KWARA STATE UNIVERSITY, MALETE

...the Green University for Community Development and Entrepreneurship

The Fifteenth (15th) Inaugural Lecture

Title:

MAN'S LIMITATION OF HIMSELF AGAINST THE POTENTIALS AND GIFTS FROM HIS CREATOR: A PSYCHOLOGICAL PERSPECTIVE

By

Professor Ibrahim Laro Abubakar

B.Sc. (Ed) (Maiduguri), M. Ed. & Ph.D. (Ibadan)

Professor of Exercise Science and Sports Psychology
Department of Human Kinetics and Health Education,
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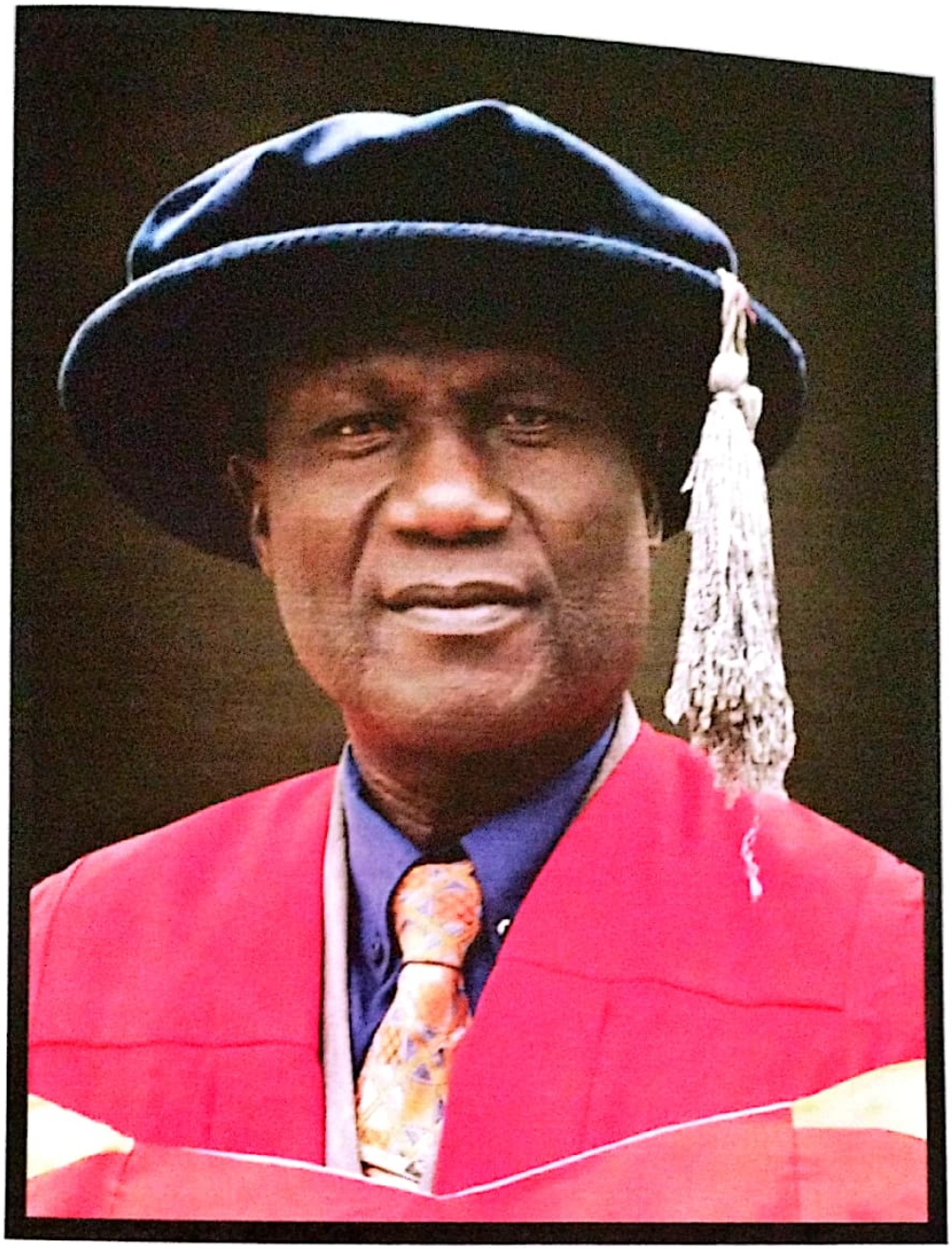
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Professor of Exercise Science and Sports Psychology

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My Lords Spiritual and Temporal,
University Scholars,
University Alumni,
Great Students of Kwara State University, (especially students of the Faculty of Education and those of the Department of Human Kinetics and Health Education),
Esteemed invited Guests,
Gentlemen of the Press,
Distinguished Ladies and Gentlemen,

Preamble

Mr. Vice Chancellor Sir, my conviction today is that "Life is the only journey that ends where it started". It started from nothing to something and will eventually end with nothing. My journey from yesterday has been living for today and hoping for tomorrow. I'm equally aware, just like everyone; that life is full of obstacles, stresses, and difficulties. This life, though full of challenges and problems. It is equally full of happiness, joy, and successes. Between the two extreme ends, the choice is entirely our own. Certainly, no soul can run away from either.

To the Almighty Allah, Who is the beginning and the end of the universe, the creator and finisher of perfection, who has made it possible for me today to stand before you, to render my years of stewardship in academia as the first KWASU-promoted Professor in the Department of Human Kinetics and Health Education, Faculty of Education, Kwara State University, Malete, to deliver the first inaugural lecture from the Department. Therefore, I implore you to agree with me that the stage is mine today. Mr. Vice Chancellor Sir, like the popular saying that 'to whom much is given, much is expected'. As the first inaugural lecturer in the Department, it is my belief that this will be a starting point and a point of reference for my other colleagues in the department and faculty to follow suit. Today's lecture may obviously not be the best in the series of inaugural lectures in the University, please accept this as an extraordinary one that would address the limitation of man himself from psychological perspective in relation to physical exercise and life activities.

I am, therefore, grateful to the Governing Council of the Kwara State University, Malete, under the leadership of Professor AbdulGaniyu Ambali, (OON), former Vice Chancellor, University of Ilorin and the entire academic community for considering these efforts worth-while to earn me a place in the pinnacle of my specialty as a professor of Exercise Science and

Sports Psychology in the Department of Human Kinetics and Health Education, effective from 1st October 2020. It may interest you that my journey in western education started here in Malete, precisely, the Native Authority (NA) Primary School now LGEA Pilot School, Malete. Incidentally, my secondary education equally took place here at the famous Government Secondary School Malete (GSS). It would not be out of place for me to conclude that Malete gave me hope and the potent to sustain the hope and it is that "hope" that erased limitations completely from my life and hence, the topic of today's lecture! To Allah are all glories and appreciations.

Introduction

My journey in life started with an illustration that says, "It is Allah that gives all to man on earth". This saying triggers my emotion which made me believe that Allah has enriched man with everything that can make him to succeed in life, both in knowledge, in wealth, and in explorations. With this, man needs to rise to the task of maintaining the equilibrium by sustaining himself to meet up with the daily needs and challenges of life despite all odds and regardless of all circumstances. Mr. Vice Chancellor Sir, despite all opportunities and excellent opportunities given to man as the highest creature on earth. In most cases, man has failed to judiciously and effectively utilized those opportunities, thus, limiting himself to pettiness and giving himself to be disadvantaged off by avoidable circumstances.

Origin of Man

Man is a wonderful entity made by God according to scriptural conceptions. Man has a wonderful story, and from the viewpoint of Holy Quran, man is too profound and too mysterious to be defined in such a simple way. The Holy Qur'an (96:4) has at one time lauded, and at other time, disparaged man. It has praised him very highly, also slighted him in the most disparaging terms. The Quran described him as a superior creature on earth, at the same time has also declared that he is inferior even to the Devil and the beasts.

لَقَدْ خَلَقْنَا ٱلْإِنسَٰنَ فِىٓ أَحْسَنِ تَقْوِيمٍ ﴿٤﴾ سورة التين

"We have certainly created man in the best of stature",

The Holy Qur'an is of the assertion that man is a being who has enough power to control the entire world and put the angels to his own service, but often fall to the lowest ebb. It is man who takes decision about himself and determines his final destiny (Surah al-An'am 6:165).Of the entire creations, man has the highest capacity to acquire knowledge that will promote his existence on earth, Allah says:

وَهُوَ ٱلَّذِى جَعَلَكُمْ خَلَٰٓئِفَ ٱلْأَرْضِ وَرَفَعَ بَعْضَكُمْ فَوْقَ بَعْضٍ دَرَجَٰتٍ لِّيَبْلُوَكُمْ فِى مَآ ءَاتَىٰكُمْ ۗ إِنَّ رَبَّكَ سَرِيعُ ٱلْعِقَابِ ۖ وَإِنَّهُۥ لَغَفُورٌ رَّحِيمٌ ﴿١٦٥﴾ سورة الأنعام

"And it is He Who has made you generations coming after generations, replacing each other on the earth. And He has raised you in ranks, some above others that He may try you in that which He has bestowed on you. Surely your Lord is Swift in retribution, and certainly He is Oft-Forgiving, Most Merciful".

Apart from the material elements that exist in the inorganic matter such as plants and animals, the nature of man is a Divine one and Angelic in nature, because, he has the power to control himself and achieve a target goal in life. Man is a mixture of what is natural and what is extra-natural, of what is material and of what is not material, he is of body and of soul.

The creation of man is well calculated by the Supreme Being and it was not accidental. Man is a chosen being that has an independent and free personality. He is a trustee appointed by Allah and has a mission and a responsibility. He is required to rehabilitate the earth with his effort and initiative and to choose between prosperity and misery. Certainly No limitation for man!

Allah says:

إِنَّا هَدَيْنَاهُ السَّبِيلَ إِمَّا شَاكِرًا وَإِمَّا كَفُورًا ۝ سورة الإنسان

Indeed, We guided him to the way, be he grateful or be he ungrateful. (Surah Al-Insan).

