

PHYSICAL EDUCATION AS AN INSTRUMENT FOR POVERTY ERADICATION AND SELF-RELIANCE FOR NATIONAL DEVELOPMENT

Bulama Ibrahim

*Federal College of Education (Technical),
Potiskum.*

Abstract

The influence of physical education in poverty eradication and self – reliance for national development cannot be overemphasized. The cardinal objective of any developed or developing nation is to see that its citizenry enjoy quality living standard. Physical education therefore, emphatically has such potential in realizing this cardinal objective. The paper discussed various physical education segments that offer job opportunities for poverty eradication and self-reliance. The paper proffered suggestions and recommendations for the way forward.

According to Jones (2011) is not just running ,throwing ,jumping and landing, but it has its place among other school subjects. The major areas include among others games, sports, aquatic, gymnastics, recreation and out- door activities [Afuekwe 1994]. Physical education’s contribution towards poverty eradication for national development cannot be under estimated because it remains the catalyst to poverty – eradication in the society. It is however very unfortunate that the general public are not fully aware of the golden opportunity offered by Physical Education. Physical Education is the only state paper to be passed in order to obtain teachers grade11 certificate[Federal Ministry of Education,1970].

According to Jones (2011) “education is the greatest hope for the survival of humankind and for the national development. Education is the most basic necessity after those that are vital to life itself-food, clothing, and shelter. It is education that will lift people out of the state of chronic poverty in which they are constantly struggling to fulfill. According to Agbe [2002] for any body to become self-reliant such person must acquire the necessary knowledge understanding ,skills and competency required. This could be achieved through education, in view of this our educational system must be well-positioned.

Physical education is one of the phases of the total education of the children. The scope of Physical Education

Journal of Teacher Perspective

Objectives of Physical Education

Physical Education is a part of most schools and colleges curricular. Its main objectives are-

1. Developing of one motor and social abilities
2. promoting the importance of physical fitness and encouraging budding talents in sports
3. Exposure to unlimited job out-look [Federal Ministry of Education 1970].

Meaning of Poverty, Self-Reliance and National Development

World Bank [2011] defined poverty as a pronounced deprivation in well-being, and comprises many dimensions. It includes low income, and the inability to acquire the basic goods and services necessary for survival with dignity. Poverty also encompasses low level of health and education, poor access to clean water and sanitation, inadequate physical security, lack of voice and insufficient capacity and opportunity to better one's life. The repercussions of poverty may vary in scale, but all carry a negative effect, regardless of the scale

There are two types of poverty

1. absolute poverty or destitution- refers to one who lacks basic human needs, which commonly includes clean and pure water, nutrition, health care, education, clothing and shelter
2. Relative poverty-refers to lacking a usual or socially acceptable level of

resources or income as compared with others within a society or country.

For most of history poverty had been mostly accepted as inevitable as traditional modes of production were insufficient to give an entire population a comfortable standard of living.

Self-reliance is one's own capabilities, judgment, or resources and independence. According to Archace {2011} sufficient income for comfortable self-support, a competency.

National development involves advancement from low level to a higher level. National development therefore, implies not only national economic growth but also qualitative and quantitative changes in the individuals' self-esteem and self-confidence Kazi [1999].

Relevance of Physical Education in Poverty Eradication and Self-Reliance for National Development

The depth and importance of physical education is difficult to fathom a physical education major will find it astonishing when he finds out that there are a number of job options in physical education which he thought never existed at all. Career in physical education are something different, exciting, and definitely lucrative. Nothing gives pleasure than seeing happy and healthy faces all around you [Tilang, 2011]. Therefore, exploring the unexpected aspect of physical education in such august gathering is a step worth appreciating, and

to bring out to the general public the top career available to the physically educated person is indeed very vital in this our period of economic depression. Physical education provides individuals with the power to engage in various job out look for better life. Physical education has powerful synergistic effects on poverty eradication and even other developmental objectives e.g patriotism, health, environmental protection and good governance[UNESCO,2000.]

Physical Education has benefitted immensely from national and international events in its match toward its contribution to self employment. Government and non-governmental organizations are aware of the need to define clearly the distinction between business of sports sector provided by physical education as well as the sector role in the scheme of poverty eradication for national development.

