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## IMPACT OF HUMAN KINETICS AND HEALTH EDUCATION IN SUSTAINING NATIONAL TRANSFORMATION AND DEVELOPMENT IN NIGERIA

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### Introduction

Human kinetic and Health Education is a profession consciously designed by policy makers in the educational sector to positively affect the physical and health status of individuals thereby bringing about National transformation and development. The study of Kelvin (2016), revealed a significant impact of regular exercise and health related programs in the lives of individuals in a contemporary society. Nigeria, a fast developing nation, in sub-Sahara Africa and deserves a well-planned human kinetics and

### Abstract

*Transformation and development is critical and essential to the sustenance and growth of any nation. A country is classified as developed when is able to provide qualitative life for her citizenry. Nigeria in the last fifty years has been battling with the problems of transformation and development in spite of the huge human, material and natural resources in her possession. Human kinetics and Health Education is integral to the development and transformation of educational process. It results in holistic development of personality physically fit, mentally sharp, emotionally balanced and socially well adjusted. The impact of human kinetics and health education to national transformation and development is in no small measure. Parts of a continuing effort to reveal the impact of human kinetics and*

*Health education in nation building in this dispensation has been on the rise. The ensuing paper presents the human kinetics and health education as a unique programme for achieving the touted benefits and impact of national transformation and development. The study considered Education and Politics: Implications for national transformation and development in Nigeria, impact of Nigeria Health policy in national transformation and development, strategies for promoting national transformation and development for physical fitness and healthy living and impact of human kinetics and health education curriculum to national transformation and development. The contributions of technology to human kinetics and health education on national transformation and development was also considered. It is hoped that the suggested recommendations in this paper will provide the necessary “spin” of which major practitioners and other relevant stakeholders may put on track in enhancing national transformation and development.*

**Keywords:** Transformation, Development, Education Policy, Health Education, Health Policy and Physical fitness.

Health education programmes that will promote and integrate individuals for national transformation and development. The primary focus of any practical exercise and health related programs is to bring about an improved health knowledge, attitude and practice (KAP) of individuals. Nigeria as a nation with verse technology in science and information need to be consistently organised in order to improve on national development with the ultimate aim of improving and changing the standard of living among the citizens that will lead to transformation.

For an effective national transformation and development process to see the light of the day, it is therefore relevant to harness the potentials of human kinetics and health education. In the view of Davidson (2015), for a national program to be effective, relevant stakeholders must be critical not only through the application of the scientific approach, but also through practical exercises and health knowledge that will help to bring about effective and humanistic capabilities. Scientific information in human kinetics and health education is very crucial in the national development drive. Hence, the integration of health information and communication technology will have tremendous impact in national transformation and development. In meeting

the aspirations of achieving improved health status in a developing nation like Nigeria, a collaborative effort is needed in order to make a consistent and effective delivery of health rewarding exercise based on scientific information in national transformation and development. This will not only promote, improve and sustain quality health and exercises, it will also ensure best practices of human development and the nation at large.

### **Education and Politics: Implications for National Transformation and Development in Nigeria**

The interplay of politics and education is not novel in Nigeria. In the views of Muiyiwa (2015), since the period of colonial administration, the planning, administration and management of education has been under the influence of political arrangements. Apart from the political arrangements, sociology and economy of the moment also influence the course and curricular design of education. During colonialism, the colonial government instituted education policies that favored Eurocentric culture over African culture. The state of education in Nigeria calls for the urgent attention of educationist and policy makers to ensure sustainable development and attainment of national transformation. It is a fact that no nation can outgrow the quality of its education. Nigeria education from pre-basic to the post-basic stage requires purpose-driven reformation for sustainable national transformation and development as contained in the National Policy on Education. In the policy, it is written that the goals of national education are:

- The inculcation of national consciousness
- The inculcation of the right type of values and attitudes for the survival of the individual and the Nigeria society
- The training of the mind in the understanding of the world around and
- The acquisition of appropriate skills and the development of mental, physical and social abilities and competencies as equipment for the individuals to live in and contribute to the development of his society.

