

## **Sport Education as a Veritable Tool for Sustainable National Transformation in Nigeria Prospects and Challenges in Developing the Head, Heart and Hand**

**Ochor, Daniel Chinonso**

**Department of Sport and Exercise Science, Faculty of Education, University of Port  
Harcourt**

**Choba, Port Harcourt, Rivers State. [Ochordaniel@gmail.com](mailto:Ochordaniel@gmail.com), 08161678408**

### **Abstract**

Sport education is increasingly recognized as a vital component in achieving sustainable national transformation, especially in developing countries like Nigeria. This study examines the current state of sport education in Nigeria, exploring its challenges and potential benefits in contributing to national development goals. Despite its recognized importance, the implementation of sport education in Nigeria faces significant obstacles, including inadequate infrastructure, insufficient funding, a shortage of trained personnel, and cultural and societal barriers. Many schools lack the necessary facilities, such as well-maintained playgrounds and sports equipment, to support effective sports programs. Additionally, limited financial resources result in poorly equipped sports facilities and inadequate compensation for educators, further undermining the quality of sport education. The shortage of qualified physical education teachers and coaches exacerbates the problem, leading to poorly structured programs and diminished student engagement. Cultural attitudes that undervalue sports and gender biases that restrict female participation also pose significant barriers. Despite these challenges, the prospects for sport education in Nigeria remain promising. Integrating sports into the educational curriculum can significantly enhance physical well-being by combating lifestyle-related diseases such as obesity and hypertension. Furthermore, sport education fosters social cohesion by bridging ethnic, religious, and cultural divides, promoting mutual respect and understanding. Economically, it stimulates growth by creating employment opportunities and attracting investments, thereby boosting local economies. Moreover, students who participate in sports often exhibit improved academic performance due to better concentration, discipline, and time management skills. This paper underscores the need for strategic investments and policy reforms to address the challenges hindering the effective implementation of sport education in Nigeria. This paper suggest that prioritizing infrastructure development, increasing funding, providing professional development for educators, and promoting inclusive cultural attitudes in Nigeria can foster social unity, stimulate economic growth, and enhance educational outcomes, contributing to the nation's sustainable development and long-term prosperity.

**Keywords: Sport Education, Sustainable National Transformation, Development and Social Cohesion**

### **Introduction**

The foundation of any society is education, which has a substantial impact on the intellectual and character development of people as well as their practical training, hence forming the cornerstone of continuous national evolution. More importantly, in Nigeria, the educational content should be modified and redesigned in such a manner that, instead of just focus on Intellectual Mind, it has an Holistic approach of grooming Emotional Mind and Physical Body

alongside. In the context of Nigeria, the National Policy on Education advocates for an all-encompassing and diverse education to equip individuals with relevant competencies to cope with the complexities of the modern world (Federal Ministry of Education, 2020). This vast system of education must be implemented to thrive with creativity, leadership with ethics, and economic growth. It is aligned with international education standards and practices that emphasize integrating cognitive, emotional, and practical learning (World Bank, 2022). If this comprehensive approach is adopted, Nigeria could grow a new generation that strives for sustainable national change. This skill set would enable students to successfully engage with the complex challenges of the 21st century in a competent, compassionate, and creative manner.

According to the World Economic Forum (2022) countries that incentivize skills such as the development of cognitive, emotional, and practical skills as part of their educational frameworks tend to be more innovative, socially cohesive, and economically prosperous. With Nigeria's youth population growing rapidly, this is a potential game-changing model for education in the country. Education develops the "head" by honing intellectual capacity, cognitive skills, and critical thinking; the "heart" through building empathy and resilience and developing ethical norms and values; and the "hand" by teaching core vocational skills necessary for productive economic life and personal growth. This approach unfolds in three phases, responding to the immediate education-related requirements of Nigerian students, whilst establishing a strong framework for continued national stability and development (UNESCO, 2022). Therefore, it is very crucial to acknowledge and embrace education as a strong weapon that would help shape our intellectual, emotional, and functional aptitudes, driving Nigeria towards a future of quality, sustainable and meaningful national change.

