

THE ROLE OF HUMAN KINETICS AND SPORTS PROGRAMMES IN JOB CREATION FOR NIGERIAN YOUTHS

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Abstract

The purpose of this paper was to examine the roles of human kinetics and sports programmes in job creation for Nigerian youths. Human kinetics is an organized field of knowledge concerned with the study of man and his movement and its variety of applications to life in society. Sports is an institutionalized game governed by rules and regulations that can be participated in from amateur and professional level of attainment. The nature of human kinetics and sports were highlighted together with their objectives. The contributions and outlets for job creation in human kinetics and sports programmes, which form the focal points of this paper were itemized and explained. The latter part contains the summary, conclusion and recommendations.

Introduction

Over time, the issue of survival instinct among human beings had taken centre stage since our recorded history began. Based on the afore-mentioned, the human race had to develop different means of survival, while some created genuine ways to survive, others survived through

fraudulent means.

Lack of means of livelihood (job) may deprive any individual from attaining good shelter, quality health status, and quality feeding pattern from any part of the world (Peters, 2005). Private individuals have helped to reduce joblessness within certain societies by the employing some

people. Government, non-governmental agencies and other sectors have equally assisted in the creation of jobs for the teeming population (Greg, 2000). Man is the most importantly considered in the world, and the real worth of any endeavour, organization, or idea is determined based on what it does for human beings. The most important and worth-while thing that can be said about vocation, organization, or discipline is that it contributes to human betterment (Campbell, 1992).

Different academic disciplines have on their own contributed either directly or indirectly to job creation for million of people in the world. In human kinetics and sports, the story is not different, for they have together contributed immensely in the creation of job directly or indirectly for millions of Nigerians. Human kinetics is an integral aspect of the total process of education which uses human activities for an all-round development. Ojeme (1998), however, gave the definition of human kinetics, as an organized field of knowledge concerned with the study of man and his movement and the variety of application to life in society. Cooke (2000) defined sports as an institutionalized game governed by rules and regulations, that can be participated in from amateur and professional level of attainment. This paper intends to throw more light on the subject by highlighting the following factors, the nature of human kinetics, nature and scope of objectives of human kinetics and sports.

Nature of Human Kinetics

Human kinetics was conceptualized as an integral part of the total education process, and also a programme aimed at the development of physically, mentally, emotionally, and socially fit citizens through the medium of physical activities that have been selected with a view to realizing these outcomes (Bucher, 1985). Ojeme 1998 opined that, in the study of human kinetics, it is aimed to understand its nature, the factors which enable and limit its ability and its effect on the individual and society.

Human kinetics came into Nigeria during the colonial era through the Christian missionaries. Then human kinetics was referred to as physical education and it then came as military drill. With the intervention of government in the educational activities of the missionaries, syllabus for physical training was introduced at the primary schools in 1918 (Omughele, 2003). This was reviewed in 1927, and the last and popular syllabus was introduced in 1933 for primary schools and teacher training colleges.

The history of human kinetics in Nigeria is associated with the development of secondary school or formal education, the history of human kinetics in Nigeria can be traced to the 1840s which marked the commencement of formal education in Nigeria. The Nigerian Education Policy of 1977 and its revised edition in 1981, quite clearly recognized human kinetics as a school subject in Nigerian schools.

The University of Nigeria, Nsukka introduced a degree programme in health and physical education department. The promulgation of Decree No. 34 of 1971 by the military regime to establish the National Sports Commission helped to boost physical education (Omughele, 2003).

Nature and Scope of Sports

Sports is highly ambiguous term having different meanings. Some persons use sports to refer to athletic competition, whereas others use it when discussing the organizational and financial status of a team (Bucher, 1985). According to Loy (1978), sports should be considered on different planes of discourse in order to understand its nature. He referred to sports as a game of occurrence, as an institutionalized game, as a social institution and as a social situation.

Sports as game of occurrence means competition, governed by rules, and also means physical skills, strategy, and chance. It also means physical prowess, which refers to the practice and learning of a skill that must be developed if one is to succeed in sports competition (Loy, 1978). Sports as an institutionalized game refers to the fact that it is a game that has past tradition and definite guidelines for future goals. Sports as an institutionalized game is further discussed as how it relates to, its organizational, technological, and educational spheres. The symbolic aspects of sports are concerned with the elements of secrecy, display, and ritual (Loy, 1978).

