



**PROGRAMME SUMMARY  
REPORT**

**Episode 12**

**Date: 20th October, 2021**

**Presenters: Muhammad Adam Tudun Murtala**

**Discussion: Sports, Physical Health, Peace and economic development among youths**

**Discussants: Coach Shehu Jinjirgaya, Umar Farouq, Musa Shuaibi Doraye and Rufa'i Bello**

**PREMISE**

Sports or Exercise are activities done in other to keep the body fit. It enhance health that enables individuals carryout their daily activities. The type of sport one engage in depends on age for example, the youth play football, run races, do high jumps etc. while the elderly just go for a walk or jog if they can.

**ISSUES**

Sports or exercise leads to happiness which in turn reduce depression, bring people together from different walks of life, leads to peaceful coexistence, instill self-discipline, make one a team player and ultimately builds better and stronger immune system.

**MORE ISSUES...**

In relation economic development, sports like football makes one independent, helps one support his family financially, contribute to the nation's Gross Domestic Product (GDP) because sports men will have to pay tax, serves as sources of employment and foster peace and unity.

**...MORE ISSUES.**

It is only when this sectors is improved that the full potential in economic development can be harnessed.

# RECOMMENDATIONS

1. The sector should be improved by building more facilities for proper training of interested parties.
2. Foreigner should be encouraged to invest in sports Nigeria.
3. Physical Education should be taught and practiced in schools where they and not and taken seriously where they are.
4. Leadership positions that relate to sport should be given to those engaged in sporting activities.
5. There should be proper management and creation of more football clubs because football is one of the most lucrative sports.
6. Football in the country should be seen as a business and not just a game for fun.

## Presenter and discussants hasken matasa

