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## Education as an Instrument for Sustainable National Development: The Role of Human Kinetics as Sports Education

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**ABSTRACT:** This paper highlighted education as an effective instrument and role of Human Kinetics on sustainable development. For long the field of Human Kinetics has been relegated, to only sports participation, by those who have a narrow view about the intellectual, ability on cognitive, psychomotor and affective domain are not often perceived by man. The paper highlighted the role of Human Kinetics on sustainable development to include; Health promotion, disease control, treatment, prevention, physical and crar therapy, through various forms of law intensity exercises that has been researched and proved to be effective. A wider role of the field of Human Kinetics as sports education has been extensively explained to include national peace and security, socialization, political and economic development. It was equally highlighted that Human Kinetics is an essential entry point for children to learn life skills, develop patterns for lifelong physical activity participation and healthy lifestyle behaviors. It is recommended that Students seeking for admission into the tertiary institution should be made to understand the multi-dimensional area of Human Kinetics this will encourage them to chose Human Kinetics as their course of study. It is also recommended that there should be coordination between the departments of Human Kinetics with other relevant departments such medicine, physiotherapy, psychology sociology, economic and host of other. These departments can each reciprocate other to ensure satiable development. And that Nigeria must continue to encourage sports participation in view of its great potentials for achieving peace and security, physical and mental wellbeing, political, and socio- economic diversification all these are essential ingredients for sustainable development

**Key words:** Education, Human Kinetics, and sustainable development

### INTRODUCTION

The success of any nation is greatly hinged on the quality and effectiveness of her educational sector; Education itself has been seen as an instrument of excellence for effecting national growth and development for a sustainable economy. It is regarded as a panacea to all political, social and economic ills of the developing nations. Education

is the vehicle for improving the quality of life of individuals in a nation as well as the society's growth and development; it is the greatest instrument for change and national development. Education has come to be seen as the major mechanism for the upliftment and integration of the youths and citizens of a nation at large into the social, economic and political fabrics of the society (Ibukun, 2004). Today It is surprising that despite the inclusion of education as part of name giving to the field of study physical health education, which has been renamed Human Kinetics and health education; there has been a great misconception about the entire contents of the field, to many people, Human Kinetics is a field that is made of jumping and dancing and it is popularly referred to as jump logy. The intellectual nature and aspect of the field of Human Kinetics and health education has been totally overlooked. Apart from education itself Human Kinetics and Health Education is the only field of study that has and bears the word education as part of its name, but despite the combination of Human Kinetics and health education many people still have narrow view about the field.

According Charlotte (2014) quality health and physical education programs can be life-changing for today's young people and, in many cases, already are. Such programs offer students a well-rounded opportunity to develop their bodies', minds and to gain skills that will propel them to success in both the physical and academic aspects of education and to be self-reliance in later life. Physical education as a field of study is the type of learning process that takes place when activities that developed and maintained the body is concern, in other word as one participate in physical activities he continues to learn the best ways of improving his performance. Thus he acquires knowledge that is necessary for life. This is the basic aim of every form of education according Bajaj et al (2009), education at all levels and in all its forms constitutes a vital tool for addressing virtually all global problems. Education is not only an end in itself. It is a key instrument for bringing about changes in knowledge, values and behaviors and life styles required to achieve sustainability and stability within and among



countries. From the above assertion we can view Education is the process of acquiring knowledge, skills, attitudes, interest, abilities, competence and the cultural norms of a society by people and to transmit this life to the coming generations so as to enhance perpetual development of the society. In order to understand the role of Education and Human Kinetics on as an instrument for Sustainable Development we need to know the meeting point between the three variables education Human Kinetics and Sustainable Development, to do this these need to have a conceptual approach of the three variables. For example; Education has been conceptualized in various ways by scholars. Education is seen as the light that derives away the darkness of ignorance and enables mankind to find its ways through the tortures and labyrinth of development and civilization (Ikechukwu, 2006). According to UNESCO (2000), "education refers to the total process of developing human ability and behaviours". It is an organized and sustained instruction designed to communicate a combination of knowledge, skills and understanding value for all activities of life. Education refers to what can be used by man to solve his problems to improve his life and make it comfortable. It is one of the several ways that man employs to bring change in to his all round development. Education demands efforts and discipline. It is also a formidable tool for man's survival Education is an important key of achieving a sustainable national development. For a state or society to achieve a sustainable national development, the quality of its education should be enhanced. Aminu (1995) observed that the greatest investment a nation can make for the development of its economic, sociological and human resources is that of education. Education according to him provides us with people possessing the necessary knowledge and skills to win a nation's state and to even export brains. This also explains why the Federal Government of Nigeria geared a policy towards attaining national development (National Policy on Education 2004).