According to Loy (1978), sports as a social situation or social system as it is

sometimes called, is an important concern for sports sociologists. It has a high degree of involvement expressed in terms of an individual's relationship to the "means of production" of a game and there are producers who are characterized as primary, secondary and tertiary. The primary producers are the athletes who play the game, the secondary producers do not play the game, but have direct technological consequences for the outcome of the game. The secondary producers include club owners, officials and team doctors. The tertiary producers do not actively engage in sports and have no direct technological consequences for the outcome of the game. Cheerleaders, bandleaders and fans are examples (Loy, 1978).

Consumers, like producers, are designed as being primary, secondary, or tertiary institutions. Primary consumers are those who make up the "live" attendance at a sports contest, while the secondary consumers are those who become involved in sporting activities or events by viewing them on television or listening to them on the radio. The tertiary consumers become involved in sports through conversations with others and through reading about sports in newspapers (Loy, 1978).

Objectives of Human Kinetics and Sports Programmes.

The objectives of human kinetics and sports are interrelated and they include (Bucher, 1985);

- i) Physical development objective
- ii) Motor development objective
- iii) Cognitive development objective

iv) Social, development objective

- **Physical Development Objective:**

According to Bucher (1985), the physical development objectives deals with the programme of activities that builds physical power in an individual through the development of the various organ systems of the body. It results in the ability to sustain adaptive effort, the ability to recover, and the ability to resist fatigue. The value of the objectives is based on the fact that an individual will be more active, have better performance, and be healthier if the organ systems of the body are adequately developed and are functioning properly.

Muscular activity according to the author plays a major role in the development of the organ systems of the body. The organ systems include the digestive, circulatory, excretory, health regulatory, respiratory, and other system of the human body. These systems is stimulated and developed through such activities as hanging, climbing, running, throwing, leaping, jumping and weight training (Bucher, 1985).

Health is also related to muscular activity. Therefore, activities that bring into play all of the fundamental big muscle groups in the body should be engaged in regularly. Furthermore, the activity should be of a vigorous nature so that the various organ systems are sufficiently stimulated. Through vigorous muscular activities, several beneficial results take place, e.g. the heart is conditioned and thereby works effectively. Human kinetics aids in the development of the trained individual so

that they will be better able to perform routine tasks and live healthy, interesting, and happy existence (American Association for Health, Physical Education and Recreation, 1980).

- **The Motor Development Objective:**

This is concerned with the performing physical movement with as little expenditure of energy as possible and in a proficient, graceful, and esthetic manner. The effective motor movement is dependent upon a harmonious working together of the muscular and nervous systems. It results in greater distance between fatigue and peak performance (AAHPER, 1980).

In human kinetics activities, the function of efficient body, movement, or neuromuscular skill as it often called, is to provide the individual with the ability to perform with a degree of proficiency. Physical skills are not developed in one lesson. It takes years to acquire coordination, and the most important period for development is during the formative years of a child's growth. The motor development objectives also have important implications for health and recreational phases of the programmes. The skills that people acquire will determine to a great extent, how their leisure time will be spent. Great athletes have been made in the field of sports that started from the school programmes (AAPHER, 1980). There is believed to be a correlation between juvenile delinquency and lack of constructive leisure – time activity.

- **The Cognitive Development**

Objectives: This is concerned with the accumulation of a body of knowledge and the ability to think and interpret this knowledge (Loy, 1978). Bucher (1985) asserted that physical activities must be learned hence, there is a need for thinking on the part of the intellectual mechanisms with a resulting acquisition of knowledge. The coordination involved in various movements must be mastered, and adapted to the environment in which the individual lives. Human kinetics and sports are disciplines concerned with human development. Cognitive domain deals more with the theoretical aspect of learning.

In sports, an individual should know such things as the rules, the strategy, the various types of passes, the difference between screening and blocking, and finally, the values that are derived from playing these sports (Blooms, 1980). He went further to say that, knowledge of followership, leadership, courage, self-reliance, assistance to others, safety, and adaptation to group patterns are important knowledge concerning what health should play in an important part of the programme. All individuals should know about their importance of sanitation, factors in disease prevention, the importance of exercise, the need for a well-balanced diet, values of good health attitudes and habits, the community and school agencies that provide health services. This knowledge will contribute greatly to physical prowess as well as to general health (Bloom, 1980).