Today, sports education is much more than the traditional method of teaching PE in the classroom — the so-called "talk and chalk." The conventional method to physical education, which largely involved classroom instruction, cannot meet the comprehensive needs of children in a dynamic and interconnected world. The modern approach toward sports education adopts a holistic approach wherein an amalgamation of hands on, experiencing learning and theoretical knowledge is implemented along with human growth in physical, cognitive, emotional and social domains.

Over the years, sport has acted as a tool for promoting psychological health along with physical health, improving social cohesiveness, and aiding the integration of individuals from different races and faiths. Sport education is gaining recognition as a means of achieving lasting

national change. With Nigeria's multi-ethnic populace and diverse cultures, providing an avenue for social cohesion in promoting public health and economic growth through sports education is necessary. With social fragmentation, economic disparity, and political instability as some of Nigeria's bane, a bite-sized solution of sports education has the potential to lend itself to the overall national development framework for a complete solution to some of this challenges.

This new positive approach to sports is one step closer toward a complete realization in education regarding the significance of physical exercise in rounded growth. Participating in sports and other forms of physical activity teaches the importance of teamwork, leadership, strategy, and perseverance. These skills are best developed through practical experience when students engage in sports and physical education, rather than through theoretical teaching alone. Graduate sports pedagogy programs now focus heavily on creating diverse, dynamic environments that allow students to experience the concepts and benefits of physical activity and exercise firsthand.

Additionally, contemporary sports education encompasses elements of mental health, nutrition, and general health and wellbeing, enabling students to gain a well-rounded perspective of the impact that physical activity has on people as a whole. Overweight and obesity are now prevalent among 27.6% and 14.5% of adults in Nigeria as highlighted by Chukwuonye et al. (2018), hence there has been upsurge in the understanding of how sport education could play a vital role in combating these ever-increasing figures in recent time. 2022), and to promote sustainable national health progress [18]. This approach aligns with holistic education aims, as it seeks to empower students not only academically but also in life beyond the classroom. Modern sports education helps students to lead healthier and more active lives by going beyond the old "talk and chalk" method, equipping them with skills and knowledge necessary to be a positive contribution to society. The unique method of sports education assists in solving the complex problems of the modern world and makes it an important aspect of the timeline of today's education. Introducing sports in the curriculum will help students to develop regular habits of exercising which will lead to productive as well as healthful practices throughout their life. And, by the nature of the sport itself, sports allow someone to develop traits like self-discipline, teamwork, grit, all of which is very important for growing up and developing as a person and society.

Sports education is also integrated in the Nigerian National Policy on Education, thus demonstrating how it is important in Nigeria. Physical education is recognized as a key component of the national curriculum, and this policy demonstrates its importance in the overall development of pupils. With the intention of ensuring such access, the policy notes that schools must have enough facilities and qualified staff to support sports activities, assuring access of all children to quality physical education. By incorporating sports education into the national educational system, Nigeria aims to improve physical fitness, instill discipline, and develop collaborations and cooperation among students (Federal Ministry of Education, 2013). This study corresponds with the Nigerian National Policy on Education by examining the execution and effects of sports education on national development objectives. It analyzes the implementation of the policy's directions on physical education and assesses their efficacy in realizing the desired goals. This study evaluates the present condition of sports education in Nigeria, highlighting best practices and difficulties, so offering critical insights for policy improvements and strategic investments in the field. Ultimately, it endorses the policy's objective of using sports as a mechanism for national change, enhancing the physical, social, and economic well of the country. Preserving optimal health and averting lifestyle-related ailments such as obesity, diabetes, and hypertension, which are increasingly prevalent in Nigeria, need consistent physical activity (World Health Organization, 2022).

