

# LESSON NOTE FOR WEEK FOUR

**SUBJECT: P.H.E**

**CLASS: J.S.S 3**

**TOPIC: HISTORY OF NATIONAL AND INTERNATIONAL COMPETITIONS**

**Performance Objectives:** By the end of the lesson, the students will be able to:

1. Narrate the history of national and international competitions.
2. State the aims of these competitions.
3. Discuss if these aims are been achieved.

## **HISTORY OF NATIONAL COMPETITIONS**

This refers to all major sports competitions that have been organized and held in Nigeria. The most prominent national competitions include:

1. Nigeria Universities Games Association (NUGA).
2. National Sports Festival (NSF).
3. Nigeria Schools Sports Federation

(NSSF).

4. The Nigeria Advanced Teachers and Colleges of Education Games Association (NATCEGA).

5. The Nigeria Polytechnic Games Association (NIPOGA).

## **1. Nigeria Universities Games**

**Association (NUGA):** NUGA came into being in July 1965 due to the West African Universities Games that was held in the same year at the University of Ibadan Oyo State, Nigeria. It began as an inter-institution sports championship. The Nigerian universities Games Association is the assemblage of Nigerian Universities and it is the supreme governing body and rallying point for the inter-university games that is awarded the right to host the other universities. The game is a bi-annual competition and limited to bonafide students of the universities. The game revolves round interested

universities as the hosts. The NUGA organises sports activities for fifteen sports as Track and field events such as: Badminton, Basketball, Chess, Cricket, Handball, Hockey, Judo, Lawn tennis, Taekwondo, Soccer, Squash rackets, Swimming, Table tennis and Volleyball.

## **2. National Sports Festival (NSF):**

This competition came into existence shortly after the civil war of July 1967-January 1970. The war brought about disunity and disintegration in Nigeria. The then Head of State, General Yakubu Gowon thought of the competition in order to stabilize, restore unity and integrate Nigerian citizens. The competition was classified into three categories of:

- \* 7-13 years (Juniors )
- \* 13-18 years (Intermediate)
- \* 18 and above (Senior)

Since inception, the competition is held every two years

### **3. The Nigeria Schools Sports Federation (NSSF):**

The body was set up by the National Sports Commission in 1976. The Federation comprises of representatives of participating schools, National Sports Commission, Ministries of Education and School management Board. The body organizes different sports festivals involving categories of educational institutions in the country which includes:

- i. Secondary Schools
- ii. Technical Colleges and Schools
- iii. Teacher Training Colleges.

**4. NIGERIAN COLLEGE OF EDUCATION GAMES ASSOCIATION (NICEGA):** This is a competition of all Colleges of Education institution games in Nigeria. It was held first in 1978. It is a biennial competition and hosted by different colleges.

### **5. NIGERIA POLYTECHNIC GAMES**

**ASSOCIATION (NIPOGA):** This is a successor to Nigerian Association of Technical Student Games Association(NATS) which started in 1971 with the old Polytechnic and colleges of technologies which later was replaced with NIPOGA. It is a biennial sporting competition involving all accredited Polytechnics and Colleges of technology in Nigeria. It was inaugurated on 10th April, 1976.

## **INTERNATIONAL COMPETITIONS:**

**1. COMMONWEALTH GAMES:** This is an International multi-player sport event involving athletes from the Commonwealth of Nations. The event was first held in 1930 and has taken place every four years since then. The Commonwealth Games are overseen by the Commonwealth Games Federation (CGF) which also controls the sporting programme and selects the host cities. Over five

thousand (5,000) athletes compete at the Commonwealth Games in more than two hundred and fifty (250) events. Although there are currently fifty four(54) members of the Commonwealth Nations, seventy one(71) teams currently participate in the Commonwealth Games. Nineteen(19) cities in nine countries have hosted the event. The next Commonwealth Games are to be held in Birmingham from 27th July to 7th August 2022.

## **2. THE MODERN OLYMPIC GAMES:**

These are the leading International sporting events featuring summer and winter sports competitions in which thousands of athletes from around the world participate in a variety of competitions. The Olympic games are considered the world's foremost sports competitions with more than two hundred(200) nations participating. It is held every four years alternating

between the summer and winter games every two years in the 4-years period. The games have grown so much that nearly every nation is now represented.

### **3. U-17 FEDERATION INTERNATIONAL FOOTBALL**

**ASSOCIATION:** This is an organized soccer championship which started in 1985 as Under -16 world tournament. The tournament was limited to youngsters of aged 16 or less. The age limit was increased to under 17 in 1991. No major changes have been made in the rules of football except for the goal line technology.

However, the speed and tactics of the game have developed considerably due to improved equipment and training.

### **AIMS AND OBJECTIVES OF NATIONAL AND INTERNATIONAL COMPETITIONS:**

1. To foster national and international unity and integration.
2. To foster peace and brotherly love.
3. To discover and promote talents.
4. To enhance existing facilities and equipment.
5. To arouse awareness among youths.
6. To enhance socialization and cross cultural exchange.
7. To create employment opportunities for excelling athletes.

## **PROBLEMS CONFRONTING NATIONAL AND INTERNATIONAL COMPETITIONS:**

1. Poor funding
2. Tribalism
3. Use of mercenaries.
4. Language barriers.
5. Lack of spirit of sportsmanship.

## **EVALUATION:**

1. What do you understand by national and international



competitions?

2. Mention the competitions under national and international competitions.

3. What aims and objectives do these competitions tend to achieve?

4. What are the problems facing national and international competitions?

**Reference: Essentials of Physical and Health Education for Junior Secondary Schools.**