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**Social Factors Predicting Recreational Sports Participation Among Academic Staff  
Of Tertiary Institutions In Kwara And Kogi States, Nigeria**

**Kayode Omotayo Omolawon<sup>1</sup>, Tajudeen Olarewaju Ibraheem<sup>2</sup>**

1. Department Of Human Kinetics and Health Education University of Ibadan,  
Ibadan, Nigeria
2. Department Of Human Kinetics and Health Education University of Ilorin, Ilorin  
Nigeria

**Correspondence with:**

**Kayode Omotayo Omolawon**

[kayodesport@yahoo.co.uk](mailto:kayodesport@yahoo.co.uk)

Department of Human Kinetics and Health Education

University of Ibadan

Ibadan, Nigeria

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**Social Factors Predicting Recreational Sports Participation Among Academic Staff  
Of Tertiary Institutions In Kwara And Kogi States, Nigeria**

**Abstract**

This study examined the social factors predicting recreational sports participation among academic staff of tertiary institutions in Kwara and Kogi States, Nigeria. It employed the use of descriptive survey design, simple random sampling technique with the fish bowl method adopted to select 12 government owned tertiary institutions. One thousand six hundred twenty (1,625) respondents were selected through stratified sampling technique. The instrument used was a self-developed and validated Recreational Sports Questionnaire on Likert Scale Type. Multiple Regression Analysis was the major statistical tools used for the data analysis. It was revealed based on the hypothesis tested at 0.05 alpha levels that the variable of health status, skill level was not significant. However, variables on geographical feature and occupational demand were found to be significant predictors of recreational sports participation of academic staff. Authors recommend that the importance of recreation on health and other aspects of life should be emphasized by university authorities to promote efficiency and productivity of academic staff. It was recommended that the workload of academic staff should be redesigned to give room for participation in recreational sports after the day's work. The more the occupation demands, the less the opportunity to participate in recreational programs.

**Keywords:** social factors; sports participation; academic staff

## **Social Factors Predicting Recreational Sports Participation Among Academic Staff Of Tertiary Institutions In Kwara And Kogi States, Nigeria**

### **Introduction**

It is believed that all cultures have different ways of entertaining themselves and to enhancing their physical fitness after a period of day's work through sport. Invariably, a dynamic approach towards recreation activity is becoming increasingly important in our present world according to Oduyale (2004) the word recreation is a Latin derivation from the word "Recreate" meaning "to create a new" or "refresh" after toil. Recreation serves as an antidote to physical, mental and emotional fatigue. McCullick and George (1999) explained that recreation is a field of endeavor concerned with those socially acceptable, valued and worthwhile activities in which a person voluntarily participates during his leisure hours and through which he/she may better develop physically, mentally, emotionally and socially.

In his submission, Akintunde (2001) defined recreation as experience or activity carried out within leisure, voluntarily chosen and providing pleasure or a sense of well being. Bucher and Krotee (2002) observed that, "recreational sports consist of voluntary participation in games, sports, fitness, in and out-door activities, self-directed and other activities that are geared to the ability and skills of an individual" Studies carried out in learning institutions, Adesoye and Talabi (2004), Farkash (2002) Ibraheem & Jimoh (2006) revealed that social impediments such as age, gender, religion, skill level, geographical location and occupational demand determine involvement of community members in recreational activities.

Akeredolu and Adefuye (2007) explained that it is a known phenomenon that when adults get to age of 60 years and above they become inactive with some of them depending on any member of their household or walking stick in order to be able to move about. Also, the aged are known to suffer from certain degenerative diseases such as stroke, cardiovascular diseases, osteoporosis, diabetes, liver cirrhosis among others that deter them from recreation and impede their participation in meaningful recreational activities. Another factor that may influence how a person chooses to participate is the individual's skill and performance level. Adeyemi (1993) defined skill as the learned ability to bring about predetermined results with maximum certainty often with the