Man was created from a drop of thickened fluid to test him; therefore, he was destined to be greater than any other creature on earth. Man was also endowed to be fruitful to multiply and possess the capability and ability to maintain all what God has given him to be above every other creature. Man is also supernatural-being that was bestowed with knowledge to maintain his richness in terms of wealth, knowledge and health which has made him to be unlimited in all ramifications. In the context of this inaugural lecture, man is examined in relation to usage of abundant manifestations from God and how to improve himself as against limiting himself.

According to the Holy Bible,
God said, "let us make man in our image after our likeness and let them have dominion over the fish of the sea and over the fowl of the air and over the cattle and over all the earth and over every creeping things that creepeth upon the earth, so God created Man in his own image and in the image of God, male and female were created". (Genesis Chapter 1, verse 26-27)

And by implication, man was created to have everything he desires on earth, and this has brought about the title of the inaugural lecture of today **"Man's Limitation of Himself against the Potentials and Gifts from his Creator: A psychological Perspective".**

Ladies and Gentlemen, the two holy books (Qur'an and Bible) and any professional calling, I derived the backup and a directive as a scholar, hence, the reasons why I kept on pressing to know the psychological perception of learning and living through physical

exercise and how it is used to enhance man's daily health needs to live well, perform better, avoid and limit all limitations.

Perspective of Exercise and Man from psychological point of view

Exercise is as old as man, when God created Adam and Eve in the Garden of Eden, God provided everything for them, including the ability to move as well. That is why man moves from one point to another to search for food, for shelter, for clothing, for protections and for survival and this is where exercise came to being. For man to perform prominent roles of protecting himself and hunting for food, he requires stamina to be able to climb tree, run away from wild animals, through a variety of defensive mechanism such as jumping, throwing, walking, swimming, and lots more. All these activities, when well guided and graded, are what becomes modern exercises today. Indeed, they are very essential for Healthy living of a man.

An active lifestyle through high level of participation in physical activities often promote a healthy living that made man to be unlimited and to possess richness in term of Health status. Exercise is often viewed through the lens of physical health, focusing on its benefits for cardiovascular fitness, muscle strength, and weight management. However, the psychological dimension of exercise is equally significant, encompassing its profound effects on mental health, cognitive function, and overall well-being. The psychological perspective of exercise highlights its profound effects on mental health, behavioral-cognition, and overall living of man. Regular physical activities not only promote emotional resilience, mood regulation, and stress management; it also enhances cognitive function, social interactions, self-esteem, self-concept and self-worth.

Exercise serves as a therapeutic intervention for various mental health disorders and contributes to the prevention of cognitive decline and neurodegenerative diseases. According to Abubakar

(2014), regular physical activity is important for health benefit among youths and adults. Exercise fosters optimal physical and cognitive growth and development, which ultimately enhances acceptance of man by his peers. Exercise and physical activities have been widely recognized for their positive effects on mental health and psychological well-being. Research indicates that regular physical activity can alleviate symptoms of stress, anxiety, and depression, promoting emotional resilience and psychological balance. Exercise stimulates the release of endorphins, and neurotransmitters that act as natural mood elevators, leading to feelings of happiness, relaxation, and contentment.

Limitation of Man from Psychological Perspective

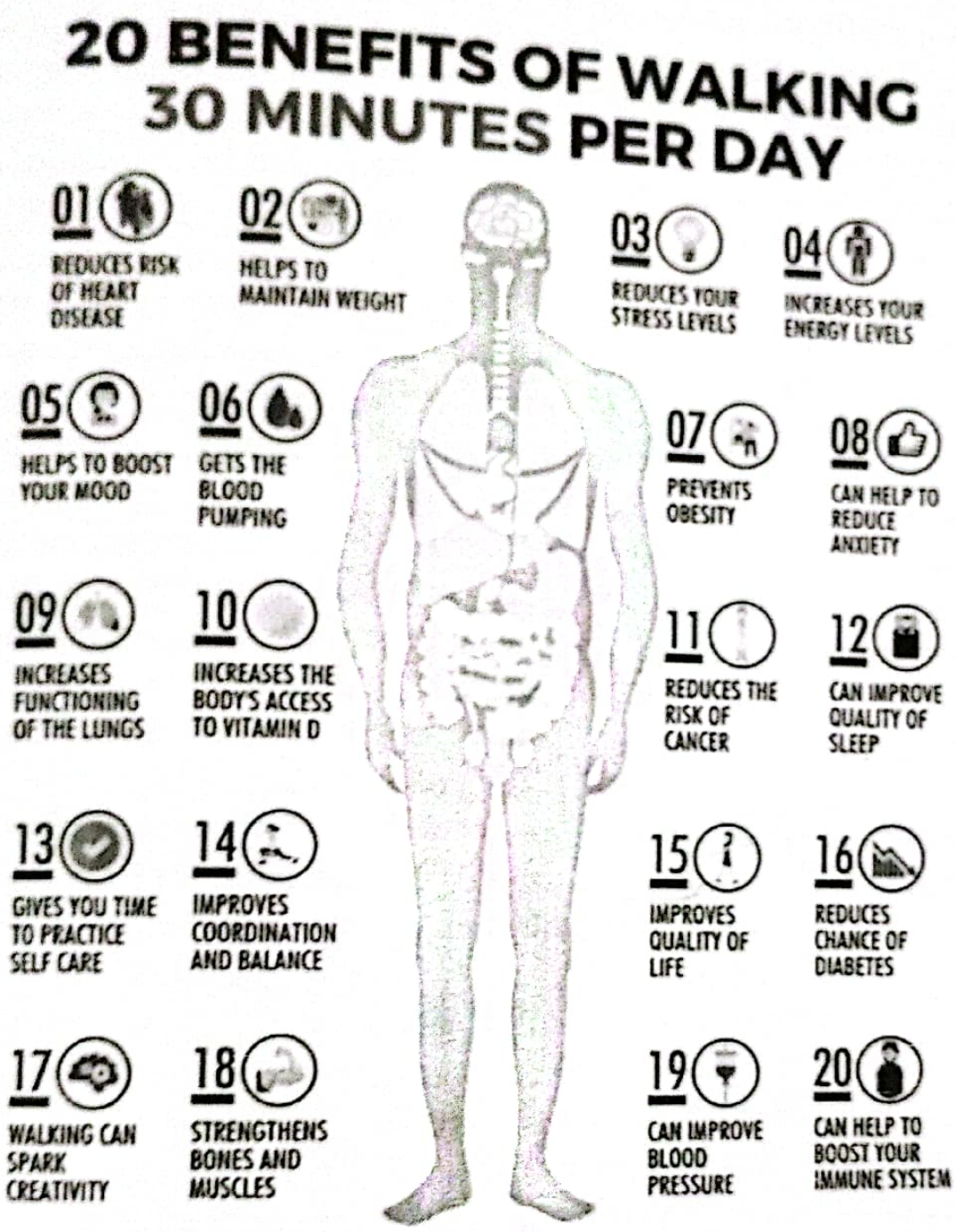
The limitation of a man in this lecture refers to what a man could acquire and possess but refuses, even though such is important to his growth, development, and well-being. From inception of life, God gave man the power to have control over other creatures on earth in terms of skills, thoughts, knowledge, and health. But man, because of his self-imposed limitations such as laziness, forgetfulness, and shorter thoughts, has forgotten that an individual need to maintain everything that was bestowed on him by his creator especially, his health status, which can be adequately maintained through active participation in physical exercises. The concept 'Exercise' is medicine', when well graded, well planned, adequately designed and excellently executed are geared towards developing and improving the physical body for the purpose of enhancing healthy body (Oniyangi, Falaye, Aina & Abdulkareem, 2014). From the time of primitive man to the present day, participations in exercises have held a prominent place in lives of the people and virtually in all major civilizations. In the olden days, people participate in sports and exercise activities for reasons other than protection against enemies (Abubakar, 2013).The human body according to Abubakar (2013), is a carefully designed machinery purposely for physical tasks of diverse nature on a continuous basis, regardless of where one finds himself.

Physical Education and Sports from Psychological Perspective

Physical education is a process of acquiring or teaching values and skills to improve and develop an individual physically, mentally, socially, and more importantly to become a good ambassador of what he or she represents (Ajadi, Adebayo & Falaye 2018). Physical education and sports play a vital role in promoting holistic development, encompassing physical, mental, and social well-being. The popularity of sport psychology, both as an academic discipline and as a scientific study of human behaviour, has grown substantially over the past two decades. People outside the realm of competitive sports would argue on the importance of being mentally prepared prior to an athletic competition as well as the need to maintain good mindset during a competitive contest.

Nevertheless, recent research has shown that many athletes, coaches, and sporting administrators are still quite reluctant to seek out for the services of a qualified sport psychologist, even if they believe it could help. The unfamiliar and often esoteric nature of sport psychology appears to be impeding many athletes from soliciting these important services (Rohit, 2017).

Abubakar (2014) opined that regular physical activities are important tools for health benefits among youths and adults despite disparities that exist. Physical activities are therefore recommended for improvement of overall health and most importantly for the facilitation of weight control among children and adolescents. It must be noted that physical activities geared towards eradication of human limitations and backwardness are the yardsticks towards fostering optimal physical and cognitive growth in men and women. Therefore, involvement in at least 30 minutes of moderate physical activity daily is recommended for all age range as a change agent to eradicate limitations and inactivity. Hence, the illustration appearing in the picture that follow.



