state. It encompasses the following: provision

for the biological survival of the population, nation as an ethnic group and state as an institution, territorial integrity of the state, its independence and sovereignty, internal stability and complex, socio-economic sustainable development (Potrezes, 2013). Security becomes the fulcrum on which revolves all other developmental indices of a state or nation. The economic, social, political and indeed every other dimension of development are all anchored on security. In realization of this fact, the Nigerian Constitution regards security as the fundamental objective of state policy.

CATEGORIES/TYPES OF SECURITY

This concept of security may be categorized into segments/dimensions, which include political, military, economic, ecological, social and ideological.

Political Security implies certainty and possibility of developing a political system in a country or a group of countries and it concerns stability of governments and an internal stability of the countries themselves.

Military Security is related to a lack of military threat and in the event of an occurrence of such threat, it is associated with the ability to counter the said threats with own armed forces.

Economic Security is linked to the protection of a nation or state's economic development. It implies putting in place economic conditions necessary for the survival of the well-being of the society. It implies the deliberate policy design and implementation aimed at confronting situations and conditions that inhibit economic development.

Ecological Security aims at the preservation of the natural environment to guarantee the survival of the present and future inhabitants of the land.

Social Security concerns the protection and development of the national or regional identity of a given society that inhabits a given territory.

Cultural Security: pertains to the cultivation, protection and preservation of cultural values, which define national identity. It is also the insulation of people's cultural traditions from the invasion of external values and traditions from other countries.

Ideological Security concerns the creation and consolidation of the community of viewpoints as we pursue the implementation of national interests, It also seeks to counteract some extreme ideologies such as fascism, nationalism, conservatism, liberalism and communism, including protection against concepts which justify the activities that are inimical to national interest.

There are other emergent sub-divisions of the concept of security, for example, general consumer, energy, material, financial, food or work. Some security types are being successively singled out (e.g. energy, material or geographical) whereas other types are being shaped together with the development of civilization and new phenomena and challenges with a global character (e.g. cyber, information and telecommunications security). Security may also be considered as internal and external. Internal security is linked to the categories of legal order, life and health of citizens, national wealth in case of natural disasters or technical failures. It concerns citizens, social group, various entities in the market, professional organizations, manufacturers and employers, political parties, religious organizations or political elites. In this context, internal security is related to the possibility of skillful and efficient functioning of public authorities.

External security on the other hand is primarily associated with sovereignty independence and territorial integrity of the state, including inviolability of its borders. It is connected with the occurrence of chiefly military threat in the external surroundings of the state.

THE CONCEPT OF SUSTAINABLE DEVELOPMENT

Development refers to the multidimensional changes involving progress or improvements in structures, institutions, the general aspects of life of a given people. This entails the acceleration of economic growth, decline of poverty and the reduction of inequality. Growth theorists argue that development is an outcome of economic growth while other scholars like Ewetan and Urhie

(2014) posited that economic development and growth result from structural changes, savings investment in an economy. Ugoh and Ukpere (2010) view national development as a qualitative and quantitative improvement in the living conditions of people of a state in line with national objectives, as indicated in its national development plans. According to them, other key objectives of the development plans include: reduction in the level of unemployment, equitable distribution of income, reduction in the incidence of poverty, improvement in the quality of life of the people, more employment opportunities, greater access to and ownership of houses and access to basic necessities of life such as qualitative health services, potable water, education and electricity. It is when these objectives are achieved that one can talk of national development. Development is a process of bringing about fundamental and sustainable changes within society. they notes that development transcends as well as encompasses growth and embraces aspects of quality of life such as social justice, equal opportunity for all citizens, equitable distribution of income and democratization of the development process.

Arukoyu (2004) traced the origin of the concept of sustainability to development debates of the 1980s, which arose out of the environmental revolution of the 1980s. There was increased awareness when the United Nations General Assembly resolution created a world commission on Environment and Development in autumn of 1983. One of the foremost international bodies advocating economic and environmental sustainability across the globe is the World Commission on Environment and Development (WCED). The body defines sustainable development as "development that meets the needs of the present without compromising the ability of future generations to meet their own needs". The WCED (1985) concluded that economic development and environmental condition were inextricably intertwined. In other words, sustainable development is a new form of development perspective, which integrates production process with the resources conservation and environmental enhancement to tackle the need of the present without compromising the ability of future generations to meet their needs. Similarly, Nwanegbo and Odigbo (2013) described sustainable development as a construct, which envisions development as meeting the needs of a present generation without compromising the needs of a future generation. It implies that while development meets the needs of the present, it does not compromise the ability of a future generation to meet their own needs. Scholars have identified strong links between security and sustainable development. Development cannot be achieved in any nation where there are conflicts, crises and war. There is a consensus in the literature that security and development are two different and inseparable concepts that affect each other, and this has naturally triggered debates on security-development nexus. Sustainable development implies improving the quality of human life while living within the carrying capacity of supporting ecosystem.