minimum outlay of time or energy of both. In this regard Adegbesan (2003) asserted that the teaching of skills and knowledge about physical movement and fitness is done by agents of society through various learning processes particularly social learning process that consist largely of modeling reinforcement and comparison achievement motivation process. Mull, Bayless Ross and Jamiesson (1997) explained that, participation choices are shaped by previous experience. If participation is pleasant and satisfying, usually continues, but if it is unpleasant it usually ceases. On this note, Folawiyo (2001) contended that based on the experiences and skills acquired many people in Africa prefer to engage in indigenous recreational activities such; as ayo (local board game), okoto (local cone game), folklore, traditional wrestling etc Daughtery (1998) explained that what is initially a low key beginner activity can quickly become high risk. Activity leaders need to study the geographical outlay in community before prescribing activity regimen. Omoruan (1996) argued that, the varied features like hills, mountains, rivers, lakes, forests and the rest affect the type of recreational activities in a locality. For example, those who have flat and low terrain or land can go for mountaineering in other places where they exist.

Mull, Bayless, Ross and Jamiesson (1997) buttressed that the fact that availability many of recreational activities depend on terrain and climate. Skiing is more feasible in mountainous areas, and accessibility to water encourages aquatic sports activities. The studies of Adegun (2005), Alla (2001), and Ekanem (1992) reported that, occupational demand predetermined workers choice of recreational activities. They argued that the advancement in technology throughout the world has made many workers sedentary, thereby making them to live passive life devoid of physical fitness. While physical workers do not engage in recreation, instead they adopt sleep.

Adesoye and Talabi (2004) asserted that the variety of problems in contemporary Nigeria leaving institutions are socio-economic problem, and traditional work ethics of school life, daily activities that are associated with lecture room, dining hall, library, hostel or hall of residence, impede the realization of potential benefit of leisure and recreational activities .Likewise, Farkash (2002)and Ibraheem and Jimoh (2006) added that social impediments such as age, gender, religion, skill level, geographical location and occupational demand determine involvement of community members in recreational activity. It becomes imperatives therefore to examine the social factors predicting participation of academic staff of tertiary institutions in recreational sports in Kwara and Kogi States, Nigeria.

### ***Statement of the problem***

Adesoye & Talabi (2004) revealed that as a result of academic and occupational demand in Nigerian higher institutions, average students and lecturers find it difficult to know what goes on in a gymnasium or relate positively to activities outside academic program. The study also observed that majority of academic staff in Nigerian higher institutions do not actively participate in leisure time activities due to some social factors such as age, gender, religion, skill level, geographical features. It is important therefore to go into this study to find impetus to existing lethargy towards recreation.

Omolawon and Sanusi (2006) worked only on provision of equipment and availability of facilities as perceived to be determinants associated with non participation of university of Ibadan academic staff in physical activities. Morakinyo & Atare (2001) concentrated on indices of only outdoor recreation participation among Local Government workers. It was found that active participation in physical activities and recreation correlate positively to the overall quality of life. Unfortunately, academic staff did not maximally utilize the available equipment and facilities. The research work intends to build on these researches by considering other salient factors that influence recreational sports participation among academic staff of tertiary institutions in Kwara and Kogi States, Nigeria.

## **Methodology**

### ***Sample***

The research design adopted for the study was a descriptive research design, six government owned tertiary institutions were selected in each state {Kwara state: University of Ilorin, Kwara State College of Education Ilorin, Kwara State College Education Oro, College of Education (Technical) Lafiagi, Kwara Polytechnic Ilorin and Federal Polytechnic Offa. Kogi State: Kogi State University Ayingba, Kogi State College Education Akpan, Federal College of Education Okene, Kogi State Polytechnic Lokoja, Federal Polytechnic Idah and School of Nursing Ogbangede} totaling twelve (12) schools through the simple random sampling technique that was adopted to select sixty percent (60%) of the respondents in these schools amounting to one thousand seven hundred and twelve (1,712) out of total population of two thousand, eight hundred and fifty four (2,854). Out of the sampled subjects, one thousand six hundred and twenty five (1,625) responded positively to the questionnaire.

### **Questionnaire**

The instrument for this study was a self-developed item from relevant literature and validated questionnaire by four experts in the field of Human Kinetics; two each from University of Ilorin and Ibadan both in Nigeria, their suggestions were used to form new draft of the questionnaire designed on 4-point Likert scale type format. According to Olaseinde (1995) "with Likert scale, it is possible to obtain overall scores for each respondent which can be compared with the mean for the group or with the criterion". With such information, respondents can be quantitatively and qualitatively judged". The pre-test result produced a test-retest reliability estimate (2 weeks interval) of  $r=0.80$ . Data was collected by four (4) trained research assistants, while parametric statistics of multiple regressions was employed to test the hypotheses of the study at 0.05 alpha levels.