In Nigeria, sports education may enhance community cohesion and foster a feeling of unity throughout the nation. The nation's ethnic and cultural diversity, although a source of strength, has often precipitated friction and conflict. Sports provide the capacity to mend divisions by bringing together individuals from diverse origins in the quest for common goals. Eke and Odigbo (2020) contend that participation in sports fosters a feeling of national identity and belonging by promoting mutual respect and understanding among participants. Sustainable progress necessitates a tranquil and unified society, attainable alone via the use of these social benefits.

Sports education has the capacity to economically reshape a nation by enhancing local economies and creating employment opportunities. The sports business encompasses several sectors, including coaching, event organization, sports management, and sports medicine, each offering significant employment prospects. Sports activities enhance the local economy by attracting visitors and investment. Oboh (2021) contends that sports may have considerable economic impact, particularly in developing countries such as Nigeria, where the sports sector has substantial growth potential.

Sports education may significantly aid in diminishing educational disparities and enhancing academic performance. Studies have shown that adolescents engaged in athletics often do better academically due to improved time management, discipline, and concentration (Bailey et al., 2018). In Nigeria, where socioeconomic issues often hinder educational attainment, including sports into the curriculum may create a leveled playing ground that motivates students to flourish academically and seek further education.

Multi-dimensionally, sport education may yield development to sustainable national development for Nigeria. Sport education involves many development areas by offering physical health, social integration, economic growth and educational success. The potential of sport education could only be realized through a joint enterprise journey between policymakers, educators, stakeholders, allocating resources towards a necessary infrastructure and programmes. The implication here is that, sport education constitutes a long-term, sustainable, and viable development model that Nigeria can adopt to cater for its social, political, economic, educational and the overall developmental needs of the country. Sports education has a major role to play in achieving sustained national development. This is particularly applicable in a diverse and populous nation like Nigeria. Sport education is reported to be a critical tool in building strong individuals, strong communities as well as in enhancing community pride, identity & sense of belonging (Momoh, 2014). Sports can be integrated into the education system in a way that promotes social cohesion, fosters a healthier population, and encourages economic growth. Despite these potential advantages, the implementation of sport education within Nigeria is substandard and faces various challenges that hinder its effectiveness. The study focuses on the challenges and prospects of sports education as a tool for sustained national development in Nigeria.

### **The Current State of Sport Education in Nigeria**

Because of the unique challenges facing sports education in Nigeria, it is difficult to determine whether it is better or worse than previous years. The Nigerian National Policy on Education recognizes physical education as a significant factor for the total development of pupils, but its implementation has been sporadic. Educational facilities in schools and colleges throughout the country frequently fall short in terms of the necessary infrastructure, such as maintained athletic fields and ample sports equipment, to promote the performance of routine muscle activity. In a study conducted in Nigeria, Adeyemi and Ajayi (2021) reported that over 60 per cent of Nigerian schools possess poor sports facilities, which greatly limits the effective delivery of sports teaching.

Not enough money is specifically earmarked for sports education, which has negative impacts on programming and Resources. Many schools face tight budgets that prioritize academics over physical education. There is already a shortage of qualified physical instruction teachers and coaches contributing to the budget deficit. According to Oboh and Onifade (2022), there is a serious shortage of competent individuals for coaching, leading to poorly organized training that fails to stimulate students. With the current teaching workforce lacking important contemporary pedagogical skills and knowledge essential for successfully teaching sport, the problem is compounded further by a lack of professional development opportunities for teachers.

Attempting to develop the quality of sports education in Nigeria is not without challenges. The government, along with the goodwill of many non-governmental bodies and even the industry, has made efforts to open sports facilities and provide training facilities. The National youths Service Corps (NYSC) has set up programs designed to teach youngsters about sports coaching and management (NYSC, 2023). In addition, partnerships with international organizations and sporting bodies are also being explored to improve resources and training for sports educators. While these initiatives exist in the nascent stage, they do have the potential to develop sports education in Nigeria and perhaps lead to a more organized and effective implementation which aligns with global best practices (Eke, 2023).

