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EMERGING TRENDS IN PHYSICAL AND HEALTH EDUCATION IN GLOBAL ECONOMIC CRISIS: NIGERIA AS CASE STUDY

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Abstract

This paper focused on Emerging Trends in Physical and Health Education in the Global Economic Crisis. Physical and health education is a vital thing in educating people to have control over their behavior and maintain proper lifestyle in day-to-day activities. However physical and health education involves individual, family and community purposely encouraging better practice through the awareness of defects that are found in the body. Health Education is the intervention measures that are taken to avoid all kinds of infectious and emerging diseases. Goals in teaching modern physical education are: Expose individuals and teenagers to wider varieties of exercises and healthy activities and to teach and maintain skills that have been acquired over time alongside physical fitness and health. Emerging trends/challenges of physical and health education include: Pollution, improper waste disposal, flooding and erosion. It was concluded that physical and health education provides individuals, families and society with broad knowledge and skills that utilize, protect and promote positive behavior changes and also develops the psychomotor domain of sportsmen. It was recommended that physical and health educators should make provision of health information through magazines, posters, fliers and handbills.

Keywords: Physical and Health Education, Educational Challenge, Global Economic Crisis

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Introduction

Physical and health education is vital in educating people to have control over their behavior and maintain proper lifestyle in day-to-day activities. However, physical and health education involves every one of all ages whose purpose is to correct defects that are found in the body (Chiawa, 2009). It helps us in reducing chances of disease such as stroke and also helps in body movement and makes us keep fit at all times which creates room for awareness and flexibility. It is a subject matter which is taught from the primary school, secondary, universities, colleges of education and polytechnics (De Greeff et al., 2018).

Health Education is one thing that should not be taken for granted because it is a tool for shaping the behavior and preparing individuals, building carries of all categories of individuals. Moreover, physical and health education inform peoples with significant health information that could be used to maintain healthy. Health Education is the intervention measures that are taken to avoid all kinds of infectious and emerging diseases (Elmagd, 2020). Physical and health educators in collaborated with governmental and corporate organizations rescue of individuals especially vulnerable people who live in the slumps, in providing them with quality access to primary health care (Norhasniza et al., 2021). Lack of physical education exercises is one of the leading crises that is found in our societies today and it is boiled down to ignorance and negligence on the part of individuals. Today, little or no exercise has solely contributed to a lot of deformities and other physically challenged persons which include: Cardiovascular problems, stroke and bad body postural defects. Due to use of positive

health education measures, it has been discovered that individuals are living sedentary lifestyles which happen not to be healthy causing all manner of health problems which include lack of exercise, low income, excessive weight, poor sight, brain tumor (Due to smoking) and so on (Harris, 2019). Physical and health education go hand in hand because the global crisis that goes on has led to high morbidity and mortality rates which should be given urgent attention to reduce the menace. The history on the need to bring in physical and health education in the primary school curriculum in Nigeria has traced back to the colonial era of the country earlier on through the encounter of the government of Britain. Chiawa (2009) opined that physical and health education has helped in laying more emphasis more on the child's skill acquisition which is very important in taking necessary stands about positive health and behaviors that is also vital in applying early and proper health education measures on young children on diverse techniques of adjusting to sound physical and health education which promotes his or her chances of developing firm physical and mental abilities in life. Physical education is of the advantage of ensuring that the health of students is improved as well as seeing to it that they attain improved academic achievement in the classroom setting (De Greeff et al., 2018). Making use of the laps to run around the track or kicking the ball is simply the only small part in participating in physical exercises which also instills vital life skills in children while trying to ensure that their health and well-being is improved while obesity continues to remain high throughout the world as more individuals make choices of sedentary ways of life (Norhasniza et al., 2021). A relative number of schools seem to have decreased their level of physical education programmes in recent times putting in larger focus on academic programmes in order

to further equip students for college and career choices (Harris,2019).

