

## **Physical Education as an Instrument for Sustainable Development Goals**

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### **Abstract**

*This paper explores the relevance of Physical Education as a tool for realization of sustainable development in education. It argued that it is vitally an important concept that provides the opportunity for considerable theoretical and practical development. The implication of sustainability development for our understandings of physical activities are examined with recognition of the significance of the physical fitness activity behaviors within suitable healthful living in which strength, an important instrument for livelihood is inevitable in carrying out our daily activities. Strength is health and wealth. Without strength an individual cannot perform his/her day to day activities successfully. Strength is an essential element of fitness for virtually everybody, man and woman. Physical Education suggested that there is need for the knowledge of sports and Physical activities that produces physical fitness. This paper, therefore, wisely looked into the impact of physical Education as an instrument for sustainable development goal.*

**Keywords:** *Physical Education, Sustainability, Physical activities, Physical fitness, Strength, Development.*

**No of words:** 150

### **Introduction**

Physical Education is “education through the physical”. It aims to develop students’ physical competence and knowledge of movement and safety, and their ability to use these to perform in a wide range of activities associated with the development of an active and healthy lifestyle. It also develops students’ confidence and generic skills, especially those of

collaboration, communication, creativity, critical thinking and aesthetic appreciation. These, together with the nurturing of positive values and attitudes in Physical Education provide a good foundation for students' lifelong and life-wide learning (Stampfer, 2000).

As a subject, Physical education is a course taught in school, it focuses on developing physical fitness and the ability to perform and enjoy day-to-day physical activities with ease. Skills are developed to participate in a wide range of activities, such as soccer, basketball, or swimming. Regular physical education classes prepare one to be physically and mentally active, fit, and healthy into adulthood. An effective physical education program includes engaging lessons, trained P.E. teachers, adequate instructional periods, and student evaluation. You learn about how important keeping fit is for the health of your body and mind. It is a subject where you can take part in and learn about physical exercises. Therefore, Physical Education refers to the process of imparting systematic instructions in physical exercise, sports, games, and hygiene. The term is generally used for the physical education programs at school and colleges. Education aims at the training of the body, mind, and conduct of an individual. To keep a healthy mind within a healthy body, an individual needs regular physical exercise (Stampfer, 2000).

Physical exercise is any bodily activity that enhances or maintains physical fitness and overall health and wellness. It is performed for various reasons, including increasing growth and development, preventing aging, strengthening muscles and the cardiovascular system, honing athletic skills, weight loss or maintenance, and merely enjoyment. Frequent and regular physical exercise boosts the immune system and helps prevent "diseases of affluence" such as cardiovascular disease, type 2 diabetes, and obesity (Kylasov and Gavrov 2011) and Stampfer, 2000). It also helps prevent stress and depression, increase quality of sleep and act as a non-pharmaceutical sleep aid to treat diseases such as insomnia, help promote or maintain positive self-esteem, improve mental health, maintain steady digestion and treat constipation and gas, regulate fertility health, and augment an individual's sex appeal or body image, which has been found to be linked with higher levels of self-esteem and ability to develop sports skills (Hu, Manson, Rimm ,Willett, 2001). The knowledge

of physical education helps in the development of sports skills such as Football, Hockey, Basketball, volleyball, Handball etc.

*SportAccord (2011)* reported that Sports are all usually forms of competitive physical activity or games which through casual or organised participation, aim to use, maintain or improve physical ability and skills while providing enjoyment to participants, and in some cases, entertainment for spectators. *Council of Europe (2012)* added that the contest or game is between two sides, each attempting to exceed the other. Sport is generally recognised as system of activities which are based in physical athleticism or physical dexterity, with the largest major competitions such as the Olympic Games admitting only sports meeting this definition, and other organisations such as the Council of Europe using definitions precluding activities without a physical element from classification as sports . However, a number of competitive, but non-physical activities claim recognition as mind sports. The International Olympic Committee recognises chess as bona fide sports and the international sports federation association recognises non-physical sports: chess and draughts(*The Olympic Movement,2012*). Sports are usually governed by a set of rules or customs, which serve to ensure fair competition, and allow consistent adjudication of the winner. Winning can be determined by physical events such as scoring goals or crossing a line first. It can also be determined by judges who are scoring elements of the sporting performance, including objective or subjective measures such as technical performance or artistic Impression. In all of these running as a form of exercise is highly involved and in order to perform well in these activities one need strength.

