

**SPORT IS WAR; WAR IS SPORT:**  
**Ethical and Integrity Concerns**

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## **SUMMARY OF PRESENTER'S BIODATA**

Ibrahim Lawal Yazid was born in Zage Zagi, Zaria Local Government of Kaduna State and had his early elementary education at Lemu LEA Primary School and later Kofan Doka Primary School. He proceeded to Mani Teacher's College and Dutsin-ma for his Grade Teachers' Certificate, from there to Federal College of Education, Kontagora for the NCE programme. He got admitted into Ahmadu Bello University in 1985, 1990 and 2000 for his B.Sc (Ed); M.Sc; and PhD respectively.

He began work as a teacher and worked in several schools and colleges before he got appointed as a lecturer at Federal College of Education Katsina; Federal College of Education, Zaria; Kaduna State Polytechnic now (Nuhu Bamalli Polytechnic) as Sport Officer; Nigerian Defence Academy Kaduna (NDA); Jigawa State College of Education and Katsina University now (Al-Qalam University).

Yazid was engaged by many institutions as a part-time lecturer, some of which include: part-time lecturer, Department of Public Administration and Faculty of Law Ahmadu Bello University, Zaria; visiting lecturer in the Department of Library and Information Science Ahmadu Bello University Zaria; Informatics Institute Kazaure; Federal College of Education Kano; part-time lecturer, Department of Mathematical Sciences and Department of Physical & Health Education now (Department of Human Kinetics & Health Education, Bayero University, Kano, Hospitality and Tourism Institute of Kano State University of Science and Technology Wudil now (Aliko Dangote University of Science and Technology).

His administrative experience spans the following: former Dean, College of Science and Head, Department of Computer Science Katsina University Katsina now (Al-Qalam University Katsina). His other administrative responsibilities include: Sport officer, Kaduna State Polytechnic, now (Nuhu Bamalli Polytechnic) Zaria; Assistant Coordinator Pre-NCE & Remedial Studies Programme, Federal College of Education, Zaria; Head, Department of Human Kinetics & Health Education, Bayero University, Kano.

With over 35 years of teaching and research experience, Yazid is a consultant and resource person to Universal Basic Education Commission Abuja; Global Foundation Training Institute, Zaria; Sani Abacha Youth Centre, Kano and Cybernetics Institute Kano. Green Horizon Limited and Nigeria Immigration Service.

Yazid has supervised and graduated several Master's and Doctoral students and accessed two (2) Professors and assessed two (2) Associate Professors to the rank of Professors.

He has attended several national and international conferences in and outside Nigeria, with over 100 journals and 30 conference papers to his credit. He has authored three (3) textbooks in the field of Physical & Health Education and ten (10) in Computer Science. A member of many societies and associations in and outside Nigeria: Member, Nigeria Computer society, 2<sup>nd</sup> National Vice President, Nigeria Computer Society; Chairman, Nigeria Computer Society, Kano State Chapter; Member Computer Professional council of Nigeria (CPN); Fellow of Nigeria Computer Society (FNCS); Fellow of Institute of Management Specialist (FIMS); Fellow Institute of Management Consultant (FIMC); Member, Hospitality & Tourism Management Association of Nigeria(HATMAN); Member, National School Health Association (NSHA); Member, International Council of Physical Health Education Recreation Sport & Dance (ICPHER-SD); Nigeria Association of Physical Health Education Recreation Sport & Dance (NAPHER-SD); Nigeria Sport Management Society (NASSM) and North America Society of Sport Management (NASSM).

