

COURSE GUIDE

KHE 333 COMMUNITY RECREATION (2 C)

Course Team

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INTRODUCTION

KHE 333 is a two (2) unit course with one (1) module and seventeen (17) units. Community recreation is a course in the field of physical education that emphasizes the need for community participation in recreational activities of an individuals in the community. The course is aimed at introducing the students to the need to recreates themselves at the end of the daily work. It also helps students see the need to refresh their brain with the selected activities of their choice.

WHAT YOU WILL LEARN IN THIS COURSE

In this course, there are course units and a course guide. The course guide shows what the course is all about. The course guide contains the general overview of the course material you will be using and how to use the material. It also helps you to allocate the appropriate time limit. The course guide also prepares your mind as students on how to go about tutor-marked assignments which will form part of the overall assessment at the end of this course. Moreover, there will be regular tutorial classes that are related to this course, where you can interact with your facilitator and other students. You are encouraged to be on the lookout for this tutorial and plan to make the most of them.

THE COURSE

This course is carefully designed to help appreciate the concepts of recreation and the perceptions of various authors. It also highlight the History of traditional wrestling in Nigeria, the Objectives of traditional wrestling in Nigeria, types of traditional wrestling in Nigeria, History of Recreation in Nigeria, Scope of community recreation in Nigeria, types of Recreational activities in Nigeria, Objectives of Recreational activities, Benefits of Recreational activities in Nigeria, the Principles of community recreation in Nigeria, Guidelines for Planning Community Recreation Activities, the Criteria for selection community recreation in Nigeria, Essential Characteristics of Recreational activities in Nigeria, Some tourist/recreational attraction centres and their location in Nigeria, Agencies Providing Recreation in Nigeria and the Problems and solutions of community recreation in Nigeria.

COURSE AIM

The course aims to give you an understanding of how to use community recreation for individual to engage in as a personal desire without compulsion of any type and urge from within. It brings immediate and direct satisfaction to the individual by participating in various types of

recreation activities in the community in Nigeria. It also aimed at the objectives of traditional recreation as well scope of community recreation activities and principles of community recreation activities, Guidelines for Planning Community Recreation Activities, the Criteria for selection community recreation in Nigeria, Essential Characteristics of Recreational activities in Nigeria, Finally the aim of the course is to discuss some tourist/recreational attraction centres and their locations in Nigeria, Agencies Providing Recreation in Nigeria and the Problems and solutions of community recreation in Nigeria.

COURSE OBJECTIVES

To achieve the aim set above, there are objectives. Each unit has a set of objectives presented at the beginning of the unit. These objectives are stated to give you what to concentrate on while studying these units. Please read the objective (s) before studying the unit and during your study to check your progress.

The comprehensive objectives of the course are given below. By the end of the course, you should be able to understand:

- i. The Concept of recreation
- ii. The Perceptions of recreation by authors
- iii. The History of traditional wrestling in Nigeria
- iv. The Objectives of traditional wrestling in Nigeria
- v. Types of traditional wrestling in Nigeria
- vi. History of Recreation in Nigeria
- vii. Scope of community recreation in Nigeria
- viii. Types of Recreational activities in Nigeria
- ix. Objectives of Recreational activities
- x. Benefits of Recreational activities in Nigeria
- xi. The Principles of community recreation in Nigeria
- xii. Guidelines for Planning Community Recreation Activities.
- xiii. The Criteria for selection community recreation in Nigeria
- xiv. Essential Characteristics of Recreational activities in Nigeria
- xv. Some tourist/recreational attraction centres and their locations in Nigeria
- xvi. Agencies Providing Recreation in Nigeria
- xvii. The Problems and solutions of community recreation in Nigeria

WORKING THROUGH THIS COURSE

To successfully complete this course, you have to carefully read all the study units, as well as the textbooks and other materials provided by the National Open University of Nigeria. Reading the referenced materials can also be of great assistance. There are self-assessment exercises in

each of the units that are important for you to try your hands on; at different times, you may be required to submit your assignments for assessment. There will be a final examination at the end of the course. The course should take you about 15 weeks to complete. This course guide will provide you with all the components of the course and how to go about studying. It is important for you to allocate your time discretely and ensure that all the units are covered within the time frame and successfully.

THE COURSE MATERIAL

The main components of the course are:

- The study guide.
- Study units.
- Reference / further reading.
- Assignments.
- Presentation schedule.

THE STUDY UNIT

Module 1 overview of community recreation

Unit 1	The Concept of recreation
Unit 2	The Perceptions of recreation by authors
Unit 3	The History of traditional wrestling in Nigeria
Unit 4	The Objectives of traditional wrestling in Nigeria
Unit 5	Types of traditional wrestling in Nigeria
Unit 6	History of Recreation in Nigeria
Unit 7	Scope of community recreation in Nigeria
Unit 8	Types of Recreational activities in Nigeria
Unit 9	Objectives of Recreational activities
Unit 10	Benefits of Recreational activities in Nigeria
Unit 11	The Principles of community recreation in Nigeria
Unit 12	Guidelines for Planning Community Recreation Activities.
Unit 13	The Criteria for selection community recreation in Nigeria
Unit14	Essential Characteristics of Recreational activities in Nigeria
Unit15	Some tourist/recreational attraction centres and their location in Nigeria
Unit 16	Agencies Providing Recreation in Nigeria
Unit 17	The Problems and solutions of community recreation in Nigeria

ASSIGNMENT FILE

We have two assessments types in this course. First are the Tutor Marked Assignments (TMAs); second is the written examination. In answering questions in the assignments, it is important for you to display appreciable knowledge of the subject matter as well as experience acquired during the course. Ensure that you always promptly submit all the assignments to your course facilitator for formal assessment by the hand-in dates stated in the assignment file. This assignment will contribute to your continuous assessment and may account for 30 percent of your total course mark. You will be required to sit for a final examination of 2 hours duration at your study centre at the end of this course. This final examination will account for 70 % of your total course mark.

PRESENTATION SCHEDULE

There is a time-table prepared for the early and timely completion and submissions of your TMAs as well as attending the tutorial classes. You are required to submit all your assignments by the stipulated the tutorial classes. You are required to submit all your assignments by the stipulated time and date. Avoid falling behind the schedule time.

ASSESSMENT

There are three aspects to the assessment of this course. The first one is the self-assessment exercises. The second is the tutor marked assignments and the third is the written examination or the examination to be taken at the end of the course. You are required to carry out all exercises or activities suggested in the units by applying the information and knowledge you acquired in the course materials. The tutor-marked assignments must be submitted to your facilitator for formal assessment in accordance with the deadlines stated in the presentation schedule and the assignment file. The work submitted to your tutor for assessment will count for 30% of your total course work. At the end of this course, you have to sit for a final or end of course examination of about a three-hour duration which will count for 70% of your total course mark.

TUTOR-MARKED ASSIGNMENTS

This is the continuous assessment component of this course and it accounts for 30% of the score. You will be given three (3) TMAs by your facilitator to answer. You must have complete all your TMAs for you to be allowed to sit for the end of course examination. You must return all the answered assignments to your facilitator. You're expected to complete the assignments by using the information and material in

your readings references and study units. Reading and researching into your references will give you a deeper understanding of the subject.

1. Ensure prompt submission of all assignment, they must get to your facilitator on or before the stated deadline in the presentation schedule and assignment file. If you realize that you might not be able to meet up with the submission of your assignment by the due date, it is important for you to contact your facilitator for possible extension of the submission deadline. Note that request for extension will not be granted after the due date unless for some exceptional occasions.
2. It is advisable to revise the whole course content before sitting for the examination. The self-assessment activities and TMAs will be useful for this purpose and if you have comment or need some clarification, please channel it to the appropriate quarters before the examination. The end of course examination covers information from all parts of the course.

TABLE 1 COURSE MARKING SCHEME

Assignments	Marks
Assignments 1-3	Three marks of the three assignments at 10% each = 30% of course marks. End of course examination = 70% of overall of course marks
Total	100% of course materials

Table 2 Course Organization

Unit	Community Recreation	Weeks Activity	Assessment (End Of Unit)
	Course Guide	Week	
1	The Concept of recreation	Week 1	Assignment 1
2	The Perceptions of recreation by authors	Week 2	Assignment2
3	The History of traditional wrestling in Nigeria	Week 3	Assignment 3
4	The Objectives of traditional wrestling in Nigeria	Week 4	Assignment 4
5	Types of traditional wrestling in Nigeria	Week 5	Assignment 5
6	History of Recreation in Nigeria	Week 6	Assignment6
7	Scope of community recreation in Nigeria	Week 7	Assignment 7
8	Types of Recreational activities in Nigeria	Week 8	Assignment 8

9	Objectives of Recreational activities	Week 9	Assignment 9
10	Benefits of Recreational activities in Nigeria	Week 10	Assignment 10
11	The Principles of community recreation in Nigeria	Week 11	Assignment 11
12	Guidelines for Planning Community Recreation Activities	Week 12	Assignment 12
13	The Criteria for selection community recreation in Nigeria	Week 13	Assignment 13
14	Essential Characteristics of Recreational activities in Nigeria	Week 14	Assignment 14
15	Some tourist/recreational attraction centres and their location in Nigeria	Week 15	Assignment 15
16	Agencies Providing Recreation in Nigeria	Week 16	Assignment 16
17	The Problems and solutions of community recreation in Nigeria	Week 17	Assignment 17

HOW TO GET THE MOST OUT OF THIS COURSE

In Open and Distance Learning, the study units are used in place of university lecturer. This is one of the advantages of Open and Distance Learning mode; it is your responsibility to read through the specially designed study materials at your own pace at your own time and wherever you choose. Think of it as reading from the teacher, the study guide tells you what to read, when to read and the relevant texts to consult. You are provided with exercises at appropriate points, just as a lecturer might give you an in-class exercise.

Each of the study units follows the same format. The first item is an introduction to the subject matter of the unit and how a unit is integrated with the other units and the course as a whole. Next to this is a set of learning objectives. These learning objectives are meant to guide your studies. The moment a unit is finished, you must go back and check whether you have achieved the objectives. If this is made a habit, then you will significantly improve your chances of passing the course. The main body of the units also guides you through the required readings from other sources. This will usually be either from a set book or from other sources.

There are some exercises in which you might be required to explore your environment in order to gain better understanding of the subject matter. It is important for you to try your hands on all this assignment so that you will have some real time exposures to facilitate learning. Working through these assignments will help you to achieve the objectives of the unit and prepare you for tutor marked assignments and examinations.

The following are practical strategies for working through this course:

1. Read the Course Guide thoroughly.
2. Organize a study schedule. Refer to the course overview for more details. Note the time you are expected to spend on each unit and how the assignment relates to the units. Important details, e.g. details of your tutorials and the date of the first day of the semester are available. You need to gather together all this information in one place such as a diary, a wall chart calendar or an organizer. Whatever method you choose, you should decide on and write in your own dates for working on each unit.
3. Once you have created your own study schedule, do everything you can to stick to it. The major reason that students fail is that they get behind with their course works. If you get into difficulties with your schedule, please let your tutor know before it is too late for help.
4. Turn to Unit 1 and read the introduction and the objectives for the unit.
5. Assemble the study materials. Information about what you need for a unit is given in the table of contents at the beginning of each unit. You will almost always need both the study unit you are working on and one of the materials recommended for further readings, on your desk at the same time.
6. Work through the unit, the content of the unit itself has been arranged to provide a sequence for you to follow. As you work through the unit, you will be encouraged to read from your set books.
7. Keep in mind that you will learn a lot by doing all your assignments carefully. They have been designed to help you meet the objectives of the course and will help you pass the examination.
8. Review the objectives of each study unit to confirm that you have achieved them. If you are not certain about any of the objectives, review the study material and consult your tutor.
9. When you are confident that you have achieved a unit's objectives, you can start on the next unit. Proceed unit by unit

- through the course and try to pace your study so that you can keep yourself on schedule.
10. When you have submitted an assignment to your tutor for marking, do not wait for its return before starting on the next unit. Keep to your schedule. When the assignment is returned, pay particular attention to your tutor's comments, both on the TMAs form and also that written on the assignment. Consult your tutor as soon as possible if you have any questions or problems.
 11. After completing the last unit, review the course and prepare yourself for the final examination. Check that you have achieved the unit objectives (listed at the beginning of each unit) and the course objectives (listed in this course guide).

FACILITATORS/TUTORS AND TUTORIALS

Fifteen (15) hours are provided for tutorials for this course. You will be notified of the dates, times and location for these tutorial classes. As soon as you are allocated a tutorial group, the name and phone number of your facilitator will be given to you. These are the duties of your facilitator: He or she will mark and comment on your assignment. He will monitor your progress and provide any necessary assistance you need. He or she will mark your TMAs and return to you as soon as possible. You are expected to mail your tutored assignment to your facilitator at least two days before the schedule date.

Do not delay in contacting your facilitator by telephone or e-mail for necessary assistance if you:

- Do not understand any part of the study in the course material.
- Have difficulty with the self-assessment activities.
- Have a problem or question with an assignment or with the grading of the assignment.
-

It is important and necessary you attend tutorial classes, because it's your chance to have face to face contact with your facilitator and to ask questions which will be answered in real time. It is also period where you can say any problem encountered in the course of your study as well as see other colleagues in the same course to interact with.

FINAL EXAMINATION AND GRADING

The final examination for KHE 333: Community recreation is 2 hours duration. This accounts for 70 % of the total course grade. The examination will consist of questions which reflect the practice, exercises and the tutor-marked assignments you have already attempted in the course. Note that all areas of the course will be assessed. To revise

the entire course, you must start from the first unit to the fifteenth unit to get prepared for the examination. It may be useful to go over your TMAs and probably discuss with your course mates or group if need be. This will prepare you adequately, since the examination covers information from all aspects of the course.