SUSTAINABLE DEVELOPMENT GOALS AND PHYSICAL EDUCATION

The study of sports and physical activity pertains to the SDGs has been mainly carried out by three institutions. First, the Sixth International Conference of Ministers and Senior Officials responsible for physical education and sports in 2017 in Russia. This conference identified three broad areas of intervention that aimed to:

1.   Develop an inclusive vision of access for all to the sport, Physical Education and physical activity.
2.   Maximize sports contribution to sustainable development; and
3.   Protect the integrity of sport,

UNESCO proposed 169 goals and the relationship between sport and sustainable development can be seen in 68 of them. However, the sixth International Conference of Ministers and Senior Officials responsible for physical education and sports selected a total of six SDGs that relate to physical activity, sports and physical education (UNESCO, 2016)

The importance of this relational analysis between PE and SDGs could be justified by the very significance UNESCO accords to PE. An example of this is to see how since the International Charter of Physical Education and Sports in 1978, the role of sports and PE has been extolled as

a fundamental right for everyone. Additionally, Agenda 2030 recognizes sports as an important facilitator of sustainable development and peace, adding that it can increasingly contribute to making development and peace a reality by promoting tolerance and respect to support the empowerment of women and youths, individuals and communities or to achieve goals in health, education and social inclusion (UNESCO, 2016).

The six selected goals that relate to physical activity, sport and physical education are outlined below:

1. SDG3 Good Health and Wellbeing. This goal is related to physical education. The improvement of mental health and well-being expressed in goal 3 is one of the most evident relationships established through physical education sessions. There is enough evidence to confirm that P. E. practice increases students' psychological quality (Biddle and Asare, 2011) with the understanding that such practice involves the activity carried out continuously and systematically.

2. SDG4 Quality Education is the most relevant to P.E. It is considered to have direct relationship with P.E. as the UN has established P.E. as a fundamental right of all (UNESCO, 2020) and therefore it is a crucial component of equitable and quality education.

3. SDG 5 Gender Equality: Gender equality in SDG has been presented as an essential foundation for building a peaceful, prosperous and sustainable world (UN, 2015). Specifically, in the case of P.E., it has been described as a reflection of society, where gender norms are expressed in such a way that women are less likely than men to participate in P. E. outside of the education field (Kazan, 2017) and for this reason physical education should be an opportunity to promote the empowerment and leadership of women thus avoiding discriminatory stereotypes (Ruiz, 2019).

4. SDG 10 Reduced inequalities: SDG 10 aims to reduce inequalities to ensure the sustainable development goals. Sports are undoubtedly an opportunity for social inclusion and diversity as equal opportunities can be promoted through sports.

5. SDG 16 Peace, Justice and strong institutions: Conflict, insecurity or injustice are a severe threat to sustainable development (UN, 2015). Sport and physical activity can help reduce violence, improve unity as well as promote dialogue and social cohesion.

6. SDG 17 Partnership for Goals: SDG 17 considers the importance of global cooperation and partnership to achieve all the targets set in Agenda 2030 (UN, 2015). Undoubtedly, concerning the values that sports or physical education represent, it can help contribute to emotional connections and economic cooperative habits (Ruiz & Ruiz, 2019)

ACHIEVING SECURITY THROUGH PHYSICAL EDUCATION AND SPORTS

Nigeria is a country riddled with political chauvinism, religious bigotry and ethnic prejudice but all these are always put aside as Nigerians, irrespective of their political affinity, religious commitment and or ethnic affiliation, are always in unison when it comes to sports.

Sports unites people from different parts of the world together, irrespective of their racial, cultural, religious or social economic backgrounds, putting away all other differences and collectively working towards a common goal. During any major sports championship such as The Olympics, Commonwealth Games, All African Games or Nigerian National Sports Festivals, athletes come from different backgrounds to participate. They are brought to live together in one games village and compete as human on a level playing ground. This is usually the same in competitions relating to national competitions as Nigerians always act in unison in support of the national team or the country's representatives. At this point, it does not matter if the representative is a Christian, Muslim or from any region or state of the country. The common interest is for Nigeria to be victorious.

Sports possesses unique attribute, which has the capacity to bring about the development and the sustainability of peace. People all over the world, are naturally attracted to sports than any other activity. This is due to the fact that when sports take place on a correct note, it is assumed to be a fun and entertaining experience for everyone. Moreover, sports are naturally intended to display as well as develop an individual's strengths. Thus, sports empower the individual person, as well as promote a positive outlook for the future, which is an essential component to achieving development (United Nations, 2013). Mandela (2006) alluded to this view when he noted that "sports have the capacity to change the world". It is a very powerful weapon for positive change; it has the capacity to heal generational bitterness among people. It is on this premise that the National Sports Festival in Nigeria was established in 1973. As Odegbami (2020) noted, the National Sports Festival in Nigeria was introduced into the country's social fabric as one of the weapons designed to cushion the pain, bitterness and other fallouts of the 1967-1970 civil war. To that extent therefore, sports have the capacity to promote and sustain peaceful coexistence among a people heterogeneous in nature.