To some people Physical Education is meant for the never do well and that it is not relevant. This paper therefore explores the relevance of Physical Education to sustainable development in education. It argued that it is vitally an important concept that provides the opportunity for considerable theoretical and practical development. The implication of sustainability development for our understanding of physical activities are examined with recognition of the significance of the physical fitness activity behaviors within suitable healthful living in which strength, an important instrument for livelihood is inevitable in carrying out our daily

activities. Strength is health and wealth. Without strength an individual can't perform his/her day to day activities successfully. Strength is an essential element of fitness for virtually everybody, man and woman. Physical Education advice the knowledge of Physical activities (exercises) such as jogging/running exercises that produces physical fitness.

### **Conceptual View of Sustainable Development Goal**

The concept of sustainability means different things to different people. A large part of humanity around the world still live without access to basic necessities. Sustainable development goals to the heart of tackling a number of inter-related inequality, hunger and environmental degradation. Sustainable development is that development that meets the needs of the present without compromising the ability of future generations to meet their own needs. Sustainable development encompasses a number of areas and highlight sustainability as the idea of environmental, economic, social progress and equity, all within the limits of the world's natural resources. Its goals are highlighted as follows; No poverty, zero hunger, good health and well-being, quality education, gender equity, clean water and sanitation, avoidable and clean energy, decent work and economic growth, industry innovation and infrastructure, reduce inequalities, sustainable cities and communities, responsible consumption, climate action and production, life below water, life on land, peace justice and strong institution, partnership for goals.

### **The Goals of Physical Education**

Physical education program offer challenging yet achievable goals and include all students in each activity session. Elementary students build basic skills, such as skipping and hopping, and work up to developing sport skills. Middle school physical education continues to build physical skills while teaching students how to apply sports skills and basic sports strategies. High school physical education review skills and begin to focus more on team-building and more in-depth sport strategy, along with coaching and officiating sport (Buckley, 2015).

Physical education programs also include cross-curricular activities so that students who think that math is not applicable in physical

education can see how a football field is measured and how the trajectory of a soccer kick or basketball free throw has math and physics elements. Vocabulary and history of the sport activities are a small part and, most important, all activities are fun and rewarding for all participants (Charlotte, 2015).

### **Physical Education Curriculum**

The curriculum is designed in the following ways:

- Physical education curriculum helps students develop physical skills and confidence. For example, elementary and secondary school curriculum includes activities that help kids obtain and improve skills, such as running, catching, throwing, and striking, applicable to sports such as baseball, volleyball, or karate. Balancing skills could be applied to dance or gymnastics.
- Secondary school curriculum focus on lifetime sports skills like tennis or aerobic dance, with a secondary emphasis on team sports.
- It develops fitness and fosters the desire for lifelong participation in physical activity. Secondary school curriculum prepares students to become highly proficient in one or more sport and/or fitness activity of their choice.
- Its classes teach the health benefits of regular exercise and healthy food choices along with the risks of inactivity and poor diet. Students of all ages might be asked to dedicate themselves to making a few small improvements in diet and exercise for a period of six weeks. They would be expected to journal about how they feel during the process and reflect on how these changes affect performance and mood (<http://study.com/academy/lesson/what-is-physical-education-definition-overview.html>).

### **The Need for Physical Education**

Physical education forms an important part of modern education. Almost every school can boast of a playground, and one or two teams. In every school and colleges, after class work, students join various sports and games. The students generally take to all kinds of physical activities and show a great deal of interest in them. Various kinds of games, sports, and physical exercises are taught in schools as part of physical education

program. Some of them are outdoor, others indoor. The outdoor games include football, hockey, cricket, tennis, badminton, volleyball, and so on. Sports include popular pastimes like swimming, boating, athletic activities like pole vault, high jump, long jump, racing, and javelin throw. Students are also taught physical exercises to improve and maintain good health.