SUMMARY

.	What is recreation?			
.	Define perception of recreation			
.	Discus briefly the history of traditional wrestling?			
.	Mention two Objectives of traditional wrestling in Nigeria			
.	Mention two objective of traditional wrestling in Nigeria			
.	What is the dimension of Abula court			
.	List two games reserves in Nigeria			
.	Enumerate three scopes of community activities in Nigeria			
.	List five types of recreational activities in Nigeria			
.	Elucidate two objectives of recreational activities in Nigeria			
.	Mention two benefits of recreational activities in Nigeria			
.	Enumerate three principles of recreational activities in Nigeria			
.	Identify five guideline for planning recreational activities in Nigeria			
.	Explain the following as it affect recreational activities			

	in Nigeria (1) enjoyable (2) leisure time			
.	List five characteristic of recreational activities in Nigeria			
.	Outline five tourist centres and their location in Nigeria			
.	Mention four agencies that provide recreational activities in Nigeria			

Community recreation is a course that introduces you to the understanding of the, Concept of recreation The Perceptions of recreation by authors The History of traditional wrestling in Nigeria, the Objectives of traditional wrestling in Nigeria, types of traditional wrestling in Nigeria, History of Recreation in Nigeria, Scope of community recreation in Nigeria, types of Recreational activities in Nigeria Objectives of Recreational activities, Benefits of Recreational activities in Nigeria the Principles of community recreation in Nigeria Guidelines for Planning Community Recreation Activities, the Criteria for selection community recreation in Nigeria Essential Characteristics of Recreational activities in Nigeria, Some tourist/recreational attraction centres and their location in Nigeria, Agencies Providing Recreation in Nigeria and the Problems and solutions of community recreation in Nigeria At the end of this course, you will be able to answer the following questions:

The list of questions you are expected to answer is not limited to the above list. Finally, you are expected to apply the knowledge you have acquired during this course to your practical life.

I wish you success in this course.



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MODULE1 OVERVIEW OF COMMUNITY RECREATION AND VARIOUS PERSPECTIVE

UNIT 1 CONCEPT OF RECREATION

- 1.0 Introduction
- 2.0 Objectives
- 3.0 Main content
 - 3.1 Definition of Recreation
 - 3.2 Perceptions of Recreation
- 4.0 Conclusion
- 5.0 Summary
- 6.0 Tutor-Marked Assignment
- 7.0 References/Further Reading

1.0 INTRODUCTION

Like any other eminent community recreation has been part of the lives of Nigerian since time immemorial. It is obvious that recreational activities in Nigeria which people participate were determined by both cultural and environmental set up of each part of the country, prominent among recreational activities were wrestling, dancing, hunting, horse riding, local draft, games and story- telling. Most community recreational activities were much associated with marriage, naming, sacrifices to ancestors, most of the recreational activities were usually performed in the evening after a hard-daily work.

1.0 OBJECTIVES

By the end of this unit, you will be able to:

- explain the concept of recreation.

3.0 MAIN CONTENT

3.1 Concept of Recreation

Recreation can be defined as participation in sporting activities during leisure hours through which he or she may better develop physically, mentally, emotionally and socially. Recreation is expressed as generating felling resulting from an individual engagement in an activity

capable of yielding satisfactory experience characterised of sense of well-being, self-expression and independence

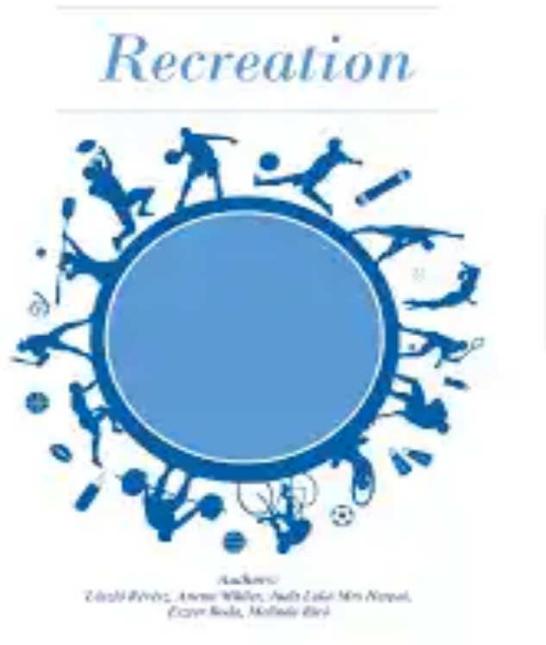


Fig.1.1

SELF-ASSESSMENT EXERCISE

1 What is recreation?

Answer

Recreation is expressed as a generating feeling resulting from an individual engagement in an activity capable of yielding satisfactory experience characterised of sense of well-being, self-expression and independence

4.0 CONCLUSION

Having read unit 1 successfully, it can be concluded that you have understood the meaning of recreation.

5.0 SUMMARY

In this unit 1, you have learnt the meaning of recreation and the perceptions of various authors about the definition of Recreation. This various definition will enable you to understand more about recreation in general.

6.0 TUTOR-MARKED ASSIGNMENT

1. What is the concept of recreation?

7.0 REFERENCES/ FURTHER READING

Akintunde, P.G. (2012). Administration and organisation of physical and health education, *Sports and Recreation, Volume 1*.

Akinwande, B.(2012). *Physical and Health Education For The Junior Secondary Schools*. Ibadan; Bounty press limited.

Bamidele, B.B. (2012). Fundamentals of Physical and Health Education Kabba, Kogi state: Akinson Press.

Suleiman A.G. (2010). Understating Recreation, Leisure and Tourism Practices in Nigeria. Zaria: Ahmadu Bello University Press Limited.

UNITS 2 THE PERCEPTIONS OF RECREATION BY DIFFERENT AUTHORS

CONTENT

- 1.0 Introduction
- 2.0 Objective
- 3.0 Main Content
- 3.1 Perception of Recreation by Different Authors
- 4.0 Conclusion
- 5.0 Summary
- 6.0 Tutor-Marked Assignment
- 7.0 References/Further Reading

1.0 INTRODUCTION

Many theories have been promulgated to express perceptions of people on recreation. The perception varies in relation to circumstances, situation and motive behind participation in recreational activities. These perceptions are briefly discussed below

2.0 OBJECTIVE

By the end of this unit, you will be able to:

- discuss the perception of recreation.

3.0 MAIN CONTENT

3.1 Perceptions of Recreation by Different Authors

1. Recreation is conceived as an activities required for restoration of physical and mental energies in a way of rest and relaxation after work. This may be true of certain extent in case of adult but children and young people engage in it at the peak of their physical and mental energies.



Fig.2.1

2. Recreation can be defined as the choice of activity or involvement in an activity which is voluntary, free of compulsion or obligation it is that act which is prompted by an internal motivation and the desire to achieve personal satisfaction rather than extrinsic motive.



Fig.2.2

3. Recreation can be defined as any worthwhile socially acceptable leisure experience that provide immediate and inherent satisfaction to the individual who voluntarily participate in any activity.



Fig.2.3

SELF-ASSESSMENT EXERCISE

Define perception of recreation.

Answer

1 Recreation can be defined as the choice of activity or involvement in an activity which is voluntary, free of compulsion or obligation it is that act

2 Recreation can be defined as the choice of activity or involvement in an activity which is voluntary, free of compulsion or obligation it is that act

4.0 CONCLUSION

Having understood unit 2 successfully, it can be concluded that you have understood the perceptions of authors on definition of recreation.

5.0 SUMMARY

In this unit 2, you have learnt the meaning of recreation and the perceptions of various authors about the definition of Recreation. This various definitions will enable you to understand more about recreation in general.

6.0 TUTOR-MARKED ASSIGNMENT

1. Outline three (3) perceptions of recreation by various authors.
2. define the word perception of recreation.

7.0 REFERENCES/FURTHER READING

Akintunde, P.G. (2012). Administration and organisation of physical and health education, *Sports and Recreation, Volume 1*.

Akinwande, B.(2012). *Physical and Health Education For The Junior Secondary Schools*. Ibadan; Bounty press limited.

Bamidele, B.B. (2012). Fundamentals of Physical and Health Education Kabba, Kogi state: Akinson Press.

Suleiman A.G. (2010). Understating Recreation, Leisure and Tourism Practices in Nigeria. Zaria: Ahmadu Bello University Press Limited.

UNIT 3 HISTORY OF TRADITIONAL WRESTLING IN NIGERIA

CONTENT

- 1.0 Introduction
- 2.0 Objectives
- 3.0 Main Content
- 3.1 History of Traditional Wrestling in Nigeria
- 4.0 Conclusion
- 5.0 Summary
- 6.0 Tutor-Marked Assignment
- 7.0 References/Further Reading

1.0 INTRODUCTION

Traditional wrestling is a contact sports between two persons. It is a sports of skilled physical activity requiring series of coordinated moves and abrupt changes in direction. It is sport for the males between school age and middle age (7-40 years) contests are organized among young ones in a community or among neighboring takes place in many states in Nigeria especially among the Igbo speaking, Hausa, and Yoruba States where its form part of the culture. Nigeria is a country with various shades of outlook, ideologies, philosophies and opinions. The reason for this situation is that she is a lord of many distinct traditional cultures which have well defined spatial-temporal limits. The richness and variety of these traditional cultures are vividly demonstrated with regular cultural displays in forms of drumming and music, dancing and aerobatics, poetry and drama which love all formed the head running the long way of a woven fabric crossed by woof of our states and National cultural festival of Arts. In Nigeria, most of the traditional communities demonstrated keen awareness of man's active relationship with his environment long before the arrival of the colonial administrations. This step was taken to ensure harmony between man and his environment.



Fig. 3.1

2.0 OBJECTIVES

By the end of this unit , you will be able to:

- discuss the history of traditional wrestling in Nigeria
- explain Types of traditional wrestling in Nigeria.

3.0 MAIN CONTENT

3.1 History of Traditional Wrestling in Nigeria

It is true that some sports are known to have originated from a popular culture. But let us not make the mistake or assume that people in other cultures have not practiced the same sporting event what happens is that a popular culture many be able to carry her own sports across her borders for other cultures to copy and that was what happened with the Greeks and the Olympic games. Therefore, no particular culture can claim the ownership of some sports such as swimming, jumping, dancing, acrobatics, wrestling and a host of other. What every society can claim is modernisation of such sports through the provision of facilities and equipment, formulating rules and regulations governing such sports, the discovery of some skills and techniques which have led to better performance. The following sports are regarded as indigenous to Nigeria because these sports use in existence before the arrival of the British traditional sports are past in activities in which Nigerians engaged, but they also serve or play a part in cultural rites, rituals and initiations ceremonies.

Traditional sports have made an important contribution to a sense of belonging, group identity, cooperation, group survival as well as the promotion of social norms and ideals. Before the arrival of the British in Nigeria, traditional Nigerian parts and games included, Draughts, Ayo, Dancing, Abula, Dambe, Kokowa, dancing, carving, horse racing, boxing, acrobatics, display, climbing, throwing and archery. These sports served both as competitive and recreational activities. Sports as ritual was conducted according to the season and used to feature prominently in many cultural activities such as the funeral rites of outstanding persons, now yam festivals, initiation into manhood, the harvesting of crops, religious observance and enthronement of traditional rulers. The practices of the particular sports varied from one tribe to another and use influenced by religious beliefs, geographical locations and the availability of natural resources and facilities. Among the traditional sports in Nigeria two were highly valued and they are wrestling and boxing. However, boxing was more popular and each tribe

has a name for it. To Hausa, it was known as 'kokawa', to Igbo as 'Ilo or Ngba' and to Yoruba as 'Ijakadi' wrestling has been used by many ancient and modern cultures for various purposes



Fig.3.2

SELF -ASSESSMENT EXERCISE

Attempt the following questions

1. Discuss briefly the history of traditional wrestling.
2. Mention five types of traditional sport in Nigeria.

Answer

1. Traditional wrestling is a contact sports between two persons. It is a sports of skilled physical activity requiring series of coordinated moves and abrupt changes in direction.
2.
 - i. Abula,
 - ii. Dambe
 - iii. Kokowa,
 - iv. Langa,
 - v. Ayo

4.0 CONCLUSION

Having read this unit successfully, it can be concluded that you have understood the history of traditional sports as well the importance attached to traditional sports in Nigeria.

5.0 SUMMARY

In this unit, you have learnt the history of traditional sports in Nigeria as well types and the importance attached to traditional wrestling in Nigeria.

6.0 TUTORS-MARKED ASSIGNMENT

1. Discuss in detail history of traditional wrestling.
2. mention two contributions of traditional wrestling to Nigeria.
3. mention three examples of traditional wrestling in Nigeria.

7.0 REFERENCES/FURTHER READING

Adesanya, A. (2002). Provision of Community Recreation Facilities, *JONAPHER*, Vol. 6, ppp.8-15.

Ajala, J.A. (2001). *Recreation Education for Health and National Challenges* . Ibadan:University of Ibadan Press.

UNIT 4 OBJECTIVES OF TRADITIONAL WRESTLING IN NIGERIA

CONTENT

- 1.0 Introduction
- 2.0 Objective
- 3.0 Main content
- 3.1 Objectives of traditional wrestling in Nigeria
Self-Assessment exercise
- 4.0 Conclusion
- 5.0 Summary
- 6.0 Tutors Marked assignment
- 7.0 References /Further Reading

1.0 INTRODUCTION

The objectives of traditional wrestling in Nigeria are numerous but some of the objectives are discussed below.