Concept of Physical and Health Education

Physical health education is regarded as a process of enhancing motor skills development in all categories, children's muscular strength and bone density which increases their likelihood of participating in healthful exercises within and outside the school (Strotmeyer et al., 2021). In addition to it, physical and health education also teaches young people to benefit from exercise as a tool for balancing body dietary regulation as well as health promotion. Experience has shown that reflection in some exercise makes application of it to encourage young individuals in developing a consistent exercise habit which helps to avoid obesity as well and also lowers the risk of chronic diseases that involve the emergence of diabetes and heart diseases (Elmagd, 2020). Physical education is a field of study which encourages individuals to develop their talents in the area of mastering the principles of one's sporting activities as the rules permit. Physical education has an unintended cause of raising the consciousness of young peoples in their food intake in which their needs are recognized for a well-balanced diet and the realization of food hygiene (De Greeff et al, 2018). Moderate exercises reduce the emergence of stress and anxiety and mental disorder levels so also influence consistent sleeping patterns that lead to the general well-being and busting immune system for effective functions and better mental health balance (De Greeff et al, 2018). The purpose of physical and health education is to bring about development of physical competencies so that individuals are better able to move effectively and safely which will give them insight to what they are doing through the healthy

cardiovascular system. The outcome here pertains to physical literacy alongside the numeracy and competencies as well as their experiences (Pate et al., 2006; Sallis, Floyd, et al, 2012). Physical education is said to be one of the activities that carry out roles of teaching about nutrition, healthy habits as well as individual needs (Mitchell, 2016). Wong (2019) opined that health education has to do with passing of health information as part of teaching on the prevention and control as well as treatment of diseases. The specific goal in teaching modern physical education comprises of the following which include

- Expose individuals and teenagers to wider varieties of exercises and healthy activities. This is because physical education is made accessible to virtually all children which is one of the opportunities left which guarantees beneficial activities in children
- Teach and maintain skills that have been acquired over time alongside physical fitness and health.
- It enhances self-reporting and adequate monitoring of exercise.
- It promotes individualization of duration, intensity and activity type.
- It focuses more on feedback and work rather than results.
- It encourages active provision of role models (Paula, 2003).

It is critical for physical educators to promote and strengthen the development of motor skills and as well provide children and teenagers with particular basic skills that set their movement patterns in the right direction in which it allows students to fully participate in various forms of sports, games and other physical activities throughout their lives (NCBI, 2013). These goals can be actualized in a variety of ways which can

be done at both national state as well as local guidelines often decide what kind of standard that must be taught as it concerns physical education (NCBI, 2013).

Environmental Trends/ Challenges in Nigeria

Our environment is faced with all manner of environmental problems as the days go by which is as a result of global warming and the washing off the top of the ozone layers. Open dumping is one of the greatest challenges Nigeria has ever faced simply because of the absence of sanctions for illegal refuse disposal. The following environmental challenges in Nigeria are: inadequate potable water, Pollution, improper waste disposal, inadequate drainage system to manage flooding and erosion.

Pollution

Dopheide (2018) stated that pollution claimed the lives of people that accounts up to 150 people per 100, 000 as of the year 2016 and Nigeria's quality of air happens to be dangerous in the world today. Pollutants released into the atmosphere which include generated gas emissions emanated from traffic as well as agricultural clearing has hugely contributed to the pollution in the environment. Fumes emanating from generators also contributed to the area of air pollution which has led to the deadly carbon monoxide. In many homes, kerosene burners have created a lot of flames which has added to the contribution of ventilation that is not sufficient enough in which Nigeria has created way over 3 million tons of wastes each year and most Nigerians prefer to have their wastes burnt within their neighborhoods instead of disposing it which has added to the air pollution has affected the health of millions of people (Dopheide, 2018). Alatise (2021) defines land pollution as a process of altering the physical and chemical component or land properties. The moment toxic substances get