Human kinetics activities enable one gain insight into human nature. The various forms of activity are social experiences that enable participants to learn about human nature,

- **The Social Development**

Objectives: This objective is concerned with helping an individual make personal adjustments, group adjustment, and adjustment as a member of society. Activities in the human kinetics and sports programmes offer one of the best opportunities for making these adjustments, if there is proper leadership, (Bucher, 1985).

Social action as a result of certain heredity traits are learned behavior. In a democratic society all individuals should develop a sense of group consciousness and cooperative living. This should be one of the most important objectives of the human kinetics programme. Whether or not a child will grow up to be a good citizen and contribute to the welfare of society will depend to a great extent, upon the training he or she receives as a youth.

The Contribution and Outlets for job Creation in Human Kinetics and Sports Programmes

1) **Improve Physical Fitness and Wellness Status of Citizens:**

Physical fitness, as one aspect of total fitness, involves three important concepts. It is related to the tasks an individual perform, potential for physical efforts and the relationship of physical fitness to the total self (AAPHER, 1980). According to

Armbruster and Gladwin (2001), physical fitness is a multidimensional state of being, and it is the body's ability to function efficiently and effectively. It is also a state of being that consists of at least five health-related and six skill-related physical fitness components, each of which contributes to total fitness components. Physical fitness is associated with a person's ability to work effectively, enjoy leisure time, be healthy, resist hypokinetic diseases or conditions, and meet emergency situations. Physical fitness also includes metabolic fitness and bone integrity. A fit individual will be in a healthy position to contribute meaningfully well in his or her place of work.

Wellness is the integration of many different components (social, emotional, mental, spiritual, and physical) that expand one's potential to live (quality of life) and work effectively and to make a significant contribution to society (Corbin, Welk, Corbin & Welk, 2004). According to the authors, wellness reflects how one feels (a sense of well-being) about life as well as one's ability to function effectively. Wellness, as opposed to illness (a negative), is sometimes described as the positive components of good health.

- 2) **Creation of Jobs for Teacher:** Human kinetics in particular, will create jobs for teachers who are

known as physical educators or physical education teachers and lecturers in educational institutions. According to Ojeme (1998), primarily, the purpose of teaching at all is to promote learning of some kind so that learners are educated. The learning involves skills, attitudes, values, and knowledge. Statistics has shown that the easiest job opportunity for young school leavers and graduates is teaching job, particularly in private schools (Okon, 2006). In the United States, the supply and demand situation in human kinetics and sports reveals that the supply of men human kinetics and sports and the supply of women human kinetics teachers throughout the nation have surpassed the demand. On the other hand, the supply of women human kinetics teacher is inadequate, with extreme shortages existing in some states (Smith, 2000).

- 1) **Employment of Nigerians in Various Sport Councils, Clubs and Commission:** Human kinetics and sports have together given thousands of Nigeria's jobs in sports council and sports commission in the technical and administrative sessions. Human kinetics assists to build individuals towards sports inclined professions since it is studied as an area of discipline in Nigerian universities.

- (i) **Programmed and Non – programmed Athletes:** Various state governments employ talented athletes as civil servants to represent them in different sporting competition. Athletes who win gold medals are automatically employed after the National Sports Festival by some state government i.e., Delta State, Monetary awards are also given to silver and bronze medalists. Talented young athletes who are still in secondary school do receive monthly allowances as encouragement. This is done to assist young talented Nigerians to harness their potentials positively, instead of engaging in unwholesome acts that will jeopardize their well-being and that of the nation e.g. youth restiveness.
 - (ii) **Administrative Staff:** Include in this area are senior administration officers, office staff, association secretaries, security, grounds-men and health workers in the sports commission. They are employed to collectively run the administrative process so as to sustain the development of sports.
- 4) **Employment of Recreation Workers:** The environment in which one finds oneself has a lot of influence on one's character, and nobody is born with antisocial behavior (Bucher, 1985). Recreational activities of high competitive nature will help to shape the attitude and conduct of the participants. Involvement in physical recreation will inculcate in the youths, the norms and values of the nation thus, building in them a healthy character that will provide the medium to spend their free time constructively (Bucher, 1983), Ajisafe (1986) stated that the manner in which people spend leisure weighs heavily in character building because leisure is a period when the activities one engages in are purely voluntary, individualistic and without any ritual. A lot of people are self employed in this area, and some of them are, aerobic instructors, gymnasium instructors, exercise experts and recreation attendants as well as nutrition experts.
- 5) **Creation of Seasonal Jobs:** Recreation centres had become a source of revenue for communities and even the states. Both public and private recreational centres attract a lot of people who pay for the services. Moreover, industrial and businessmen use recreation for improving workers health (Clark, 1986). Human kinetics and sports have assisted to create jobs for lots of people, especially during competition seasons or periods. A good example is the FIFA South Africa 2010 football competition, which according to the media is

