



## EXERCISE PSYCHOLOGY EXPERT ADVOCATES FOR COMPULSORY STUDY OF PHYSICAL, HEALTH EDUCATION AT JUNIOR SCHOOL LEVEL



THE ACTING VICE CHANCELLOR, PROF. WOLE BANJO IN A WARM HANDSHAKE WITH PROF. OLANREWAJU ADEOLA IPINMOROTI AFTER DELIVERING THE 7TH INAUGURAL LECTURE OF THE INSTITUTION.

**A** Professor of Sports & Exercise Psychology has called for the reintroduction of Physical Health Education as a stand alone subject and making it compulsory at the Junior Secondary Level.

This was the submission of Prof. Olanrewaju Adeola Ipinmoroti, at the 7th Inaugural Lecture of the Tai Solarin University of Education, Ijagun, Ogun State with the title: 'REBRANDING THE KINETICS DISCOURSE: THE DESIRE, THE DEMANDS, THE DETERMINATION'.

Prof. Ipinmoroti lamented the place of Physical Health Education in Nigeria School System curriculum noting that it had gone from grace to grass.

He noted that sporting fiesta of the past like the Principal Cup and the Inter House Sports competition used to be the avenue where raw talents were discovered, moulded and pushed to the national and international stage.

The University Don thus recommended that government at all levels as a matter of urgent national importance should encourage sports person and Physical Health Education students by awarding special bursary so as to nip in the bud the present problem of non availability of teachers for the subject.

The Professor of Exercise Psychology also emphasised that the National Universities Commission (NUC), should make provision for all University Students to take specified units of Physical Health Education or Sports as a criteria for graduation as this will expose such Students to be physically active and engrained skills to live a physically active lifestyle outside the school.

He also advised the nation sports administrators, that for Nigeria to remain globally relevant, efforts should be put in place for judicious funding of infrastructure and equipment.

The Lecturer implored employers of labour to create enabling environment for their staff as physical exercise encourage bonding, team work, higher self esteem and higher confidence. He noted that regular exercise also saves individual.

The ceremony was well attended by members of the University Management team, University senate, dignitaries from all works of life, Staff, Students and well wishers

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