### **Benefits of Sport Education in Promoting Sustainable National Transformation**

Sports education possesses innumerable advantages that might encourage sustainable national growth, particularly in a heterogeneous, pluralistic and vibrant nation as Nigeria. One key advantage is enhancing the physical wellbeing of the teenagers. Regular participation in sports activities helps in reducing lifestyle diseases such as obesity, diabetes, and hypertension which have become common in Nigeria (World Health Organization, 2022). Integrating sports in the school curriculum helps develop lifetime physical exercise among pupils thus developing healthy and productive nation. Improved public health could potentially reduce healthcare costs while also increasing overall quality of life, leading to a more sustainable and integrated community.

In addition to the health benefits of sports, sports education is also crucial to social cohesion and national unity. Sports create a special ability to unite people on its own regardless of race, religion, social status, etc. According to Eke and Odigbo (2020) sporting events promote a sense of camaraderie and understanding among participants, thus facilitating a sense of belonging and national identity. Social integration is key in creating a cohesive and integrated

society, a major pre-condition for growth to be sustainable. The characteristic of sports brings collaboration, discipline, and leadership skills that help to develop ourselves and to have a developed society. Such values nurture responsible and proactive people to build the development and stability of the country.

Sport education therefore has great potential for creating national transformation by helping develop employment and increasing local economies. Sports management, coaching, event organizing, and sports medicine are some of its components (Oboh, 2021), and such offers ample opportunities to find a prospective job in the sports business. In addition, successful sports programs/events can attract visitors as well as investment, thereby improving local economies. The economic impact is major especially in developing countries like Nigeria, where there is a huge opportunity for advancement in the sports sector. If Nigeria can do this, they can create multiple economic and growth opportunities from the sports economy that could drive sustainable national development and ultimately lead to a more prosperous nation.

## **Challenges**

### **Inadequate Infrastructure**

One of the major challenges facing sports education in Nigeria is the lack of adequate facilities. There are many schools across the nation whose facilities and equipment are not enough to carry out sports activity. The limited well kept playgrounds, sports facilities, and training apparatus severely restrict students from engaging in regular physical activity, thus limiting the benefits of sports education. According to Adeyemi and Ajayi (2021), over 60% of Nigerian schools do not have adequate sporting facilities that will enable successful implementation of physical education programs. The lack of these facilities affects the quality of the sports programming and discourages students from participating in athletics due to absence of safe and practical environments in which to play.

This dilemma is only exacerbated by the deteriorating state of our existing sports facilities. Many of the schools that used to have sports facilities now struggle to maintain and preserve them. The most common reasons are the inadequate maintenance methods of sports facilities and equipment, which cause its fast degradation and make it dangerous to use. According to Obonyo and Ayodele (2020), poor maintenance and the dilapidation of sports facilities greatly affect the efficiency of sports programs in schools in Nigeria. Such neglect showcases the need for a collective intervention to revamp and upkeep sports infrastructure to ensure long benefitting for students.

The solution to the problem of deficient infrastructure is costly and will require detailed planning. In order to build and maintain sporting facilities, there should be collaboration between the business sector and the government, who should provide the necessary funds and support. Exploring new methods like PPPs will help resolve the infrastructure gap. Additionally, community participation in maintaining and utilizing sporting facilities could increase their longevity and effectiveness. Infrastructure: By focusing on physical sports education, Nigeria can create a physical environment that supports regular physical activity and maximizes the benefits of sports education for national transformation.

### **Insufficient Funding**

Schools and athletic programs in Nigeria commonly lack the funds needed to fulfill the demands set aside for sports education. A lack of funding results in under-stocked facilities and low salaries for skilled sports professionals. The shortfall in funding reduces the quality of sports instruction and opportunity for students to participate in athletics. As Eke & Odigbo (2020) explain, sport organizations are commonly one of the first lines in the budget to be eliminated when the budget gets tight, demonstrating a general neglect of the influence sports have on the environment of the school setting. This financial negligence leads to a ripple effect whereby schools struggle to fund the purchasing of much-needed equipment, the maintenance of buildings, and the hiring of qualified staff.