HOW SPORTS ENGENDER ECONOMIC DEVELOPMENT AND SOCIAL COHESION AMONG A PEOPLE

In modern times, sports have gone beyond the level of recreation and entertainment of both participants and fans, to one very big money spinning industry across the world. Thus, sports now have the capacity to contribute meaningfully to the economic development of a society. Sports have created additional sources of income to society through the manufacture of sporting goods such as sportswear, balls for soccer, tennis, rugby, baseball and other merchandise or franchise in the sports industry. The production of these materials generates millions of dollars annually in income for the manufacturing companies and creating millions of direct and indirect employments for millions of people across the world, and has led to the development of sports related services and infrastructure for the hosting of sports events.

It has become a known fact that sport has become a major source of income for young people the world over. For instance, Nigeria footballers and other sports personalities have all made billions of naira from their active involvement in sports across the world. The earnings of sportsmen and women who play their trades abroad and even at home have served as a foreign exchange earner for the Nigerian economy. Most of these sportsmen and women have invested these monies in the local economy thus creating job opportunities for young men and women at home and pay taxes to the government for doing business in the country, thereby contributing in dual fold to the economy.

On the other hand, sports across Nigeria have created direct and indirect employment for so many persons in both the formal and informal sections of the economy. Such job opportunities come in form of the establishment of match viewing centres where people now pay to watch live foreign league matches and the selling of franchise of local and foreign league football idols to local fans. Betting business is another integral part of sports in recent times, which has come to stay. Its contribution span from payment of tax to both states and federal governments, thereby contributing to the local economy.

Sports provide a cost-effective instrument to meet many development and peace challenges and help achieve the Sustainable Development Goals (SDGs). Sports are a vital ingredient to development and national cohesion, especially in a developing country like Nigeria. As politically divided, ethnically as well as religiously diverse as Nigeria is, the only thing that seems to bring Nigerians on the same page and in one bonded spirit is sports. It has been observed over time that, any time any of the Nigerian football teams, whether the Golden Eaglets, Flying Eagles, The Dream Team, the Super Eagle or any of the female national teams are playing, Nigerians from all walks of life and across strata of the society, usually queue in massive support of the Nigerian national team. This is irrespective of the region, religion or state of origin of the players. What becomes important and uppermost in the minds of Nigerians at that time is for the

team to excel and bring the trophy home. Thus, sports generally unite Nigerians more than anything else does.

The 13th African Games hosted in Accra, Ghana was held from 8th-23rd March 2024. The games was initially planned to be held in August 2023, however, a failure to complete facilities on time and arguments over marketing revenue resulted in the games being delayed to march 2024. The president of the Republic of Ghana, Nana Adoo Dankwa Akufo-Addo kicked off with a spectacular official opening ceremony that showcase the unique cultural heritage, sporting talent of the African continent and its diversity. The ceremony at the University of Gabana Sport Stadium brought together the Heads of State, high-level dignitaries, athletes, officials and spectators from across the continent to mark the commencement of this awaited special event. The theme of the 13th All African Games is Experience the African Dream.

Akufo-Addo highlighted that the 13th All African games represent a festival of unity, sportsmanship and distinction spanning the African Continent. He stressed that the occasion stands as a symbol of hope, echoing the collective heritage and unified goals of Africans.

CONCLUSION

Physical education and sports play vital roles in the provision of the skills and knowledge valuable in day-to-day living, continuing education for youths, adults, and sports as a unifying factor. In the schools, the physical education and sports programmes provide unmistakable, ample and excellent opportunities for all students to share and train for leadership.

Sports possesses equal attribute which has the capacity to bring about the development and sustainability of peace. This is due to the fact that when sports take place on a correct note, it is assumed to be a fun and entertaining experience for everyone. Sports have the capacity to change the world. It is a very powerful weapon for positive change. It has the capacity to heal generational bitterness among people. The National Sports Festival in Nigeria was introduced into the country's social fabric as one of the weapons designed to cushion the pain, bitterness and other fallouts of the 1967-1970 civil war. To that extent therefore, physical education and sports have the capacity to promote and sustain peaceful coexistence among a people heterogeneous in nature.

RECOMMENDATIONS

If physical education and sports are to play any role in nations sustainable development, serve as a factor in producing sports men and women, then their footing must be strong, especially in our primary and secondary schools. All hands must be on deck to put all resources at our disposal in order to realize, fully, the prospects and goals of physical education and sports. The following could contribute to reach our goals:

1.   The government should make physical education compulsory at the pre-primary, primary and secondary schools. This if done would enable them acquire the traits needed for sustainable development.

2.   There is need to develop in the entire citizenry a strong consciousness for physical education, a strong commitment to sustainable development in Nigeria.

3.   Sports for development and peace programmes need greater attention and more resources to be allocated to sporting activities by government.

4.   Schools should emphasize more on quality programmes that improve mental alertness and learning enthusiasm for child development. This can be either moderate, intensity exercise, such as walking, hiking or riding a bike or it can be more vigorous activities such as running, swimming fast, aerobics or skipping with rope.

5.   Approximately 60 minutes per day of moderate to vigorous aerobic activity for children and adolescents and at least 150 to 300 minutes per week for adults is recommended.

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