Source: Pure Joy wellness https://www.purejoywellness.com 30th April 2022

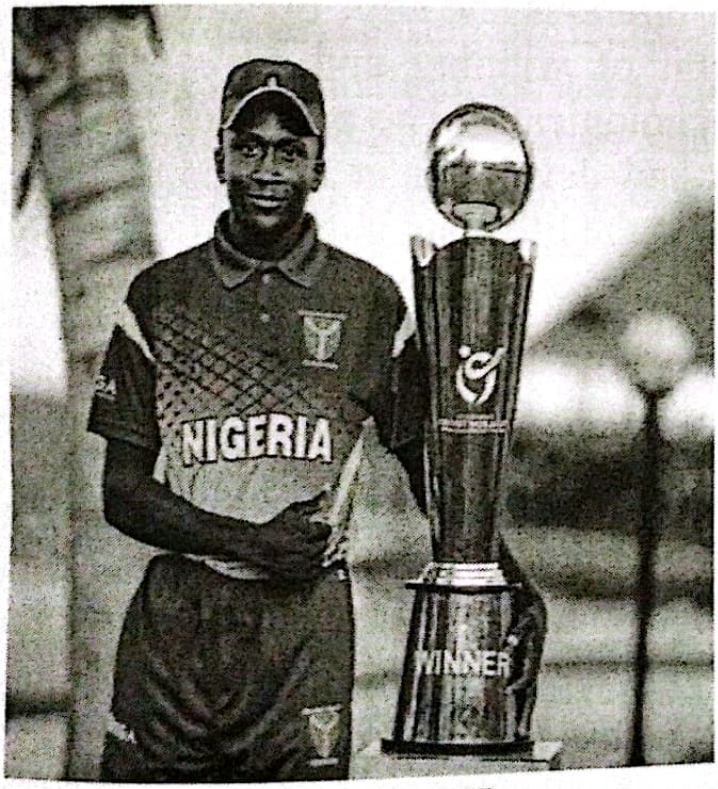
Figure 1: Benefits of walking exercise per day as fetched out in combination of researches

Mr. Vice Chancellor Sir, knowing fully well that participating in physical activities using different types of skills brings about changes in body composition, body mode and body performance. It also helps an individual to become a better person and be useful in life, as well as contribute to the growth and development of the larger society. An individual who engages in regular physical activity experiences lower levels of psychological distress and achieve higher levels of psychological resilience compared to sedentary individuals. Furthermore, exercise-based interventions, such as aerobic exercise and resistance training, have been shown to be effective adjunctive treatments for reducing symptoms of depression and anxiety.

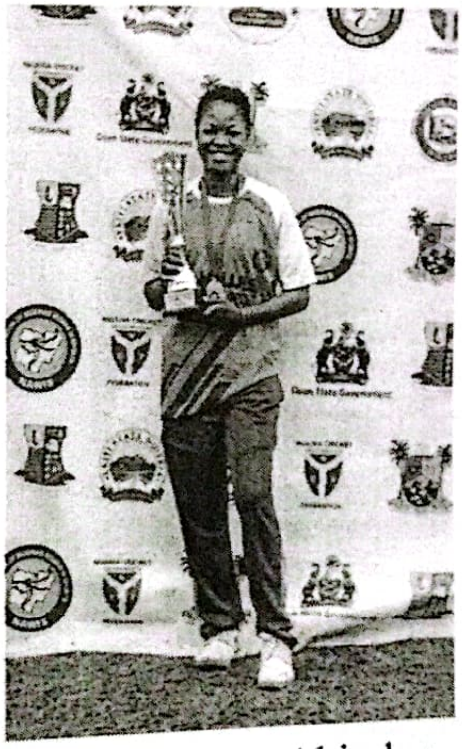
To this effect, Abubakar (2013) proposed that active participation in sports or exercise helped in sharing of attitudes and habits through the wish for new experiences, the wish for participation in group enterprises, the wish for security, the wish for responses and recognition from others and the wish for aesthetics values. All these put together create changes and strategies to learn good values, norms, attitudes and beliefs through a systematic doctrine and analysis. Research suggests that physical education and school sports provide a suitable and effective framework for transferring and teaching skills and strategies to reduce risky behaviour and promote wellbeing. Also, individuals with high levels of psychological wellbeing are more successful in terms of educational pursuit, work schedule, friends and family relationship as well as physical health (Opstoel, *et al.*, 2020). You will agree with me that through sports, many youths, including men and women who are talented have become good ambassadors of this country in the world of sports. At the just concluded 13th Edition of the All- African Games held in Ghana, Esther Odunayo Abiodun and Ridwan Gbolahan Kareem both from the department of Human kinetics and Health Education here in Malete represented Nigeria in cricket with Esther returning home with a bronze medal. They have made Nigeria and KWASU proud

globally, as the sport of cricket is still fast growing in our country. Sir, I proudly present the two KWASU-Nigerian athletes in the pictures below.

At other climes, we have Asisat Oshoala, a female footballer who has won African female footballer of the year for six consecutive years, Blessing Obororudu, Odunayo Adekunroye (wrestlers), Blessing Okagbare, Tobi Amusan, a world tittle holder (sprinters), as well as; late Rasheed Yekini, J.J. Okocha, Ahmed Musa, Victor Oshiemen, (footballers), Ese Brume, (long jumper) and many others. The achievement of these great athletes that have been mentioned started at the early stages of their lives when they were discovered because of the opportunity given to them to acquire new skills through learning process by participating in sports. It is my believe, that these athletes were able to get to their peak because of the involvement and help of sport psychologist.



Ridwan Gbolahan Kareem



Esther Odunayo Abiodun

Psychological Assistance

Psychological intervention from sports psychologists help the athletes to manage the competitive performance environment through the learning of relaxation skills such as Progressive relaxation, as seen in the following concepts: slow, controlled and deep abdominal breathing as well as mastering all the attentional styles such as concentration, imagination, self-talk, and developing a pre-competitions mental routine to be employed prior to the commencement of game. Sports psychologist also assist injured athletes who commonly experience emotional responses such as isolation, frustration, and disturbances of mood. The Sports Psychologist, in consultation with the medical team always ensures that injured athletes are made ready to participate in subsequent sports and games.

Abubakar, Gambari and Ibrahim (2014), opined that the involvement and presence of a sports psychologist in a game performance increases the aspirations and hope of athletes. They help in cultivating the habit of winning and assist athletes' behaviors and attitudes psychologically. The power of sports is fundamental to the growth and development of a community, when positive changes occur in the life of an individual suddenly, then we can say a learning has taken place and the perception, attitude and feeling of such person would relatively change as he or she becomes a better person in the society and psychologically, people will accord respect to such an individual. Sports psychologists teaches skills to help athletes improve their learning process and enhance their motor skills used in coping with competitive pressures, fine-tune the level of awareness needed for optimal performance and stay focused amid the many distractions of team travel and within the competitive environment obstacles. Psychological training should be an integral part of an athlete's holistic training process, carried out in conjunction with other training elements. This is best accomplished by a collaborative effort among the coach, the sports psychologist, the medicals, the parents and the athletes; however, a knowledgeable and interested

coach can learn basic psychological skills and impart them on the athlete, especially during actual practice to help the parties hear and resolve differences most especially in the absence of sports psychologists (Rohit, 2017).

Psychological Perspective of Physical Activities to Health and Well-being

Psychological Health and wellness in relation to physical activities. According to Abubakar (2011) is used to describe a level of individuals' well-being and the absence of a mental disorder. Psychological health parades in an individual, the ability to enjoy life and create a balance between life activities and the efforts to achieve good desires. It is the expression of emotions signifying a successful adaptation to a range of demands. Even though gender correlations of health and wellness problems in Nigeria can be traced to the lack of basic physical activities, relationship between both is doubtless a close one. Egyptians understanding of Health is like a crown on the head. According to some findings, it was opined that 'Health is wealth', which simply means that when you are healthy, you are rich. World Health Organization (2017) stated that Health is a complete state of physical, mental, emotional, and social well-being of an individual and not merely absence of diseases or infirmities. Furthermore, the state of an individual's health can be viewed from three perspectives.

(1) Physical well being which is referred to as absence of any form of physical deformity, handicapping or any other abnormality in the body.

(2) Mental well-being: This has to do with the psychological well-being of an individual. It determines the mental capacity of such a person and its relationship with people around him or her. Furthermore, it is used to determine if the person is not having any psychosomatic disorder,

mental disorder, or a range of abnormal behaviors.

(3) Social wellbeing: The ability of an individual to live and relate intelligently and freely with other people in the society.

Mr. Vice Chancellor sir, research has shown that not all individuals that are physically fit are normal. This means that medically, an individual may be examined or assessed to be physically fit without knowing his or her state of mind at a particular time because of accumulation of stress resulting from burning issues which may lead to Insomnia (inability to sleep) and other socio-psychological imbalances. This, therefore, means that a normal individual must be physically, socially, mentally, and psychologically fit before he or she could be referred to as a normal being. It is these conditions that bring about life efficiency which invariably enhance the unlimited lifespan of an individual in the society. On the other hand, the health school of thought defined social wellbeing as the ability of an individual to be able to interact freely without any social sickness or complexities. This is necessary because active participation in sports cannot be done in isolation since an individual needs to interact freely and smoothly while participating and engaging in physical activities. Similarly, Abubakar (2017), stressed that participation in recreational activities enhances social inclusion as well as health and wellbeing of an individual.

Figure 2: Segment of health

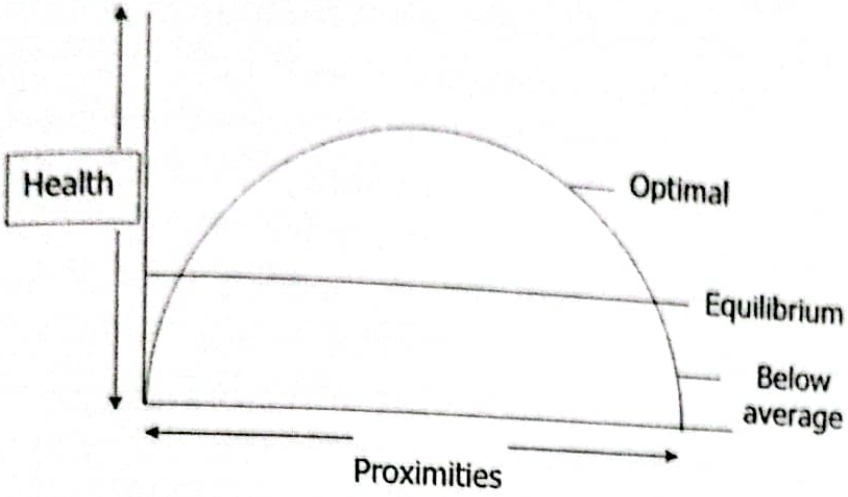


Figure 2 illustrates the health segment of an individual, reason being that things we get engaged in or involved in have significant influence in our health status.