### **Value in Sports Participation**

Charlotte (2015) highlighted the following as some of the values in sports:

**The psychological benefits:** Physical activity on self-image and self-confidence, and general feelings of health and wellness. Movement develops brain cells and stimulates the production of endorphins, body chemicals that help create feelings of happiness and calmness as well as ease stress and pain. A good workout can leave students feeling better about life and about themselves. An inactive student will feel lethargic and under stimulated.

**Physical health benefits:** Physical activity improves your immune system and helps you stave off illness, such as the common cold, as well as decreases your risk of cancer, heart disease, diabetes and high blood pressure. Exercise and sports help you lose and maintain a healthy weight. Activity improves blood circulation, increases coordination and stamina, prevents bone loss and may help you live longer. According to the American Heart Association, an active lifestyle can reduce coronary heart disease by 30 to 40 percent. Additionally, moderate exercise can reduce your chance of getting a stroke by 20 percent, which increases to 27 percent with regular, intense physical activity.

**Mind benefits:** Exercise and activity increases chemicals in your brain such as endorphins, adrenaline and serotonin, which improves your mood, decreases depression, lessens symptoms of ADHD, improves executive functioning skills, helps you manage stress and boosts your energy level. Playing sports is a social activity that can help you meet people, make new friends and increases self-esteem.

**Benefits to mind and body:** Physical education do well both to the body and the mind. After brainwork in schools, we generally feel fatigued. In participating in outdoor games, they inhale fresh air and feel energetic. These games give free play to all the organs of the body. Therefore, their health is improved.

**Develops the sense of discipline:** The participant and players are given systematic instructions in physical education programs. They have to obey the orders of the trainer and the captain. They thus learn obedience, discipline, bear defeat calmly and to respect the winners. They also promote a spirit of goodwill and sportsmanship.

**Forms character:** A good sportsman generally leads others in sports. He thus acquires qualities of leadership. Thus, Physical education is of great value. Quality health and physical education programs can be life-changing for today's young people and, in many cases, already are. Such programs offer students a well-rounded opportunity to develop their bodies and minds to gain skills that will propel them to success in both the physical and academic aspects of education and life. Good Physical and Health Education programs provide the structure and discipline that young people need to perform in school and outside the world effectively, make positive choices in their lives, persevere to see a project through to the end, and earn the respect of their peers.

### **Sports and Sustainable Development Goals**

Sport is an important enabler of sustainable development. The growing contribution of sport to the realization of development and peace in its promotion of tolerance and respect and the contributions it makes to the empowerment of women and of young people, individuals and communities as well as to health, education and social inclusion objectives. Harnessing this tremendous potential of sport, the United Nations Office on Sport for Development and Peace (UNOSDP) has long been bringing people together through sport and supporting sport for peace initiatives, from mega sport events to grass-roots activities. These initiatives help sport achieve its fullest potential in realizing the Goals.

A number of studies conducted by the World Health Organization have also highlighted that physical exercise can stimulate positive mental health and cognitive development. Exercise has been linked to improvements in self-esteem and self-confidence, as well as positive effects for people struggling with depression and anxiety. The IOC (2015) also stated the following:

**Ensure healthy lives and promote well-being for all at all ages** Sport contributes to well-being regardless of age, gender or ethnicity. It is enjoyed by all, and its reach is unrivalled. For instance, the World Taekwondo Federation established the Taekwondo Humanitarian Foundation to promote the martial art in refugee camps around the world. Such initiatives raise awareness about the plight of young refugees and are fully in harmony with the Sustainable Development Goals (SDGs), particularly with regard to health. Children and young people benefit tremendously from physical activity. Combined with a school curriculum, physical activities and sport are necessary for a comprehensive education.