2.0 OBJECTIVE

By the end of this unit you will be able to:

- State the objectives of traditional wrestling in Nigeria.

3.0 MAIN CONTENT

The objectives of traditional wrestling in Nigeria

The following are the objectives of traditional wrestling in Nigeria.

1. Prominent wrestlers are regarded highly and occupy exalted positions in a community.
2. It is used to entertain spectators on special occasions.
3. Renowned bachelor wrestlers have an edge over others in winning the hands of beautiful young ladies in marriage.
4. It serves as a determining factor for initiation into some community cults and association.
5. It improves general physical fitness (endurance, stamina, agility and flexibility).
6. It is a test of skills and strength and therefore used to rank young men in a community.
7. It serves as a determining factor for initiation into some community cults and association.

8. It improves general physical fitness (endurance, stamina, agility and flexibility).



Fig.4.1

SELF-ASSESSMENT EXERCISE

Attempt this question

- i. Mention two objectives of traditional wrestling

Answer

- a. To improve the general fitness, stamina, agility and flexibility of an individual
- b. It serves as a determining factor for initiation into some community cults and association.

4.0 CONCLUSION

Having read this unit successfully, it is concluded that objectives of traditional wrestling as well the importance of traditional sports in Nigeria has been well understood by you.

5.0 SUMMARY

In this unit III you have learnt the objectives of traditional wrestling in Nigeria. That enable the rating of the learners and what they have achieved during the learning possible.

6.0 TUTOR-MARKED ASSIGNMENT

1. Outline five (5) objectives of the traditional wrestling in Nigeria.
2. What is traditional wrestling?

7.0 REFERENCES/FURTHER READING

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UNIT 5 TYPES OF TRADITIONAL RECREATION IN THE COMMUNITY

CONTENT

- 1.0 Introduction
- 2.0 Objectives
- 3.0 Main Content
 - 3.1 Types of Traditional Recreational in our Community
 - 3.2 Brief History of Abula
 - 3.3 Brief History of Langa
 - 3.4 Brief History of Kokawa
 - 3.5 Brief History of Ayo
- 4.0 Conclusion
- 5.0 Summary
- 6.0 Tutor-Marked Assignment
- 7.0 References/Further Reading

1.0 INTRODUCTION

Traditional game such as Abula game originated in Lagos in 1984 in the education sector of Lagos State. The originator was Mr. Elias Yusuf a Vice Principal at Bolade Grammar School Oshodi, Lagos. While Langa game is one of the many traditional sports in Nigeria. It is very popular among the Hausa's of Nigeria. The variant of it is also practiced among the Igbos of Nigeria. It is usually played among the Hausas after harvest and at leisure periods by young men. Although Langa is practiced as a team sports, it is played also on man to man basis. Langa game was brought to limelight by Dr. Bako Abdul from Daura village of Darakin Tofa Local government and published its rules and regulations in 1991.

Kokawa as a traditional wrestling game has close tie with the traditional customs; traditionally, a man who wants to marry must pass through this competition, only the strongest man could have the right to have a wife. It is usually between two (2) persons of average equal heights within a designated circle, sand filled surface and Ayo game is the most popular traditional board game called Ayo in Yoruba. Despite the nomenclature this game has become very popular in many African countries, not only in Nigeria. It's played by Two (2) dexterous individual who attempts to get more seed to emerge the winner.

2.0 OBJECTIVES

By the end of this unit, you will be able to:

- explain the history of Abula game
- discuss the history of Langa game
- discuss the history of Kokowa game
- explain the history of Ayo game.

1.

3.0 MAIN CONTENT

3.1 Brief History of Abula Game

Abula game originated in Lagos in 1984 in the education sector of Lagos State. The originator was Mr. Elias Yusuf, a Vice Principal at Bolade Grammar School Oshodi, Lagos. It is played in a court of 16m by 8m width; and a net of 2.44m high in the middle and played with a tennis ball with specially designed bats. Abula is almost similar to Volley ball it involves 8 players with 4 on either side; while 4 players wait on the bench to be substituted. Unlike volleyball where players hit the ball with their hands, Abula is played with a wooden bat- a bat with weight between 0.50kg and 0.75kg. The face of the bat that makes contact with the ball is 20cm by 20cm. the winner with the highest points wins in a 16 points game.



2008 Zonal Elimination (Abula) South-South Zone, Nigeria
(Foremost Ball Game From Africa)

SELF-ASSESSMENT EXERCISE

- i. What is the dimension of Abula court.
- ii. How many players wait on the bench to be substituted on Abula game?

Answer

- a) 16m by 8m width
- b) Four (4) players

3.2 Brief History of Langa Game

Longa game is one of the many traditional sports in Nigeria. It is very popular among the Hausa's of Nigeria. The variant of it is also practiced among the Igbos of Nigeria. It is usually played among the Hausas after harvest and at leisure periods by young men. Although Longa is practiced as a team sports, it is played also on man-man basis. Longa game was brought to limelight by Dr. Bako Abdul from Daura village of Darakin Tofa Local government and published its rules and regulations in 1991. In 1992, Langa game was played during the Nigeria College of Education Game (VICEGA) at Katsina state. Since then, Longa has featured in many national festivals



Fig. 5.3

SELF-ASSESSMENT EXERCISE

Attempt the following questions-

- i. What year were the first rules and regulations published?
- ii. Who brought to limelight Langer game?

Answers

- a) In the year 1991
- b) Dr Bako Abdul

3.3 Brief History of Kokowa Game

Kokowa is a traditional wrestling game that has close tie with traditional customs; traditionally a man who wants to marry must pass through this competition, only the strongest man could have the right to have a wife. It is usually between two (2) persons of average equal heights within a designated circle, sand filled surface. The game is contested in a bout of three rounds of three minutes each and one minute interval. The game is played on a sand filled circled surface measuring six (6) meters in diameter, excluding the officials and spectators stands. The total play area should measure 25meters square (25ms²). The only player competing and the referee are allowed into the circle area during a competition. The circle shall be demarcated with visible artificial barriers considered not injurious to players and officials.

Weight Classification

S/N	STATUS	WEIGHTS
1	Junior category	45-60kg
2	Intermediate category	61-75kg
3	Senior category	76-100kg

SELF –ASSESSMENT EXERCISE

Attempt the following questions

- i. What is the dimension of the playing area?
- ii. How many rounds of bout does the game have?
- iii. What is the interval of the game?



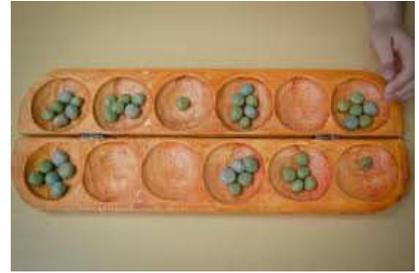
Fig.5.4

Answer

- a) 25m square
- b) A bout of 3 rounds, of 3 minutes each
- c) 1 minute interval

3.4 Brief History of Ayo Game

This is the most popular traditional board game in Yoruba land. Despite the nomenclature, this game has become very popular in many African countries, not only in Nigeria. It's played by Two (2) dexterous individual who attempts to get more seed to emerge the winner. The game is made up of 12 holes with 6 on each side of the board and every hole contains 4 seeds making a total of 48 seeds. The board is 0.8m to 1.2m. A player is declared the winner if he is able to garner more than his opponent. The game is played in an anticlockwise format while each player is allowed to play for 30secs.



SELF-ASSESSMENT EXERCISE

Attempt the following questions

- i. How many holes has the Ayo game ?
- ii. How many people play the game of AYO?

Answer

- a) The game of AYO is made up of 12 holes, with 6 on each side of the board.
- b) Two (2) people play the game of AYO one on each side of the board .

4.0 CONCLUSION

Haven read these course as well successfully completed and self-assessment text it is believed that you have understood various types wrestling traditional sports in the community

5.0 SUMMARY

In this unit, you have learnt the brief history of traditional sports in our community and types which includes: Abula game, Langa game, Kokawa game, and Ayo game; and self-assessment exercises have been provided to enable you understand your own rating of the understanding.

6.0 TUTORS MARKED ASSIGNMENT

1. What is the dimension of the abula court?
2. How many players waits on the bench to be substituted?
3. What is the weight of the wooden bat for abula game?
4. What year did the first rules and regulations publishes?
5. Who brought to lime light langa game?
6. In what year did langa featured in colleges of education?
7. Where did the game of kokowa played?
8. What is the dimension of the playing area?
9. When is a winner declared?
10. How many seeds has ayo game?
11. What is the name of the village of Dr Bako Abdul?
12. What game is similar to Abula game?

7.0 REFERENCES/FURTHER READING

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MODULE 2

UNIT 1 HISTORY OF RECREATION IN NIGERIA

CONTENT

- 1.0 Introduction
- 1.0 Objective
- 3.0 Main Content
 - 3.1 History of Recreation in Nigeria
- 4.0 Conclusion
- 5.0 Summary
- 6.0 Tutor marked assignment
- 7.0 References/Further Reading

1.0 INTRODUCTION

Like in any other eminent community, recreation has been part of the lives of Nigerians, since time immemorial. It is obvious that recreational activities in Nigeria which people participate were determined by both cultural and environmental set-up of each part of the country. Prominent among recreational activities were wrestling, dancing, hunting, boxing, horse riding, local draft games and storytelling.

Sports as rituals, are conducted according to the seasons and were featured prominently in many of the cultural activities such as funeral rites of eminent persons, new yam or millet festivals, initiation to observance and the enthronement of traditional rulers. Wrestling and boxing were widely known among all tribes in Nigeria. The moonlight time was an occasion for children's play activities, as well as Sundays and Fridays, when not much farming work is done (Ladani, 2000).

2.0 OBJECTIVE

By the end of this unit, you will be able to:

- discuss the history of recreation in Nigeria.

3.0 MAIN CONTENT

3.1 History of Recreation in Nigeria

Like in any other eminent community, recreation has been part of the lives of Nigerians, since time immemorial. It is obvious that recreational activities in Nigeria which people participate were determined by both cultural and environmental set-up of each part of the country. Prominent

among recreational activities were wrestling, dancing, hunting, boxing, horse riding, local draft games and storytelling. Most recreational activities were much associated with marriage, naming ceremonies, sacrifices to ancestors, burial ceremonies and cultural festivals. Most of the recreational activities were usually performed in the evenings, after a hard day's work. It is imperative to note that there are some activities that are common to both the Northern and Southern parts of the country. Such activities include wrestling, dancing, singing and hunting. Horse riding is common in the North, whereas swimming, even though the Northerners also swim, it is a typical activity of the southern part, because of the availability of large bodies of water.

The development and awareness of modern recreation today in Nigeria, may date back to the introduction of Western education (civilisation) into West Africa. Although even before the influence of western education, Nigerian, tribe had their ways of recreation through local games and physical activities, though they were not well organised and formally-taught at school. The activities consisted of dances, local wrestling, acrobatics, boxing, swimming, jumping, chasing games, spear and arrow throwing. Sports as rituals are conducted according to the seasons and were featured prominently in many of the cultural activities such as funeral rites of outstanding persons, new yam or millet festivals, initiation to observance and the enthronement of traditional rulers. Wrestling and boxing were widely known among all tribes in Nigeria. The Moon time was an occasion for children's play activities, as well as Sundays, Fridays, when not much farming work is done (Ladani, 2000).

The introduction and establishment of schools by missionaries brought about the introduction of physical activities that served as recreation for the pupils after school hours in the late 18th century. When government became involved in the development of education in Nigeria, one of the objectives of education then was the development of sound standard of individual conduct. This brought about the inclusion of physical training in the curriculum of schools in the early 19th century (Fafunwa, 1974).

Physical education continued to gain ground in the popular mental and social development of the individual. Efforts have been made by both Federal and various state governments, voluntary organisations, in the erection of recreational centres. Stadias have been built by both states and Federal governments. New gates at the outskirts of state for public through the conservation of natural resources. The increase in leisure hours in other countries of the world is not an exception in Nigeria. There are five working days per week in the country, with numerous public capitals. Natural resources in the country are also developed and reserved for recreational purposes by states and Federal Governments.

Yankari game reserve, Bauchi, Kano Zoo, International Youth Tourism centre, Plateau, wild life park Jos, Bar Beach and Badagry Beach Lagos, University of Ibadan Zoo, etc, are all efforts to offer recreational opportunities for public through the conservation of natural resources. The increase in leisure hours in other countries of the world is not an exception in Nigeria. there are five working days per week in the country, with numerous public holidays, enjoyed by all categories of civil servants, Christmas, Easter, Boxing day, Sallah and other national holidays. Most workers also close between 2:00pm to 3:30pm daily during the five working days. This means that people have enough time to engage in recreation, leisure activities and possibly go on tourism.

Although, despite the abundant leisure hours and recreational facilities offered by states and federal governments, also organisations, at the disposal of the public, only few members of the public have the interest to participate in recreational activities, which may be viewed as due to lack of enlightenment of its values and limited facilities. However, such attitudes of nonparticipation in recreational activities is not peculiar to Nigerians only, 4 study made by National Recreation Association of America', revealed that relatively, few individuals do participate in recreational activities. Also to determine the characteristics of boyhood that could give promise of recreation into adult life as a carry-over experience". The above research revealed that the age and marital status of individuals are elements of which influence participation in recreational activities; that single persons of both sexes takes part in greater number of activities than married people, (Kraw, 2008).