Health Perspectives of man's limitation

Health, as a concept, is one of the key components of this lecture that deals with proximity to optimal, as well as equilibrium and average health in the real sense. The common refrain that "health is wealth" implies that when you are healthy you are rich because you are not spending money to maintain your health. However, man, because of inadequate knowledge is unable to maintain his health as endowed by God, thus, shortchanging his or her healthy lifestyle, and limiting himself or herself unknowingly (Abubakar, 2011).

Excellent health on the other hand, means appropriate body weight, average height, and body circumference in relation to age and sex with acceptable level of vision, hearing, locomotion or movements, acceptable levels of pulse rate, blood pressure and respiratory rate. To explain further, health is referred to as a state of wellbeing in which the individual recognizes their abilities. Similarly, social wellbeing as a facet in health includes relationships and interaction of an individual with fellow human being (Ravi, 2017).

In one of his studies, Abubakar (2011), deduced that other aspects of health exist, and among them is psychological health which he described as a level of psychological well-being and the absence of a mental disorder. Going further, the researcher maintains that the enjoyable and highest attainable standard of health is considered as one of the fundamental rights of every human being. Health, therefore, can easily be influenced by factors that are outside the domain of health sector or habits, especially social, economic, and political forces. These factors largely shape the circumstances on how people grow, live, work, and aged, but through active involvement in sporting activities the body tends to be in moderation in term of body system and behavior, both within and outside body physical structure.

For an individual to live well and avoid limitations, there must be involvement in physical fitness activities. This according to Abubakar, Elijah and Abubakar (2015), is a body conditioning activity in which an individual can carry out efficiently in all his or her expected daily activities without easily getting fatigue, tired and without suffering much pain or being hindered by any part of his or her body or its systems.

According to Western, 2014. This goes to tell us that man must not limit himself, he must engage in multidimensional activities and behaviors that include human movements, combined with physiological attributes such as increased energy expenditure and improved physical fitness. Physical activity is a cheaper and stronger means for preventing diseases, for improving health condition and for appropriate well-being. Physical activities according to Pettee, Moorowi & Woobseg, 2014 is a cheaper and stronger means for preventing diseases, for improving health conditions, appropriate promotion of balanced integration and ensuring social interaction and excellent relationships.

World Health Organization (2017), maintained that physical activity is an essential component of a healthy life. The importance of physical activity in preventing several chronic

diseases are highlighted in the 1996 USA Surgeon General's report on physical activity and healthy life. (USDH HS, 1996). Abubakar (2011) ascertained that most high-level individuals had lower levels of physical activity participation than the lower-level individuals. This contributes to the high increase of different health challenges among them. The researcher maintains that to have a good well-being and good health status, people should maintain good diets, regular exercise, appropriate rest, sound sleep, excellent relaxation, engaging in an enjoyable recreational activities and maintain a good weight (Abubakar, 2013).

Among the numerous health benefits associated with physical activity participation are reduced disability and mortality challenges resulting from coronary heart diseases (CHD), such as diabetes, hypertension, colon cancer, joint swelling and pain associated with arthritis. Unfortunately, many adults do not reach optional levels of physical activity and are at risk of poor health outcomes (Maccia & Pratf, 2014). Complete assessment of physical activity irrespective of its type, whether household, occupational, recreational also known as leisure – time activities like, transportation, walking, or cycling must include three components that frequently describes the number of times per week, duration in terms of the total time spent in an activity, such as 30 min per day and the intensity which describe the amount of energy used by a person during the activities. This confirms that during training, athletes react to stimuli differently, some of which predict more certainly than the others.

Findings from studies confirmed that psychological, biochemical, social, and methodological information that comes from exercise process are geared towards two ends that are limitations to health or for improved health condition. Therefore, proper planning and excellent executed exercise programs becomes germane and are required by people, irrespective of challenges to ensure optimal and an improved health status (Abubakar, 2013). By and large, physical activities from a psychological perspective have helped to shape the behaviour of an individual in the society (Falaye &

Ajadi, 2023; Abubakar, 2014). These, according to the researchers confirmed that delimiting all limitations comes from active participation in sports and games.

Psychological Effects of Inactive Lifestyle

According to World Health Organization (2020), the life expectancy of an average Nigerian is between 45-55 years. This is presumably due to the daily stress that an individual undergoes. Additionally, an average Nigerian choose to live a sedentary lifestyle of partial-and in- activity rather than live a lifestyle that will go a long way to promote their health status, that is, positive thinking, emotion regulation, self-confidence, avoiding and recovering from stress, developing self-esteem and self-worth.

The following according to WHO are the Health Benefits of Physical activities and which eventually assist man to avoid limitations :

I. Physical activity has significant health benefits for heart, body, and minds.

ii. Exercise contributes to preventing and managing non-communicable diseases such as cardiovascular diseases, cancer, and diabetes.

iii. Exercise helps to reduce symptoms of depression and anxiety.

iv. Exercise enhances thinking, learning and judgment skills.

v. Exercise helps to ensure healthy growth and mental development in young people.

vi. Exercise helps to improve overall well-being and interpersonal relationships.

vii. Up to 5 million deaths a year could be averted if the global population were more active through exercises. World Health Organization (2020).

Abubakar 2020, ascertained that Physical exercise must be designed in such a way that the participants would derive the benefits that are attached to it. There is are general belief that

physical activity and exercise have positive effects on the mood and anxiety of an individual. Therefore, exercise is viewed as an integral part in the treatment of some medical conditions such as Obesity, high blood pressure, and rehabilitation of some physical disorders in the body. Improving physical well-being according to Aderonmu, 2012 may also lead to improved psychological well-being of an individual that participated in regular exercise programme.

On the other side, the decline or drop in the level of involvement in physical activities on daily basis is partly due to lack of willingness during leisure time has contributed to high level of sedentary behaviour of people, be it at their working places or at home. Likewise, an increase in the use of passive modes of transportation also contributes to physical inactivity, including several environmental factors that are linked to urbanization and which has discouraged people from becoming more active, thereby prompting limitations and hinderances towards a better living.

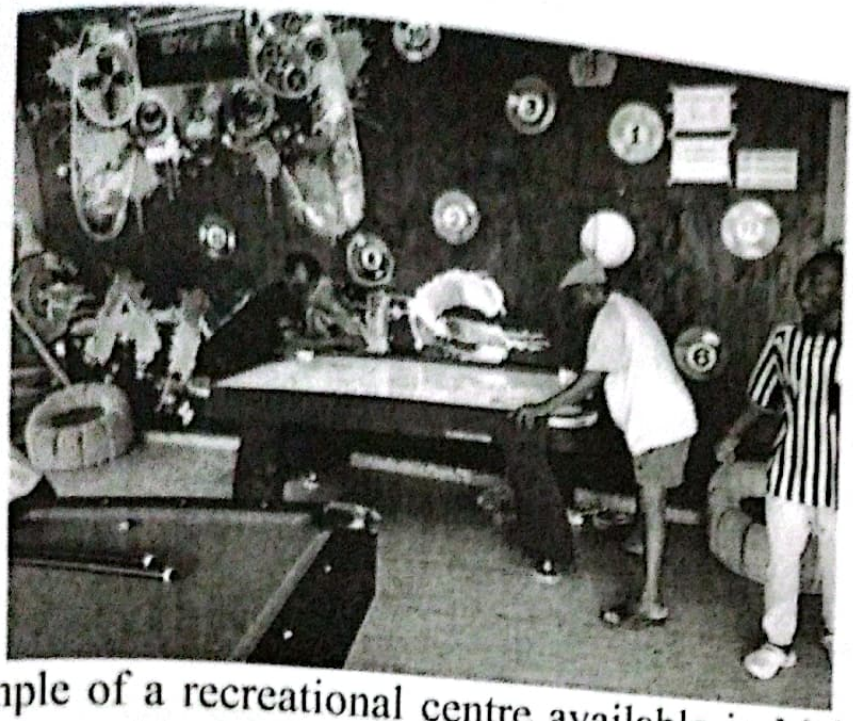
Mr. Vice Chancellor sir, you would observe that advances in modern technologies are systematically removing physical exertion from people on daily basis with the trends in transportation means, remote control devices, use of escalators and lifts, machines serving as labour-devices, are all regarded as psychological agents of defects effect on people's lifestyle and as led to deterioration of health status of an individual (Fatoba & Fatoba, 2020).

The importance of regular participation in physical activities is to improve an individual's health status and well-being and this is generally accepted by the public. Mr. Vice Chancellor Sir, you will agree with me that the psychological belief of people nowadays towards participation in sports is increasing daily. Virtually, every weekend, people now go on the street or visit recreational centers such as stadium, gymnasium, fitness centers and other sports arenas to keep fit and improve their health status

by removing unnecessary stress and unnecessary anxieties from their minds and thoughts. Here in KWASU, the University has in place what is referred to as monthly KWASU TREK, establishment of a wellness center and a giant indoor sports hall to cater for the well-being of staff, students, and members of the surrounding communities. Let me confirm to you here that the Kwara State University Management has graciously approved that the last Wednesday of every month be set aside for University wide sports day. This is a big congratulation to us all and indeed a welcome stride. In the same vein, approval to appoint honorary coaches for all sports has been granted and very soon forms for volunteerism and expression of interest for such, would commence. Interested members of the KWASU communities should please be on the lookout. Permit me to appreciate the University Management for the approval and the staging of the first edition of the University wide sports festival where talents were discovered.



KWASU TREK 2023



An example of a recreational centre available in Malete where individuals could visit for the purpose of releasing stress and tension that are associated with limitations.