**Ensure inclusive and quality education for all and promote lifelong learning**

Sport provides lifelong learning and alternative education for children who cannot attend school. By taking part in sport and physical activities alongside school, students are exposed to sport's key values, including teamwork, fair play, respect of the rules and others, cooperation, discipline and tolerance. These skills are essential for future participation in group activities and professional life, and can stimulate social cohesion within communities and societies. Given the personal and social development benefits sport offers, increasing access and participation is a primary development goal.

For this reason, the United Nations Office on Sport for Development and Peace (UNOSDP) has been running its Youth Leadership Programme (YLP) since 2012 with the aim of training and empowering young leaders from disadvantaged communities to use sport as a tool for progress. At the YLP camp held in Hamburg, Germany, in February 2016, six refugees were welcomed and integrated into the group, highlighting sport's capacity to foster inclusion and bring people together.



**Achieve gender equality and empower all women and girls** Sport in its most basic form encourages balanced participation and has the capacity to promote gender equality. Through sport and physical activity, women and girls can be empowered and benefit from the positive impact that sport has on health and psychosocial conditions. Female participation in sport also challenges stereotypes and social roles commonly associated with women. Sport can help women and girls demonstrate their talents and achievements to society by emphasizing their skills and abilities. This, in turn, improves self-esteem and self-confidence in women participants. Sport also offers opportunities for social interaction and friendship, which can raise awareness of gender roles among male counterparts and convey social and psychological benefits to both individuals and groups.

For example, the Diyar Consortium project implemented in the State of Palestine effectively illustrates sport's ability to promote gender equality. The project established a sports centre to provide an opportunity for women to participate in sport, learn transferable skills and gain knowledge for employment. The Diyar Women Sports Unit was founded in 2008, and a great example of its success was represented by the Diyar Women Soccer Team, which became one of the top national soccer (football) teams in the State of Palestine. In 2011, the team won the first-ever Palestinian Women Football League Championship. Members of the Diyar Women Soccer Team are now involved in the academy, opened in 2012, training and passing on their knowledge to younger girls. Furthermore, Diyar has developed a strong network and partnerships with Palestinian and international organizations, allowing the project to gain momentum and support to become sustainable. This project benefited not only women but the community as a whole.

**Make cities inclusive, safe, resilient and sustainable**

Through the initiatives of United Nations Office on Sport for Development and Peace (UNOSDP) and its partners, sport contributes to making cities and communities more inclusive. In April 2016, during the inauguration of the Table Tennis for NepALL project in Nepal, which aims to promote the inclusion of people with disabilities. This is a great example of how sport can foster social development by changing

perceptions about people with disabilities and providing such people with an opportunity to participate in sport despite significant barriers. In particular, after the devastating 2015 earthquake in Nepal, sport created a sense of normalcy and self-efficacy for the survivors.

### **Promote just, peaceful and inclusive societies**

Sport can be used as a meaningful tool for the prevention of conflict and the promotion of long-lasting peace, since sport and its universality has the ability to transcend cultures. In its contribution towards peace, sport often provides safe environments at the grassroots and community levels, at which participants are brought together in the pursuit of common goals and interests; learn values of respect, tolerance and fair play; and develop social competencies. As a common denominator and shared passion, sport can build bridges between communities regardless of their cultural differences or political divisions. In times of conflict or instability, sporting activities can provide participants with a sense of normalcy (Twyford, 2015).

One of the examples on how sport can be used to promote mutual understanding and dialogue in conflict areas established was during the Youth Leadership Programme (YLP) held in Gwangju, Republic of Korea, in 2013. The sport programme brought together participants from both the Republic of Korea and the Democratic People's Republic of Korea, providing them and others with an opportunity to realize that they share more similarities than differences, and helping them dispel negative perceptions of one another. Youth Leadership Programme (YLP) was an essential tool for the two countries to use sport to generate social ties that help foster rapprochement, respect, mutual understanding and dialogue (Twyford, 2015).