According to Adedipe (2013), successive regimes and administrations in Nigeria have not been able to achieve the national goals of education as identified above. Some socio-political factors such as Eurocentric attitude of Nigerian populace, poor implementation and lack of programme continuity as a result of constant change in government are responsible for the failure of the country to achieve national educational goals, as observed so far. In line

with the submission of Adedipe (2013), Adelabu (2004), submitted that Nigerian education sector, like every sector in the country has witnessed unstable programme implementation. In the tertiary education, graduates become or remain unemployable after graduation owing to the following observable problems in the country's tertiary education:

- Dilapidated facilities for effective teaching and learning. The laboratories and libraries are ill-equipped for proactive and pragmatic learning outcome that will be problem-solving in approach.
- Poor staffing. The teaching and the non-teaching staff are not adequate for effective teaching and learning.
- Monetization of admission process. In the contemporary Nigerian society, admission process has become monetized under the name of post-UTME. With this practice, the higher institutions in the country rake money from the helpless and hapless students. The consequence of this practice is that it amounts to double standard that favours the highest bidder, which may lack the moral and academic intelligence to pursue a particular course of study.
- Incessant strike. The country's tertiary education has been riddled by incessant face-off between the government and the lecturers in the colleges of education, Polytechnics and Universities. Among the reasons for this face-off are the poor funding of tertiary education and poor conditions of service for the lecturers. This face-off lasts for the minimum of three months to one year, depending on the category of the institution.
- Poor process-product matching. The country has not been able to record enough success in technological development and economic advancement because the products of tertiary education have not been able to translate theory into practice.

Thus, it can be said that Nigerian education since independence has failed to inculcate national consciousness, national unity and the right types of value and attitudes for the survival of the individuals and the Nigerian society. Expectedly, education meant for sustainable national transformation and development should culture and nurture national transformation and development as well as facilitate sustainable human-capital development of a nation. The indicators of the above problems in the realization of the national

goals of education can be seen in the rate of graduate unemployment. Many Nigerian graduates have not acquired the skills that can make them independent of the paid-employment. These graduates are rather trained to be job-seekers instead of being job-creators. The reason for this problem in the non-vibrancy of the curricular of education across all levels (Haladu, 2008).

### **Impact of Nigerian Health Policy in National Transformation and Development**

Policy formulation and implementation has played a very significant role in ensuring good national transformation and development. Poor standard of living among Nigerians had severally linked to inconsistency in developing viable health Policies. However, the consequence in declining standards of living among Nigerian is not only associated with poor practices, but also as a result of formulating and implementation of national development programmes. Prior to the development of the National Health Policy document, Nigeria had developed and implemented two national Health Policies (NHP) in 1988 and 2004 respectively. Both were developed at critical stages in the evolution of the Nigeria Health System and had far-reaching impact on improving the performance of the System which in turn tells positively on the people. In between these efforts, there were several attempts to develop a holistic approach to addressing the challenges of the health sector, including the convening of the National Health Summit in 1995 which attempted to do a diagnostics of the Health Sector. Proper development and monitoring of regular organisation of practical exercises and organisation of health related programmes has been identified as a vital instrument for the successful achievement of national transformation and development. Therefore, there is no doubt that effective policy formulation and implementation strategies need to be intensive of the best practices in Human kinetics and Health Education programme is to be recognised (Akinsanya 2013).

In a similar vein, Adedamola (2015), opined that to achieve valued goals of individuals' healthy living, an effective human kinensiological development approach and health development system that will complement the achievement of good national development effort is relevant. In the words of Marc-Royls (2015), a nation without policy for national development is



heading towards disorganisation and anarchy. Therefore, a validated national policy that is found worthy of promoting the standard of health of individuals in the society should be developed in accordance with the approval of all relevant stakeholders in Nigeria. Furthermore, essential issues that will promote best practices among Nigerians through a recognised and effective policy formulation and implementation strategies that will enable citizens of Nigeria to acquire and demonstrate intellectual competency and professional skills necessary for national development and transformation should be facilitated. Most countries in the world particularly in sub-sahara African experience series of practices that are not supported by policies for national development.