Kinetics on the other hand is the study of forces and movements within humans. Human Kinetics is conceived to be an organize field of knowledge which is concerned with the study of man and his

movement and variety of application to life in society. As a field of study Human Kinetics, also known as kinesiology, involves the development of knowledge, skill, or character of the people toward physical, mechanical psycho-physiological effects of human movements. The study of Human Kinetics help in the inculcation of knowledge, skills, attitudes, interest, abilities, competence of effective human movement and its interrelated values. Human Kinetics is a topic that is frequently studied in sports science, medicine and physical therapy. Sports scientist (Kinesiologists) study the ways that people move their bodies and use their minds during sports training and performance (Rose, 2018).

Sustainable Development Goals (SDG, is the universal call for action to end poverty, protect the planet and ensure that all people enjoy peace and prosperity, UN, among other parties, has highlighted the importance of quality physical education for increasing physical activeness in general. The 2015 United Nations Educational, Scientific and Cultural Organization's (UNESCO) held the 5th World Conference of Sport Ministers where the participants published *Guidelines for Quality Physical Education for Policy Makers*.(Varja 12018). It was highlighted that physical education is an essential entry point for children to learn life skills, develop patterns for lifelong physical activity participation and healthy lifestyle behaviors. (MINEPS 2013) However Introduction The teaching of Physical Education (PE) faces challenges in most countries (Hardman, 2009). Judging from the above explanation what would be the role of Human Kinetics and health education as in integral part of education on Sustainable national development.

### **The Role of Human Kinetics on Sustainable Development**

To begin within this presentation we must also distinguish between our independent variable that education and Human Kinetics Having presented the prelude of sustainable development lets us know see what Human Kinetics has to offer on Sustainable Development in Nigeria. Human Kinetics is an important key of achieving a sustainable national



development. For a state or society to achieve a sustainable national development, the quality of the health of its people must be paramount and should continue to be improved. The concept of sustainable national development should not be viewed restrictively on the context of growth and expansion of the various economic, political and social or from the angle of growth and expansion of the factors of production. These are only enablers and essential ingredients, however many factors combined to make national development possible. These include Education, Health, Peace and Security Political and economic development. ,

### The role of human kinetic on health maintenance for Sustainable Development

One major role of Human Kinetics to Sustainable Development is in the area of health promotion. As sports education the field of Human Kinetics teaches the effective ways of health maintenance, and application of several of exercises and training programs to prevent and treat hypokinetic diseases. Several research studies have been conducted in the field of Human Kinetics on relationship between life style, body composition and hypokinetic diseases as well as the use of exercise for the control treatment and therapies has been recommended. Any bodily practice that improves or preserves physical fitness and general health and wellbeing is considered exercise. Exercise is done for a variety of reasons: to help development and increase strength, to strengthen muscles and the cardiovascular system, to lose or maintain weight, to improve health, and to have fun (Paterson & Rice, 2007). Many people prefer to exercise outside, where they can congregate in groups, socialize, and improve their well-being, according to Morris (1994). Lack of exercise, according to Pollock and Kevin (1994), can contribute to Coronary Heart Disease (CHD), stroke, osteoporosis, diabetes, obesity, and hypertension, all of which have become the leading causes of morbidity and mortality.