Interest in recreation in adult life could be due to keen interest developed in sports or local games during Childhood. It could also be true that bad experience in Physical sporting activities at adolescence may kill interest in recreation in general. Based on the above assumptions, one could assert that only the literate do take part in a, formally organised recreational activities than the illiterate, that forms the majority of Nigerian populace.

SELF-ASSESSMENT EXERCISE

Attempt the following questions

- i.Mention four (4) recreational activities set up in each part of the country.
- ii.List two (2) game reserve.

Answer

i.

- a) Wrestling,
- b) Dancing
- c) Horse riding
- d) story telling

ii.

- a) Yankari game reserve
- b) wildlife park Jos
- c) University of Ibadan Zoo

3.0 CONCLUSION

In this unit, you have been exposed to the history of recreation in Nigeria. Among other things, it has been mentioned that bad experience in physical sporting activities at adolescence may kill interest in recreation in general, based on the above assumption one could assert that only the literate do take part in a formally organised recreational activities, than the illiterate that forms the majority of Nigeria populace.

4.0 SUMMARY

Physical education continued to gain ground in the popular mental and social development of the individual. Efforts have been made by both federal and various states government, voluntary organisation in the erection of recreation center; stadia has also been built by States and the Federal government. Other sites include Yankari game reserve Bauchi, Kano Zoo, International Youth tourism center, Wildlife park Jos, Plateau State, Bar beach and Badagry bar beach, University of Ibadan Zoo.

5.0 TUTOR-MARKED ASSIGNMENT

1. List 5 recreational activities.
2. Mention 5 recreational activities that are common to both the Northern and the Southern part of the country.
3. Mention 2 elements which can influence participation in recreational activities in Nigeria.

7.0 REFERENCES/FURTHER READING

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UNIT 2 SCOPE OF RECREATIONAL ACTIVITIES IN THE COMMUNITY

CONTENT

- 1.1 Introduction
- 2.1 Objective
- 3.0 Main Content
 - 3.1 Scope of Recreational Activities in the Community
- 4.0 Conclusion
- 5.0 Summary
- 6.0 Tutor-Marked Assignment
- 7.0 References/Further Reading

1.0 INTRODUCTION

In the last unit 4. We learnt about types of traditional wrestling in the community comprehensively and that link us to the scope of community recreational activities that was summarized by Udoh (2000) and corroborated and expended by Suleiman (2010)

2.0 OBJECTIVE

By the end of this unit, you will be able to:

- explain the scope of recreational activities in the community.

3.0 MAIN CONTENT

3.1 The Scope of Recreational Activities in the Community

1. Physical activities: These have high demand on physical exertion and are classified as active sports; examples of these among others are: Football, Basketball, Gymnastics, Track and field events.





Fig. 2.1

2. Social activities: Although, all recreational activities have some social aspect, some are considered more as being social in nature. Example of these could be partying



Fig.2.2

3. Nature and outdoor activities: these are recreational activities with consideration for interacting with nature. Example: Sightseeing, gardening, mountaineering.

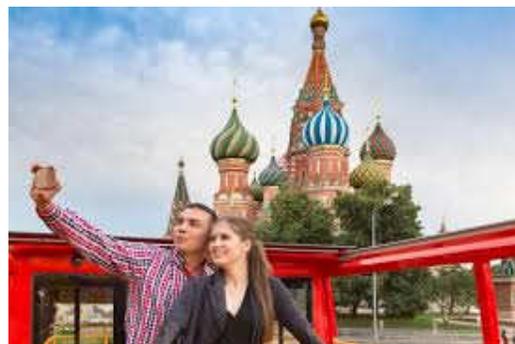


Fig. 2.3

4. Creature and aesthetic activities: Examples are Painting, Writing, and Sculpture that would bring creative talent in you.



Fig.2.4



Fig.2.5

5. Service activities: Examples are membership of youth club, organisation and religious group, which provide certain services to the communities which are recreational in purpose. The activities of the Boy Scout, girl's brigade, readily come to mind.



Fig.2.6

SELF-ASSESSMENT EXERCISE

Attempt the following question

- i. List three scope of community recreational activities.

Answer

- a. Creative and aesthetic activities.
- b. Nature and outdoor activities.

4.0 CONCLUSION

Having read this unit successfully, it is concluded that, you have understood the scope of recreation which comprises physical activities, nature and outdoor activities and service activities such as basketball, gymnastic and track field athletics.

5.0 SUMMARY

In this unit, you have learnt the scope of recreational activities which include creative and aesthetic activities which are painting, writing, sculpture that could bring creative talent in the mind of the learner.

5.0 TUTOR-MARKED ASSIGNMENT

- 1 Differentiate between physical activities and social activities.
- 2 Write short notes on the following scope of recreational activities.
 - a) physical activities
 - b) Social activities
 - c) Creative and aesthetic activities
 - d) Nature and outdoor activities.

7.0 REFERENCES/FURTHER READING

Bamidele, B.B. (2012). *Fundamentals of Physical and Health Education*. Kabba, Kogi state: Akinson Press.

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UNIT 3 TYPES OF RECREATIONAL ACTIVITIES IN NIGERIA

CONTENTS

- 1.0 Introduction
- 2.0 Objectives
- 3.0 Main Content
 - 3.1 Types of Recreational Activities
- 4.0 Conclusion
- 5.0 Summary
- 6.0 Tutor-Marked Assignment
- 7.0 References/Further Reading

1.0 INTRODUCTION

Some ideas of the range of recreational activities in organised recreation systems in Nigeria will be the focus of this unit.

2.0 OBJECTIVES

By the end of this unit, you will be able to:

- state types of recreational activities in Nigeria.
- differentiate between the types of recreational activities in Nigeria.

3.0 MAIN CONTENT

3.1 Types of Recreational Activities in Nigeria

- i. **ART & CRAFTS:** Carving, drawing, painting, modeling; weaving, sewing, tooling, silver emitting, printing, etc.



Fig.3.1

- ii. **COMMUNICATION:** Writing, speaking, broadcasting, televising, etc.



Fig.3.2

- iii. **DANCE:** Polk and traditional dancing, social dancing, modern dancing, rhythmic games, etc.



Fig.3.3

iv. **DRAMA:** Plays, puppetry, pantomime, storytelling, etc.



Fig.3.4

v. **HOBBIES:** Collecting (e.g. collecting stamps, coins, autograph, etc.); creative (e.g. composing, inventing, designing); educational (e.g. astronomy, horticulture, etc); performing (e.g. golfing, painting, skating, etc.).



Fig.3.5

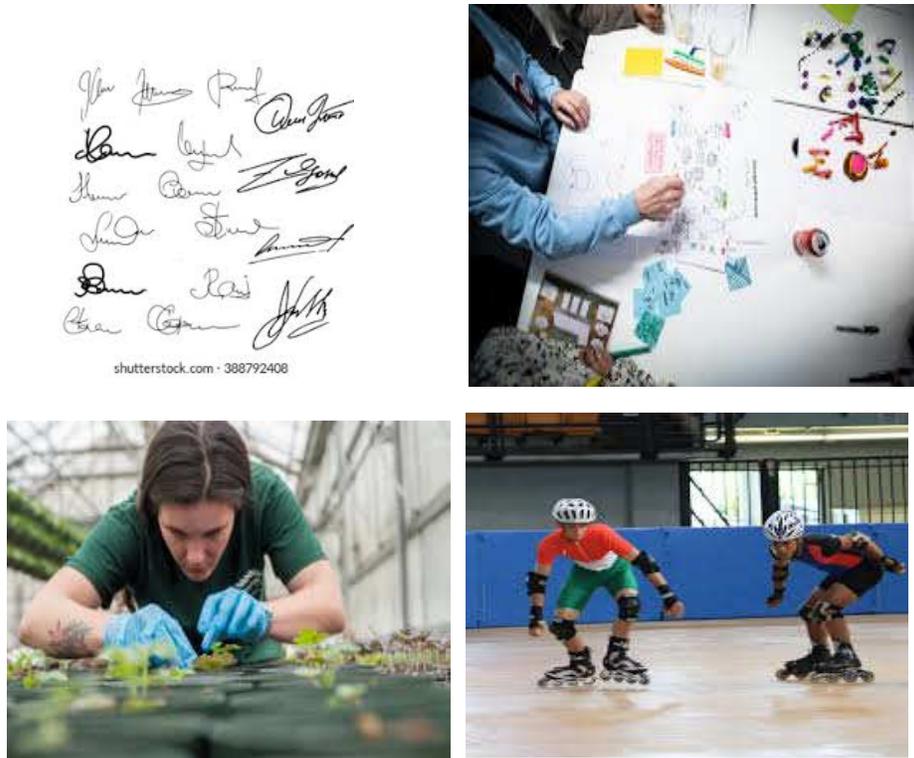


Fig.3.6

- vi. **MUSIC:** Singing or playing instruments individually or collectively (such as in choruses, bands or orchestras); listening (home music, records, radio and television, live concerts, etc).



Fig.3.7

vii. RECREATION: Camping, coating, bird watching, hunting, fishing, etc.



Fig.3.8

viii. SOCIAL RECREATION: Parties, banquets, dances, outing etc.



Fig.3.9

ix. SPECIAL EVENTS: Festivals, exhibitions, parades, celebrations carnivals, contests, tournaments, etc.



Fig.3.10

x. SPORTS, GAMES & ATHLETICS: Low organised games (e.g. circle or tag games); individual sports (e.g. archery, riding, swimming); dual sports (e.g. long tennis badminton, table tennis); team basket ball, soccer, volley ball,, hockey); combative sports (e.g. wrestling, boxing, fencing, judo); (Boating, 1986).





Fig.3.11

SELF-ASSESSMENT EXERCISE

Attempt the following question.
List five types of recreational activities in Nigeria

Answers

1. Act and craft
2. Communication
3. Drama
4. Hobbies
5. music

4.0 CONCLUSION

It is concluded that art and craft includes carving, drawing, painting, modeling; weaving, sewing, tooling, silver emitting, printing etc.; and special events which includes exhibitions, parades, celebrations carnivals, contests, tournaments, etc. Therefore the above are some of the types of recreational activities in Nigeria.

5.0 SUMMARY

The types of recreation that enhances individual to participate in area of he/she interest at their leisure time, and the following types of recreational activities that need to be integrated in by individual participants. Such includes Communication, writing, speaking, broadcasting, televising, etc. and social recreational activities like Parties, banquets, dances, outing etc.

6.0 TUTOR-MARKED ASSIGNMENT

- 1 Mention types of dance as a type of recreational activities.
- 2 List types of recreation in Nigeria.
- 3 Compare types of recreation in Nigeria.

7.0 REFERENCES/FURTHER READING

Ajala, J.A. (2008). *Recreation Education: For Health and National Challenges*. Ibadan. University of Ibadan Press.

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UNIT 4 OBJECTIVES OF RECREATION

CONTENTS

- 1.0 Introduction
- 2.0 Objective
- 3.0 Main content
 - 3.1 Objectives of Recreation
- 4.0 Conclusion
- 5.0 Summary
- 6.0 Tutor-Marked Assignment
- 7.0 References/Further Reading

1.0 INTRODUCTION

Recreation is the choice of activities or involvement in activities which is voluntary, free of compulsion or obligation. It is that act which is prompted by an extrinsic motive in order to satisfy individual during the leisure hours or free time. There are various types of objective of recreational activities which individual has the right to benefits which include personal fulfillment, democratic human relations, leisure skills, health & fitness, creative expression & aesthetic appreciation and environment for living a leisure society

2.0 OBJECTIVE

By the end of this unit, you will be able to:

- state the objective of recreation.

3.0 MAIN CONTENT

3.1 Objectives of Recreation

Bucher (1979) identified the objectives of recreation as follows?

- i. **Personal Fulfillment:** Recreation recognises the need for people to become all that they are capable of becoming and the contribution that recreation can make to this goal.
- ii. **Democratic Human Relations:** Recreation recognises that it has goals that contribute to individuals as well as to the democratic society of which they are part.
- iii. **Leisure Skills:** Recreation has the goal of meeting the interest of people -and developing skills that will provide the incentive, motivation and medium' for spending free time in a constructive and worthwhile manner.

- iv. **Health & Fitness:** Recreation recognises the importance of contributing to the alleviation of conditions such as mental illness, stress and physical inactivity that prevail in many segments of the society.
- v. **Creative Expression and Aesthetic Appreciation:** Recreation attempt to provide the environment, leadership, materials and motivation, where creativity, personal expression' and aesthetic appreciation exist on the part of the participant.
- vi. **Environment for Living A Leisure Society:** Recreation plays an important role in enhancing such things 'as preservation of natural resources, construction of playgrounds and recreation centres, and awakening the population to an appreciation of aesthetic and cultural values.

SELF-ASSESSMENT EXERCISE

Attempt the following question

- i. List Two (2) objectives of recreation

Answer

- a) **Personal Fulfillment:** Recreation recognises the need for people to become all that they are capable of becoming and the contribution that recreation can make to this goal.
- b) **Democratic Human Relations:** Recreation recognises that it has goals that contribute to individuals as well as to the democratic society of which they are part.

4.0 CONCLUSION

Recreation recognises the need for people to become all that they are capable of becoming, and the contribution that recreation can make to this goals, and that contribute to individuals as well as to democratic society which they are part.

5.0 SUMMARY

Recreation has the goal of meeting the interest of people and developing skills that will provide the incentive, motivation and medium for spending free time in a constructive and worthwhile manner. It also recognises the importance of contributing to the alleviation o conditions such as mental illness, stress and physical inactivity that prevail in many segment of the society.