Distinguished audience, kindly note that in this 21st century, researchers has shown that people choose to adopt a sedentary lifestyle rather than living an active lifestyle because of many factors. The consistency in both physical activities and academic activities here in KWASU are certain, it is therefore in the opinion of the researcher that students' participation in sports would not affect the learning of students. Even when they spend substantial amount of time in partaking in sporting activities, they still get time to learn (Alasinrin & Ajeigbe, 2021). Therefore, tertiary institutions in Nigeria need to encourage students to participate in relevant and preferred sporting activities, they should not be discouraged from participating in sports with the misconception that participation in sports worsens students' academic performances, rather they should be motivated by their coaches, lecturers and school authorities to allow and engage them in sports, since participation in sports has been shown to make students more active, even in the lecture rooms (Abubakar, 2014). In the year 2002, the World Health Organization listed physical inactivity as one of the 10 powerful risk factors for premature

death and associated health challenges. WHO (2020) and British Heart Foundation (2016) highlighted the following as serious health implications resulting from lack of physical activities. This in essence, according to Abubakar, (2014) is the real architect of limitation in men and women.

i. Overweight and obesity
ii. Stroke and heart disease
iii. Type 2 Diabetes
iv. Hypertension
v. High blood cholesterol levels
vi. Osteoporosis and related fractures
vii. Cancer (Colon, prostrate, breast, bowel)
viii. Musculoskeletal disorder (arthritis, backache)
ix. Neurological disorders (Carpal tuned syndrome)
x. Stress, anxiety, and depression.

Exercise Psychologist and their Roles on Mental Health Challenges and Avoidance of Limitations

Exercise psychology, according to the American Psychological Association (APA), is "a discipline that focused on the development and application of psychological theories for the understanding, modification and enhancement of human behavior in sports and physical exercise environment." Abubakar (2011), define exercise psychologist as specialized individuals or personnel in sports and games that are responsible for the psychological preparation of athletes before, during and after performance. These are individual who understudy athletes' behavior, performances, and characters in the physical, social, emotional, and sporting environments. Abubakar further maintained that sports psychology roles enables coaches to identify various psychological problems of the athletes and provide appropriate and meaningful solutions. Central themes in the psychology of exercise are enhancing sports performance in athletes, promoting the health and well-being of individuals or

those diagnosed with illness or disease through physical activity and exercise. In some nation, exercise psychology has a two-part focus: athlete psychology and exercise psychology, all geared towards eradication of limitations by man. At the same time, psychologists focus on motivation, perception, attitude, cognitive, self-esteem and self-confidence. There roles entails interpersonal relationships training in term of communication, leadership skills and social influence, all these can only be achieved through an active participation in sports (Adebayo, 2024).

An exercise psychology professional can help individuals enhance their physical performances level, physical health status, and enjoyment by helping them deal with physical, mental, and emotional stress. For example, following an injury, athletes may lack the motivation to perform due to poor outcomes and frustration. Sports psychology professional can use various tools to help athletes overcome mental barriers and restore confidence that would result in improved performance. Professionals in exercise psychology work with individuals to understand what restricts their participation in exercise and help to maximize their participation and enjoyment of exercise and physical activity by defining and designing individualized exercise programs. Using tools that athletes rely on to help enhance their physical performance, such as goal setting, encouragement, motivation, and mindfulness techniques.

Exercise psychology is regarded as the study of psychological and mental factors that influence participation in sports, exercise, and physical activities as well as the application of such knowledge to everyday activities. It is the scientific study of the psychological factors associated with participation and performance in sports and other types of physical activities that can be used to improve the health status of people. Exercise psychology professionals are interested in two areas, namely, (a) helping an individual through a psychology principle to achieve optimal mental health that will improve athletes' physical

performances on the field of play. (b) to understand how participation in sports and exercise affects an individual's psychological development, health status, and his general well-being throughout his/her lifespan. The Exercise psychologist describes the positive role exerted by physical activity to ameliorate general health condition by acting on heart, coronary and respiratory organs as well as boosting the immune system of an individual who engages in physical exercise. Regular exercise is a key health parameter from a psychological perspective that aims at reducing the risk of coronary disease which may arise from obesity.

According to the Center for Disease Control and Prevention (CDC), 25% of adults in the U.S. are physically inactive. The center confirmed that the lack of physical activity is a contributing factor to chronic diseases such as heart disease, type 2 diabetes, various forms of cancer(s), and obesity. An additional risk of physical inactivity includes increased feelings of anxiety and depression. According to John Hopkins Medicine at Medical School, most people know about the physical benefits of exercise but are less aware of the psychology of exercise and how it can improve mental health outcomes. It is in recognition of this and other gaps that I offer to present this in the explanations: sports psychology, sports psychologists and the roles of sports psychologist towards eradications of limitation of man by himself through participation in physical activities that are geared towards improving their overall health and general well-being which Psychological health concepts parade in people's ability to enjoy life most and create a balance between life activities and the efforts to achieve good desires. Indeed, it is the expression of emotions signifying a successful adaptation to a range of life demands that remains the focus of all sports psychologists (Abubakar, 2011).

Theory of Use and Disuse in Relation to Human Being Limiting his or her Potentials

Mr. Vice-Chancellor Sir, to justify the limitations of man and issues around his involvement in physical exercise, I would briefly discuss the theory of Inheritance of Acquired characters, which was proposed by a great French naturalist, Jean Baptiste de Lamarck in 1809. In his famous book, "Philosphic Zoologique". This theory is based on the comparison between the contemporary species of his time and available fossil records. His explanation was based on the inheritance of acquired characters and as the changes (variations) developed in the body of an organism from normal characters, in response to the changes in his environment, or in the functioning (use and disuse) of organs, in their own lifetime so as to fulfill and satisfy their new needs.

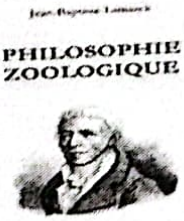


Figure 3: Picture of Jean Baptise Lamarck who propounded the theory of Inheritance of Acquired Character

Lamarck stressed adaptation as means of evolutionary modification. He further based his theory on the following four postulates:

I. **Theory of new needs:** Lamarck said, every living organism is found in some kind of environment, the changes in the environmental factors such as light, temperature, weather, food, air, or migration could lead to the origin of new needs in the living organisms, especially animals. To fulfill these new needs, the living organisms must exert special efforts like the changes in habits or behaviors. In reviewing this statement, you will agree with me that God has not limited man, it is man who has limited himself. There are opportunities for men to change and adapt with such changes, either in our

environment or in our body. When such need arises, we must try as much as possible to fit in and adapt without any limitation.

ii. **Theory of use and disuse of organs:** Acquiring new habits, involve a greater use of certain organs so as to meet new needs, and the disuse or lesser use of certain other organs deters acquisition of new conditions. This use and disuse of organs greatly affect the form, structure and functioning of the organs. It has been confirmed that the continuous and extra use of organs make them more efficient while the continued disuse of organs lead to their degeneration and ultimate disappearance. Lamarckism also known as "Theory of use and disuse of organs" confirm that organism acquires certain new characters due to direct or indirect environmental effects during its own life span and are called acquired or adaptive character. When we engage part of our body in regular workout or exercise, we get used to it on time and, overtime, the moment we stop, the body structure start losing forms. This is to tell us that frequent exercises can make our organs work effectively and efficiently, "there should be no dull moment, irrespective of all circumstances".

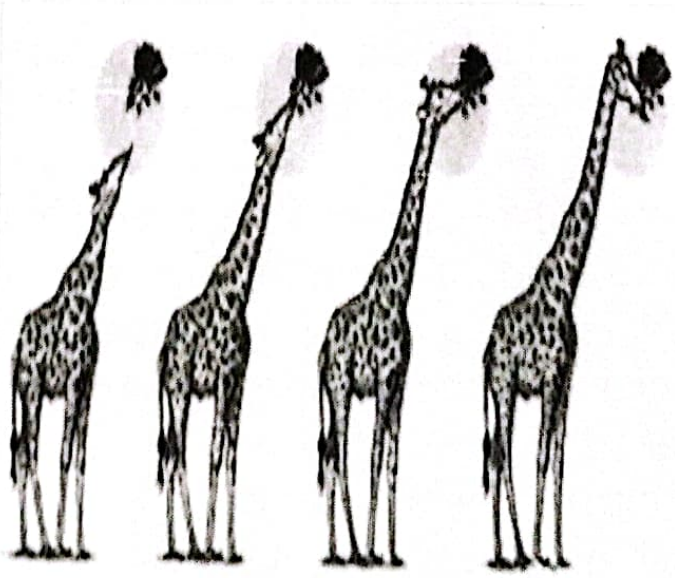


Figure 4: Theory of use and disuse of organs as illustrated by Lamarck

iii. **Theory of inheritance of acquired characters:** Lamarck believed that acquired characters are heritable and are transmitted to the offspring, so that such off spring are born fit to face the changed environmental conditions and the chances of their survival are increased. It is believed that certain attributes, behaviour, genetic as well as diseases can be passed down to off springs and from generations to generations. Many progenies inherited high blood pressure, ulcer, diabetics, and all sorts of illness from their parents and if we don't do well in curing them, we may likely pass it to our offspring. This in essence could be a way forward to limitations.

iv. **Speciation:** Lamarck believed that in every generation, new characters are acquired and transmitted to next generation. According to him, new characters accumulate and are passed on to generation and after several generations, a new species is formed. He further confirmed that an existing individual is the sum of the characters acquired by several previous generations and that speciation is a gradual process. This is to say, that there are several attributes, skills, or character that we specialized in or get often engaged in, some we learn by doing and some we start doing unknowingly, such attributes could be transferred to generations yet unborn. For example, if you like to play football, you may eventually have one or two of your children become professional footballers. Footballers and with these concepts, the process of delimiting limitations are ensured.

Summary of the four Postulates of Lamarck:

1. Living organisms or their component parts tend to increase in size. Therefore, man must use them to prevent limitations.
2. Production of a new organ result from a new need. Man must, therefore, use the organs well for better results.
3. Continued use of an organ makes it more developed, while disuse of an organ results in degeneration. Man are encouraged to increase their participation in physical activities for proper development of organs.
4. Acquired characteristics and modifications developed by individuals during their own lifetime are heritable and accumulate over a period resulting in new species. It is a must for man to contribute maximumly towards a better next generation.

I, therefore, challenge all of us to appraise and utilize the theory of Lamarck to avoid and eradicate limitation for the promotion of active life.

Positive Effects of Exercise on Mental Health and Avoidance of Limitations

A report from the International Health, Racquet & Sports Club Association (IHRSA) noted that 87% of randomized controlled trials found evidence of the positive impact of exercise on peoples mental health. Sports psychologists in ways also assist physically challenged athletes in turning their disabilities into opportunities and skills. The special people should not be forgotten or pitied but allowed and encouraged to live a life of the able-bodied. It is part of the sports psychologist role to ensure that athletes are in good mental health and sound state of mind, as these have significant influence on their performances (Abubakar, 2012).