into the land to an extent they cause so much harm and leave the ecosystem at a greater risk and those residing there simply contribute to the pollution of the land. Land pollution in Nigeria is caused by improper waste disposal, mining activities, urbanization, agricultural activities, and decomposition of air and soil erosion (Ileanwa, Atachegbe & Ekule, 2020). Landfills for refuse that function as breeding ground for disease in which is primary aim is Lassa fever and bubonic plagues in which chemicals contaminate soils through polluting the air picks up few of deposits which can be in form of microscopic particles that is capable of being stock on the human body causing skin diseases and even clogging human breathing organs. This can occur as a result of numerous diseases and infections linked to improper waste disposal either due to their proximity to crops being cultivated on land for human consumption or because of direct effect on human beings (Kempa & Castanas, 2008; Ilenwa et al., 2020). A good number of industries dispose of their waste straight into sources of water which include: Lakes and streams without proper treatment. Pollutants emanate from effluents that are not treated which are key contributors to Nigeria's decline in quality of water in which treatment of industrial wastes that are prime causes of water pollution mainly used for domestic purposes that pose a substantial threat to the health of Nigerians (Okafor et al., 2021).

Improper waste disposal

This is regarded as a process whereby wastes are disposed outside waste bin containers in a manner capable of causing air pollution which gradually affects the health of individuals. Water systems in Nigeria have continued to be polluted because of open solid dump sites where wastes are found which is also boiled down to sewage that is

not treated (Pona et al., 2021). People found living very close to these waste sites in urban areas in particular where there is so much overcrowding usually end up eating or drinking foods and drinks that are highly contaminated with levels of high nitrate and other hazardous compounds. During the rainy season especially when refuse is combined, it is capable of contaminating the pure water surface. Salami (2018) was of the opinion that the plastic garbage impact on marine life is gradually becoming more rampant in Nigeria. Bags usually made of plastics are not just only pollution sources in Nigeria, but they appear to be most obvious of all which has piled up in drainages gradually causing flooding in the area and has paved way for mosquitoes and other vectors causing infectious diseases in the residential areas. Salami (2018) still stressed on the point that Lagos alone generates 9000 metric tons of refuse each day with bags and bottles made up of plastics which accounts for about 86% of the refuse.

Flooding

This happens to be another environmental disaster that has continued to cause damage to lives and properties which is as a result of climate change as well as blockage of waterways due to indiscriminate refuse dumping. Flooding is one of the natural disasters that have drastically caused destruction of properties which occurs simply because of the heavy downpour of rain which can be caused by natural reasons which include: Excessive rainfall or could result of human activities such as project execution and blockage of water ways (Mohammed et al., 2018). On the other hand, people who have felt the attitude towards preservation of the environment through inappropriate waste management, excessive deforestation as well as other behaviors which tend to have a long-term harmful influence on the surroundings that help in the loss of many

lives and properties (Mohammed et al., 2018). Each year, it has been on record that Nigeria hydrological service agencies are tasked with the education of Nigerians on the prevention of flooding measures that is going to bring much relief to them. Also, there have also been records of more than 70% of states in Nigeria that stand the risk of flooding which subject it to the risk of flooding which subject it to natural and man - made flooding crisis on an annual basis. This challenge should be handled from the beginning which could have averted this crisis from occurring right from the start. In the year 2021, the director general of the natural emergency management agency (NEMA) was of the opinion that flooding in Nigeria is usually stated that dams utilized for energy are occasionally exploited for agricultural purposes and there has been a call for efficient utilization of dams (Channels TV, 2021).