6.0 TUTOR-MARKED ASSIGNMENT

1. Discuss the objectives of recreation.
2. Mention four (4) types of objectives of recreation.
3. Differentiate between personal fulfillment and democratic human relation of recreation.

7.0 REFERENCES/FURTHER READING

Butler, G. D. (2004). *Introduction to Community Recreation*, New York: McGraw-Hill Book Co.

Cratty, B. (2004). *Perceptual and Motor Development in Infants and Children*. Englewood Cliffs. Prentice-Hall.

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UNIT 5 BENEFITS OF RECREATION AND LEISURE

CONTENT

- 1.0 Introduction
- 2.0 Objective
- 3.0 Main Content
 - 3.1 Benefit of Recreation and Leisure
- 4.0 Conclusion
- 5.0 Summary
- 6.0 Tutor-Marked Assignment
- 7.0 References/Further Reading

1.0 INTRODUCTION

Recreation is any worthwhile socially acceptable leisure experience that provides immediate and inherent satisfaction to the individual who voluntarily participate in an activity.

2.0 OBJECTIVE

By the end of this unit, you will be able to:

- discuss the benefits of recreation.

3.0 MAIN CONTENT

Groos, K. (2006) listed the following as the benefits of recreation in the community- such as:

1. Personal benefits as:
 - i. Wholistic sense of wellness
 - ii. Stress Management
 - iii. Reduction of depression
 - iv. Positive charge in mind and emotion
2. Personal growth and development
 - i. Self esteem
 - ii. Self confidence
 - iii. Leadership quality
3. Economic Benefits:
 - i. Reduction of health cost
 - ii. Increase productivity
 - iii. Local and state economic growth
 - iv. Employment opportunities
4. Environmental Benefits:
 - i. Promotion of ecotourism

- ii. Preservation of natural sites/areas

SELF-ASSESSMENT EXERCISE

Attempt the following questions.

1. Outline Two (2) benefits of objectives of recreation

Answers

1. Economic Benefits:
 - a) Reduction of health cost
 - b) Increase productivity
 - c) Local and state economic growth
 - d) Employment opportunities
2. Environmental Benefits:
 - a) Promotion of ecotourism
 - b) Preservation of natural sites/areas

4.0 CONCLUSION

The following categories of benefits of recreation and leisure include environmental benefits, reduction of health cost and leadership quality.

5.0 SUMMARY

In this unit, you have been exposed to the benefits of recreation.

6.0 TUTOR-MARKED ASSIGNMENT

1. Define leisure.
2. Outline 5 benefit of recreation.
3. Explain in detail the economic benefit of recreational activities.

7.0 REFERENCES/FURTHER READING

Fox, E. L. & Matthew, D. K. (2009). *The Physiological Basis of Physical Education and Athletics*. Philadelphia: Saunders College Publishing.

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UNIT 6 PRINCIPLES OF COMMUNITY RECREATION

CONTENTS

- 1.0 Introduction
- 2.0 Objective
- 3.0 Main Content
 - 3.1 Principles of Community Recreation
- 4.0 Conclusion
- 5.0 Summary
- 6.0 Tutor-Marked Assignment
- 7.0 References/Further Reading

1.0 INTRODUCTION

There is the need for the recreation leader to know what people seek and find in various forms of recreation; the kinds of recreation that are most popular, and the best that meet the needs of majority of the expected participants.

The fundamental activities with a wide appeal should be given deserved recognition.

2.0 OBJECTIVE

By the end of this unit, you should be able to:

- explain the principles of community recreation.

3.0 MAIN CONTENT

3.1 Principles of Community Recreation

The following principles of community recreation will be of great assistance to recreation leaders in achieving the major desires and interests of individual participants

1. A successful recreation life comes from the forms of activity that create a play spirit, a honour, pervade his working hours and enjoyment constantly in the little events of life.
2. Individual should be aware that ultimate satisfaction in recreation comes only through one's own achievement.
3. Educate individual on fundamental importance of eating at a social occasion or something of a ceremony.

4. Individual should be made to regard rest, response, reflection and contemplation as forms of recreation that must not be crowded out or disturbed by more active play.
5. Encourage the individual to find one or more hobbies.
6. Encourage the individual to form habits of being active, taking advantages of the satisfactions as derivable sunlight, air, open spaces, parks and playgrounds.
7. Get the individual to be aware of the form of indoor and outdoor activities which are of interest and benefits for him or her in order to get himself or herself engaged anytime he/she wants.
8. Let the children know that the individual should have certain forms of recreation which require little space and which can be fitted into small fragments of time.
9. Expose children to growth by giving activities that will bring satisfaction through the ages, examples are, sports, arts and crafts, work, music, sculpture, modelling, adventure and comradeship'.
10. Lead the individual child to discover which activities give him personal satisfaction and to develop the essential skills that can keep him up in adult life.



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Fig.6.1



Fig.6.2

SELF-ASSESSMENT EXERCISE

Attempt the following questions

1. Enumerate three (3) principles of recreation

Answer

1. Let the children know that the individual should have certain forms of recreation which require little space and which can be fitted into small fragments of time.
2. Expose children to growth by giving activities that will bring satisfaction through the ages, examples are, sports, arts and crafts, work, music, sculpture, modelling, adventure and comradeship'.
3. Lead the individual child to discover which activities give him personal satisfaction and to develop the essential skills that can keep him up in adult life.

4.0 CONCLUSION

Haven read this unit successfully, it is believed that you have attained understanding of the Principles of community recreation.

5.0 SUMMARY

In this unit, you have learnt about the Principles of community recreation; by now, you should be able to differentiate between each types of guiding principles.

6.0 TUTOR-MARKED ASSIGNMENT

1. Mention five principles of community recreation in Nigeria.
2. What is community recreation?

7.0 REFERENCES/FURTHER READING

Omorau, J.C. (2007). Handbook on Physical Education Sport and Recreation. Zaria: Ahmadu Bello University Press Limited.

Suleiman, A.G. (2007). 'Consumer Safety and Security in Tourism and Leisure Pursuit in Nigeria.' *Applied Psychology: selected readings* 3 (1).

MODULE 3

- Unit 1 Guidelines for Planning Community Recreation Activities
- Unit 2 The Criteria for Selection of Community Recreation in Nigeria
- Unit 3 Essential Characteristics of Recreational Activities in Nigeria
- Unit 4 Some Tourist/Recreational Attraction Centers in Nigeria
- Unit 5 The Agencies Providing Recreation
- Unit 6 Problems and Solutions for Recreational Activities in the Community

UNIT 1 GUIDELINES FOR PLANNING COMMUNITY RECREATION ACTIVITIES

CONTENT

- 1.0 Introduction
- 2.0 Objectives
- 3.0 Main Content
 - 3.1 Guidelines for Planning Community Recreation Activities
- 4.0 Conclusion
- 4.0 Summary
- 6.0 Tutor-Marked Assignment
- 7.0 References/Further Reading

1.0 INTRODUCTION

In this unit, the guidelines for the planning of recreational activities in the community will be extensively discussed. Such guidelines include the following- consideration for individual interest, consideration for individual differences; also there is the need to consider health and safety, and then make the plan a cooperative effort.

2.0 OBJECTIVE

By the end of this unit, you will be able to:

- explain the guidelines for planning community recreation activities.

3.0 MAIN CONTENT

3.1 Guidelines for Planning Community Recreation Activities

Recreational activities are designed to meet the fundamental human needs as well satisfying abundant life. This could be achieved by planning with knowledge of human needs and of the methods by which they can be served effectively. The planning process has recreation value and activities, planning should provide thus experiences that will bring to the participants the most satisfying values with desirable social effects.

Ladani (2008) suggested the following to be used as guidelines for planning and establishment of community recreational activities.

1. Consideration for individual interest, characteristics, needs and capabilities.
2. Give consideration to individual differences with the opportunity to serve others and gain personal satisfaction.
3. Make the programme a progressive one in relation to skill expensive of individual.
4. Consider self-expression and creativity in your plan by creating a wide varieties of activities in order to give room for flexibility to change of activities.
5. Consider leadership, financial means and facilities and mobiles physical and human resources in the community.
6. Provide equal opportunity for participation for all members of the community.
7. Avoid exploiting participants for fund raising or personal glory
8. Consider the health and safety of participants.
9. Give the culture, economic, religions and social phenomena place in your plan.
10. Make the plan a cooperative effort.
11. Modify your standards to heal conditions.
12. Make the programme a progressive one in relation to skill experience of individual.



Fig.1.1

SELF-ASSESSMENT EXERCISE

Attempt the following questions

1. identify five (5) guideline for planning recreational activities

Answers

- a) Consideration for individual interest, characteristics, needs and capabilities.
- b) Give consideration to individual differences with the opportunity to serve others and gain personal satisfaction.
- c) Make the programme a progressive one in relation to skill expensive of individual.
- d) Consider self-expression and creativity in your plan by creating wide varieties of activities in order to give room for flexibility to change of activities.
- e) Consider leadership, financial means and facilities and mobiles physical and human resources in the community.

4.0 CONCLUSION

For successful implementation in order to sustained human active participation in the recreational activities guideline such as Consider leadership, financial means and facilities and mobiles physical and human resources in the community, Provide equal opportunity for participation for all members of the community and Avoid exploiting participants for fund raising or personal glory

5.0 SUMMARY

In this unit, you have learnt about the Guidelines for planning community recreation activities; as well, you are expected to be able to differentiate between each type of guiding principles.

6.0 TUTOR-MARKED ASSIGNMENT

1. Explain the word guidelines
2. Outlines five (5) guidelines for planning community recreation in Nigeria and discuss each of the guidelines in details

7.0 REFERENCES/FURTHER READING

Adesanya, A. (2001). 'Provision for Community Recreation Facilities.'
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Ajala, J.A. (2001). *Recreational Education for Health and National Challenges*. Ibadan. University of Ibadan press.

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UNIT 2 **CRITERIA FOR SELECTING COMMUNITY RECREATIONAL ACTIVITIES**

CONTENTS

- 1.0 Introduction
- 2.0 Objective
- 3.0 Main Content
 - 3.1 Criteria for Selecting Community Recreational Activities
- 4.0 Conclusion
- 5.0 Summary
- 6.0 Tutors-Marked Assignment
- 7.0 References/Further Reading

1.0 INTRODUCTION

For an activity to be termed suitable for community recreation, it must satisfy the following criteria

2.0 OBJECTIVE

By the end of this unit , you will be able to:

- explain the criteria for selecting community recreational activities.

3.0 MAIN CONTENT

3.1 Criteria for Selecting Community Recreational Activities

Note the following.

1. Constructive
2. The recreation activity engaged in must be wholesome and constructive in nature and not destructive for example playing tennis or basketball improves health and fitness but on the other hand smoking cigarette and drinking alcohol as recreational activities destroy the health of a person or an individual. therefore, it is not a wise choice of activities and does not satisfy the catena of being recreation. On the whole, the activity engaged should not be harmful to the individual physically, socially and mentally. It should help one to become a better intergraded, useful and productive citizen.
3. **Voluntary:** For an active to be recreation, the individual must have chosen activity out of his or her own volition. There must not be coercion or compulsion. The choice is based on the individuals free will and interest. Since the individual is not forced to choose an

activity, he is free to stop and change. It is also important for the individual not to follow the crowd in making a choice of activity. Its decision should be based interest, need, enjoyment, excitement and satisfaction.

4. **Non-Survival:** Recreation should not be on activity you must do to survive, for example, you must eat, drink and sleeps if not you will not survive as a human begin. But whether you play football or not you will survive. Therefore, playing football at your spare or free time is recreation.
5. **Enjoyable:** For any activity to quality as recreational activities, it must be enjoyable, satisfying and of interest to the participants. These should be no boredom experienced by people from the beginning to the end of the activity. The activity should also satisfy some basic needs of the individual in order to make him emotionally stable.
6. **Leisure time:** The recreational activity must be done after one has finished for the day, discharging his professional time: an activity to be recreational must be conducted during hours other than work civic, family and social responsibilities.



Fig.2.1

SELF-ASSESSMENT EXERCISE

Attempt the following questions

i. Write short notes on the following:

- a) Enjoyable
- b) Leisure time

Answers

- a) **Enjoyable:** For any activity to qualify as recreational activities, it must be enjoyable, satisfying and of interest to the participants. These should be no boredom experienced by people from the beginning to the end of the activity. The activity should also satisfy some basic needs of the individual in order to make him emotionally stable.
- b) **Leisure time:** The recreational activity must be done after one has finished for the day, discharging his professional time: an activity to be recreational must be conducted during hours other than work civic, family and social responsibilities.

4.0 CONCLUSION

For any activity to qualify as recreational activities, it must be enjoyable, satisfying and of interest to the participants. These should be no boredom experienced by people from the beginning to the end of the activity. The activity should also satisfy some basic needs of the individual in order to make him emotionally stable.

5.0 SUMMARY

In this unit, you have learnt about the criteria for selecting recreational activities for the community.

6.0 TUTOR-MARKED ASSIGNMENT

1. List five (5) criteria choosing recreational activities for the community.
2. Explain the following as it affects selection of recreational activities for the community.
 - a. Non-Survival
 - b. Enjoyable

7.0 REFERENCES/FURTHER READING

Bamidele, B.B. (2012). *Fundamentals of Physical and Health Education*. Kogi State: Akinson Press.

Ladani, B.A. (2008). *An Introduction to Sports Management*. Sunjo A.J. Global Links Limited.