### **Research question**

Will social variables of health status, skill level, occupational demand and geographical location predict recreational sports participation among academic staff of tertiary institutions in Kwara and Kogi States, Nigeria?

### **Hypothesis**

Social variables of health status, skill level, geographical location and occupational demand will be a significant predictor of recreational sports participation among academic staff of tertiary institutions in Kwara and Kogi States, Nigeria.

## **Results**

**Table 1.** Frequency Distribution of the Respondents by sex and age.

<b>Sex</b>	<b>Frequency</b>	<b>Percentage</b>
Male	1220	75.1
Female	405	24.9
Total	1625	100
<b>Age</b>	<b>Frequency</b>	<b>Percentage</b>
25-35	208	12.8
36-45	957	58.9
46-55	419	25.8
56& above	41	2.5
<b>Total</b>	1625	100.0

Table 1 above shows varying number of the respondents sampled from the selected tertiary institutions. University of Ilorin had the highest number of the respondents which accounted for 371(26%), while school of Nursing Ogbangede, Kogi state had the least which was 15(0.09%). The age of the respondents varied from 36 to 45 years obtained

highest frequency of 957 (58.9%) followed by 46 to 55years with frequency distribution and percentage of 419 (25.8%), 25 to 35 years had frequency distribution and percentage of 208 (12.8%) and, 56years and above had 41 (2.5%).

**Table 2.** Relative contribution of health status towards recreational sports participation among academic staff of tertiary institutions in kwara states, Nigeria ( $\alpha$  0.05).

Independent variable	Unstandardized coefficient		Standardized coefficient	t	Sig	Remark
	B	Std error	Beta			
Health status	4.942	0.038	0.031	1.293	0.196	NS
	E-02					

Table 2 outlined that health status is not a predictor of recreational sports participation among academic staff of tertiary institutions in Kwara and Kogi States, Nigeria. The computed outcome shows Beta weight is 0.31 indicating that health status is positively correlated with the predictor, however  $t = 1.293$  and  $p = 0.196$  and since  $p = 0.196 > 0.05$ . It is therefore concluded that health status is not a significant predictor of recreational sports participation among academic staff of tertiary institutions in Kwara and Kogi States, Nigeria.

**Table 3.** Relative contribution of skill level towards recreational sports participation among academic staff of tertiary institution in Kwara and Kogi States ( $\alpha$  0.05).

Independent variable	Unstandardized coefficient	Standardized coefficient	T	Sig	Remark
	B	Beta			
Skill level	5.568 E-02	0.043	1.846	0.065	NS

Table 3 shows that skill level is not a significant predictor of recreational sports participation among academic staff of tertiary institutions in Kwara and Kogi States, Nigeria. Though the computed beta weight of 0.043 indicated that skill level correlated with positively the  $t = 1.846$  and  $P = 0.065$  and since  $P = 0.065 > 0.05$ . It is therefore concluded that skill level is not a significant predictor of recreational sports participation

among academic staff of tertiary institutions in Kwara and Kogi States, Nigeria. The responses of the majority of the respondents indicated that participation in recreational sport did not require that one possesses certain level of skill and that participation in recreation will improve the needed skill.

**Table 4.** Relative contribution of geographical features towards recreational sports participation among academic staff of tertiary institutions in Kwara and Kogi states, Nigeria ( $\alpha$  0.05).

Independent variable	Unstandardised coefficient		Standardized coefficient	t	Sig.	Remark
	$\beta$	Std. Error	Beta			
<b>Geographical feature</b>	<b>0.119</b>	<b>0.031</b>	<b>0.098</b>	<b>3.882</b>	<b>0.000</b>	<b>S</b>

The result on table 4 shows that geographical feature is a significant predictor of recreational sports participation among academic staff of tertiary institutions in Kwara and Kogi states, Nigeria. The computed data has the Beta weight of 0.098 indicating that the geographical feature correlated positively with the predictor  $t = 3.882$  and significant at  $P = 0.000$ . Since  $P = 0.000 < 0.05$ . Thus, geographical feature is a significant predictor of tertiary institutions in Kwara and Kogi States, Nigeria. It is glaring in the responses of the respondents on geographical features as a predictor of participating in recreational sports. They shown that topography, effects of rainfall, intensity of sun and general climatic condition affects their choice of recreational sports.