Erosion

This is another ecological problem that occurs whenever there is a heavy downpour of rain it constantly washes off the surface of the soil. This environmental disaster has led to the collapse of so many buildings (settlements) which has claimed the lives of many. In Nigeria, this is more directed at the south -eastern region in which soil erosion has caused a lot of harm to agricultural production and the general sustainability to the environment as well as the management of food security and substance. The main sources of soil erosion in Nigeria are human activities which are tied down to rainfall, underlying geology, land topography and soil type (Chude et al., 2020). Soil erosion is known as a serious threat to human lives and impact on life on earth by causing degradation of the environs, reducing agricultural productivity, decreasing soil fertility due to the loss of topsoil to climate change by compromising soil C- sink potentials

(Okenmuo, 2021). According to Chude et al., (2020) overgrazing excessive activities in farming, tillage, bush burning, extracting industries, construction of road networks, over rowing, deforestation, residential settlements, Urban center development, industrialization and mining all contribute to human factors that seem to have caused degradation of soil and environmental degradation. In addition, interaction of human and material resources within the environment which include: Excavation of pit latrines has caused distortion and soil vegetative cover removal that is critical to soil erosion in which most states of the federation happen to be more dominant in the South-east region (Vanguard Editorial, 2021).

Global Economic Crisis

In Nigeria, as a result of the COVID-19 pandemic the Nigeria Centre for Disease Control (NCDC) had put restrictions which led to the banning of inter-state travels across the federal either by road, air and train services and as well the closure of all schools in order to curtail the spread of the virus. Places of worship were not also left out on the lockdown and most importantly individuals were compelled to make use of their nose masks and observe good personal hygiene including using alcoholic hand sanitizers so as not to be predisposed to the deadly virus. There were heavy losses on businesses which had left so many families in jeopardy alongside those working in private sectors in which so many were laid off. The educational sector across board suffered huge setbacks as a result of the global health crisis. The effects of the crisis as it has to do with the economy is no longer exposed only in countries that have developed dramatically in which they are becoming more apparent the more. Economies that are slower in nature as it results in growth within the expected time is to trap 46 million

people within the poverty line in the United States whose dollar is US$2-a day while 53 million people are being pushed into US$ 1.25 daily. This has been in addition to the total number of persons who found themselves in poverty globally which as a result led to the rise in the prices of food and fuel in the year 2008 which estimates between 130 and 155 million people (Harper, Jones, McKay and Espey, 2009). The COVID-19 pandemic has generated complicated negative economic, social and environmental repercussions (Agboola, Bekun & Balsalobre -Lorente, 2021). In general, conditions of the economy and that of the social have some level of capacity building particularly in delicate and economic situations that are worsening as the days go by in order to reduce investment possibilities in this precarious field that must be a priority in each country. The repercussions of the COVID-19 pandemic have had the population evolution and the health status of individuals in particular has the situation of their sources of income decrease and the standard of living become lower and there is also a dire need for financial increments for individuals to meet up with their daily needs which in contrast other events and the pandemic crisis which caused capital market to react (Goodell, 2020). The pandemic crisis has had a lot of negative effects in certain countries as well as areas of activities or capital markets. Researchers have shown sufficient concern about the after effects that COVID-19 has on financial markets (Arslan, Bilal & Bashir, 2021). Restaurants, bars, travel and transportation as well as entertainment industries happen to be among sectors mostly affected by the pandemic in which quarantine measures have been put in place to curb the menace (Dey, 2020).

In conclusion:

Physical and health education provides individuals, family and community with reliable

health information and exercise that could be useful to daily application and global economic crisis right from the covid19 pandemic to date which will pace high rate of inflation and devaluation Nigerian money. However, pollution, improper waste disposal practices and inadequate compliance to health information remain a Nigerian challenge.

Recommendations

- Physical and health educators should make provision of health information through magazines, posters, fliers and handbills.
- There should be proper collaboration with health agencies and nongovernmental organizations on the need to provide measures to end environmental problems.
- Governments have a key role to play in imposing sanctions to all who do not dispose of refuse properly.
- The ministry of humanitarian affairs and disaster management and social development should come up with programmes that will help in the prevention of environmental disasters.
- The ministry of environment also has a key role to play in the provision of resources to reduce the emergence of environmental degradation.

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