For any nation to achieve Sustainable Development its human capital must be healthy and free from occupational and other life style related

disease that are as result of inactiveness. However in Nigeria today many adult men and women suffer from hypokinetic diseases; these are more pronoun among chief executive and those who maintained an in activities in their daily routine. Many of them need assistance before they can walk, and some walk with crutches, and some are placed on special diets as a result of their chronic illnesses. Excess body fat, according to Murray S., (2013) can contribute to obesity and increase the risk of developing a variety of diseases. Inactivity has been described by the American Heart Association (AHA) as a key risk factor for the development of CHD and other diseases. Furthermore, it is recognized that age, gender, genetic factors, and family background have no effect on certain risk factors associated with cholesterol growth. Obesity, hyperthyroidism, and type-2 diabetes have all been successfully treated and regulated using a daily moderate to vigorous intensity physical activity schedule (Morris, F.; Edhouse, J.; Brady, W. J. and Camm, J. 2003.). Research finding have proved that there is ample evidence that physical activity can help prevent chronic diseases caused by inactivity, most people still do not exercise to the recommended levels (Willmore J.H, costill D.L 200).). The result of many research finding has advocate for the use of various intensities of exercise to alter cholesterol levels in the body, and continuous interval training has been recommended because it appeals to both men and women who choose to exercise. Physical activity or exercise has been identified as one of the health-promoting practices in a number of studies (Intsel & Roth, 2004). The skeletal, cardiac, and visceral muscles are slowly poisoned by a sedentary or inactive lifestyle, which affects (Allisson, L. and Monnington. T. 2002). Inactivity in general (Quinn, E 2003), Ntui, (2000) agrees with this viewpoint he who stated that lack of muscle use results in atrophy. Also. Ajala (2005), posited that the following health problems were either linked with or made worse by getting too little exercise. These are; Overweight (Obesity), feeling tired at all time, shortness of breath, stomach upset, headaches, backaches, weak muscles, high blood pressure, ageing at a faster pace, heart disease, such as stroke, breast cancer, diabetes mellitus, muscle, ligament, tendon, bone, and other soft tissue injuries





In recent time the benefits of exercise on human body systems and health in general have been, widely recognized. Exercise can be used as a primary preventive or initial treatment for chronic diseases. Regular exercise and physical activity are very important to the physical and mental health of almost everyone, including older adults. Being physically active can help one continue to do things one enjoys and stays independent as one ages. Physical exercise is important for maintaining physical fitness and can contribute to the maintenance of a healthy weight, regulating the digestive system, building and maintaining healthy bone density, muscle strength, joint mobility, promoting physiological well-being, reducing surgical risks, and strengthening the immune system. Some studies indicate that exercise may increase life expectancy and the overall quality of life (Gremeaux, Gayda, Lepers, Sosner, Juneau & Nigam, 2012). Most times, individuals are referred for physical therapy services because of physical impairments associated with movement disorders caused by injury or health-related diseases. These diseases can be regulated if not properly prevented using different exercises (Kisner, Colby & Borstad 2017)

### **The role of human kinetic on peace and security for Sustainable Development**

There is positive correlation between peace and security and Sustainable Development; this is because security most basic need of human beings and societies, however, the political, economic and social systems of a country create the conditions for security and insecurity. Etannibi (2015), stressed that Security is a first-order or necessary precondition for the Sustainable Development of human beings and society. This is the reason why maintenance of peace and security of a nation is one the front line legitimate function of a state, and any government who failed to protect its citizens will lose its respect and legitimacy. Thus one of the greatest challenges to Sustainable Development is insecurity. In Nigeria real security threat is the problem of underdevelopment, poverty, political instability, social injustice and the various factors that affect education. These factors cannot be confronting militarily. Therefore, to address the national security challenges we must continues to look for

solution beyond military a solution that will develop a positive mindset on the citizens this can be done through Human Kinetic and sports as integral part of education. Sadiq (2013), noted that education, when well imparted and utilized, has the potency of promoting national security. This is because national security covers the socio-economic, political, military, cultural, familial, industrial, diplomatic, artistic, etc spheres of a nation. When and where these and many more spheres of a nation are stable, vibrant and progressing, the national security of such a nation is guaranteed; and is greater hope for Sustainable Development. According to Gratton (2001) different academic disciplines have on their own contributed either directly or indirectly to job creation for millions 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. As integral part of education the basic objectives of Human Kinetics and Sport is to inculcates desirable human traits like physical fitness honesty, sincerity, hard-work, punctuality, productivity, innovation, patriotism, selflessness, etc. according to Onifade, (2001) Human Kinetics and Sport empowers people by inculcating life-long skills and know-how thereby giving the individual the capacity to liberate self from poverty and want. We can use sport participation as a means of curbing our security problems in the nation. Insecurity is always there in the state of the minds of the perpetrators. "Human Kinetics and Sport as an agent of change can be used to infiltrate their minds to help them develop the skills that will override their weaknesses.