UNIT 3 ESSENTIAL CHARACTERISTICS OF RECREATION

CONTENTS

- 1.0 Introduction
- 2.0 Objective
- 3.0 Main Content
 - 3.1 Essential Characteristics of Recreation
 - 3.1.1 Rational or the Need for Recreation
- 4.0 Conclusion
- 5.0 Summary
- 6.0 Tutor-Marked Assignment
- 7.0 References/Further Reading

1.0 INTRODUCTION

Recreation is a voluntary programme which an individual engages in as a personal desire, without compulsion of any type, other than an urge from within. It brings immediate and direct satisfaction to the individual. It is an open programme for every individual to avail himself of the attainment of basic human needs such as adventure, excitement, romance, pursuit of happiness, and carrying into effect and keeping alive a philosophy of happiness. It serves as an outlet for self-expression, and release of tension.

2.0 OBJECTIVE

By the end of this unit, you will be able to:

- discuss characteristics of recreation.

3.0 MAIN CONTENT

3.1 Essential Characteristics of Recreation

Recreation is something that is undertaken out of personal volition. It is voluntary for every individual to avail himself of the attainment of basic human needs such as adventure, excitement, romance, pursuit of happiness, and carrying into effect and keeping alive a philosophy of happiness. It serves as an outlet for self-expression, and release of tension.

3.1.1 Rational or the Need for Recreation

There are many reasons for the need for recreation. These reasons vary from the physiological factors, sociological factors, psychological factors and even environmental factors. These are:

- i. **Fundamental Human Needs:** Recreation is a fundamental and universal human need. It is a common right of all people which is expressed in varied forms. Recreation as a play makes children attain growth and experience. This makes it a major business for children. Adults often relegate recreation to a place of minor significance on the margin of life because of their duties and responsibilities of earning a living, caring for a family, and status in the society.
- ii. **Human Happiness:** Recreation contributes highly to human happiness due to its ability to balance life along with work, rest, love, spiritual and other basic human needs of life. It comes in as an interlude or interval between free period and serious or entice work or responsibility conditions in order to satisfy the instincts of adventure, excitement, romance and desire for variety and achievement. It helps in a practical way to achieve, maintain and sustain individual or group philosophy of happiness.
- iii. **The Growth of Cities:** Although rural people have little opportunity for some modern recreational facilities and equipment, the large open areas and the environment in general afford them the opportunities to play near their homes and offer them the opportunities for activities such as hunting, fishing and other sports. In the rural area, many people derive satisfactions which in the urban area are sought for in items of leisure area. Therefore, the urban cities need special provisions for recreation due to the growth of cities which has made them crowded, congested and unsafe to play area. Many habitual recreation spaces were used for other purposes. The natural resources for recreation have been denied people in the urban especially the metropolitan regions', hence, there is the need to provide these recreational spaces, facilities and leadership.
- iv. **Companionship:** The complexity of city life has denied many people the spirit of neighbourliness and they depend on special agencies to provide opportunities for another recreation. In addition, the individual needs companionship with other people of the same or similar interest and character with him/her and this can only be satisfied through well organised recreational programmes.
- v. **Modern Home Conditions:** The use of technological devices such as washing and drying machines, blenders, refrigerators, food freezers, and all sorts at home has brought about labour saving on

housekeeping methods. The saved hours can now be diverted for other purposeful and judicious activities especially recreation. Unfortunately, most of these homes only have time for recreation but lack sufficient facilities and equipment for it. Lack of indoor and outdoor space in many homes necessitate for children lust and love to seek and enjoy cooperative and social activity priory acquired at home outside home. The establishment of motion picture theatre, recreation centre, club and even playground in the cities has provided some opportunities missed at home. However, there is the need for family creation and this should be given an important recognition in public and private housing developments.

- vi. Meeting up with Increase in Leisure:** The long hours of work may deny people the opportunity of recreation but a situation where the hours of work are normal or unstressed and even the Opportunity for vacations with pay are provided give room for recreation. Factors that create more leisure are early retirement, long vacation period, leave with pay and others such as public holidays. When leisure is not wisely and judiciously used, there is every possibility of its being misused and misdirected towards vices and unsocial ends and eventually create a social problem. Whereas if this leisure is wisely used, it will offer a lot of benefits to individual and society. The amount of leisure available to individual will be determined by his/her economic class and nature of work.
- vii. Specialisation and Automation in Industry:** Technological inventions have changed the working conditions in most industries. Work energy is now directed largely from men to machines. There is drastic decrease in the demands upon the worker's physical and mental powers. This has set in nervous tension, body fatigue and boredom on workers. Man is naturally an outdoor animal, hence, unlike machine his nature is not adapted to long hours of repetitive tasks. There is the need for him to be physically fit. Recreation is absolutely necessary for sedentary workers or people whose energies are used mechanically and uncreatively.
- viii. Population Changes:** The population of Nigeria is being speculated to rise to about 150 million by the year 2000. This drastic increase has an upsurge effect on the demand for playgrounds and recreation programmes for children and young people. It is a common scene in our society nowadays to see children and young people utilise any available space including unbusy roads for play. In addition to this is the continuous drift of people from rural areas to cities and metropolitan areas. The influx is creating serious recreation problems.

- ix. Rising Economy:** It is hoped that the Nigerian economy would increase very soon. There is the usual phenomenon that whenever there is increase in the national economy, there is also the general increase in the income of the citizens. Increase in the individual and family income will automatically afford them to spend and engage themselves in simple and inexpensive forms of recreation during their limited leisure.
- x. Technological Developments:** The technological development Such as automatic airplane and good roads has afforded people easy access to distant parts, beaches and all sort of recreation Centres. This has motivated those who have interest in recreational programmes and has even increased their participation too. Moreover, recreation habits of Nigerians have been revolutionised through television, radio, video recorder and player, motion pictures and, record and cassette players.
- xi. Development of Rural Areas:** The presence of some infrastructures such as electricity, pipe borne water, farm machinery has affected the leisure of the rural population. As previously discussed, technological developments have special Significance in rural areas in respect of recreation. In like manner, the inclusion of physical and health education, music, arts, drama and sports into the school has significant influence on People's awareness of the need for recreation. The decline in religious intolerance has made it possible for people of divergent religious views to come together for recreation, and thereby fostering unity, peace, cooperation, understanding and love among participants. The advancement in methods of communication such as telephone, fax, and express post, and so on, has made it possible for people to save time and energy and subsequently increase their leisure. Besides, there is some pressure for conformity in areas such as building policies, human right policies, sports policies, education policies. Tourism policies and all sorts of policies that guard against indiscriminate use of power give privilege to certain groups of people more than others to guard against congestion and environmental inconveniences. The women liberation movement has put a stop to gender discrimination and pave way for equal opportunities for both male and female in all spheres of life. All these in combination with the expansion of commercial recreation centres have contributed a lot in promoting awareness of recreation to the public. Therefore, the demand for recreation has increased and need for it is more than ever.

SELF-ASSESSMENT EXERCISE

Attempt the following questions

i. List five (5) characteristics of recreational activities

Answers

- a) **Companionship:** The complexity of city life has denied many people the spirit of neighbourliness and they depend on special agencies to provide opportunities for another recreation. In addition, the individual needs companionship with other people of the same or similar interest and character with him/her and this can only be satisfied through well organised recreational programmes.
- b) **Modern Home Conditions:** The use of technological devices such as washing and drying machines, blenders, refrigerators, food freezers, and all sorts at home has brought about labour saving on housekeeping methods. The saved hours can now be diverted for other purposeful and judicious activities especially recreation. Unfortunately, most of these homes only have time for recreation but lack sufficient facilities and equipment for it. Lack of indoor and outdoor space in many homes necessitate for children lust and love to seek and enjoy cooperative and social activity priority acquired at home outside home. The establishment of motion picture theatre, recreation centre, club and even playground in the cities has provided some opportunities missed at home. However, there is the need for family creation and this should be given an important recognition in public and private housing developments.
- c) **Rising Economy:** It is hoped that the Nigerian economy would increase very soon. There is the usual phenomenon that whenever there is increase in the national economy, there is also the general increase in the income of the citizens. Increase in the individual and family income will automatically afford them to spend and engage themselves in simple and inexpensive forms of recreation during their limited leisure.
- d) **Technological Developments:** The technological development Such as automatic airplane and good roads has afforded people easy access to distant parts, beaches and all sort of recreation Centres. This has motivated those who have interest in recreational programmes and has even increased their participation too. Moreover, recreation habits of Nigerians have been revolutionised through television, radio, video recorder and player, motion pictures and, record and cassette players.
- e) **Development of Rural Areas:** The presence of some infrastructures such as electricity, pipe borne water, farm machinery has affected the leisure of the rural population. As previously discussed, technological developments have special Significance in rural areas in respect of recreation. In like

manner, the inclusion of physical and health education, music, arts, drama and sports into the school has significant influence on People's awareness of the need for recreation. The decline in religious intolerance has made it possible for people of divergent religious views to come together for recreation, and thereby fostering unity, peace, cooperation, understanding and love among participants.

4.0 CONCLUSION

Recreational activities contribute highly to human happiness due to its ability to balance life along with work, rest, love, spiritual and other basic human needs of life.

5.0 SUMMARY

Recreation is a fundamental and universal human need. It is a common right of all people which is expressed in varied forms. Recreation as a play makes children attain growth and experience. This makes it a major business for children. Adults often relegate recreation to a place of minor significance on the margin of life, because of their duties and responsibilities of earning a living, caring for a family, and status in the society.

6.0 TUTOR-MARKED ASSIGNMENT

1. What are the characteristics of recreation?
2. Write short note on the following as it affects essential characteristics of recreation.
 - i. Fundamental human needs
 - ii. Championship
 - iii. Rising economy
 - iv. Technology.

7.0 REFERENCES/FURTHER READING

Hall, G. S. (2004). *Adolescence*. New York: Applieton Century Crafts, Inc.

Iso-Ahola, S.E. (2004). *The Social Psychology of Leisure and Recreation*. Dubuane: I.A. Brown Co.

UNIT 4 SOME TOURIST/RECREATIONAL ATTRACTION CENTERS IN NIGERIA

CONTENT

- 1.0 Introduction
- 2.0 Objective
- 3.0 Main Content
 - 1.1 Some Tourist/Recreational Attraction Centers in Nigeria
- 4.0 Conclusion
- 5.0 Summary
- 6.0 Tutor-Marked Assignment
- 7.0 References/Further Reading

1.0 INTRODUCTION

Recreation can be viewed as tourist centers or attraction centers which are located in various state in Nigeria, such centers are set up to serve people or individual or members of the entire community. This tourist centers seek the enrichment of individual and community life and also make children attain growth and experience.

2.0 OBJECTIVES

By the end of this unit, you will be able to:

- State the tourist centers and their location in the country.
- discuss the available attraction in the tourist center in Nigeria.

3.0 MAIN CONTENT

3.1 Some Tourist/Recreational Attraction Centers in Nigeria

STATES

LOCATION

- | | | | |
|----|--------------|---|--------------------------------|
| 1. | Anambra | - | Olgbunike Care |
| - | Igbo-Uku | - | Archeological Exvations |
| 2. | Bauchi | - | Yankari Game Reserve |
| - | Wikki Spring | - | Shira Rock Painings |
| 3. | Bendel | - | Warri Beach Delvelopment |
| | | - | Ogba,k Benin Palace |
| | | - | National Museum |
| | | - | Art Gallaries, Emvotan Statues |

- | | | | |
|-----|-------------|---|--------------------------|
| 4. | Benue | - | Ushongo hills |
| 5. | Borno | - | Lake Chad |
| | | - | Ma hills |
| | | - | Kukas (tombs of shehus) |
| 6. | Cross-River | - | Obudu Cattle Ranch |
| 7. | Gongola | - | Mambilla Plateau |
| | | - | Mlamurda hot sprin |
| | | - | Gashaka game reserve |
| 8. | Imo | - | Oguta lake |
| | | - | Arochukwu cave |
| | | - | War museum, Umahia |
| 9. | Kaduna | - | National museum |
| | | - | Lugard hall |
| | | - | Emir of Zaria's palace |
| | | - | Nok museum |
| | | - | Kagoro hills |
| | | - | Kangimi dam |
| | | - | A.B.U dam |
| | | - | Zaria dam |
| | | - | Matsirga waterfalls |
| 10. | Kano | - | Falgore game reserve |
| | | - | Yan awaki market |
| | | - | City walls |
| | | - | Kano museum |
| 11. | Katsina | - | Gobarau minaret |
| | | - | Kusugu well, daura |
| | | - | Durbi takusheyi |
| | | - | Ajiwa dam |
| | | - | Mairuwa dam |
| | | - | Emir's palace, Katsina |
| 12. | Kebbi | - | Kanta museum |
| 13. | Kwara | - | Kanta museum |
| | | - | Borgu game reserve |
| | | - | Mungo park tomb (Jebba) |
| 14. | Lagos | - | Badagry beach |
| | | - | Bar beach |
| | | - | Tarkwa bay |
| | | - | Tafawa balewa square |
| 15. | Niger | - | Gurara waterfalls |
| | | - | Zuma rock |
| | | - | Kainji national park |
| 16. | Ondo | - | Ikoguisi warm spring |
| 17. | Ogun | - | Olumo rock |
| | | - | Birkisu shrine |
| 18. | Osun | - | Erin Ijesha waterfalls |
| 19. | Oyo | - | University of Ibadan zoo |

- Agbowo shopping complex
- Lekan Salami sport centre
- The Parliament building
- Oke dada shrine
- Transworld Amusement park
- Liberty stadium
- Bower tower
- Mapo hall
- 20. Plateau
 - International Youth Tourism centre
 - Shere hills
 - Jos wildlife park
 - Jos zoo and museum