In addition, inadequate support for sports education highlights the difference between urban and rural schools. Urban schools, with the possible advantage of additional resources and private backing, tend to be better prepared than their rural counterparts. On the other hand, rural schools experience large financing shortfalls, further marginalising children who already face numerous barriers to learning. According to Oboh and Onifade (2022), the unequal availability of funding and resources contributes to the divide in sports participation and physical development opportunities in different parts of Nigeria.

Addressing the financial crisis requires a reallocation of federal and local budgets. Expanded government funding, coupled with targeted private sector investment, could help address the resource gap. In addition, enacting laws that guarantee a percentage of school budgets to physical education could ensure more stable and reliable funding. Financial assistance from local businesses and international organizations in the form of grants and sponsorships might significantly fund sports education projects. If they can just secure enough funding, Nigeria, will be able to enhance the standard and affordability of all sports coaching, thus creating better lives and supporting national development.

### **Shortage of Trained Personnel**

One of the major challenges confronting sport education in Nigeria is the lack of qualified personnel to carry out effective programs. Many schools lack trained physical education instructors and coaches to provide professional advice and mentoring to students. A shortage of professionals is hindering the development of inclusive sports programs and limiting students' ability to acquire critical skills and knowledge through sport-based education. In Nigeria, Olusola and Oseni (2021) found similar situations where not more than 30% of physical education teachers received proper training in sports education, which resulted in inadequate instructional competence and poor student engagement.

The shortage of qualified staff is often linked to systemic issues in the educational structure, including limited professional development opportunities and a lack of incentives for teachers. There is very little continuous professional development for teachers to keep their skills up to date with innovation, leading to stuffy teaching methods and a lack of invention within sporting frameworks. Furthermore, physical education teachers receive less pay and formal training to climb the professional ladder, which discourages more people from entering or staying in this profession. The systemic challenges need to be resolved in order to build a competent and motivated workforce to advance sport education (Nwankwo and Nnaji, 2022). Broad-based solutions need to be implemented to solve the shortfall in skilled workers. This includes making an investment in the continued professional development of P E teachers through ongoing workshops, certifications, and master's degree opportunities. Attractive incentives such as competitive salaries, recognition awards, and career progression prospects can also be effective in retaining and enhancing educators. Collaborating with world sports bodies and educational organizations could ensure that best practices and new pedagogical approaches are at our fingertips. Therefore, through its focus on the training and development of sports educators, Nigeria might be able to develop a skilled workforce that can deliver quality sport education programs, not only aiding in the overall development of the students but also the country.

### **Cultural and Societal Barriers**

Sports are entrenched in the cultural and cultural framework of Nigeria and as such sport instruction in Nigeria might face significant challenges in execution. In some cultures, sports can be a secondary consideration in education compared to academia. Such an attitude is often rooted in an old stereotype of the mind vs. body debate, where formal schooling and academic success are believed to be on a higher pedestal than the physical experience. According to

Adeyemi and Ajayi (2021), many parents and educators still perceive sports as extracurricular instead of supplementary to the entire development of children. Resources such as funding, facilities, and equipment, are often not allocated to sports because of this cultural bias, and its potential impact is diminished as a result.

Another setback to role of sport education initiatives can be attributed to gender stereotypes that limit the participation of girls and women in sports. Barriers to female participation in sports are often perpetuated by social norms and stereotypes which deem the relevance or value of sport to be less suited or worthwhile to females. One such example is the unfortunate disparity in enrollment in physical education classes and athletic teams. According to Eke and Odigbo (2020), these cultural barriers result in missed opportunities for women to improve physical fitness, leadership skills, and self-confidence through sports, thus continuing a cycle of gender inequality in various areas.