### **Sport as a tool to promote peaceful and inclusive societies**

The potential to use high-profile athletes, sporting teams and leagues to promote messages of peace, inclusion and tolerance is a starting point for considering the contribution sport and sporting role models (Lindsey, 2015). The vision of Nelson Mandela and South Africa's post-apartheid leadership to use the Springbok's victory in the 1995 Rugby World Cup to contribute to nation building was highlighted as a standout example

during the Commonwealth's consultation (Lindsey, 2015). The role football superstar Didier Drogba played to position a 2007 Africa Cup of Nations qualifier in his home country of Côte d'Ivoire, as a catalyst for dialogue between government and rebel forces and to promote national unity was highlighted as one example of many athletes, past and present, who have used their profile and status to champion peace and stability (Mawere, 2012). Major sporting events also have the potential to be used as a platform to promote peace and inclusion. The Olympic Truce, which aims at using the profile of 'sport as a tool to promote peace, dialogue and reconciliation in areas of conflict during and beyond the period of the Olympic and Paralympic Games', was presented as an example of using the profile of sporting events to promote peaceful and harmonious societies (Kidd, 2008). This potential is also recognised in the vision for the Commonwealth Games Federation, which is to build 'peaceful, sustainable and prosperous communities globally by inspiring Commonwealth Athletes to drive the impact and ambition of all Commonwealth citizen's through sport'(Action Aid International and OECD Development Communication Network, 2015).

### **Establishing platforms for dialogue**

Sport-based programmes are 'open to all irrespective of ethnicity, religion, gender or economic circumstances'(Sen,2012) It provide an environment for disparate groups to find common ground, share experiences and engage in constructive dialogue which, when co-ordinated with other interventions, can potentially lead to mutual respect and understanding being developed and a more peaceful and inclusive community as a result. In practice, this can range from sport-based programmes promoting dialogue between young people from different religious and ethnic backgrounds to engaging gang members involved in urban conflict and connecting them with positive mentors, role models and support structures (Sugden, 2008 and Sampson and Vilella, 2013). Involvement in sport provide participants with an opportunity to connect with other groups based on a shared identity not grounded in conflict or exclusion. Sport-based approaches are not unique in this regard, nor do they transcend societal conflict or division. But as sport is based on a

prescribed set of norms and rules governing interaction,(Keim, 2008) an environment can be created in which the shared experience of participation in a team, competition or programme can form a point of identity not embedded in difference. Through this common experience, relationships and networks can be built and dialogue initiated that would not be possible in other settings (Coalter, 2013).

**Revitalize the global partnership for sustainable development** An outstanding example of such partnership in this context is the cooperation between the United Nations and the International Olympic Committee (IOC), an entity holding observer status in the United Nations General Assembly and serving as a key UNOSDP partner with several joint initiatives in Sport for Development and Peace. For instance, the General Assembly has adopted several resolutions on the Olympic Truce. Every four years, the United Nations urges Member States, all conflicting parties and other stakeholders to respect the Truce during the celebration of the Olympic and Paralympic Games, with the hope that one day of truce can lead to a week of peace, a month of peace, and eventually put an end to war. Olympic values have thus become an important component of sport and education with a long tradition in promoting peace. General Assembly resolution 70/4, entitled “Building a peaceful and better world through sport and the Olympic ideal”, was co-sponsored by 180 United Nations Member States and adopted by consensus in 2015. In the resolution, States agreed to observe the Olympic Truce from seven days before the opening ceremony of the Rio 2016 Olympic Games in August until seven days after the closing ceremony of the Rio 2016 Paralympic Games in September.

These Games will be hugely powerful in inspiring and uniting people across the globe. Brazil hosted the first-ever Olympic and Paralympic Games in South America. Also for the first time, refugees were represented by their own Olympic team. These two unprecedented features of the 2016 Olympic and Paralympic Games show that the events are not fierce competitions but unique opportunities to build a more inclusive society and send a message of peace, inclusion and respect. Mega sport events can help advance social development, economic

growth, health, education and environmental protection, especially if they are part of coherent and sustainable, long-term policies at the municipal, regional and national levels. Despite these challenges, the vast positive power and passion of sport will continue to bring people together, promoting a more inclusive and peaceful world through its universal values and principles. Historically, sport has played an important role in all societies and acted as a strong communication platform that can be used to promote a culture of peace. It is, and will continue to be, one of the most cost-effective and versatile tools to promote United Nations values and achieve the SDGs.

