



SPORTS: A PROACTIVE STRATEGY FOR EDUCATIONAL DEVELOPMENT

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Abstract:

Educational development is a concept that has adequate scholarly description. It advocates for positive change in educational system to enhance learning. This paper focuses on utilization of sports for improved learning at all levels of education. It presents various ways sports can be used to improve learning in order to achieve educational goals. It highlights how Sports can influence learners, learning experiences, materials and environment. In conclusion, it posits that since sports influence virtually every aspect of human life which results to positive change, it should be utilized for educational development. Sports would ensure increased period of physical activities at school and encourage active life at home which would result to positive life style among the populace. The role of education in the society has made its development a continual process, therefore necessary collaborations should be employed to ensure success. It recommends that: Sports should be integrated in every area of educational curriculum with adequate time allotted to sporting activities. Participation in sports as part of educational curriculum should be made mandatory in educational institutions. Government should mount enlightenment campaign on the need for education through sports.

Keywords: sports, proactive, strategy, educational development

1. Introduction

Educational development is the enhancement of teaching and learning process through personnel, instructional and organizational development (Pod Network, 2018). Bother (2018) recorded that educational development is educational process based on learner-centre and interactive methodologies. It is committed to social justice and human rights which is oriented towards activities to effect change. Educational development advocates and contributes to positive change in educational system which enhances

learning at all levels. Kenny (2018) posited that there is no single approach to educational development hence the utilization of collaboration and exploration of multiple points of view. Education is essential for both economic growth and development hence investment in education is paramount due to its positive effects on individuals and the society (Power, 2018).

Educational development can be facilitated through sports which has become a cherished social activity. Fish and Manglee (2003) posited that Sports is all forms of competitive physical activity which through organized or casual participation maintain or improve physical ability and skill while providing entertainment. Sports has become a benchmark for measuring international supremacy and a tool for nation building through improvement of physical fitness among participants (Nwankwo, 2018). Deemua (2018) posited that sports helps individuals to acquire valuable skills, which enables them to achieve programmatic goals.

The participatory nature of sports positions it strategically for enhanced educational development. Effectual educational development requires active participation of the people. Gambari (2018) posited that sports bridge cultural and ethnic divides, teaches discipline, confidence, leadership among others. These are also the attributes education seeks to inculcate in individuals. Sports for Development and Peace (2005) posited that Sports should be actively integrated into UN Member States policies and strategies. This paper conceptualizes educational development as the enhancement of educational system through collaboration of the views of various educational disciplines. Hence it identifies sports as a viable proactive tool for educational development.

2. Sports and Educational Development

Sports is a veritable tool for educational development because it has the potential to enhance the following;

2.1 Active and Increased Learning Experience

Sports which is characterized by activity would utilize its characteristic to make education activity based. It is established that human beings learn better by doing. As education becomes activity focused more people would be involved and learning abilities would be enhanced. Slow learners would easily be assisted by their colleagues which would result to increased rate of learning and encourage improved learning within expected period of time. Sports England (2018) stated that being active improves educational behaviour and attainment.

Education through sports would afford the learners the opportunity to choose from variety of learning experiences that would suit their interest and ability. Learning would be continual as some learners would practice skills that were taught outside school environment.

Sports would introduce play in teaching and learning situation which would enhance active participation and increase ability. Sustainable educational programs can be promoted through Sports in form of physical education and in recreational activities.

2.2 Improved and Updated Teaching Methods and Materials

Sports is dynamic and everything about it get improved with time. Utilization of sports as strategy for educational development would encourage the use of more dynamic approach in education as the periodic organization of global competitions in Sports facilitate the update of Sports techniques positive influence if effectively employed as a tool for educational development. Improved and updated teaching strategies facilitate the achievement of educational goals. PodNet Work (2018) stated that utilization of variety of instructional methods and updated materials are essential in educational development.

2.3 Attractive and Conducive Learning Environment

Sports facilities positively influence the aesthetic value of the environment they are cited. Attractive and conducive learning environment has the potency to improve learning and enhanced learning is a vital objective of educational development.