1. Anambra (Olgbunike cave, Igbo-uku archeological excavations)



Fig.4.1

2. Bauchi (Yankari game reserve, Wikki Spring and Shira rock painting)



Fig. 4.2

3. Bendel (Warri beach development, Ogba Benin palace, National museum and Art galleries)

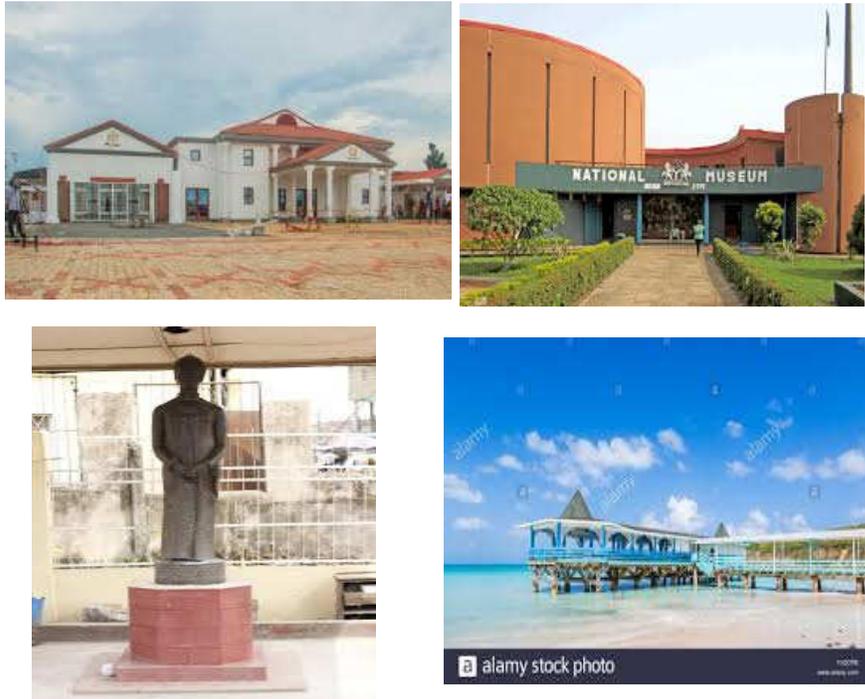


Fig.4.3

4. Benue (Ushongo hills)



Fig.4.4

5. Borno (Lake chad, Gwoza hills and Kukas (tombs of shehu))



Fig. 4.5



Fig.4.6

6. Cross River (Obudu cattle ranch)



Fig.4.7

7. Gongola (Mambilla Plateau, Mlamurde hot spring and Gashaka game reserve)



Fig.4.8

8. Imo (Oguta lake, Arochukwu cave and War museum, Umahia)



Fig.4.9

9. Osun (Erin Ijesha waterfalls)



Fig.4.10

10. Oyo (University of Ibadan Zoo, Lekan Salami sport centre)



Fig.4.11

SELF-ASSESSMENT EXERCISE

Attempt the following questions.

i. Outline five (5) tourist centres and their location in Nigeria

Answer

- | | | | |
|----|---------|---|----------------------------------|
| a) | Anambra | - | Olgbunike Care |
| | | - | Igbo-Uku Archeological Exvations |
| b) | Bauchi | - | Yankari Game Reserve |
| | | - | Wikki Spring |
| | | - | Shira Rock Painings |
| c) | Bendel | - | Warri Beach Development |
| | | - | Ogba,k Benin Palace |
| | | - | National Museum |
| | | - | Art Galleries, Emvotan Statues |
| d) | Benue | - | Ushongo hills |
| e) | Borno | - | Lake Chad |
| | | - | Ma hills |
| | | - | Kukas (tombs of shehus) |

4.0 CONCLUSION

Tourist/recreational attraction centers are those areas where an individual can travel to in order to recreate him/herself after a day work, this centers bring human happiness as well cater for fundamental human needs.

5.0 SUMMARY

The tourist/recreation attraction centers are located in each state of the country, such attraction that brings self-expression and growth of an individual such center of attraction are located in various states in Nigeria. Such attraction include: University of Ibadan zoo, Agbowo shopping complex, Lekan Salami sport centre, The Parliament building, Oke Dada shrine, Transworld Amusement park, Liberty stadium, Bower tower, Mapo hall.

6.0 TUTOR-MARKED ASSIGNMENT

1. List 5 tourist recreational attraction and their location in Nigeria.
2. List 5 examples of tourist recreational attraction in Nigeria.
3. List 5 importance attached to the tourist/recreational attraction centers in Nigeria.

7.0 REFERENCES/FURTHER READING

Kely, J-R.(2000). *Leisure*. Englewood Cliffs: Prentice Hall.

Kenyon, G. & Mcpherson. (2000). *Becoming Involved in Physical Activity and Sport: A Process of Socialisation in Physical Activity: Human Growth and Development*. New York: Academic Press.

UNIT 5 THE AGENCIES PROVIDING RECREATION

CONTENT

- 1.0 Introduction
- 2.0 Objectives
- 3.0 Main Content
 - 3.1 The Agencies Providing Recreation
 - 3.1.1 Individual and Home Agencies
 - 3.1.2 Private Agencies
 - 3.1.3 Voluntary Agencies
 - 3.1.4 Commercial Agencies
 - 3.1.5 Governmental Agencies
- 4.0 Conclusion
- 5.0 Summary
- 6.0 Tutor-Marked Assignment
- 7.0 References/Further Reading

1.0 INTRODUCTION

With the complexity of different ethnic groups having various culture, norms, taboos and believe, they are some agencies that provide recreational activities that is being practiced in any part of the country.

2.0 OBJECTIVES

By the end of this unit, you will be able to:

- State the agencies that provide recreation activities in Nigeria
- list industries that promote the recreational activities in Nigeria
- discuss the role of community as an agencies of recreational activities in Nigeria.

3.0 MAIN CONTENT

3.1 The Agencies Providing Recreation

Provision of recreation facilities, activities and programmes is the responsibilities of many agencies. Agencies are either private or public, commercial or voluntary. They are either set up to serve a specific group of people or their members or the entire community. Some agencies may concentrate on a specific activity or limited activities while others offer a wide range of activities. Recreation areas handled by commercial agencies exist for the financial profit which accrues from providing the public with recreation. Voluntary agencies seek the enrichment of

individual and community life. provision of recreation facilities and programmes are primary concern of many agencies while it is an accidental activity of others. The agencies are classified into:

- i. Individual and Home
- ii. Private Agencies
- iii. Voluntary Agencies
- iv. Commercial Agencies
- v. Governmental Agencies.

3.1.1 Individual and Home Agencies

Recreation requires individual engagement and involvement. Many forms of recreation such as walking, art work, hobbies, gardening, caring of pets, hunting, boating, fishing and reading are essentially individual. They are however enjoyable when engaged in with a group. Some individual activities like horse riding, necessitate a considerable expenditure for equipment, clothing, or materials but others like walking can be enjoyed at little or no expense.

Modern homes devote much space to recreational use. The backyard, pets, garden and toys play an important role in the lives of many families. Much of indoor play take place at home in different forms. This may be in form of quiet games, reading playing with dolls-or trains, performing On an instrument or having a party. The most common home recreation which appeal to young and old are watching television, reading, visiting and entertaining, playing ludo, and other quiet games, tending the garden, singing or listening to music, serving for pleasure and dancing. Although, home activities tend to occupy more leisure hours than recreation provided by outside agencies, this does not mean that the kind of recreation provided by other agencies are invalid; it has its own limitation.



Fig.5.1

3.1.2 Private Agencies

Private agencies and organisations usually restrict their recreational programmes to members. Private agencies do not depend on community

support. Private agencies include industries, clubs service clubs churches, labour union, sports or athletics clubs, hobby groups and fraternal organisations.

Industry and labour Many industries especially the big ones provide recreation facilities for their employees. The use of the facilities may be extended to workers' family or even the community (most especially in small towns). Some of these facilities and programmes may be jointly administered by the employee associations and the employer. That is, the contribution is a joint efforts of the company and the workers through dues and levies.

In Nigeria we have staff clubs for university workers in each university. Many companies also have similar recreation centres for their staff. Some industries even go beyond this by floating sports clubs for some games like football, hockey and lawn-tennis. First Bank of Nigeria. PLC, Julius Berger, and Concord Publishing Company are in this category.

Hospital

The World-War II brought about the awareness of the importance of recreation as a therapeutic factor in the treatment of both the physically and mentally ill. The realisation of this significance has made people in medical and para-medical lines encourage inclusion of recreation as part of hospital programme. This involves both private and public hospital and agencies. The inclusion of recreation into hospital programme or medical settings is yet to be accorded enough recognition in Nigeria unlike places like America where qualified recreation personnel are employed. The scope of recreation in the hospital programme should cover social, 'cultural, physical, emotional, psychological and mental activities to be administered in relation to the needs of the patients.

Recreation programmes in medical settings could be made economical if volunteers are involved in the programmes in addition to full-time professional personnel. The most common activities in these type of programmes are movies, reading, watching television, arts and crafts, social activities, games, service projects, dance, music, and similar pastimes. Hospitals and nursing homes should have recreation rooms or buildings and outdoor recreation facilities.



Fig. 5.2

Religious Organisations

Many churches are now aware of the importance of recreation in the life of individual; hence, encouragement is being given to members to participate in wholesome, recreation activities. Recreation contributes a lot to spiritual well-being of participants. It is a value that churches and other religious or spiritual organisations should tap for the benefit of promoting and developing the spiritual level of their members. Yoga is commonly used by Buddhist as activities for training the body and mind. Many churches now promote good fellowship. Picnic, dinner drama, folk songs and dances, people's society or band are activities that are commonly encouraged.

There are more activities that many religious sects are promoting now. These include holiday entertainments, outings, play nights, games, music, crafts, and other play activities. Churches seem to encourage recreation activities more than other religion Organisation. Few churches and religious sects make provision for recreation facilities and these few ones have them in very limited number, which is restricted. In big cities, little consideration is given to future expansion of the organisation, talkless of recreation facilities. Our religious centres are yet to imbibe fully the recreation culture. Religious sect like Istar still frowns on some activities as unholy. Beliefs like this have been hindering the expansion and promotion of recreation among religious organisations.



Fig.5.3

Sports Organisations

There are many organisations formed with the aim of promoting and developing their recreation programme to one or more activities like golf, tennis, boating, athletics, fishing, hunting, polo, and aquatic sports. Membership in these organisations is usually large with acreage of immense properties exceeding that of public recreation area. Examples of such organisations are Tennis club, Golf club, Boating club, Polo club and similar clubs. In most cases, membership of these types of clubs is restricted to people of considerable wealth, class or those who have attained prominence in a particular sport. Others serve people of moderate means.

The limited activities that each club is restricted to make them appeal primarily to persons who have a deep interest in these particular sports and whose desire for participation or recognition is not fully satisfied by the existing public facilities. Organizations and clubs with a variety of sport activities will appeal to a wider clientele.



Fig.5.4

Other Clubs

There are many clubs that are involved in other recreation activities apart from sports. Examples are: camera and chess clubs, social clubs, dancing clubs, orchestral societies, barbers' club, women's clubs and a host of others. Membership may be small and local or large with national bodies which promote the activity through publications and sponsoring of meetings, exhibits or even competitions. One thing is common with them; they are formed around a common interest hereby influencing the lives of the members more than other agencies.

Recreation plays an important part in the activities of the many societies and has a place in the programmes of the parent-teacher association, service organisations, and civic and luncheon clubs, which also frequently sponsor recreation projects. In educational institutions, recreation activities are reflected through intramural and extramural programmes, music, and literary programmes; in discussion and special-interest groups; and in dramatic groups, debates, lectures, social functions, proms and outing clubs.

There are private organisations that are either voluntary agencies or private associations and they extend special privileges to their members and at the same time, provide recreation opportunities that benefit the entire public. Examples of this type of clubs are opera, historical society, private museum, art and craft society, and drama society.



Fig.5.5

3.1.3 Voluntary Agencies

Most voluntary agencies such as Boys Scouts, Girls Guides, Boys Brigade, YMCA, YWCA, Red Cross, Man'O' War and many others have incorporated recreation in their programme. The voluntary agencies provide services for varying age groups and operate strictly on a membership basis. Membership is seldom exclusive and in some cases participation in parts of the programme is not restricted to members.

Facilities and programme are usually funded through contributions from individuals or united funds sponsorship, and from membership fees. These agencies can be grouped into two those that restrict participation to members and those who permit non-members to participate.



Fig.5.6

Settlement/Neighborhood House

The settlement house system is not a common feature in Nigeria. The idea is yet to be accepted fully in Nigeria. Settlement house is a multifunctional agency that caters for the social needs including recreation of people within the domain. This is a common feature in advanced Countries where hiring conditions are substandard. It may be for a particular age group like children, adolescence and the aged. The settlement's welfare is different from recreation centre in that it has its resident staff and various services. A typical example of it is the children welfare settlement, settlement for the orphans.

Emphasis is usually laid on the development of cultural skills, dramatic and musical productions, and arts and crafts; and their playing spaces are used for a variety of games and athletic events and other outdoor activities.



Fig.5.7

Youth Service Organisations

One of the aims of youth service organisations is the development of interests and skills essential to the enrichment of leisure. Some of these organizations have facilities for a wide range of recreation activities and social relationships. Young men and women primarily participate in their programmes.