Yazid has served as member and chair to many community faculty and University committees; Member, Education & Manpower Development Committee/Coordinator Kano State of the Annual Quiz & Debate of Nigerian Secondary Schools & Tertiary institutions on ICT Competitions of the Nigeria Computer Society (NCS); Chairman, Parent Teachers Association (PTA) Tangaza Nursery, Primary & Sec Schools Kano; Chairman: PTA Army Command Children School, Army depot Zaria. Chairman: PTA Army Command Children School, Army depot Zaria; Chairman: Board of Governors, Al Fauz Global College Janbulo 3<sup>rd</sup> gate Yamadawa Kano; Member, Board of Governors Peace Academy Nursery & Primary Schools Alh Mahe Abdullahi Close Unguwar Liman Dorayi BabbaKano; Chairman: University Academic Planning Committee, Katsina University Katsina; Member, University Admission & Screening Committee; Member; University Senate Katsina University Katsina; Member, Editorial Board Faculty of Education, (BUK) Journal of Education Bayero University, Kano; Member, Faculty of Education Mosque Development (BUK) Committee; Chairman, Faculty Sport Committee; Member, Faculty Journal Committee; Member, Faculty Management Committee; Member, Faculty of Education Curriculum Review Committee; Member: Faculty Appointment and Promotion Committee; Member, Faculty Funds-Raising and Endowment Committee; Member, Editorial Board Faculty of Education, (BUK) Journal of Education Bayero University, Kano; Member, Faculty of Education, Research, Seminar and Publication committee Bayero University, Kano; Member, Research

Management Committee; Universal Basic Education Commission/Digital Resource Centre (DRC), Abuja.

A renowned philanthropist, few among his philanthropic activities includes donations of textbooks to secondary schools and tertiary institutions across the North West states comprising Kaduna, Kano, Katsina, Kebbi, Jigawa, Sokoto, Zamfara States and assisting indigent students to pay their registration fees.

A recipient of the prestigious award of the best patron of Nigeria Students Nigeria Computer Society (NCS) 2018 and Madrasatul Hakkul Yakeen Islamiyya award of excellent (2023).

His present area of research interest include ethics, integrity and governance in sports, sports and softpower, tourism and sustainable tourism development, leisure and hospitality, recreation and leisure.

## CONTENTS

<i>Summary of Presenter's Biodata</i> .....	<i>iv</i>
<i>Protocol</i> .....	1
Introduction.....	1
Clarification of Concepts.....	2
Concept of Sport.....	2
War is Sport?.....	7
Concept of War.....	8
Preparation of Troops for War.....	9
Sports Used for Training Soldiers.....	12
Equestrian Sports.....	13
Horse Racing.....	14
Golf.....	16
Rowing.....	18
Football.....	19
Table Tennis (Ping-pong).....	19
Tennis.....	20
Cricket.....	21
Wrestling.....	22
Rules of Engagement in War.....	23
Ethical Concerns in War.....	27
Integrity Concerns in War.....	27
Ethical and Integrity Concerns in Sport.....	28
Rules of Engagement in Sports.....	39
Olympics Scandals.....	41
Is Sport War?.....	46
Is War Sport?.....	46
Conclusion and Recommendations.....	46
My Contributions to Knowledge.....	48
Current and Future Researches.....	48
<i>Acknowledgements</i> .....	<i>49</i>
<i>References</i> .....	<i>51</i>
<i>List of Inaugural Lectures to Date</i> .....	<i>55</i>



# **SPORT IS WAR, WAR IS SPORT: ETHICAL AND INTEGRITY CONCERNS**

## **PROTOCOL**

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With gratitude to ALLAHU (SWT) the beneficial, merciful and omnipotent who made it possible for me to deliver the 1<sup>st</sup> inaugural lecture in the field of Sport Management, the 4<sup>th</sup> in the Department of Human Kinetics and Health Education the 7<sup>th</sup> in the Faculty of Education and the 9<sup>th</sup> under Professor Sagir Adamu Abbas as the Vice Chancellor and the 54<sup>th</sup> in the professorial Inaugural lecture series of this University, Bayero University, Kano. I am honored to stand before this important gathering this morning, as a result of the Vice Chancellor's kind approval granting me permission I am forever grateful to stand before my academic colleagues, seniors and juniors and notable audience to deliver this inaugural lecture titled "**Sport is War, War is Sport: Ethical and Integrity Concerns.**"

## **INTRODUCTION**

To understand sport and war and lay the foundation for removing the misconception from the minds of people, it will be proper to explain and bring out a concise meaning and distinction of some following concepts:

## **Clarification of Concepts**

### ***Physical Activity (PA)***

This is any movement produced by skeletal muscles resulting in energy expenditure and it encompasses all forms of movement, including daily activities, for example: walking, gardening, and playing with children, household chores (Yazid, 2000). The origin of physical activity dates back to prehistoric times when early humans engaged in physical exertion primarily for survival which is primarily a product of the need for the following:

- Early humans needed to hunt, gather food, and escape predators, which required running, climbing, and other forms of physical movement.
- As societies developed, physical activity became integrated into cultural practices such as rituals, dances and games.
- Civilizations like the Greeks and Romans formalized physical activities, emphasizing physical fitness through training and competitions (e.g., the Olympics).
- Many ancient cultures incorporated physical training for military purposes, fostering skills needed for warfare.
- With the advent of more settled societies, physical activity evolved into recreational pursuits, emphasizing health and social interaction.
- The 19<sup>th</sup> and 20<sup>th</sup> centuries saw the rise of organized Sport and fitness movements, promoting the significance of physical activity for health and well-being.

### ***Physical Exercise (PE)***

This is a subset of physical activity that is planned, structured, and repetitive, aimed specifically at improving or maintaining physical fitness, for example; weight training, running, cycling, aerobics classes (Yazid, 2000).

The word *sport* originates from the Old French term *desport*, which means "a pastime, amusement, or leisure activity. This, in turn, comes from the Latin *deportare*, meaning to carry away or to amuse oneself. Over time, the term evolved to refer specifically to competitive games that people engage in for recreation, competition, or entertainment.

### **Concept of Sport**

Sport is an organized activity be it competitive, entertaining or for leisure and is recreational in nature as it has rules and involves teams or individuals aspiring and competing to win, for example soccer, basketball, tennis, swimming. It is also a human practice which is as old as humans which, with the passage of time, has polished its conceptualization and the rules that determine it (Yazid, 2000).

Sport has ancient origins, with evidence of organized physical activity dating back thousands of years across various cultures (Yazid, 2009) and sport was developed independently in various regions of the world each with its own traditions and forms of competition. It has evolved from basic physical activities into complex, organized forms of competition that reflect cultural values and societal norms across different periods and developed through a combination of traditional activities, formal organization and cultural movements promoting physical fitness and competition. Yazid, (2009) outlines the stages as follows:

- Primitive Activities: Early humans engaged in physical activities for survival, including hunting and gathering, which laid the groundwork for later competitive behaviours.
- Ancient Civilizations: The first recorded sport emerged in ancient civilizations. For example, the Sumerians (around 3000 BCE) participated in games involving running and wrestling.
- Ancient Greece: The development of organized sport is often associated with ancient Greece, particularly the Olympic Games, which began in 776 BCE. These games honoured the Greek god Zeus and included various events such as running, boxing, and chariot racing.
- Roman Empire: The Romans adapted Greek sport and created their own competitive events, including gladiatorial contests and various athletic competitions held in arenas.
- Traditional Sport: Many cultures developed their own unique sport and games, such as Native American lacrosse, Mesoamerican ball games, and martial arts in Asia.
- Medieval Europe: Competitions such as jousting and archery became notable during the Middle Ages, alongside the development of folk games.
- Modern Sport: The 19<sup>th</sup> century saw the codification of many sport, leading to the establishment of standardized rules, organized leagues, and the rise of international competitions.

Sport encompasses diverse activities ranging from individual pursuits (like running) to team-based games (like soccer), and can be organized at various levels, from amateur to professional (Vergil, 2006). The concept of Sport according Yazid, (2017) is that sport is a major source of entertainment for non-participants, with spectator sport drawing large crowds to sport venues, and reaching wider audiences through broadcasting and the practice of sport normally has a:

- i. recreational purpose
- ii. professional purpose, or
- iii. means of improving health.