### **Sports in National Development**

In order to understand the link between sport and national development the logical starting point is to take an overview of the fundamental benefits of sport from the perspectives of individual requirements. In this regards, Bradley (2015) suggested that, we should look at sport from the point of view of a broad spectrum primarily focusing on sport as a means to achieving the following:

**The Role of Sport on Health Standards:** One of the drawbacks of industrial revolution is the sedentary lifestyle we have adapted which is directly linked to primary and secondary diseases, such as heart problems, high cholesterol, mental stress, high blood pressure and on top of all that is the environmental pollution, which is currently one of the risk factors of global magnitude. In order to understand how the human body functions under ideal conditions we must go back to the basics.

This understanding is very important, to enable us imagine and visualize what we need to do in order to lead a healthier life which is a critical dimension in the prosperity and development of every nation. As already pointed out, a high health standard translates into higher productivity and greater national prosperity. We must constantly remind ourselves that we are descendants of hunters and gatherers of food and that since the creation of mankind the human life has been characterized by numerous physical activities as opposed to sedentary lifestyle we have recently embraced. Our biological adaptations require regular physical

exercise more or less typical to that of a hunter and a gatherer, as our ancestors did, to enable our vital organs to function at an optimal level. The above discussions underscore the importance of physical exercise or sport as a fundamental requirement for every individual (sports for all) regardless of age, race or gender. Sport leisure and recreation have become important dimensions in social and economic life. Social amenities such as the gymnasiums, fitness centers, play fields, social halls and swimming pools generate revenue for self-sustainability and therefore contribute to national development on two fronts.

**The Role of Sport in Nation Building:** Needless to say, apart from religion, sport also is one of the fora that can bring people together for a common goal. It is possible that sport, through the International Olympic Committee (I.O.C.), and the International Sports Federations could succeed where the United Nations has failed to promote world peace. However, to the contrary, sports has been used in the past as a political weapon to express dissatisfaction by boycotting the Olympic games. If sports can be used to achieve political objectives, it is possible to use sports to achieve and promote peace initiatives at local, national and international levels.

**The Link between Sport and Development:** A good example is the case of the Mathare Youth Sport Association (MYSA), which strategizes the use of youth soccer programmes in the slums of Nairobi to bring hope to the lives of thousands of destitute children in the slums. Taking the advantage of soccer fever in the slums, the MYSA programmes have been able to make a major breakthrough in creating sustainable programmes in the fight against the rampant drug abuse in the slums, slow down the crime rate, make an impact on school dropout and create positive attitude and hope among thousands of children in the slums.

As a marketing strategy and a role model for the kids in the slums, the MYSA established a Mathare United Football Club (FC), which has risen in ranks to become a formidable football club in the super league division. This year the Mathare United FC won the Moi Golden Cup and is poised to win the Premier League. What is important to note is that all the players of the Mathare United FC hail from the slums of

Nairobi and are role models and a source of inspiration to all the children in the slums. The poor children in the slums cannot be held responsible for the abject poverty and the helplessness in which they find themselves. Their problems are manifested in drug addiction and high rates of crime among the many social problems. However, MYSA's programmes have convincingly demonstrated that this situation can be reversed using sport as one of the means to bring solution to the many problems in the slum.