While the positive effects of exercise on mental health are clear, it's also important to note the negative impact of physical

inactivity on our health, these include:

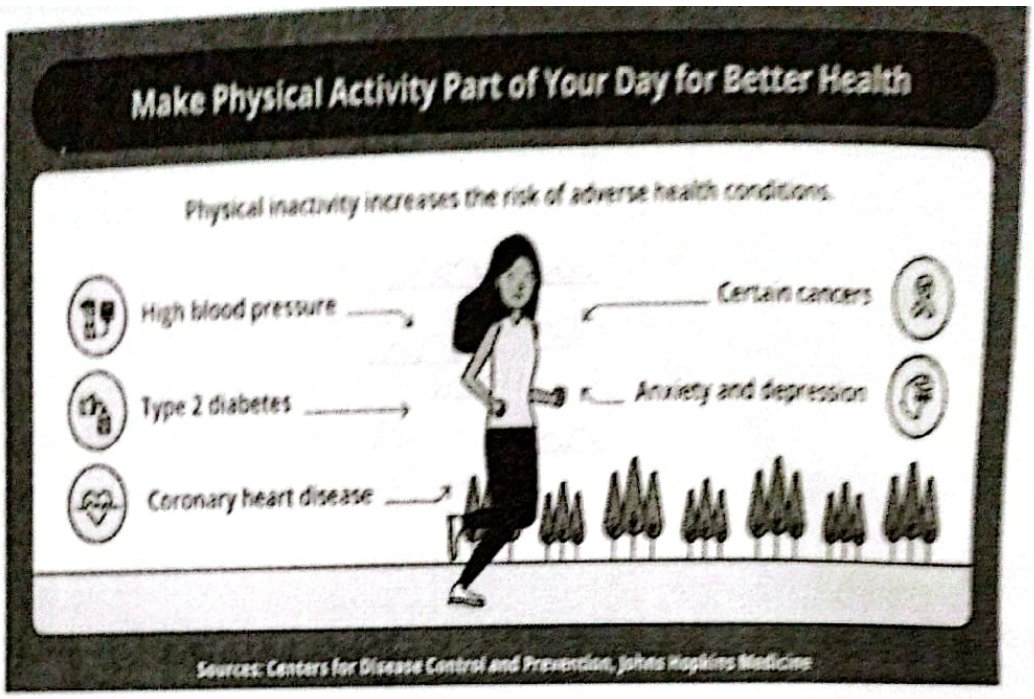
I. **Less-active people have a greater risk of developing high blood pressure:** According to the report from Mayo Clinic, exercise can help individual's lower high blood pressure and lose excess weight, because excess weight is often a contributing factor to hypertension.

ii. **Physical inactivity increases risk of type 2 diabetes:** The American Heart Association reports that regular physical activity minimizes the risk factors of diabetes. For example, a brisk (30-minute) walk five days a week can help lower insulin resistance.

iii. **Physically inactive people are more likely to develop coronary heart disease:** Research indicates a correlation between sedentary behavior and cardiovascular health. Exercise can improve levels of cardiorespiratory fitness and help prevent cardiovascular chronic illnesses such as stroke, aortic and arterial diseases.

iv. **Physical inactivity can add to feelings of anxiety and depression:** A key benefit of exercise for stress and anxiety is that it can help elevate depressed moods in people quickly. According to Journal of America Medical Association (JAMA Psychiatry), a 15-minute jog every day and walking or gardening for an extended period of time could help people struggling with depression, especially people that are incapacitated or restricted population in correlational centers.

v. **The risks of certain cancers rise with physical inactivity:** The American National Cancer Institute has provided evidence that highlighted a relationship between physical activities and cancer. It reported that physical activities can help lower risk of certain cancers, including bladder, breast, and colon cancer.



According to the CDC and Johns Hopkins Medicine, physical inactivity increases the risk of adverse health conditions, including, high blood pressure, type 2 diabetes, and coronary heart disease. Additional evidence that exercise can boost mental health reported that physical activities decreased the odds of individuals becoming depressed by 26%, according to Harvard Health Publishing. Here are a few examples of the positive impact of exercises for mental and psychological health: as corroborated by the findings of Abubakar, (2020) in a study conducted among restricted population in Nigeria.

a. A sense of well-being: Regular exercise releases endorphins and other natural brain chemicals that can improve mood and well-being.

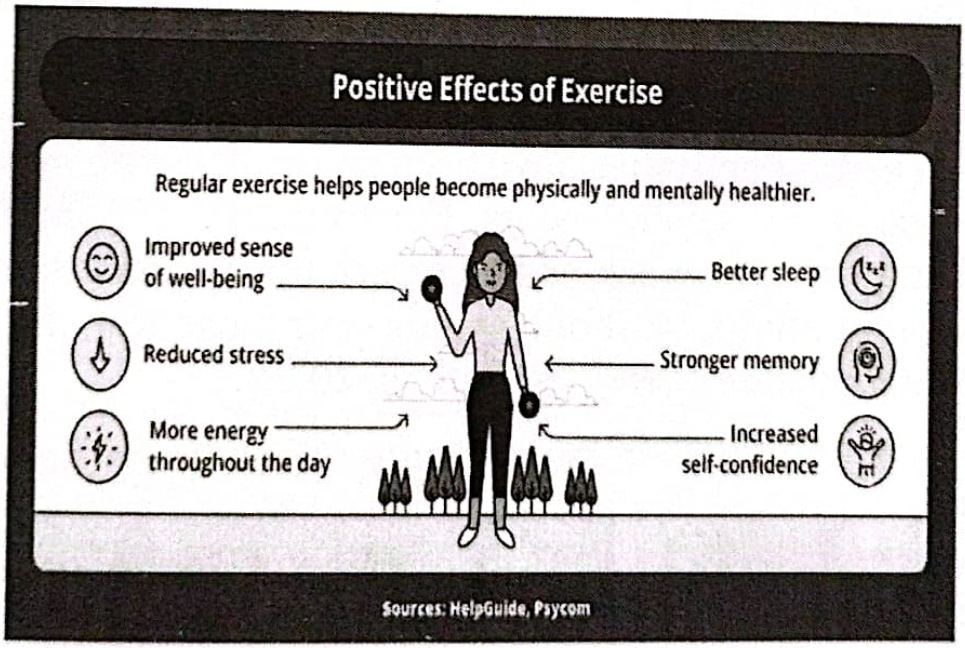
b. Reduced Stress: Individuals can use exercise and physical activity as a coping mechanism to help take their minds off their worries and better deal with situations that increase feelings of anxiety.

c. More energy throughout the day: Exercise can boost energy, helping individuals to overcome mental burdens that could lower their energy levels and potentially lead to more symptoms of anxiety and depression.

d. Better sleep: Mental health and sleep problems often go together. According to Harvard Health categorization, up to 80% of psychiatric patients struggle with chronic sleep problems. However, regular physical activity and involvement in organized sporting program either as competition or as leisure time activities can help individuals sleep better.

e. Improved memory: A 2020 study in Translational Sports Medicine found that a single exercise workout helped improve memory functions in young adults, because research has confirmed that exercise and sport engagements are appropriate brain booster.

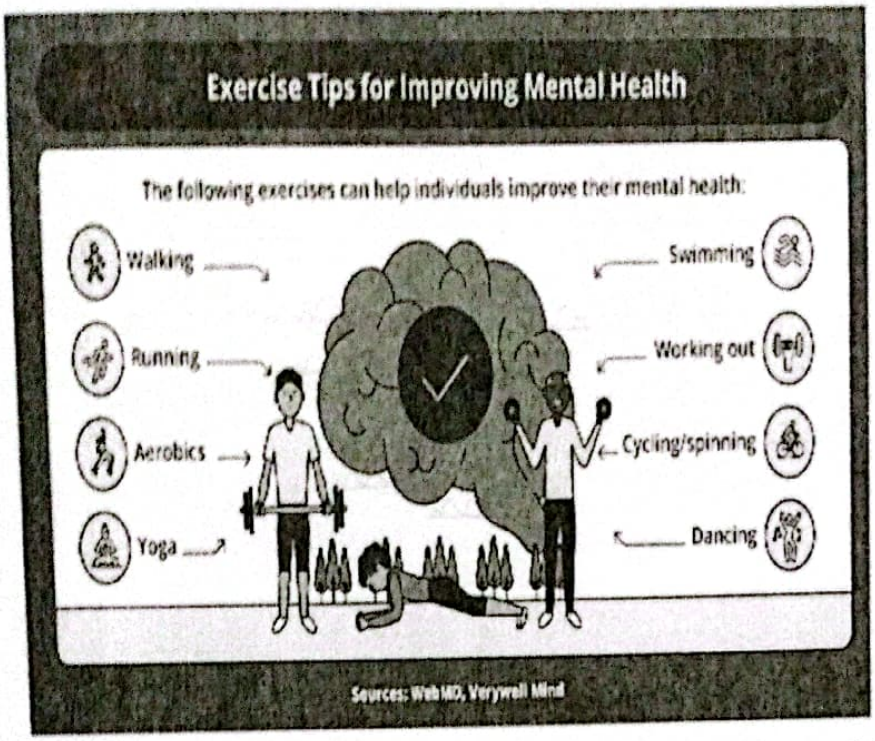
f. Self-confidence: Setting and meeting exercise goals and getting into shape can help individuals feel more positive about themselves, this would adequately support realization of self-worth and ability to profess such among mates and within the society.



