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This blog post talks about the early pioneers who contributed to the historical development of physical education in Nigeria. Sports and overall physical and health education (P.H.E) in Nigeria today owes a huge gratitude to the following personalities and groups:Recognized as the Nigerian founder of physical education, James Ekperigin was born in Ugbori, Warri. He attended a government college, Ibadan where he displayed his athletics skills.Born in 1913, Harding Ekperigin participated in the Gier Cup competition in 1937 where he recorded an outstanding performance in the long jump. His performance earned him a scholarship to study at the Loughborough Training College in England.In 1963, after returning to Nigeria, he was appointed as the head of PHE of the state ministry of education. He was later replaced by Isaac Akioye.During his time, H.J. Ekperigin really played a major role in establishing physical education and health education in Nigeria. He developed an interest in athletics Track and Field sports.He was a significant figure among the officials who led Nigeria's continent to the first outing of the Commonwealth Games at Cardiff, Wales in 1958.H.J Ekperigin helped to form the Nigeria Association of Physical and Health Education & Recreation (NAPHER)Little wonder he is regarded as "the Grandmaster of physical education and sports in Nigeria."Mr Isaac is an America-trained, ex-international athlete and member of the famous Nigerian '1949 UK Tourists' football team.He was hired by the University of Ife to 'start' the Department of Physical and Health Education in the university.Isaac Akioye was the Director of the National Sports Commission from 1975 to 1981. He revolutionalized sports in Nigeria.He – alongside Lee Evans, one of the legends of the Olympics – discovered and nurtured some of the great sprinters and jumpers in Commonwealth and African history during his time.He is the first Professor of Sports Science and Physical Education in Nigeria. He is also the first Nigerian Director for the International Council of Sports Science and Physical Education, Berlin.In July 1974, Prof. M.O. Ajsafe was the secretary to the group that was called by the federal government to formulate the physical education syllabus of the Universal Basic Education (UPE).He also published a book on Teaching Physical and Health Education which contained the outcome of his federal government-sponsored research into indigenous activities suitable for the physical education programme of Nigerian primary schools.TEST YOUR KNOWLEDGE OF NIGERIA IN 3-MINS.Professor Philomena Bolaji (Bola) Ikulayo is a pioneer sports psychologist in Nigeria. She was the first female Nigerian professor of sports psychology.She founded the Sports Psychology Association of Nigeria (SPAN) in June 1985 to contribute to the development of sports in Nigeria. Prof. Philomena's goal was to help athletes appreciate their own potential.Prof. Philomena is reputed for being the first female author of a book on Physical Education in 1992 and 1st author of a book in Sports Psychology in NigeriaOne of the ways to do this, she said, is to know themselves and to learn some psychological skills and attributes that will make them excel and enhance their performance.He drove reforms and initiatives, a program into the National Institutes for Sports. He served for 2 terms as Director of the NIS, from 1999 to 2007.After completing his tenure at the NIS he went to the University of Ilorin, and later to Bayero University Kano as a lecturer in the department of physical and health education.Other Pioneers of Physical Education in Nigeria include:The first pioneers of physical education were the Christian missionaries. They established educational institutions, though unstructured at the time, that included physical education. The arrival of Missionaries also brought some sports games into Nigeria.In 1956, the Federal Government introduced the first indigenous sports program for schools. The Ministry of Education has made many reviews of this program since then.Nigerian universities also pioneered the development of Physical Education in the country. For instance, the University of Nigeria (UNN), in 1960, developed a new level of physical education. The university education was actively accompanied by new models and levels of physical education. Likewise, the emergence of private schools increased the number of options for physical education. These schools provided their training programs with different levels.This phenomenon also made great contributions to the development of physical education in Nigeria. Today, you can find a large number of sports tips and exercises for health online, such that it has become easier for every Nigerian to delve into the world of physical education. Some of the professionals in physical and health education in Nigeria include: Harding J. Ekperigin Prof. M.O. Ajsafe Prof. John Adedeji Prof. James Abiodunrin Amala Isaac Akioye A). Harding J. Ekperigin: He was all-round sportsman in his days. He formed the central committee of Amateur Athletics Association in 1944. He encouraged the formation of a professional organization for physical and health education in 1961. (B) Prof. M.O.Ajsafe: He is one of the pioneers of curriculum and instruction materials in physical education. In 1969, he with others successfully canvassed for the adoption of a syllabus that will reflect the geo-cultural background of Nigeria to replace the 1933 syllabus imported to the contry by the British Government.This gave birth to the current 6-3-3-4 system of education (C) Isaac Akioye: He was the first professional to be appointed as Director of sports at the National sports Commission. During his tenure, the Nigeria polytechnic game association (Nipoga), the Nigeria colleges of education games association (NICEGA) and the Nigerian schools sports federation (NSSF) were founded Prof. John Adedeji he was one of the pioneers of physical