Ekundayo (2018) found out that there is a relationship between school environment and students achievement in the affective and psychomotor domains. Earlier, Osuji (2016) stated that effective school facility should provide a physical environment that is comfortable, safe and aesthetically pleasuring while Akomolafe and Adesina (2011) recommended that the learning environment should be improved to promote academic standard. Sports facilities have the potential to meet virtually all these requirements hence this advocacy that Sports should be a strategy for educational development. It is in this regard that the role of Sports is inevitable in educational development.

2.4 Improves Learners Personality and Functionality

Educational development advocates positive change in educational system to enhance learning. Since the learner is a vital indicator of the status of educational system of any nation, the learners' wellbeing is therefore paramount in education development. It is in this regard that the role of sports.

Sports affords the learner the level of fitness required to function effectively. It develops in learner's sound body and mind, self-control and fair play, leadership potentials, spirit of teamwork and sense of fulfillment as well as pleasure. It satisfies fundamental human desire of being active which makes life more fulfilled.

Sports keeps learners active while having fun and learning valuable life skills (Carleton Athletics, 2014). Clearing house for Sports (2018) posited that Sports contributes to the overall development of the learner.

2.5 Education of All

Sports has what it takes to make education 'for all' a reality. The practical nature of Sports offers it a unique opportunity of providing for those who are not naturally endowed with the ability to read and for write. It is obvious that becoming a star in any Sports does not require reading or writing Utilization of Sports as a strategy for educational development would offer variety of educational opportunities for learners to choose from in line with their endowments which could be physical fitness attributes such as speed, agility, endurance among others. According to World Educational Forum (2000), not all children receive the education they need or want. Therefore, utilization of sports as a strategy for educational development would encourage mass participation and afford opportunities for those whose educational needs are not yet met.

2.6 Learning Experience with Carry-over Values

Education through Sports would equip the learners with learning experiences that have veritable carry-over values since their interest and needs are focused. It would enhance mass and continual participation in educational sector as virtually every citizen has interest and contribution to make formally or informally throughout life time. It would encourage continual practical demonstration of knowledge which is an important attribute of education. Most importantly, the aged would still utilize the learned experiences to maintain good health and remain active. Ministry of Education, Culture, Sports and Technology (MEXT) Japan (2018) noted that sports increases confidence which helps in acquisition of necessary skills which aid success in later life. This implies that Sports is significant to people of all ages.

In conclusion, education is about the acquisition of knowledge for improved life and society while sports is about the appreciation and maintenance of life and relationships. Sports influences virtually every aspect of human life which results to positive change. The assertion that sports is important to culture and society affirms the fact that sports can contribute to educational development since it influences people's attitude, values and belief.

Sports would ensure increased period of physical activities at school and encourage active life at home which would facilitate positive lifestyle among the populace. The educational values of Sports cannot be overestimated. It is essential to overall growth of the individual since it promotes the development of self-efficacy, integrity and sense of responsibility but reduces anti-social behaviours.

Sustainable development in education is still a global issue since total success is yet to be recorded in spite of efforts made so far. The development of educational sector is continual owing to its role in the society. Therefore, available resources and necessary collaborations should be utilized to achieve this feat.

Sports has the ability to inculcate social values like fairness, respect, discipline among others which enhance the development of social skills and responsible citizenship. Education through sports would facilitate the application of social skills in tackling global challenges like health and social issues. This approach agrees with the

Sustainable Development Goal 4 on quality education which advocates for inclusive learning opportunities and innovative content delivery (UNESCO, 2017).

3. Recommendations

- 1) Sports should be integrated in every area of educational curriculum with adequate time allotted to Sporting activities.
- 2) Implementation of the sports aspect of the curriculum should be properly supervised by professionals and stakeholders in sport to ensure compliance.
- 3) Participation in sports as part of educational curriculum should be made mandatory in educational institutions.
- 4) Qualified personnel, adequate facilities and equipment for effective implementation of the curriculum should be made available
- 5) Professionals and stakeholders in education and sports should ensure the success of this strategy.
- 6) Government should mount enlightenment campaign on the need for education through sports.

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