Similarly, the mental health benefits of exercise include relieving symptoms associated with depression, anxiety, bipolar disorder, post-traumatic stress disorder, disruptive disorder, social disorders, addictive disorder, neuro- development disorder, eating disorder, schizophasia disorder and other mental health conditions. Exercises equally provide positive benefits for the brain by helping the brain cells to regenerate. Exercise provides additional mental health benefits that include boosting an individual's strength and increasing his/her social activity tendencies. Exercise assists in attention deficit syndrome as well as hyperactivity disorder. For sure, exercise help reduces the number of stress hormones behind anxiety and depression and ensure an excellent increase in:

i. Heart rate, which helps bring more oxygen to the brain, resulting in improved energy levels;
ii. Connections in the areas of the brain that regulate emotions and perspectives of the world around us; and,
iii. Levels of serotonin, dopamine, endorphins, and other neurotransmitters that help in the increments of happiness, motivation, and improved mood. All these are necessary ingredients for the prevention of limitations in men and women.

Research findings had equally confirmed that regular and moderate exercise activities have been associated with increasing life expectancy by several years. For example, 150 minutes of exercise or more each week had increased the life expectancies of adult and semi-adults by about 7 years over those who did not do regular and moderate exercises (Pallavi, 2020).



For avoidance of doubts, and according to WebMD and Very Well Mind, the listed and illustrated exercises can help individual to avoid limitations, improve their mental health and prolong their lives, such exercises includes walking, running, aerobics, yoga, swimming, working out, cycling, spinning (music), and dancing. These exercise activities would be shown in pictures:

Walking

Walking is suited to almost anyone willing to improve his/her health conditions. The Anxiety and Depression Association of America (ADAA), reports that a 10-minute mild walk within the compound and vicinity may offer similar health benefits as a 45-minute workout. Walking provides numerous mental health benefits, including improved sleep, better endurance, more energy, increased stamina, improved mood, and better cardiovascular assurances in the brain. According to their findings, walking activates the hypothalamic-pituitary-adrenal (HPA) axis, which is responsible for stress response and therefore helps to reduce stress, according to WebMD. Walking is a form of physical exercise that brings about body movement in a logical way. It can be slow or fast movement, depending on the state of mind of an individual (Falaye, Abdulraheem & Ajeigbe, 2024).



KWASU management staff retreat on walk for life through exercise, 2021.

Running

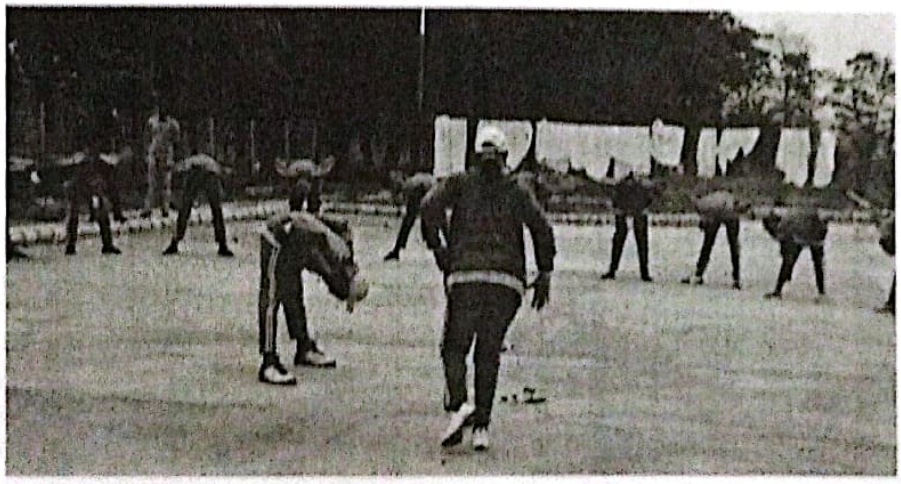
Ask any experienced runner how he/she feels; you will hear how invigorating they feel. This may be because running helps to release chemicals that act as stimulants for better health. According to Johns Hopkins Medicine, "exercises like running, increases the levels of endocannabinoids in the bloodstream". It is this process that promotes short-term psychoactive effects for a reduced anxiety and feelings of calm. Running also does wonders for the mind because it raises the level of neurotransmitter that assists in the regulation of arousal attention and stress reactions in the brain. Running is a natural event in which everyone participates to aid speedy body movement. Running is an event that requires skills that show greatest improvement through training and competition (Abubakar, 2014).



Picture of athletes during exercise

Aerobics

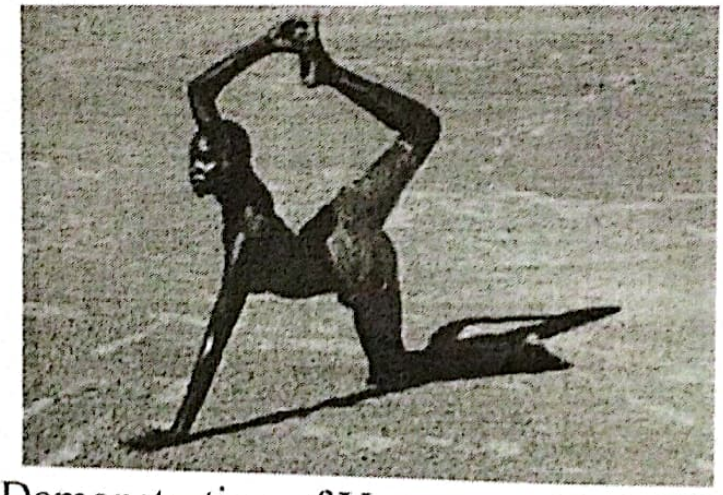
Aerobics dance exercises are physical exercises that are usually performed to the rhythm of music which can be practiced in a group setting headed by an instructor. Ajala, Oladipupo and Adedeji, (2018) stated that aerobics exercise is a form of physical exercise that combined rhythmic aerobics exercise with stretching and strength training routines with the goal of improving all the elements of fitness that consist of flexibility, body composition, muscular strength, cardiovascular fitness, the percentage of body fat and maximum oxygen intake. Abubakar (2017) categorized aerobics exercise into low impact and high impact exercises.



Aerobic exercise of KWASU staff at the management retreat program, 2021.

Yoga

Yoga as exercise is a physical activity consisting mainly of postures, which are often connected by flowing sequences, sometimes accompanied by breathing exercises which frequently end with relaxation, lying down or meditation (Abubakar, 2018). Yoga combines several factors that are individually and collectively helpful at promoting mental health of people. These promotions include physical activities, measured breathing abilities, and appropriate meditations. Psychology Today Reports (PTR) confirmed that yoga could benefit mental health in five ways that includes: reducing anger, reducing anxiety, improving sleep, reducing post-traumatic stress disorder (PTSD) symptoms, and improving relationship mood.



Demonstration of Yoga exercise (PTR)

Swimming

For many, a dip in the pool represents warm, sunny weather and excellent relaxation. It can also help individuals to look forward at improving their mental and psychosocial health. The health benefits of water-based exercise include improved mood in both men and women, according to the CDC. Swimming helps decrease anxiety for people with fatigue and altered sleep. Swimming is one of the aquatic sports that takes place in the water. It is a physical exercise that requires the movement of the whole body in the water. It is aerobics in nature and requires

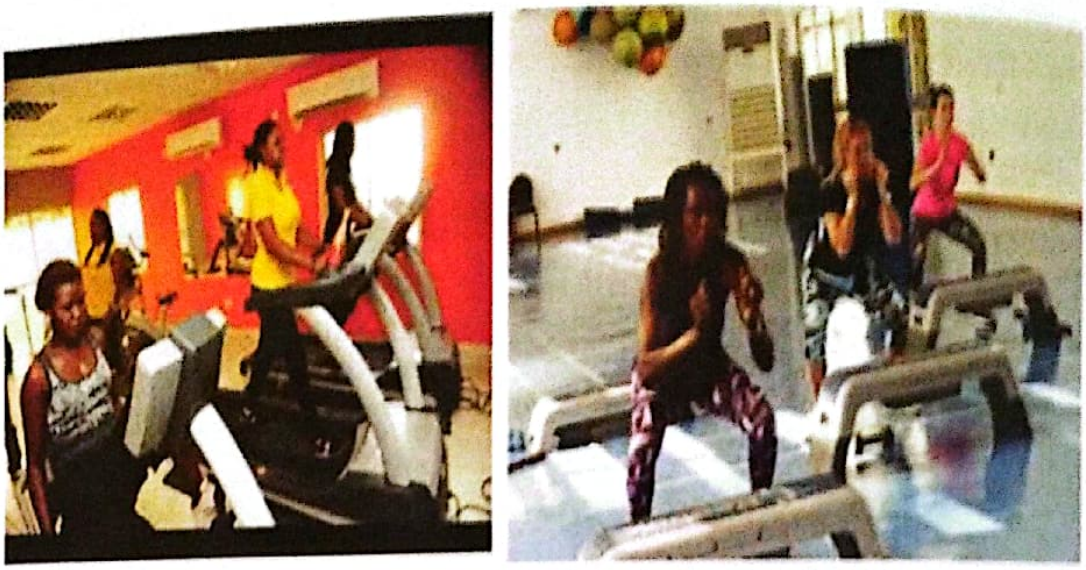
oxygen to produce energy (Abubakar, 2017). According to a study in British Medical Journal Case Reports, open cold water swimming helped a 24-year-old woman with major depressive disorder and anxiety. This form of exercise was able to successfully reduce symptoms of depression in her and eventually allowed her to stop taking anti-depressant medications.



Picture of Nigerian medal-winning swimmers

Work Out

In addition to building physical muscles, working out, or adhering to an exercise schedule/routine help to strengthen the mind. Abubakar (2017) affirmed that training and working out by athletes often help to keep them in shape. When training and workout exercise persist, it goes along to improve the health of an individual. Every athlete needs to keep it by engaging in constant workout even during competition. Working out can include activities such as weightlifting, high-intensity aerobic exercises, and resistance training. For example, a randomized study of young adults participating in regular weight training, according to Scientific Reports, showed that resistance exercise training can substantially reduce anxiety, stress, and psychosocial imbalance. For effective and efficient workout to be achieved, people or individual selecting this as a form of eradicating limitations to worthwhile living should stick to progressive exercise sequence that is, from simple to complex.



An example of work out sessions

Recommended weekly work out schedule;

S/N	Days of the week	Duration	Recreational Activities
1	Monday	30 minutes	Cadio weekly work out Upper body stretch training
2	Tuesday	30 minutes	Lower body training
3	Wednesday	30 minutes	Upper body and core parts
4	Thursday		Active relaxation, deep thought, rest and 2hours of deep sleep.
5	Friday	30 minutes	Lower body training with focus on glutes
6	Saturday	30 minutes	Upper body exercises
7	Sunday		Outdoor activities like visits to recreation centres, places of interest, rest and recovery.