**Table 5.** Relative contribution of occupational demand towards the recreational sports participation among academic staff of tertiary institution in Kwara and Kogi states, Nigeria ( $\alpha$  0.05).

Independent variable	Unstandardised coefficient		Standardized coefficient	T	Sig.	Remark
	$\beta$	Std. Error	Beta			



<b>Occupational demand</b>	<b>0.250</b>	<b>0.033</b>	<b>0.178</b>	<b>7.565</b>	<b>0.000</b>	<b>S</b>
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The result on table 5 indicates that occupational demand is a significant predictor of recreational sports participation among academic staff of tertiary institutions in Kwara and Kogi States, Nigeria. The computed outcome has the Beta weight of 0.178 which indicates that occupational demand correlated positively with predictor and  $t = 7.565$  and it is significant at  $P = 0.000$  and since  $P = 0.000 < 0.05$ . It is concluded that occupational demand is a significant predictor of recreational sports participation among academic staff of tertiary institutions in Kwara and Kogi States, Nigeria. The majority of the respondents indicated that the nature of their duty made them to participate in passive recreational activities e.g ludo, ayo, playing card, reading, watching film etc. after the day's work while few of them participated in active recreational activities such as soccer, swimming, tennis, squash, basketball etc.

**Table 6.** Influence of independent variables on the predictors.

Independent variables	Unstandised coefficient		Standardised coefficient beta	T	Sig	Remark
	B	Std.error				
<b>Health status</b>	4.942E-02	0.038	0.031	1.293	0.196	NS
<b>skill level</b>	5.568E-02	0.030	0.043	1.846	0.065	NS
<b>geog. location</b>	0.119	0.031	0.098	3.882	0.000	S
<b>occupation</b>	0.250	0.033	0.178	7.565	0.000	S

Table 6 shows that the parameter estimates indicate high correlation coefficient on social variables studied, that is health status, geographical features and occupational demands have positive relationship with academic staff participation in recreational sports. Using standardized regression coefficient to determine the relative contributions of each of the academic staff participation in recreational sports, it was discovered that the four variables contributed significantly to the prediction of sports participation.

**Table 7.** Summary of Regression Analysis showing the composite effects of independent variables on recreational sports participation on academic staff in Kwara and Kogi states Nigeria ( $\alpha$  0.05).

Source of variation	Df	SS	MS	F-ratio	Sig F	Remark
Regression	3	922.509	922.509	197.479	0.000	S
Residual	1614	7581.707	4.671			
Total	1624	8504.215				

Multiple R = 0.216, Multiple R<sup>2</sup> = 0.108, Adjusted R<sup>2</sup> = 0.108, Standard Error = 2.161

Table 7 shows that the combination of the four independent variables (health status, skill level, geographical location and occupational demand) in predicting academic staff participation in recreational sports yielded a coefficient of multiple regression of 0.216; a multiple R square (R<sup>2</sup>) of 0.108 and adjusted multiple R of 0.108.

The analysis of variance also confirmed this further as the computed details showed that the independent variables significantly predict academic staff participation in recreational sports with the F-ratio of 197.479, df = 3/1614, P = 0.000 which is significant at P < 0.05.

### Discussion and Conclusion

Table 2 reveals the influence of health status on recreational sports participation one's health should be taken to consideration in choosing the type and quality of recreational activity as indicated by the respondents. However, recreation helps to maintain good health and calories as shown in their responses. The finding supports the submission of Folawiyo (2001) that, a medical examination prior to engaging physical fitness program is essential for all persons, even those who feel healthy. It is also important for anyone over 35 years of age who has generally avoided exercise, especially if there is a history of health disorders or current health problems to ascertain his/her health condition and physical limitation before engaging in exercise. The recreation planner may recommend a modified recreational exercise or a conditioning program. As revealed from the findings the relationship between health status and participation in recreation exists. Agbo and Agbo (2005) posited that, the more one engages in physical activities, the more efficient is the functioning of the body system

and normal efficiency of the body brings increase in the general fitness and normal health status. Also, Alla (2001) stressed that, physical work and or sedentary life style result into mental and emotional stress far in excess of the physical stress, leading to occurrence of different health problems.