The programmes of organisations serving boys and girls emphasize out-of-door activities and afford opportunities for participation in a wide range of projects including community service, camping, nature study games, athletics and craft activities. Their camping services vary in duration including day, weekend and vacations; hence, it enhances its recreation value. Typical examples are Boys Scouts, Girls Guides and Boys Brigade. There are some clubs for boys and girls without standardised programmes. These clubs usually include in their programmes parties, dances and other social activities for mixed groups. Membership and participation in these clubs are mostly based on gender consideration.



Fig.5.8

3.1.4 Commercial Agencies

Commercial agencies have capitalised on the insatiable demand for recreation, relaxation and avoidance of boredom by people of different classes to invest on recreation business. The influx of commercial agencies in provisions of recreation facilities and programmes reflects the limitations and inability of other agencies to meet up to the demand and to provide adequately for recreation. Although commercial agencies are profit oriented, many of them still contribute in no small way to recreation. Their services help lots of passive consumers of recreation, some popular forms of commercial recreation involve active participation and strenuous physical activity. The commercial agencies can be grouped into four in respect of their activities. These are:

- i. Amusement and Entertainment,
- ii. Athletics and Sports,
- iii. Travel and
- iv. Housing.

Amusement and Entertainment

Amusement includes theatres, night clubs, motion pictures and amusement parks. Entertainment includes radio, records, television and musical instruments. Television has hijacked other forms of passive recreation because it is the most-wide spread form of leisure activity and the most popular due to the nature and quality of programme broadcast. The popularity of television has drastically reduced the number of patronage and income of cinema houses and motion picture theatres and theatres used for drama and opera. This is compounded by the advent of video machines and cassettes. In America, there are travelling carnivals and amusement parks with some questionable recreation values. There are also dance halls, dine-and-dance restaurants, cabarets, night clubs, and excursion boats. These types of agencies are yet to be well established in Nigeria although there are few night clubs and dance halls.



Fig. 5.9

Athletics and Sports

Professionalism in sports has been capitalised upon by different agencies under the disguise of satisfying public interests and demand in recreation. Americans embrace professional sports exhibitions. Professional sports such as baseball, football, basketball, boxing, hockey, tennis, golf, track events and dog. horse. boat, automobile, motorcycle racing gain ground in places like America and Britain.

There are some commercial recreation agencies that have facilities as swimming pools, bathing beaches, tennis courts, picnic areas, golf courses, boating facilities, billiard parlours which out - number the

public facilities in many cities. The number of agencies in these areas has continued to increase in proportion to the upward trend in participant interest in sports.



Fig.5.10

Travel

Travelling is regarded as part of education. Travelling may be for pleasure especially, when it involves automobile. Travelling mostly occurs during holidays and vacations factors such as increased leisure, rising income, construction and repair of highways and other roads, possible bargaining of expensive tours with transport companies, and supplementary activity programmes at vacation centres would contribute to the promotion of vacation travel. The improvement of our tourist and vacation centres will go a long way in turning travel as part of recreation programme. Travelling for leisure would provide an income for transportation agencies, the communities visited by the travelers and the companies producing sports apparel and vacation equipment.

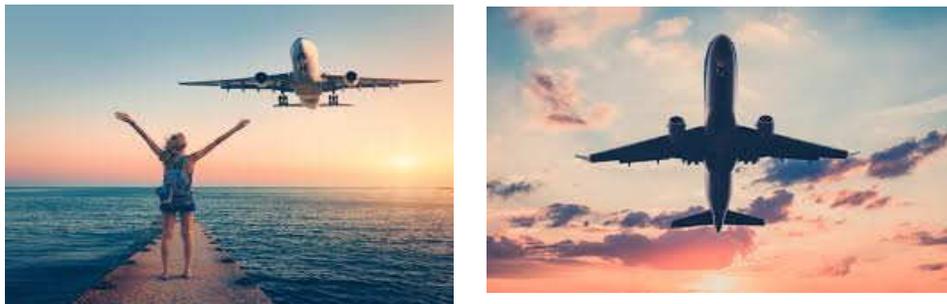


Fig.5.11

Housing

Estate developers show their recognition of importance of recreation and its economic value by setting aside or creating open space for recreation or as landscape area. A well-developed estate should have swimming

pools, club houses, tennis courts, well-equipped play-grounds and space for some other recreation facilities. In places like America and Great Britain there are retirement communities with common centres where recreation and social attractions are shared by all residents. In planning new towns and expansion of cities a large percentage of the total area should be developed to open spaces, parks and recreation facilities. For example, the community of Miami lakes Florida was planned from the beginning as an “all-embracing park, arboretum, and bird sanctuary” (Butter, 1976) If a community is well planned residents can walk to and from their homes to work, school, church, shopping centres and recreation areas.



Fig.5.12

3.1.5 Governmental Agencies

Recreation should be considered a major concern of federal, state and local governments. Government participation can be channeled through a variety of agencies. The Nigerian Constitution (1999) listed promotion of the general welfare as one of the duties of government. An increasing number of departments and bureaus provide recreation services to the general public, both directly and indirectly, and in cooperation with other agencies.

Nigerian government has shown remarkable concern in matters relating to recreation and sports, after the end of its civil war as a large sum of money has been allocated and spent on sports and recreation facilities and programmes. The contribution of Federal Government to recreation has always been through National Park Service, the Forest Service, Fish and Wild life Service Bureau of Reclamation. Others are Ministries of Health, Education, Youth and Sports and Social Welfare, and Ministry of Justice; Ministry of Land and Housing, Department of Urban-Development and other agencies like National Sports Commission, Rehabilitation centres. Most of these services are either the sole responsibility of federal or state or local government.



Fig.5.13

Fish and Wildlife Service

There are many laws and decrees to protect wildlife and propagate fish from the hands of hunters and fishermen. This is necessary in order to improve and maintain fish and wildlife resources, control population imbalances and provide recreational fishing. Bureau of Reclamation The recreation resources in the care of Bureau of Reclamation are either directly put into use and supervised by the bureau itself or indirectly through transfer to other appropriate government agencies The bureau at times permit private individuals or groups to fish, boat, picnic, swim and other recreation activities, and even erect cabins, clubhouses and operate limited concession facilities.



Fig.5.14

Ministries of Health, Education and Youth and Sports

Many departments in these ministries provide services relating to recreation. The Ministry of Health attends to all matters relating to health and assists in any areas that can promote health of individual. Medical assistance is given in many cases as an aid during some recreational programmes or to voluntary organisations like Red Cross which also contribute to recreation. The Ministry of Education offers advisory and financial aid to both public and private and even voluntary agencies. Library department under Ministry of Education administers and provides library facilities for public use and even assists in the setting up of library for other government agencies.

The primary function of the library is to provide opportunities for reading which is one of the most common recreational activities. Mobile library is yet to be encouraged in Nigeria. This would have contributed to recreation programme. The Ministry of Education also helps in other ways like provision of education and recreation for handicapped children, adult education, nomadic education and even the regular schools; all of which get in recreation, directly or indirectly. The Ministry of Youth and Sports has the provision of services to youths' welfare and sports facilities, and programmes, as its main goal. The departments and parastatals under this ministry have their programmes which directly or indirectly promote recreation.

Ministry of Justice

The department of juvenile delinquency in the ministry assists government agencies in planning delinquency programmes which usually include recreation; legal advice is also provided to recreation agencies.

Ministry of Land and Housing

The ministry is responsible for planning the communities under its jurisdiction. It even approves plans of new places or structures for either of public or private. The ministry has provision of open space as part of its land programme. It acquires large areas of open space in various communities with the aim of beautifying the areas and provides recreation. The ministry in its redevelopment programme encourages the creation and renovation of tourist centres and recreation facilities. The land management department makes available suitable vacant land to public agencies, private groups, or individuals for hunting, camping, fishing and similar activities.

The housing department in the Ministry is responsible for the administration of the evaded low-cost housing programme under which indoor and outdoor recreation space and facilities have been provided in public housing developments. Housing authorities have encouraged public and private agencies to provide leadership for jointly planned recreation programmes in the developments. Open spaces are created for this purpose so that interested individual and agencies can establish recreation facilities and programmes.

Ministry of Women Affairs

This ministry has culture as part of its department under which museums are. A museum is usually devoted for display of works of art, collection of natural, scientific, literary or historic interest. Many museums are public properties and some, though located on public property, are financed primarily from private funds. Zoological and botanical gardens belong to the natural history museum.

The use of museum auditoriums, workrooms, and other facilities is occasionally granted to local civic and cultural organizations. There are times when museum authorities render concerts by outstanding artists to the community. Lectures, workshops, and informal participation in art and craft and hobbies are rendered as part of the services.

SELF-ASSESSMENT EXERCISE

Attempt the following question

- i. Mention four (4) agencies that provide recreational activities in Nigeria

Answers

a) Athletics and Sports

Professionalism in sports has been capitalised upon by different agencies under the disguise of satisfying public interests and demand in recreation. Americans embrace professional sports exhibitions. Professional sports such as baseball, football, basketball, boxing, hockey, tennis, golf, track events and dog/horse/boat, automobile, motorcycle racing gain ground in places like America and Britain.

There are some commercial recreation agencies that have facilities as swimming pools, bathing beaches, tennis courts, picnic areas, golf courses, boating facilities, billiard parlours which outnumber the public facilities in many cities. The number of agencies in these areas has

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4.0 CONCLUSION

In conclusion, the agencies that provide recreational activities vary from one group to another and in like manner is its concept. However, no matter how the agencies exist it has a common attribute which enable it to achieve its goals; and its agents are also have similar concepts and goals.

5.0 SUMMARY

Recreation requires individual engagement and involvement. Many forms of recreation such as walking, art work, hobbies, gardening, caring of pets, hunting, boating, fishing and reading are essentially individual. Private agencies and organisations usually restrict their recreational programmes to members. Private agencies do not depend on community support.

6.0 TUTOR-MARKED ASSIGNMENT

1. Outline 5 agencies that provide recreational activities in Nigeria.
2. Define the word agencies of recreational activities.
3. Briefly explain the following as it affects agencies that provide recreational activities:
 - i. Individual and Home
 - ii. Private Agencies
 - iii. Voluntary Agencies
 - iv. Commercial Agencies
 - v. Governmental Agencies.

7.0 REFERENCES/FURTHER READING

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UNIT 6 PROBLEMS AND SOLUTIONS FOR RECREATIONAL ACTIVITIES IN THE COMMUNITY

CONTENTS

- 1.0 Introduction
- 2.0 Objectives
- 3.0 Main Content
 - 3.1 Problems and Solutions for Recreational Activities in the Community
- 4.0 Conclusion
- 5.0 Summary
- 6.0 Tutor-Marked Assignment
- 3. References/Further Reading

1.0 INTRODUCTION

Based on Ladani (2010) proposition, this unit will expose you to some of the problems and solutions to community recreation in Nigeria.

2.0 OBJECTIVES

By the end of this unit, you will be able to:

- discuss the problems of community recreation
- explain the solutions to community recreation.

3.0 MAIN CONTENT

3.1 Problems and Solutions for Recreational Activities in the Community

1. Lack of adequate finance

This is the most important factors to be considered if recreational centres in our community are to be effectively used. This problem seriously hinders the provision and the development of recreation in our community and Nigeria at large.



Fig.6.1

2. Lack of adequate publicity:

This is the inability to publicise the importance of recreation in the total development of a person, discrimination and lack of motivation.



Fig.6.2

3. Lack of enough and adequate facilities and equipment

One of the major problems is lack of facilities and recreational equipments everywhere in the country. Availability of equipment and wide variety of activities usually motivate people and encourage them to participate.



Fig.6.3



Fig.6.4

4. Ignorance & misconception of recreation:

This is the misunderstanding that people generally have on recreation and physical education in general; i.e. physical education is not more than running and jumping and most people who study physical education and participate in the recreational activities, do not motivate others; while some people do not give them much regards, they also don't take part.



Fig.6.5

5. Lack of trained personnel:

There are no trained personnel to run the existing recreational center in Nigeria.



Fig.6.6

Solutions to the problems of Community Recreation

1. To solve this problem, the government owned recreation centres, the private and the private organisation should provide adequate funds for the development of the centers.
2. To remedy this, people should be motivated to recreate and membership into any recreational center should be open to all, irrespective of any status in the society. And there should be enough publicity, so that recreation gains great recognition and wider acceptance.
3. So, there should be wide variety of recreational activities and equipments everywhere in Nigeria. This should or can be provided by the government and individuals; also private organisations.
4. To solve this problem, there should be public education on the values of recreation. If people are educated on the importance of recreation, they can and will appreciate its worth and thus participate in it.
5. To solve this problem, the government and other voluntary organisations should endeavor to train people to run these centers.

SELF-ASSESSMENT EXERCISE

Attempt the following question

- i. Mention two (2) solutions to the problems of recreational activities

Answers

- a) The government and other voluntary organisations should endeavor to train people to run these centers.
- b) People should be motivated to recreate and membership into any recreational center should be open to all, irrespective of any status in the society; and there should be enough publicity, so that recreation gains great recognition and wider acceptance.

4.0 CONCLUSION

Having read this course successfully as well completed the assessment, it is assumed that you have attained understanding of the problems and solutions to recreational activities in the community.

5.0 SUMMARY

There should be public education on the values of recreation. If people are educated on the importance of recreation, they can and will appreciate its worth and thus participate in it. To solve this problem, the government and other voluntary organisations should endeavor to train people to run these centers.

2.0 TUTOR-MARKED ASSIGNMENT

1. Mention four problems of recreational activities in the community.
2. Kindly list and discuss in details the solutions to problems of recreational activities in the society.

7.0 REFERENCES/FURTHER READING

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