Top Careers in Physical Education/Job Out Look

Successive governments have initiated and adopted various poverty eradication strategies to raise the material level of living for their citizenry. The poverty level however yet to come down. Physical education as a tool for poverty eradication seeks to address the situation so that the poverty level could be reduce. It provides people a chance they never thought of and had the skills and tools to get them out of poverty and into work. This paper point out the best careers in this field[physical education] that can be thought of if earning big bucks and

securing one's future. The job out look are numerous to supplement various government initiatives in poverty eradication for national development. The writer focuses on the following jobs opportunity offered by physical education.

Teaching

Many physical education graduates take-up appointment in our various educational institutions world-wide. It is in the peoples knowledge that the salary paid for lecturers in our tertiary institutions in this country [Nigeria] is lucrative. Lecturers are collecting or earning colossal sums of money which is quite sufficient for better living. Undoubtedly they are earning living wages. This tends to suggest that the physically educated person has the opportunity to ward-off poverty and forge a head for self –reliance and can contribute his quota to national development. Those in secondary schools also enjoy science allowances and games – masters responsibility allowances. The minor impediment is those teaching in primary schools that have little regard and earn low wages.

Athletics Trainer

The physically educated person has opportunity to be employed as an athletes trainer. According to ulrich [2012],employment of athletes trainer is expected to grow by 30 percent from 2010 to 2020,much faster than the average for all occupations. The working environment includes in educational settings such as secondary schools or colleges. Others work in physicians offices or for professional

sports teams. An athletics trainer must have at least bachelor's degree. In developed countries like England, annual wage of athletic trainer was 656,600 pound sterling in 2010[U.S. Bureau Of Athletic Trainer 2012].

It is the job of an athletics trainer to help prepare and treat injuries in people ranging from professional athletes to workers in industries. They specialize in the analysis, diagnosis, treatment and rehabilitation of musculoskeletal ailments. An athletes trainer works under the supervision of a physician. Top and professional athletes trainers are paid high wages, travelling allowances, hotel bills etc. This in no small measure helps in augmenting their earning. There are many national and international athletics competitions eg Olympic, Common Wealth games, National sports festival, African cup of Nations, leagues, inter school competitions ,NUGA games , NACEGA games and various open championships.

Sport Manager

One of the most lucrative careers in physical education is sport manager. Sports management requires highly skilled professionals who are experienced in fields, like athletics, administration, fitness management, sports agent ,academic service, corporate sales director, operational director, sports marketing [wikipedia2011]. A sport manager needs to have hand-on –experience in any of the fields in order to carry out successful management of sport system. This is a big

post many people are aspiring for because of its lucrative nature and recognition.

Fitness Trainer

Fitness trainers and instructors work in health clubs ,country club, fitness or recreational centers, hospital gym, universities, yoga and client homes. Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity [Kennedy 2012]. Physical education sharpens overall cognitive abilities and motor skills through its various physical activities.

Specialized exercise trainers deliver advanced exercise programmes and sports conditioning to a wider variety of clients [Wikipedia ency.2012]. They work with health professionals like medical-practioners , dieticians, physiotherapists and exercise physiologists. Instruct and motivate their clients in exercising activities such as stretching training, yoga as people all over the world are learning the importance of healthy lifestyle that physical education provides through its carefully selected physical activities.

Sport Administrator

Sports administrator manages sports clubs ,associations, and peak sporting bodies ,under taking activities such as

1. works with a voluntary board or committee to develop strategies and programmes to achieve the aims and policies of the clubs, association or peak bodies

2. talk to clients and conduct research to determine their needs
3. develop programmes and services that meet client needs.
4. consult widely to develop short- and long term business plans for their sports
5. supervise the design ,planning and maintenance of sport and recreational facilities
6. plan and organize sporting and other related events
7. Supervise offices facilities and programmes
8. identify staff-training needs
9. co-ordinate the business activities of a sport, or of a club
10. secure funding and prepare, implement and monitor budgets

Furthermore answerable to the sports administrator are sports development manager, sports facilities manager, sports managers. This further creates job opportunities to our teeming population.

Sport Coach

Sports worldwide have become an important and lucrative business and its popularity and interest have affected the political ,social, economic and educational fabrics of almost all nations [Amuchie,1998]. Sports coach whose primary assignment is to pass on to the athletes set of instructions and demonstration to influence the athletes knowledge and skills to excel in any given sporting event or any physical activities.

Physical Education as an Instrument for....