expected to create jobs for five hundred thousand people. In Nigeria, during national sports festivals, vendors of many kinds strives in venues and centres and they are engaged in the sale of assorted things ranging from food, fruits, shirts, vest, pants, tracksuits, bags and face caps among others. Many of them travel from other states to venue of competitions just to sell their wares. They are also present in NUGA, NICEGA, NIPOGA games, and other competitions such as national and states school sports festivals.

6) Creation of Sales Outlet for Sport Related Industries:

Millions of people are employed all over the world directly or indirectly by sports related industries, such as makers of sports wears, like Adidas, Nike, Puma, Diadora, Tiger etc. These multinational companies over the years have been involved in the designing and production of assorted sports wears and equipment. Their brands are imprinted on their products on in jerseys and other equipment as well as supplies. They work hand in hand with researchers from universities in the production of modern sports equipment and supplies. Sports associations are kitted by these companies for example, the Athletics Federation of Nigeria is kitted by Adidas and

also the National Football Federation.

7) Employment Opportunities for Sports Journalism:

Sports journalism is the reporting of sports related news by professional personnel in the electronics and print media (Ojeme, 1998). Human kinetics and sports have together given lots of Nigerians the opportunity of getting employed to run commentary in sporting activities. With the lucrative tendencies involved in sports this modern time, the reporting of sports related news is not a surprise thing. As a result of this, the profession is striving.

8) Assisting Advertising Companies, Agencies and Multi-National Companies to Blossom:

All over the world, sports have now become a big business. Huge sums of money are spent on advertising and reporting sports competition. MTN of Nigeria sponsored the FIFA South Africa 2010 football competition and Coca-cola spent huge sums of money buying the competition anthem song from kanaan. At the end of the day, the multi-national companies will make more money than they spend because they will make more sales. Hotels also make money from accommodations.

Summary

This paper examines the role of human kinetics and sports programmes in job creation for Nigerian Youths Human Kinetics and sports programmes are interrelated and total separation is not possible because human kinetics is the educational foundation and genesis of sports programmes. Human kinetics and sports were defined and their natures were also explained in this paper.

The contributions and outlets for job creation in human kinetics and sports programmes includes; improved physical fitness and wellness status of citizen, employment of thousand of Nigerians in various sports councils, clubs and sports commission, employment of recreation workers, and the creation of seasonal jobs. Others are, creation of sales outlets for sports related industries, employment opportunities for sports journalists and assisting advertising companies, agencies and multi-national companies to blossom as well given temporal employment to sport adhoc officials.

Conclusion

Without mincing words and exaggerating, it is quite discernable that the role of human kinetics and sports programmes for job creation all over the world is very impressive and speaks volumes for itself. Nigeria as a developing country without any doubt, has also seen her youths and teeming population undeniably benefiting from the value and gains from human kinetics and sports programmes, including direct and indirect employment opportunities. This paper has

therefore, highlighted these job prospects, and opportunities.

The Role of Human Kinetics and Sports ...

Recommendations

The following recommendations were drawn for this paper:

- 1) Individuals should personally assist themselves by engaging in physical activities or sports programmes for their physical, mental, emotional and social fitness attributes.
- 2) Engaging in active sporting activities will help to reduce to the barest minimum issues of youth restiveness in the Niger Delta Region.
- 3) Government should create the enabling environment (stadium, sports and recreation centres) etc, to engage our teeming youths in a worth-while venture.
- 4) Students should be encouraged to study human kinetics and sports as a course of study in the university because of their numerous advantages to live.
- 5) The government and people by Nigeria should patiently harness the numerous opportunities human kinetics and sports programme have to offer.

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