### **The role of human kinetic on Socialization development for Sustainable Development**

To achieve peace people must understand each other, one of the greatest threats to Sustainable Development in Nigerian religious tribal and communal crisis. Whenever such crisis emerged it always draws the achieved development backward. In recent time many people could not cultivate their land because of insurgency this is to show the relationship between Sustainable Development and peaceful co-existence. Therefore another major role Human Kinetics as Sports education can play





toward achieving Sustainable Development is on the strength of sports as agent of socialization. Omolawon (2000), said that socialization is the process by which we acquire the culture of the society into which we are born, – the process by which we acquire our social characteristics and learn the way of thought and behavior considered to be appropriate in our society, – is called socialization. When individual through socialization, accept the rule and expectation of their society that make up its culture and use them to determine how they should act, we say they have internalized social's cultural rules (Onifade, 2001)). In socialization one is able to learn the ways of the society, become a functioning member of it, act according to its standard and accept its rules and regulation. In general socialization is a process that results in acceptance of and adaptation of the pattern of social behavior. In addition socialization involves the process by which the culture of a group or society is instilled or internalized in the individual member of the group. This process is basically the same in every society in respective of cultures (Elmagd M, Abubakr M, Manal Sami, Elmarsafawy TS, Aljadaan O. 2015)

Education is a crucial agency in the socialization process, when a child goes to school he or she is not only confronted with the traditional school subjects but also with code and practices governing behavior, in all the agencies of socialization; the family peer group, schools, churches and mosques, Human Kinetics, sports and other physical activities also play a role in socializing the individual. According to Omolawon (2000), socialization through sport aids a nation to have a collective identity whereby citizens of a nation can always come together as a nation where individual show genuine concern, interest, consideration, equality and justice for each other in all facets of their life. Involvement in sports is an appropriate means of inculcating societal norm and values of a nation. Socialization through sports suggest that behavior pattern, norm and values are learned in sports and transferred to other spheres of life so as to fully integrate in to society for full worthwhile life. Onifade 2001 noted that Sports is able to discharge this role of socializing because of the increased frequency and intensity of social interaction

embedded in it. Socialization through sports help individual to become acceptable in the society since this level of socialization will determined behavior which in turn is tangential to the overall development of a nation. Any nation that aspires of greatness needs to socialize her citizen properly.

### **The role of human kinetic on economic for Sustainable Development**

Today sports have become one of the most popular global businesses; generating billions of dollars in revenues for the sports clubs, organizer, sports sponsors and sports industries, the aim of every business is to make a sale, generate revenue and make profit. Human Kinetics is Sports Education and sports according to Sad (2003), is an institutionalized game governed by rules and regulations that can be participated in from amateur and professional level of attainment. Human Kinetics was conceptualized as an integral part of the total education process, and also a program 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). Sports have become the singular most influencing factor of unifying human race across the globe. This has made it to receive an unprecedented global acceptance and sponsorship. Thus, sport has become a phenomenon of influence on world peace, economy and the development of social relationship. (Aluko and Adode, 2011). It has also made virtually all the countries of the world to appreciate the developmental role of sports, hence, invest substantial fortune of the nation's wealth on the development of sports.

Nigeria being part of the global family is not left out of sporting influence. Beginning from an entertainment and recreational activity, it has grown to affect all aspects of the people's lives cutting across age level, gender and status. Sport therefore has not only become part of Nigerian culture that has attracted much interest but became a tool for political, social, economic and educational development of the nation. Amuchi in Bakari (2016) stated that "sports is a mirror of the society; games provide a touch store for understanding how people live, work,



think and play as well as serving as barometer of a nation's progress and civilization