Bellis, (2024) state that sport encompasses a range of physical and competitive activities that involve skill, strategy, and organized rules. Key aspects of sport that can be both aggressive by nature of sport and aggressive by eliciting behaviour of the player to be aggressive, include:

- Aggressive sport that typically involve physical contact, competition, and sometimes a higher degree of risk and
- Aggressive behaviour,

Bell, (2014) explain process of separating Sport based on aggression and behaviour by considering the following factors: Aggressive Sport include:

**Table 1:** *Aggressive Sport by Nature*

Category	Sport
Combat Sport:	Boxing Mixed Martial Arts (MMA); Wrestling; Judo, Karate
Contact Sport:	American Football Rugby, Ice Hockey, Lacrosse
Extreme Sport:	Motocross BMX, Skateboarding (particularly aggressive styles), Rock Climbing (in certain contexts)
Team Sport with High Physicality:	Soccer (Football) Basketball (especially in defense); Handball
Rodeo Sport:	Bull Riding Bronco Riding
Survival Sport:	Adventure Racing Tough Mudder events these categories often emphasize not only physical skill but also mental toughness and strategy.

Source: Beck, (2013)

Aggressive Sport are categorized by the behaviour of the player and the level of contact/competition or those that involve aggressive play by participants. These Sport are characterized by their competitive nature, allowing for physical confrontations as part of their rules and gameplay:

**Table 2: Aggressive Sport by Behaviour**

<b>Sport</b>	<b>Behaviour</b>
American Football:	Known for its physicality, with hard tackles and aggressive blocking by both key components of the game.
Rugby:	Involves intense physical contact, with players regularly tackling and contesting possession.
Ice Hockey:	Features body checking, slashing, and other aggressive manoeuvres as part of gameplay, with fights often breaking out.
Mixed Martial Arts (MMA):	Combines various combat Sport, with fighters utilizing strikes and grappling techniques aggressively.
Boxing:	Involves two competitors striking each other, with an emphasis on knockout power and aggressive strategies.
Wrestling:	Can include both amateur and professional styles, with aggressive manoeuvres used to gain control and pin opponents.
Lacrosse:	A contact sport that allows aggressive stick checking and physical play to gain possession of the ball.
Field Hockey:	Players engage in aggressive stick checking and body contact while competing for the ball.
Rugby League:	Similar to rugby union but typically involves faster play and even more aggressive contact.
Football (Soccer):	Generally less aggressive than some other Sport, it includes tackling, physical confrontations, and competitive challenges for the ball.

**Source:** Beck, (2013)

## **The Most Popular Sport in the World**

According to World Mind Games (2012), the most popular sport in the world are so for a number of reasons:

- Keeping healthy
- For recreational purposes.
- Love being spectators.

Below are the most popular sport in the world, according to the number of fans

**Table 3: *The Most Popular Sports***

<b>Sport</b>	<b>Description</b>
Football (Soccer) - 4 Billion Fans	Football, better known as soccer in the US and Canada, is the most popular sport in the world, with an estimated following of 4 billion fans. The origins of football as we know it are in England in the 19th century, though history points to people playing similar games as far back as two thousand years, beginning in China. It is played all over the world, but is particularly popular in Europe, Central and South America, and Africa.
Cricket - 2.5 Billion Fans	Cricket boasts a fan base of 2.5 billion. The game is most popular in the UK and some former British colonies, notably India, Pakistan and Australia. Like baseball, it involves two teams, a bat, a large field, and scoring runs. There are significant differences, however, including a long rectangular pitch at the center of a cricket field, where the ball is thrown to a batsman, as opposed to a mound at the center of a baseball diamond facing a batter at home plate.
Hockey - 2 Billion Fans	Hockey, both on ice and in a field, boasts a following of two billion people. Field hockey is mainly played in Europe, Africa, Asia, and Australia, whereas ice hockey is particularly popular in Canada, the US, and Northern Europe. Unlike ice hockey, field hockey usually does not involve body contact in the form of checking.
Tennis - 1 Billion	An estimated one billion people worldwide follow tennis, tuning in from around the world. In tennis, players on both sides of an elongated net try to hit a ball with a racket so that it either goes past their opponents or bounces on their opponents' side twice to score points. Pro tennis players, like Roger Federer and Serena Williams, are now household names around the world.
Volleyball - 900 Million	Volleyball involves two teams, each on one side of a raised net, trying to "volley" a ball onto the ground of the opposing team's side for points. The game has a following of 900 million people, mostly in North America and Western Europe but also in Asia, Australia, and South America. One popular variant of the game, known as beach volleyball, is played on sand with two people on each team, as opposed to regular volleyball, where there are normally six players on each team.
Table Tennis - 875 Million	Table Tennis also known as Ping Pong, table tennis originated in England in the early 20th century. The game is now popular worldwide, with an estimated following of 875 million, popular in Asia, Europe, Africa, and the Americas.