It requires targeted interventions and advocacy efforts to address these societal and systemic barriers. Public awareness campaigns focused on raising awareness of benefits to all students from sports education, regardless of gender, might help shift attitudes toward accepting sports as a core part of the education curriculum. Schools and society can implement inclusive policy and practice that promotes equal opportunities for boys and girls in sport. Similar suitable atmosphere regarding sports education can also be developed through community leaders, parents and educators who are also in discussion about the advantages of sports. Through tackling these social challenges, Nigeria can help create a more diversified sports ecosystem that encourages and sustains the progress of Nigeria.

## **Prospects**

### **Enhancing Physical Well-being**

Despite these challenges, the prospect of sports education in Nigeria is bright. One major benefit is the ability to enhance the physical health of the children. Sustained participation in sports contributes in reducing the growing rate of lifestyle related diseases such as obesity, diabetes, high blood pressure, etc. It can increment the health and productivity of the persons as it may build a culture of physical exercise through sport education. Physical inactivity has been shown to be a significant risk factor for non-communicable diseases and the World Health Organization (2022) states that integrating sports into the school system could greatly reduce these health risks. Also, practicing sports at an early age encourages lifelong habits of physical activity, in turn improving overall health and lowering health care costs in the long term.

### **Fostering Social Cohesion**

Sports education has the potential to foster social hilarity and national integrity. Sports provide an avenue for interactions that cut across ethnic, religious and cultural barriers, and can promote respect and understanding between peoples. Sports can bridge the gap between people of different backgrounds and help to create a sense of community and shared identity, which is critical for peace and stability in any nation. According to Eke and Odigbo (2020), their research found that sports programs can also serve as a means by which social tensions subside and inclusive societies are promoted through the creation of avenues for cooperation and collaboration. Sports teach fairness, discipline, and respect for others — traits critical to developing responsible citizens and building a cohesive society. Therefore, sports education can play a vital role in promoting social integration and cohesion in a culturally diverse society like Nigeria.

### **Stimulating Economic Growth**

Sport education can increase economic development by creating job opportunities and attracting investment. The sports business covers multiple domains like sports management, coaching, event arranging, and sports medicine, which are expected to offer great job scopes. Well-implemented sports programs and events may also attract visitors and business investment, boosting local economies while contributing to national growth. According to Oboh (2021), the sports industry (is) one of the robust sectors that will engender economic development from my point of view, especially with a strong policy and investment. With a robust sports business, Nigeria can create jobs and be a hub for regional and international sports events with huge economic benefits.

### **Improving Educational Outcomes**

Incorporating sports into the school curriculum may enhance overall academic performance. Research indicates that kids engaged in sports often exhibit enhanced academic performance attributed to greater focus, discipline, and time management abilities. By offering a comprehensive education that incorporates physical exercise, schools may facilitate the complete development of kids, equipping them for future success. Research conducted by Olusola and Oseni (2021) indicates that physical exercise correlates with improved cognitive function and academic performance, implying that sports education may significantly contribute to academic success. Furthermore, the discipline and collaboration acquired via athletics may enhance classroom conduct and foster enhanced social connections, so contributing to a favorable school atmosphere.

## **Conclusion**

The knowledge of sports has great role in national development and it is a powerful tool for continued national development in Nigeria and its importance spans beyond sports but includes the physical, social, economic and educational benefits amongst others. However, it must address challenges of poor infrastructure, limited finance, shortage of skilled workforce and cultural differences to realise its full potential. Therefore, with investment in sports education and sustained commitment, Nigeria can harness the power of sports for sustainable development and again change the course of its people's future. In conclusion, sports education could potentially act as a vehicle for national development and change if the government, the commercial sector and community stakeholders can work together on collaborative efforts.