The results on table 3 show that skill level did not determine involvement of academic staff in recreation. The responses of majority of the respondents indicate that participation in recreational sports did not require that one possesses certain level of skill and participation in recreation will improve the needed skill, though their knowledge in sports assisted in choosing recreational sports. The result is in line with the submission of Akin-Taylor (2003) that, individual learns to move effectively and efficiently at all level. The skills he acquires have fitted him for a life time of enjoyable movement experiences, whether it is sport, leisure time activities or personally satisfying daily movement patterns. On this note, Folawiyo (2001) contended that based on experiences and skill acquired, many people in Africa prefer to engage on indigenous recreational activities such as; ayo, folklore, traditional wrestling etc. Adegbesan (2003) asserted that, the teaching of skills and knowledge about physical movement and fitness is done by agents of society through various learning processes particularly social learning processes that consist largely of modeling reinforcement and comparison achievement motivation process.

Based on geographical features as revealed in table 4. It is shown that topography rainfall, intensity of the sun and general climatic conditions affect the choice of recreational activities. In line with the finding, the result confirmed the view of Omoruan (1996) that the varied features like hill, mountain, river, lakes, forest and the rest determine the type of recreational activities. Those who live in hilly and mountainous environment engage in mountaineering while those with river and lakes choose swimming, fishing and boating paddling as recreation. Furthermore, outdoor activities are bound to be affected by heavy down-pour of rain, strong wind, very cold weather and scorching sun. Mull, Bayless, Ross and Jamiesson (1997) stated that, the availability of many recreation activities depends on terrain and climate. Skiing is more feasible in mountainous areas, and accessibility to water encourages aquatic sport activities. Thus, Daugherty (1998) suggested that, recreation experts need to closely watch the weather and abort the activity or seek shelter at the first sign of deteriorating conditions.

The result on table 5 reveals that majority of the respondents indicated that the nature of their duty made them participate in passive recreational activities; for example,

ludo, ayo, playing card, reading and watching film after the day's work while few of them participated in active recreational activities such as soccer, swimming, and golf. The result of the finding is in line with the submission of Adesoye and Talabi (2004) that, the nature of academic profession impedes the realization of potential benefits of leisure and recreational activities in tertiary institutions in Nigeria. Based on the findings, it is shown that majority of the respondents engaged in passive recreational activities. Therefore, Kabido (2003) suggested that it is an important factor in the life of any nation to train and maintain a good and strong effective workforce through avenue of recreational activities.

The study revealed their health status and skill level were not significant predictors of recreational sports participation among academic staff of tertiary institutions in Kwara and Kogi States, Nigeria. While independent variables of geographical location and occupational demand were significant correlates of participation in recreational sports for the academics staff. Though, they are related with independent variables but their relationship is not significant statistically.

The respondents must be aware of their health status in order to participate meaningfully in recreational activities. Besides, majority engaged in passive recreational activities which might not require specific skill. As reviewed in the literature, in Nigeria, the Southern parts are very different from the Northern parts with regard to physical features and weather conditions. Whist some parts of the South have thick forests and many rivers, some parts of the North are semi-desert with very few rivers. These vary features determine the choice of recreational sports of the academic staff. It is shown from the findings that respondents did not actively participate in recreation because of occupational pressure. Literature review revealed that many workers in various factories and industries are faced with several difficulties and dangers. Also, the nature of academic profession impedes the realization of potential benefits of leisure and recreational activities in tertiary institutions in Nigeria.

### ***Recommendations***

It is therefore recommended based on the findings that 1. The importance of recreation on health and other aspect of life should be emphasized by university authority to promote efficiency and productivity of academic staff

2. There should be forum to enlighten the institutions community on available recreational program to increase their skill level.

3. The institutional recreation program and procurement of equipment and facilities should be redesigned to promote and further develop other forms of sports and recreational activities which are compatible with geographical features of the institutions.

4. The work load of academic staff should be redesigned to give room for participation in recreational sports after the day's work.

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