Sports coach performs the following tasks:

1. observe the individual performance to determine the level of instruction required.
2. teach the technique to help players acquire additional skills or improve existing skills
3. supervise physical development of athletes
4. analyzes performance and evaluates strategies
5. under takes related administrative tasks such as booking venue, organizing tour and budgeting
6. recruits players and other coaching staff.

Sports coaches operate on a professionally paid basis most especially in highly commercialized sports. Former Super Eagles coach Hoener was paid more than the then Nigerian president [Shagari].The writer is yet to see any employee earning more than his country's president salary that offered by physical education. This clearly signifies that physical education offers lucrative jobs that are capable of eradication poverty and engendering self –reliance for national development.

Sport Commentator

Sports commentator is another job out look for the physically educated person. A sports commentator describes the progress of play during broadcasting of sport events and explains the technicalities and the tactics of the sport to the audience. This is also a very lucrative

job or business which gives or provides a living wage.

Sport Development Officer

Sports development officer works for clubs, associations or state or territory sporting bodies promoting their sports or their clubs. They may visit schools, address pupils or students on the benefit of playing a particular sports or for a particular club and organize demonstration and activities relating to skills of the sports either on invitation or as a part timer. This helps in no small measure to augment their earning capacity towards better living and they contribute positively towards national development and eradication of poverty.

Recreational Officer

This may be either self employed or employed by a proprietor. He works in parks, swimming pools, managing a leisure centre, community centre eg viewing centre or sports complex. This is also job opportunity created or offered by physical education to eradicate poverty and promote self-reliance for national development. This opportunity is very much available even in our local area.

Dance Instruction

Though not every one in this world is willing to turn their passion into this career but if you are passionate about dancing, calisthenics activities, perhaps becoming a dance or calisthenics instructor is ultimate goal. Dance instructors teaches dance steps, movement and choreograph dance routine. Instruct and create beautiful and wonderful

calisthenics in some big occasions or in theatre or stage.

Conclusion

Successive governments have put in place various strategies to eradicate poverty however much is the government desire to eradicate poverty, yet poverty remains high among Nigerians. Therefore, physical education is very crucial tool to the government in its bits to eradicate poverty, improve self-reliance among Nigerians. Therefore, the subject should be well equipped to face the challenge. Thus physical education must be included in this crusade. Physical education is able to undertake the training and development of the skilled manpower relevant to poverty eradication and national development. There is an increasing number of physical education jobs are available in business and industry. Therefore physical education has been instrumental to the eradication of poverty for self-reliance and for national development. It is a rational body of knowledge that create employment opportunity to our teeming population. In view of this government should as a matter of urgency give priority to this

Recommendations

Based on the write up the following recommendations are made:

1. Educational system must be well positioned to contribute actively to national development
2. Admission must be supremely based on merit over primordial considerations

3. Adequate and qualified academic staff with universal qualification and orientation to be recruited only
 4. Facilities and equipment for the teaching of physical education must be made available
 5. NGOs are called to support the teaching and learning of physical education
 6. There is need for wider enlightenment campaign on the potentials of physical education through seminars, symposia and work shops
 7. Physical education should be made compulsory in secondary schools nation wide.
- Kazi, U. S.[1999].*Career opportunity in Nigeria*, Kaduna published by NBTE.
Physical Education as an Instrument for....
- Kennedy, A. D. [2012].*Wikipedia free encyclopedia* <http://www-sport-media.org/>
- Tilang, V.[2011]; *Wikipedia free encyclopedia.*
- Ulrich, C.[2012]. “*Physical Education*” Microsoft Encarta DVD.
- UNESCO, [2000].*Fundamentals of Educational planning* ,www. Unesco.org/education/efa.

References

- Afuekwe, A.I. [1994]. An introductory text book of physical education for secondary schools and colleges; vol.1:saesprint [NIG] company.
- Agbe,C. R.[2002]. *News watch*, Nigeria.
- Amuchie, F. A .[1998].The role of NAPER-SD towards growth and development of sports in Nigeria: *Journal of NAPER special edition* 1-7.
- Archace, R.[2011].www.sports-media.org/.
- Jones, ,O. [2011]. *Wikipedia free Encyclopedia* .[http://www .aahperd.org](http://www.aahperd.org)
- U.S. [2012]. *Bureau of Athletic Trainer* [Wikipedia].<http://www.pecentral.org/>
- World Bank [2009].*Poverty* *Wikipedia free encyclopedia.*