### **Strategies for Promoting National Transformation and Development for Physical fitness and Healthy Living**

In ensuring consistent development of individual physical health status and sustenance of national development, there are strategies that are considered adequate which will eventually help to ensure an optimum development of individual physical health and socio-economic status. Ahmed (2016) pointed out that the successful application of these strategies will not only help to improve and sustain national transformation and development, but also help in improving the awareness and understanding of the complexity of Nigerian development programs. Hence, Donald (2014), outlined the following strategies considered relevant for a collaborative improvement of individual healthy living and national development.

- Relevant stakeholders in human kinetics and health education sector and national planning and development should be equipped with accurate data and health information as to keep abreast with the trend of improving individual healthy living.
- Development of various policies should be encouraged through formulation and proper implementation processes.
- Adequate training and retraining of professionals in the field of Human kinetics and Health Education and national planning activities should be intensified in order to ensure that the right professionals are involved in implementation.
- Donor agencies, and International Development Partners (IDP) should continue to usher in the best to see that sustainable human

development through health and national policy are achieved within time frame.

- Public enlightenment campaign programs are required to boost the morale of these professionals to perform beyond expectations. It should therefore be noted that the promotion of Human kinetics and Health Education programs are regarded as a unique methodology in improving and sustaining national development for healthy living.

Similarly, Adams (2014) opined that in an attempt to ensure consistent improvement in national development, other stakeholders are to collaborate in decision making. This can be done through consistent, effective and pragmatic step in fine tuning existing health policies. In a related development, the study of Adedamola (2015), revealed that in improving the standard of life style, physical exercises and gainful health practices should be encouraged from the start of school. It should therefore be noted that the advancement in technology will go a long way in achieving the aim of national development through Human kinetics and Health Education.

### **Impact of Physical and Health Education Curriculum on National Transformation and Development**

Curriculum in any academic discipline plays a vital role in the teaching and learning process as it is assumed to be the ground which a student covers right from the beginning of an educational career to when that student finishes the programme. The word curriculum in education is regarded as a relatively standardised course covered by students in the race towards obtaining any certificate which serve as a spring board for national development. Although many comments on the concepts of curriculum are grounded in subject content or subject matter to be learnt, the Human kinetics and health education curriculum is designed to provide learning experiences that will help students realise their potentials in life and contribute to nation building, such as developing an understanding of the importance of physical fitness, health and enhance personal commitment to daily vigorous physical activities and positives health behaviours, and the skills and knowledge required to participate in physical activities throughout life (Winnick, 2015).

In the report of Taggarret (2003), lack of knowledge on the importance of the goals and contents of Human kinetics and Health Education curriculum makes many individual to underrate the discipline as a viable tool for national transformation and development. Moreover, active healthy living is beneficial to both the individual and society in various ways, such as increasing the level of productivity, improving moral behaviours decreasing absenteeism, reducing health care cost, heightening personal satisfaction during leisure time and other benefits, which improve psychological well-being, physical capacity, self-esteem and the ability to cope with stress and tension. The expectation within the Human kinetics and Health Education curriculum tends to promote active healthy living through the development of Physical, social and personal skills in which the theory and practical balanced approaches help to move successfully beyond the secondary school level. Bahdmus (1999), stated that a proposal for changing curriculum implies that a case has been made for a need for a change, whereas Shadrach (2004), noted that one of the problems related to changing curricula is that the process necessitates a change in people and institutions. It would appear, therefore, that when planning to effect changes in a Human kinetics and Health Education curriculum for the sake of national transformation and development, the process needed to include: an evaluation of the present curriculum, a presented case based on sound principles for the improvement of the curriculum, an estimate of the difficulties that might be encountered in the changes including the people affected, and the requirements of the need for continued evaluation of the curriculum. However, recent researches have highlighted the need for curriculum improvement in Human kinetics and Health Education in our secondary schools and tertiary institutions that will enhance national transformation and development. (Ikponmwosa, 2007).