**Using Sport to Fight the Social Problems:** It is evident that most of the countries in Africa are losing war against social problems, the spread of infectious diseases especially the HIV/AIDS, the drug abuse and the crime rate. Certainly, sport can be used to change the attitude of the people in the slums and bring hope to their lives. Breakthrough in sport development at national and international level reduce poverty, ethnic strife and genocide. When we associate sport with health standards it means that the maladies such as malaria do less damage to individuals who are healthier than those who are already weak. Also, healthy living and stress free environment have been known to promote the quality of life and prolong the lives of the people infected with HIV/AIDS. Over and above the economic links, the benefits of sports and its association with health standards are unlimited. We can no longer underestimate the potential of modern sports as an industry that can positively impact on the social, economic and political parameters in the process of nation building. In the modern era, sport has gone through a series of transformation to evolve into an industry and a showcase for entertainment extravaganza. Since the advent of industrial revolution, the electronic and the print media have not only popularized sport but have brought top-level sports to every family via the satellite and the Internet. While this electronic revolution has created a positive impact on the love and popularity of sports viewing.

**Sport as an Industry:** So far the continent of Africa has made a moderate impact in soccer and athletics (track and field) while in other sports; the performance has been marginal. There are quite a number of African soccer players playing for the professional clubs in Europe

and they are doing a good job. In athletics, a number of African athletes have been able to earn money through the Grand Prix circuits. The African Super stars in Athletics run in Europe since the major grand prix meets are staged in Europe. Likewise the top African football players play for major clubs in Europe and therefore contribute to the revenue of their European clubs than their homeland. For the majority of athletes, the athletic career is not only a poor man's sport but unpredictable and short-lived. The turnover rate among the Kenyan athletes is approximately 40% or more, which is a great setback.

The major impact that African football players and star athletes generate, for their homeland, is their role as roving ambassadors or ambassadors of goodwill. This is of course an important dimension in the process on nation building. Sport is seen as a potential industry to generate revenue.

### **Summary**

This paper summarized that the implication of sustainable development for the understandings of Physical Education are examined with recognition of the significance of the physical fitness activity behaviors within suitable healthful living in which strength, an important instrument for livelihood is inevitable in carrying out our daily activities. Strength is health and wealth. Without strength an individual can't perform his/her day to day activities successfully. It also emphasized Sports as an Achiever of gender equality and empower all women and girls, Make cities inclusive, safe, resilient and sustainable. Promote just, peaceful and inclusive societies. Sport as a tool to promote peaceful and inclusive societies, Establishing platforms for dialogue, and Revitalize the global partnership for sustainable development.

### **Conclusion**

The Physical and health education sector is undeniably a key partner in the planning and implementation of the next global development agenda. It shall continue to be recognised as an important contributor to a better and more peaceful world, in close partnership with governments and other members of civil society. Therefore it is important to: **Become**



**active:** Incorporate exercise and sports into your daily life. Plan a walking date with friends, instead of meeting for lunch. Join a local gym and schedule time in your calendar, as you would any other appointment. Get exercise videos and play your favorite music while you're doing them. Walk while talking on the phone. Take dancing lessons, or dance at home in between doing household chores. Jump rope 10 minutes a day, or install a trampoline in your back yard. If you play golf, walk instead of taking a golf cart. Start off your day with a swim or briskly walk around your neighborhood. **Exercise at Work:** Even if you have a traditionally sedentary occupation, there are ways to incorporate exercise into your workplace. Change your mindset to a more active one. Walk down the hall to speak to a co-worker instead of instant messaging them or calling them on the phone. Brainstorm project ideas while walking, instead of sitting down in a meeting. Take the stairs instead of the elevator, or park your car far away from the office and walk to work. Form a walking group with co-workers during lunchtime or start a sports team within your company and play ball.

### **Recommendations**

It is recommended that every nation should make sport development as an integral part of national economic strategic planning. There is need to define and articulate sports policies in order to incorporate sport in the national development strategies. Also, the benefits of sport in terms of human and economic development cannot be left solely in the hands of none governmental organizations and volunteers but each state or nation should ensure the provision and equity of the distribution of resources especially among the poor communities. It is also recommended that soccer and other sports to be used in slums, problem areas and poor communities to combat social problems and to offer a sporting chance to the kids in the slums. There is an urgent need for the African Universities and Institutions of higher learning to reevaluate their curriculum in order to put more emphasis on human resource and development in sport science. Finally, there is need for every organisations to invest in sport development including research in sport science among the African nations that have contributed to Olympic success over the last 30 years.

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