Brisk-walking

Brisk-walking is a form of exercise carried out for the purpose of getting to desired destination with less time and expanded strides of laps than normal walking, it could be a schedule or planned sport activities aimed at achieving excellent body posture and good physique. A 30minutes everyday brisk-walk can increase cardiovascular fitness, strengthen bones, reduce excess body fats, boost muscle power, and enhance endurance. Brisk-walking could equally reduce the risks of developing conditions such as heart disease, type 2 diabetes, osteoporosis, and some cancers. An individual does not have to walk for hours, a brisk 20 – 30 minutes daily walk has lots of health benefits and counts toward the 150 minutes of weekly exercise as recommended in the physical activity's guidelines and schedule for adults age 19 – 64 years.



Demonstration of brisk-walking exercise at the KWASU management retreat program, 2021.

Cycling

The health benefits and eradication of limitations in man through cycling include improved muscle tone, weight loss, and better cardiovascular health, all geared towards a desirable living by people. Equally, there are clear effects of such activity on

cognitive functions that include promoting attention, promotion of self-esteem, restoration of self-concept as well as positive emotions parameters. Cycling is a sporting event that involves the manipulation of the body part through the use of bicycles. Cycling is the act of riding a bicycle to exercise the body. It has been confirmed that cycling for pleasure enhance moderate body shape (Abubakar, 2020). Cycling has also shown to be helpful for individuals with Parkinson's disease, improving overall motor, mood, cognitive function of people, reduction of tremors and body rigidity.



Nigerian cyclists at a national competition

Spinning/Music and Dancing

Whether at a nightclub, at house warming, naming, weddings or other celebrations and even at dance studios, music and dancing offers mental and socio-psychological health benefits. Dancing allows individuals to temporarily escape their worried situations and let loose negative thoughts, emotion, and stresses so as to ensure and promote their lease of mood-boosting chemicals and decreasing symptoms of depression and anxiety. Music and dancing in whatever form boosts both the physical, social and mental health, most importantly in older adults. It equally triggers

positive memories of yesteryears. Music and dance are healthy physical activities which entails physical and psychological benefits. It can be enjoyed in any form for everybody irrespective of the age, status and gender (Ufford-Azorbo, 2019).



Nigerian Women dancers during a cultural festival

My contribution to knowledge and Summary of my Research Focus

As a leisure time expert, a sociologist, a psychologist, policy planner, administrator, and a teacher. My research work since entrance into academic are focused on the field of exercise science and sport psychology. Specifically, utilizing transfer of learning to aid performances and injections of motivational strategies to absorb and encourage active participation in sports and games with the intent of delimiting and eradicating limitations of man by himself. Specifically, I have utilized psychological skills and principles to promote sports and mental health with appropriate coping skills and motivational strategies for athletes, coaches and sports stake holders. This is with a view to attaining a high level of interest in peaks of good participation and performances.

My research has also focused on concepts aimed at reducing, managing, and improving the psychological issues that were and could be associated with occurrence of inability to participate in

physical activities as a result of sickness, lack of interest, non-availability of materials, and means by all people across all levels. Similarly, my research work has extensively discussed and identified psychological, mental, and physical parameters that are responsible for inability to develop interest for participation in sports. Solutions to those factors were succinctly proffered and were made to work, using psychological skills to arouse interests, reduce boredom, eradicate limitation tendencies, encouraging coping, self-worth, and instilling readiness for active participation in sports and all forms of positive physical activities. Along the line, my research works captured the possibilities of changing the narratives and people's mindset towards the less disadvantaged, the restricted and the special populations for an improved discovery of self through engagements in interactive sports and games sessions for better self-esteem, self-concept, and self-worth. I have equally use motivational skills like those driven by exercise factor such as praise, reward, recognition, and social approval, or in the alternative the intrinsic ones that are usually driven by internal factors such as enjoyment, personal satisfaction, and desire to improve skills to instill in people the tendencies for active participation in sports and games, all in an attempt of delimiting limitations in men.

Ladies and Gentlemen and with the permission of the Vice Chancellor, please permit me to request you to **carry your body up (E GBE BODI SOKE)** because, it's in this and other positive activities that you are avoiding limitation.

In my journey as a specialist in the promotion of healthy mind in a healthy body, I have employed and utilized all types of motivational concepts through both transfer and non-transfer of knowledge to improve arousals of interest in people on how best they could minimize and eradicate limitations in their lives. Apart from the extrinsic and the intrinsic forms and types of motivation, others motivational skills that had been used by me to promote the lives of people through sports, games, recreational and positive sports activities include:

i. Competence and learning motivation
ii. Attitudinal motivation
iii. Achievement motivation
iv. Creative motivation
v. Psychological motivation
vi. Affiliation motivation
vii. Introjected motivation
viii. Actualization motivation
ix. Power motivation as well as
x. Fear motivation

My contributions and collaborations with other eminent scholars towards eradication of limitations of man by himself has revealed that sports, games, and recreational activities have since been removed from the older slogan of it been categorized as extra-curricular activities. It is now referred to and accepted as part of all forms of human behavior and now adjudged as co-curricular activities in the settings of all spheres of life. Essentially, my research works were fashioned towards enhancing appropriate mental health, acceptable social adjustments, excellent body physique, optimum mood and maximum propensities through active performances in sports, games, and recreation all aimed and geared towards ensuring a perfect man as seen not only in the coaches, the athletes, the sports personnel but appearing in all manners of men and women that hitherto possess limitations, due to lack of interest, low quality of life in health, social and interpersonal issues. Efforts were equally made to enhance participation and performance skills in sports, games, and recreations with less stress using modern machine tools that are ICT driven. These in essence brought about prompt compliance both for directions and biofeedback that eventually ensure the use and utilization of resilience learning skills and the use of global standard approaches to prevent limitations, aid adjustments from depression, participation tendencies, promote improvement in interpersonal reactions for the overall mental, physical, social, physiological, psychological, and general well-being of the people that includes students, athletes, coaches, volunteers,

administrators, higher and lesser executives officers, regardless of their physical, economic and social status.

Conclusion

Mr. Vice Chancellor, Ladies, and gentlemen, may I conclude by saying that participation in exercise is good; it should be promoted and encouraged. The benefits are enormous, it is highly necessary, and it cost less. It is now being used as an alternative to drugs/medicine consumption. The ability of an individual or group of people to practice and participate in all or some of the acceptable exercise programmes either alone or from others has generally been of great value and assistance. Certainly, participation in exercises by people would surely delimit and eradicate limitations of man by man. It might interest us to note that man is blessed beyond imaginations, he is not made and created for limitation. Hence, he must be active always, he should crave for more positive desires that would promote activeness through engagement in positive thoughts, ensuring appropriate rest, relaxation, recreation, sleep, and quality food intake. The potential of an individual bestowed on him by God cannot be exhausted; it only stopped when we stop. However, as living creatures that God has placed above all other creatures, we need to maximize all resources and opportunities around us positively and judiciously, because man is blessed beyond comprehension for the ultimate that transcends limitations. Therefore, there should be no dullness or dull moments in our lifes, and by whatever measure, there should be no limitations to our existence in life. Man should continue to explore and explore maximally and efficiently till the last day using all permissible strategies and opportunities through active participation in sports, games and recreational activities

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Recommendations

Everybody wants to feel better, have more energy and live longer; it's just like a car routine that requires maintenance. I, therefore, recommend the following for men and women to avoid

limitations and always keep fit on daily basis, because a healthy mind is a healthy body. There should be no limitation in human existence and performance:

(1) Regular Exercise: Exercise has become medicine, every individual in the society needs to be healthy, and therefore, the need for regular and systematic workout to forestall limitation is desirous and excellently doable because it is a healthy body that produces healthy citizen in the society. There is strong evidence that regular exercise can reduce the risk of major illness by up to 50%, lower risk of early death by up to 30%, and lower risk of coronary heart diseases and stroke by 35%. I, therefore, recommend that to prevent dullness and illness including other forms of limitations, an individual needs at least between 10 minutes and 1hour daily exercise and activities like walking, riding horses, cycling as well as Aerobics.

(2) Smiling and Laughing: Another form of life changing activities towards better living and avoidance of limitations is that an individual is expected to cultivate the habit of smiling because it's one of the ultimate anti-depressants that decreases and eradicate elimitations to human existence. Each day of our existence, we should be able to make at least three (3) people to smile as well, regardless of any circumstance. In laughing and smiling lies happiness.

(3) Food Intake: To prevent dullness, an individual must be able to eat well, especially taking breakfast like a Vice Chancellor, Bursar and Chairman of Council, lunch like a Registrar and dinner like Deans, Director, Heads of Departments, and other lecturers. With these eating habits, the generality of the people will be avoiding limitations to boost appropriate living. Surely good food brings happy mood.

(4) 3RandS: Other forms of activities that should be performed by an individual are good rest, relaxation, recreation, and sleep. Individuals should create time to rest, sleep, relax and recreate no matter the circumstances, because it is in this that you and I are blessed. This indeed helps to calm the nerves of stress and tension.

(5) Policy on Meetings: The University authority is encouraged to formulate policy on exercise at meetings especially, all prolong meetings. Any meeting up to and stretching over 2 hours shall be interjected with a minimum of 10minutes stretching and walk. This will help to help to reduce meeting stress and tension, promote active participation and contribution at such meetings by all participants, rejuvenate nerves and encourages concentration and attention.

(6) Last but not means the least, the University authorities and management of all organisation should prioritize engagement of all staff and all within the establishment in physical exercises on the campus by creating more fitness and recreation centers apart from the existing sports facilities. Staff should excuse themself from their very tight schedule to engage in exercise activities, even during the official hours. The provision of recreational as well as fitness centers within the work environment are expected to bring about the desired interpersonal relationship between students, staff, as well as the members of the host community. Though life is presently not fair, but it is still very good. We should tap from the good in it to make it better if not the best to live in.

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