### **Effects of Technology in Human kinetics and Health Education on National Transformation and Development**

Technological progress offers great potential in the acquisition of modern physical fitness techniques, health information, care and services and national transformation and development. It forges technologies into increasingly powerful tools with expanding possibilities for the development of Human kinetics and Health Education in the development of a nation.



According to Kohldorado (2018), the Internet has become an integral part of the modern concept of keep fit activities and healthy living. It provides support for not only health institutions and practitioners, but also for the nation to maximise. In addition, technologies foster efficiency and open up possibilities for new treatments and wellness. The contributions of new technologies have changed some of the paradigms used in physical education programmes and public health education, by helping to improve quality of life and facilitate shared information and communication among physical education professionals and between health practitioners and the general public. ICT use provides greater flexibility and the capacity for stronger and finer control, evaluation and management of health and personal wellness. In addition, ICT enables a greater quantity of information to be gathered and processed. It facilitates use of the necessary resources in disease treatment to minimize possible side effects, thus bringing current information closer to everyone. Nevertheless, although many technological advances contribute to physical fitness programmes health education, thereby making daily life easier. However, unbridled use of technology in the daily environment can lead to negative effects on the human body thereby affecting nation building negatively.

### **The contributions of Technology to Human kinetics and Health Education on National Transformation and Development**

The findings of Artamanne and Stroetmanne (2018), illustrates the potential benefits that can result from ICT implementation for individuals and the nation, which include:

- Modern and scientific techniques in exercising.
- Reaching and educating more people at the same time.
- Improved health quality.
- Reduced clinical and administrative costs.
- Reduced time between diagnosis and therapy and new modes of care.
- Swift dissemination of information, although this may not be as positive in some cases as one might think.
- Facilitation of a better knowledge of the benefits of exercising, good use of health services, greater adherence to treatment and participation in health decisions.

- Improvement in perceived support and social backing, sharing, support and reciprocity.
- Interconnectivity of people through all forms of social media relating with one another and relatives sharing experiences of diseases such as bodily changes and the aftereffects of illness.

### **Role of Government in sustaining National Transformation and Development**

Education is a vital investment for human and economic development and is influenced by the environment within which it exists. Traditions, culture and faith all reflect upon the education system and at the same time are also affected by them. However, the role of the government in educational transformation and development is in no small measure:

- The Government is to work as an agent or catalyst for educational transformation and development.
- The Governments is responsible in providing the legal and social framework for transformation.
- The Government is to maintain competitiveness and provide public goods and services.
- The Government should also provide national security, income and social welfare, correct for externalities, and stabilize an enviable education standard at all levels of education (Odeleye, 2012).

### **Conclusion**

Human Kinetics and Health Education Programmes are regarded as an instrument for national transformation and development especially when a collaborative effort is employed by all relevant stakeholders in the country. The place of physical fitness and positive health practices for optimum level of productivity in national transformation and development cannot be overemphasised. Therefore, professionals in health and physical fitness disciplines have an indispensable significant role to play in educating individuals on the need to be physically mentally and socially stable and to contribute positively towards national transformation and development.

### **Recommendations**

For a nation to experience national transformation and development, the effect and contributions of Human Kinetics and Health Education programs

cannot be undermined. Hence, the following recommendations should be considered.

- Human kinetics and Health Education should be made a compulsory subject/course for students at all levels of education.
- Qualified teachers to teach the subject/course at all level of schools must be employed.
- Relevant stakeholders should ensure that all hands are on deck in achieving and sustaining the blue print for national transformation and development.
- Professionals in Human kinetics and Health Education should be exposed to various capacity building initiatives that will bring about improved health knowledge, attitude and practices among individuals in the society.
- There should be special national developmental programmes for target groups such as youth, elderly, handicapped, destitute, as well as the economically disadvantaged that will lead to national transformation and development.
- The government should fund the schools and give all necessary support that will help to improve the curriculum and boost national transformation and development.
- The government should make internet facility accessible to students and teachers at all levels, as this will make both student and teachers make good and timely use of all electronic devices available.

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