and health education in Nigeria. He started as a lecturer in the university of ife at the institute of physical education He was a member of the committee that wrote the physical education syllabus for junior and senior secondary schools in Nigeria. Prof. James Abiodunrin He has been involved in the promotion of Health education He served the country in various capacities.especially as a consultant on health education for the world health organisation (WHO). There are other outstanding professionals, many of whom are the university professionals who have contributed greatly to the development of physical and health education in Nigeria. Some of these professionals include: 1 Mr Funsho Adeolu Mr Hemi Tells Prof. Dr Eniola Lasun etc See also NIGERIAN SPORTS HEROES AND HEROINE Officials, Equipments, Facilities, and Safety Rules in Combined events COMBINED EVENTS JUDO FIELD EVENTS Last Updated: May 4th, 2022 The arrival of missionaries and colonial administrators from Britain and America brought with it some sports and games to schools and to the police and army. 1918: Introduction of the first Physical Education (PE) syllabus. 1927: Revision of the Syllabus 1933: Introduction of the last colonial syllabus of Physical Training for Schools 1954: the 1933 syllabus was abolished and was replaced in 1955 by the Ministry of Education. 1956: Publication of the first indigenous PE syllabus for primary schools. PE was made compulsory by the Federal Government in all primary schools in Nigeria. 1960: Establishment of university of Nigeria, Nsukka (the first African University to commence undergraduate programme in HPE. 1977: Formulation of National Policy on Education (NPE) 1981, 1998: The second and third editions were published respectively. 2004: The fourth edition was necessitated by some policy innovations and was published. 2007: The fifth edition saw some new additional changes especially with the basic education level. 2013: The sixth edition was reprinted in 2014. It saw some adjustments to the 2007 policy. PE is taught at the Junior and Senior secondary school level in Nigeria. With this provision in the policy, Physical Education has a foundation upon which a solid academic programme was developed. How to Reference this article Ademola, V. D (2019). History and development of physical education curriculum in Nigeria. Retrieved from Physical and health education is an integral part of general education that aims to develop an individual physically, mentally, socially and emotionally. It consist of sports and games, recreation, first aid, safety education, sports psychology, exercise physiology, sports administration and management, among others. In ancient times, physical education in Nigeria was unstructured and it included physical activities for hunting in search for food. However, some traditional games were also played during this time. An example is dambe (traditional boxing), Kokawa (Traditional wrestling), among others. A review of the research activities of Nigerian physical and health educators showed that serious research work did not start in physical and health education in Nigeria until the late sixties and early seventies. Most of the early research works in these fields were mainly on the history and administration of sports and physical education in Nigeria. Recently, physical and health educators in Nigeria have shifted to more scientific aspect of sports performance, physical fitness and healthful living. The period between 1842 and 1882 in Nigeria witnessed the introduction of western literary education by missionaries. Christian missionaries came from different churches and established educational institutions; however there was no uniform curriculum of studies and physical training had no place in the school curriculum (Ladani, 1988). Thereafter, Nigeria came into existence as a nation in 1914 through the amalgamation of the Northern and Southern Protectorates and became fully independent in 1960. (Continue Reading here) Last Updated: August 28th, 2023 Physical and health education is an integral part of general education that aims to develop an individual physically, mentally, socially and emotionally. It consist of sports and games, recreation, first aid, safety education, sports psychology, exercise physiology, sports administration and management, among others. In ancient times, physical education in Nigeria was unstructured and it included physical activities for hunting in search for food. However, some traditional games were also played during this time. An example is dambe (traditional boxing), Kokawa (Traditional wrestling), among others. Students Participating In Sports in a Nigerian School An examination of the research endeavors of Nigerian physical and health educators reveals that substantial scholarly efforts in these fields only commenced in the late sixties and early seventies. Initially, research primarily focused on the history and administration of sports and physical education in Nigeria. In recent times, however, there has been a shift among physical and health educators in Nigeria towards a more scientific exploration of sports performance, physical fitness, and healthy living.Between 1842 and 1882, the introduction of Western literary education by missionaries in Nigeria lacked a standardized curriculum, with no emphasis on physical training. The amalgamation of the Northern and Southern Protectorates in 1914 formed Nigeria as a nation, and it gained full independence in 1960 as a federation with three regions. Presently, Nigeria consists of 36 states and a Federal Capital Territory, with a population of 162 million people.The arrival of missionaries and colonial administrators from Britain and America introduced sports and games to schools, police, and the army. However, the development of these activities was primarily confined to the police and military to enhance the physical fitness of law enforcement officers. The first physical education syllabus was implemented in Nigerian