## **Suggestions**

1. Government should invest in the development and maintenance of well-equipped educational facilities, including classrooms, laboratories, sports facilities, and libraries.
2. Revise the educational curriculum to integrate a balanced mix of academic, emotional, and practical learning, including sports and vocational training.
3. Government should provide regular professional development opportunities for teachers to enhance their pedagogical skills in critical thinking, emotional intelligence, and practical skill instruction.
4. There should be increased government and private sector funding to ensure adequate resources for comprehensive educational programs and facilities.
5. Encourage collaborative efforts between the government, private sector, and NGOs to support and enhance educational initiatives.
6. Engage parents, local leaders, and community organizations in the educational process to foster community support and address cultural biases.
7. Implement inclusive education practices that ensure equal opportunities for all students, regardless of gender, socio-economic background, or physical abilities.
8. Establish programs that provide emotional and social support, such as counseling services, peer mentoring, and anti-bullying initiatives.
9. Develop comprehensive assessment methods that measure cognitive, emotional, and practical skills to guide curriculum improvements and teaching strategies.
10. Conduct awareness campaigns to educate the public about the importance of holistic education and its long-term benefits for national development.

## References

- Adeyemi, A. A., & Ajayi, K. O. (2021). Challenges and prospects of physical education in Nigerian schools. *Journal of Physical Education and Sports Management*, 5(3), 45-56.
- Chukwuonye, I. I., Ohagwu, K. A., Ogah, O. S., John, C., Oviasu, E., Anyabolu, E. N., Ezeani, I. U., Iloh, G. U. P., Chukwuonye, M. E., Raphael, C. O., Onwuchekwa, U., Okafor, U. H., Oladele, C., Obi, E. C., Okwuonu, C. G., Iheji, O., Nwabuko, O. C., Nnoli, M. A., & Okpechi, I. G. (2022). Prevalence of overweight and obesity in Nigeria: Systematic review and meta-analysis of population-based studies. *PLOS global public health*, 2(6), e0000515. <https://doi.org/10.1371/journal.pgph.0000515>
- Eke, C. (2023). Public-private partnerships in enhancing sports infrastructure in Nigeria. *International Journal of Physical Education and Sports*, 10(1), 45-58.
- Eke, D. O., & Odigbo, I. J. (2020). The role of sports in fostering social cohesion in Nigeria. *International Journal of Sports Science and Physical Education*, 8(2), 12-20.
- Nwankwo, F. O., & Nnaji, C. J. (2022). Professional development for physical education teachers in Nigeria: Addressing the gaps. *Educational Research and Reviews*, 17(1), 23-35.
- NYSC. (2023). National Youth Service Corps programs. Retrieved from <https://www.nysc.gov.ng/>
- Oboh, J. K. (2021). Economic impacts of the sports industry in Nigeria. *Journal of Sports Economics and Management*, 7(3), 123-136.
- Oboh, S. E., & Onifade, A. I. (2022). Funding challenges in Nigerian sport education. *African Journal of Sports Science and Physical Education*, 14(1), 34-48.
- Obonyo, A. A., & Ayodele, O. T. (2020). Maintenance of sports facilities in Nigerian schools: Issues and solutions. *Journal of Sports Infrastructure Management*, 9(4), 67-79.
- Olusola, A. A., & Oseni, T. O. (2021). Impact of physical activity on academic performance among Nigerian students. *Journal of Educational and Developmental Psychology*, 11(2), 89-99.
- World Health Organization. (2022). Global action plan on physical activity 2018-2030: More active people for a healthier world. World Health Organization. Retrieved from <https://www.who.int/publications/i/item/9789241514187>
- Federal Ministry of Education. (2020). *National policy on education*. Federal Ministry of Education, Nigeria.
- World Bank. (2022). *Education and COVID-19*. Retrieved from <https://www.worldbank.org/en/topic/education/coronavirus>
- World Economic Forum. (2022). *The global competitiveness report 2022*. World Economic Forum. Retrieved from <https://www.weforum.org/reports/the-global-competitiveness-report-2022>
- UNESCO. (2022). *Education for sustainable development*. Retrieved from <https://en.unesco.org/themes/education-sustainable-development>