### **The role of human kinetic on Political development**

There is no doubt political development is the epitome of all other factors of sustainable development. A country political system determined its domestic and foreign policy; these also affect its international relations and diplomacy, these are factors has great influence on Sustainable Development, as no country can sustained its development independently. It must require some form of diplomatic relations. A part from inculcation of sports fitness education The field of Human Kinetics also disseminate, the basic principle and guidelines for achieving diplomacy and international relations through sports. Ordinarily, sport and international relations and diplomacy should have little in common, apart from an international dimension of competition (Jackson J. S. & Haigh S., 2008). However, it is commonly known that world politics influences sport, and also, sports events can sometimes catalyze political ones. It was not always like that, however. It is important to state that sport as a social phenomenon, is relatively new. Although its origins can be dated back to ancient times to the sports of ancient Greece, modern sport appeared in the middle of the nineteenth century. Initially it has a very amateur character and was not popular, so its significance for international relations was rather marginal. That situation changed radically in the first half of the twentieth century, mainly due to the International Olympic Committee and the Olympic Games, which transformed sport to a higher level (Kobierecki, M. M. (9013). The growing popularity of sport during this time can be easily illustrated by the number of athletes participating in the Olympic which has done more of unification function to the world than harm.

Today sport is used in the to improve the relations and understanding between countries like Japan and South Korea thanks to the joint organization of the 2002 World Cup, or with the efforts being made in Israel in the same manner between Jews and Arabs. This being so,

Peter Hough (2013) argues that it is reasonable to maintain that international football is a vehicle that fosters nonviolent nationalism expressions. This agrees, with the statement made by Goldberg J., (2000) who nominated Football for the 2010 Nobel Peace Prize and with the thesis of the **FIFA's** president Joseph Blatter. Both made a strong case for portraying football as a unifying and peacemaking medium. Indeed, they contended that the contribution made by the sport for reconciling according to Irabor (2010), states and nations more than balances out its negative sides involving violence and riots in the stadium stands.

The use of sports as an instrument of diplomacy and international relations is an age long phenomena. Football has been used to expressed acceptance confidence and solidarities between countries, just as is always used to register protest by countries who felt touched for various reasons. The Football governing bodies has also use the game as a means of sanction and punishments against any nation who break the law of the game or any international law violations. For example Nigeria was ban from participating in the International Youth Football Competition for featuring over aged players. An attempt to discuss conclusively the role of Human Kinetics and sports of international politics and diplomacy, will not be possible in a paper of this nature however from the few explanation provided above we could see that Human Kinetics as sport education will continue to exploit and disseminate about the how sports and politics influenced one another. This is an area that is hardly perceive by many of those who have a narrow view about the field of Human Kinetics

## CONCLUSION

In this presentation we tried to look education as major instrument and tools for sustainable development and as an integral part of education Human Kinetics and sport is not just a festival of running jumping and participation in athletics and game. As a field of study Human Kinetics is concern with the inculcation of knowledge, skills, attitudes, interest, abilities, competence of effective human movement and its interrelated



values. The study of Human Kinetics has great potentials to contribute toward sustainable development. Today the world is shifting away from hydro carbons and trending to renewable energy sources, which was making the sustainability of dependence on that oil and gas economy infeasible. This is not good for Nigeria who's economic is largely dependant on oil and gas. Sport is very big business, with estimates of the size of the global sports industry including gate receipts, media rights, merchandising, sponsorships, infrastructure, software, etc. potentially earning up to US\$144 billion annually. Quality teaching and learning in Human Kinetics should enhance sports development that will stimulate the attainment of economic diversification objectives of the country

## RECOMMENDATIONS

In order to achieve sustainable development, Nigeria must adopt a multi-sectarian an approach where the roles and contributions of every field of study must be appreciated and encouraged every field of study has one potentiality toward sustainable development to offer. With the divergence role Human Kinetics has on Physical health, Nigeria and Nigerians must has a wider open up their mind toward having a wider view of the role of education and Human Kinetics on various aspect of sustainable it is thus hereby recommended that

1. Student seeking for admission into the tertiary institution should be encourage to do so and they should be made to understand the various area that Human Kinetics is all about
2. The subject should be restrictive to only teaching and sports participation while neglecting the health related area
3. Many of researches conducted at various institutions always end up on the library books or project shelves. These mean that however good the recommendation there in there may not be avenue to put the recommendation into action
4. It is high time that there should be coordination between the departments of Human Kinetics with other relevant departments such medicine, physiotherapy, psychology sociology, economic and

host of other. They can each reciprocate other to ensure satiable development

5. Nigeria must continue to encourage sports participation in view of its great potentials for achieving peace and security, physical and mental wellbeing, political, and socio- economic diversification. All these are essential ingredients for sustainable development

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