schools in 1918, and subsequent revisions occurred in 1927 and 1933. The 1933 syllabus focused on the overall health benefits of physical education. In 1956, the first indigenous PE syllabus for primary schools was published, and PE became compulsory in all primary schools in Nigeria. The 1933 syllabus was abolished in 1954 and replaced by the Ministry of Education in 1955. Since then, the PE syllabus has undergone reviews to enhance quality delivery.The establishment of the University of Nigeria in 1960 marked a significant milestone, as it was the first university in Africa to offer an undergraduate program in Health and Physical Education (HPE). The formulation of the National Policy on Education in 1977 endorsed physical education as an instructional subject in schools, further solidifying its inclusion in the school certificate curriculum. Subsequent editions of the policy in 1981, 1998, and 2004 reflected changes in social dynamics and policy innovations.Despite these advancements, there is a gap in the implementation of quality physical education and sports in public schools. To address this gap, parents who can afford high school fees often enroll their children in private schools where the curriculum emphasizes the holistic development of the child, including physical, emotional, psychological, and intellectual aspects, in accordance with the National Policy on Education. Pioneers of Physical Education in Nigeria Physical education pioneers include the following outstanding individuals: 1. Jerry Enyeazu (Coached the Nigerian Athletics team at the 1956 Olympics) 2. H. J. Ekperigin (Started the Development of Track and Field sports in Nigeria and he is regarded as the father of Physical Education in Nigeria) 3. Isaac Akioye: (Former director general of the National Sports Commission in Nigeria) 4. Prof. M. O. Ajsafe (The first Professor of Sports Science and Physical Education in Nigeria) 5. Prof. Mrs. P. B. Ikulayo (The first Professor of Sports Psychology in Nigeria) Continue reading Pioneers of Physical Education in Nigeria Adedeji, J. A. (1985). The teaching of physical and health education. Ibadan, Nigeria: West Books Publisher Limited. Ajala, J. A., Amusa, L. O. & Sohi, A. S. (1999). Physical Education, Nigeria: Macmillan Nigeria Publishers Limited.Association of International Schools in Africa Fessler , N, Knoll M. & G. Stöbble, k, (2010). Development and transition in physical education an overview of German speaking publication 2008-2009.International Journal of Physical Education a Review Publication Volume XLVII, Issue 3, 3rd Quarter 2010 page 2 Hardman, K. (2011). Recent international initiatives and developments in Physical Education and related areas of youth sport, physical activity, health and fitness. International Journal of Physical Education. A review of publication.Vol. XLVII(3) 3, pp15-30. Iganugo, V.C & Otiwa, G.O. (2009, March). Raising the standard and quality of teaching, research and community service through health, physical education, recreation,sports and dance in Africa. Paper presented during the 2009 International Council for Health, Physical Education, Recreation, Sports and Dance Forum, held at Convention Centre, Tampa, Florida, USA. Ladani, B.A (1988). Developmental trend in the preparation of physical education specialists in Nigeria. Journal of Physical Education Health Education and Recreation. Vol. 1(1),121- 132. Musa, D I. & Williams, C. A. (2012). Cardio respiratory fitness, fatness, and bloodpressure associations in Nigerian youth. Medicine & Science in Sports & Exercise. 1974-1985. National Association for Sport and Physical Education. (2001). Physical education is critical to a complete education [Position statement]. Reston, VA: Author. Onifade, A. (2001). History of physical education in Nigeria. Nigeria: Ziklag Educational Publishers. Otiwa, G. O. (2012). African perspectives on physical education and sports. The Global Journal of Health and Physical Education Pedagogy. Vol. 1(1) 42 – 49. How to Reference this article Ademola, V. D (2018). History of physical and health education in Nigeria. Retrieved from ✦History-of-physical-and-health-education-in-Nigeria.html Physical education involves active learning, promoting physical fitness, and teaching skills for lifelong health. Health literacy is the ability to obtain, understand, and apply health information. Both are crucial for a nation's well-being. In Nigeria, physical education and health literacy play pivotal roles in addressing public health challenges. However, the current state of wellness education and fitness awareness in Nigeria is concerning. Limited access to quality physical education programs and inadequate health literacy contribute to the nation's health disparities. Despite these challenges, there's growing recognition of the importance of physical education and health literacy in Nigeria. Efforts are underway to improve physical education curricula and promote health literacy initiatives. Enhancing physical education and health literacy will empower Nigerians to make informed health decisions, leading to healthier lifestyles and reduced healthcare costs. Physical education in Nigeria has a long history, dating back to the pre-colonial era. During this time, traditional forms of physical activities such as wrestling, hunting, and dancing were an integral part of the culture. With the arrival of colonial masters, the concept of physical education began to evolve. The British introduced Western sports such as soccer, cricket, and athletics to the Nigerian society, which influenced the physical education landscape. Over the years, the physical education curriculum in Nigerian schools has undergone significant changes. In the early years, physical education was mainly focused on sports and games, with limited attention given to health and fitness. However, as awareness about the importance of health and fitness increased, the curriculum was revised to include a more holistic approach. Today, physical education in Nigerian schools encompasses not only sports and games but also health literacy, nutrition, and overall well-being. Despite the importance of physical education, there are several challenges faced in promoting it in Nigeria. One major challenge is the lack of funding and resources for physical education programs in schools. Additionally, there is a shortage of qualified physical education teachers in Nigeria, leading to a lack of proper instruction and guidance for students. This has resulted in a decline in interest and participation in physical education activities. Furthermore, the emphasis on academic performance in Nigerian schools often takes precedence over physical education, leading to neglect of this critical aspect of education. Without proper support and investment, the promotion of physical education in Nigeria will continue to face obstacles. Read: Health Education Initiatives in Nigerian Communities Physical education in Nigerian schools is an essential component of the educational system. The current curriculum focuses on a mix of theoretical knowledge and practical skills related to physical activities and sports. Students are expected to participate in various sports and exercises to improve their physical health and overall well-being. One of the challenges facing physical education in Nigerian schools is the limited availability of resources and facilities. Many schools lack proper sports equipment, fields, and qualified instructors. This hinders the overall effectiveness of physical education programs and limits the opportunities for students to engage in physical activities. Teachers play a crucial role in promoting physical education and health literacy in Nigerian schools. They are responsible for designing and implementing physical education programs, guiding students in various physical activities, and educating them on the importance of leading a healthy lifestyle. Teachers also serve as role models for students, encouraging them to participate in sports and maintain active lifestyles. Teachers can collaborate with other educational stakeholders, such as parents and community members, to create a supportive environment for physical education and health literacy. By working together, they can address the challenges of limited resources and facilities, and ensure that students receive a well-rounded education that includes physical fitness and health awareness. In fact, the current state of physical education in Nigerian schools presents both challenges and opportunities for improvement. By examining the curriculum, addressing resource limitations, and empowering teachers to promote physical education and health literacy, we can create a more robust and effective physical education system that benefits all students. Read: Physical Education Leadership Training Programs in Nigeria, there has been a growing recognition of the importance of physical education and health literacy in promoting overall well-being. Both government and non-governmental organizations have been implementing various initiatives to encourage active lifestyles and educate the population on the benefits of physical activity. Implementation of physical education curriculum in schools Allocation of resources for sports facilities and equipment Training programs for physical education teachers Policies promoting physical activity in communities The Nigerian government has taken significant steps to integrate physical education into the school curriculum, ensuring that students receive proper instruction on the importance of staying active. Get personalized mentorship consulting that's tailored to your unique path. Our expert advice is actionable and exclusive. Get Started Additionally, they have allocated funds for the development of sports facilities and equipment to support physical education programs in schools. Community-based health and fitness programs Awareness campaigns on the benefits of physical activity Sponsorship of sports events and competitions Partnerships with schools to promote health literacy Non-governmental organizations play a crucial role in promoting physical education and health literacy in Nigeria. They often work at the grassroots level, engaging communities in health and fitness programs to raise awareness about the importance of staying active. These organizations also collaborate with schools to supplement existing physical education curricula. The Healthy Kids Initiative: A program targeting school-aged children to promote physical activity and healthy eating habits. The Fit Families Program: A community-based initiative that encourages families to engage in physical activities together. Sport for Development: An organization that uses sports as a tool for social change, promoting physical literacy and health education among youth. The Walk for Life Campaign: A national campaign that encourages people of all ages to incorporate walking into their daily routine to improve overall health. These success stories highlight the positive impact of programs that promote physical education and health literacy in Nigeria. By engaging both children and adults in activities that promote physical well-being, these initiatives contribute to a healthier population and a more active society. Effective collaboration between schools, communities, and organizations is key to promoting physical education and health literacy in Nigeria. Schools play a central role in educating students about the importance of physical activity, while communities provide support for health and fitness programs. Organizations, both government and non-governmental, contribute resources and expertise to enhance existing initiatives and reach a wider audience. By working together, these stakeholders can create a comprehensive approach to promoting physical education and health literacy that benefits the entire population. Through collective efforts and shared resources, Nigeria can continue to make progress in improving the health and well-being of its citizens. Read: Physical Education and Environmental Awareness Explore Further: Impact of Technical Education on Nigerian EconomyDiscover More: Teacher Training for Inclusive Education When it comes to promoting physical education and health literacy in Nigeria, there are several challenges and barriers that hinder progress in this area. These issues need to be addressed in order to improve the overall health and well-being of the Nigerian population. One of the major obstacles to promoting physical education in Nigeria is the lack of adequate funding for programs. Without proper financial support, schools are unable to provide necessary resources and equipment for physical education classes. This leads to a limited curriculum and poor quality physical education instruction. In order to overcome this challenge, the government and other stakeholders need to prioritize funding for physical education programs in schools. This may involve allocating more resources to schools, providing grants for equipment and training, and implementing policies that support physical education initiatives. Another barrier to promoting physical education in Nigeria is the shortage of trained educators in this field. Many teachers lack the necessary qualifications and experience to effectively teach physical education classes. This results in a lack of quality instruction and limited opportunities for students to participate in physical activity. To address this issue, it is essential to invest in the training and development of physical education teachers. This may involve offering professional development programs, providing incentives for educators to pursue advanced degrees in physical education, and recruiting qualified instructors to teach in schools. Additionally, there are cultural barriers that inhibit physical activity and health literacy in Nigeria. Some communities may prioritize academic achievement over physical fitness, leading to a lack of emphasis on physical education in schools. There may also be cultural beliefs that discourage certain types of physical activity or promote unhealthy behaviors. To combat these cultural barriers, education and awareness campaigns should be implemented to promote the importance of physical activity and health literacy in Nigerian society. This may include community programs, media campaigns, and partnerships with local organizations to raise awareness and change attitudes towards physical education. Overall, addressing these challenges and barriers to promoting physical education and health literacy in Nigeria is crucial for improving the health and well-being of the population. By investing in funding, training educators, and addressing cultural barriers, Nigeria can create a more active and health-conscious society. Read: Health Education Workshops for Nigerian Educators Gain More Insights: How to Apply for Auto Tech Programs in Nigeria When it comes to improving physical education and health literacy in Nigeria, there are several key recommendations that can make a significant impact. These recommendations are essential for enhancing the overall health and well-being of the Nigerian population. One of the most important recommendations for improving physical education and health literacy in Nigeria is to increase government funding for physical education programs. By investing more resources into physical education, the government can ensure that schools have access to the necessary equipment and facilities to provide high-quality physical education classes. Increased funding can also help to attract and retain qualified physical education teachers, who play a critical role in promoting health literacy among students. Another key recommendation is to provide professional development opportunities for physical education teachers in Nigeria. By offering training and support for teachers, the government can help to ensure that they have the knowledge and skills necessary to effectively promote health literacy and physical activity among students. Professional development can also help teachers stay up-to-date on the latest research and best practices in physical education, allowing them to deliver high-quality instruction. One effective way to improve physical education and health literacy in Nigeria is to engage communities and local organizations in the promotion of these important initiatives. By partnering with community groups, schools can create opportunities for students to participate in physical activities outside of the classroom, such as sports leagues and fitness programs. Local organizations can also play a key role in raising awareness about the importance of physical education and health literacy, helping to create a culture of health and wellness in Nigerian communities. Overall, these recommendations are essential for enhancing physical education and health literacy in Nigeria. By increasing government funding, providing professional development opportunities for teachers, and engaging communities and local organizations, Nigeria can take significant steps towards improving the overall health and well-being of its population. Explore Further: Community Involvement in Biology EducationUncover the Details: Introduction to Animal Husbandry in Nigerian Education As we conclude, it is imperative to recap the key points discussed in this blog post. Wellness Education and Fitness Awareness play a vital role in shaping the well-being of individuals in Nigeria. Emphasizing the importance of physical education and health literacy in Nigeria cannot be overstated. These elements not only promote physical well-being but also contribute to the overall development of individuals. We call upon all stakeholders, including government agencies, schools, health professionals, and the community, to work together in promoting physical education and health literacy in Nigeria. By collaborating and prioritizing these aspects, we can ensure a healthier and more active population for the future.