Basketball - 825 Million	Invented by James Naismith, a Canadian teaching at a school in the US in the late 19 <sup>th</sup> century, basketball is now played worldwide, and has an estimated following of 825 million. In basketball, two teams attempt to dribble a ball up a court and shoot it into a raised, hoop-shaped net to score points. If you like to run, jump, and shoot, then you'll love the game of basketball. Like football (soccer), it is particularly popular because not much equipment is needed besides two baskets and a ball, and so is an accessible sport regardless of class.
Baseball - 500 Million	Baseball is an America's national pastime, thought to have descended from the English Sport, rounders' and cricket. Today, baseball is popular, with an estimated following of 500 million fans. Popular not only in the US, but also in East Asia and Latin America.
Rugby - 475 Million	The Rugby is a contact sport involving a lot of tackling, similar to American football that originated from England and is now most popular in the UK and other Commonwealth countries like Australia and New Zealand, with an estimated following of 475 million people. But whereas American football players wear a lot of padding and hard helmets to protect themselves, rugby players wear very little protection.
Golf - 450 Million	The word golf originated in the Netherlands, from the word "kolf" or "kolve," which translates to "club." Originated in Scotland in the 15th century and is particularly popular in Western Europe, East Asia, and North America, with an estimated 450 million people who are fans of the game that involves trying to put a small ball in a hole with the fewest strokes possible

Source: World Mind Games, (2012)

**War is Sport?**

*War is an art of force  
Tactics is the art of using troops in battle  
Strategy is the art of using battles to win the war*

- General Carl von Clausewitz (1874)

The acronym "WAR" stands for **Willingness**: The readiness of individuals or nations to engage in conflict for specific causes; **Action**: The activities and military manoeuvres undertaken during warfare; **Resolution**: The aim of achieving a decisive outcome or peace through military means. It encapsulates key elements related to participation in warfare.

The word 'war' comes to English from the old High German language word *Werran* (to confuse or to cause confusion) through the Old English *Werre* (meaning the same), and is a state of open and usually declared armed conflict between political entities such as sovereign states or between rival political or social factions within the same state (Roberts, Christian, Kay and Lynne, 2000). The Prussian military analyst Carl Von Clausewitz, (1874) in his book “*On War*,” calls it, “continuation of politics carried on by other means.” War is waged by political entities, nations or, earlier, city states in order to resolve political or territorial disputes and are carried out on the battlefield by armies consisting of soldiers of the contending nations or by mercenaries paid by a government (Tim, 2002). Both sport and war are forms of competition between individuals and teams. In war, the objective on the battlefield is to destroy your opponent’s ability for offensive and defensive operations. To achieve that, the individual or team can destroy his equipment, kill or capture his field forces, and destroy his economic base, so as to make sure that you never see him on the field again (Tim,2002). War involves real-life conflict and consequences (Tarik, 2003). The idea that sport is akin to war stems from various perspectives, for example Yazid, (2022) states that:

- Many sports originated as forms of military training or representation of warrior skills, such as wrestling and archery.
- Both sport and war involve competition, strategy, and the pursuit of victory, often pitting one group against another.
- Many sport involve physical contact and competition for dominance, similar to aspects of warfare.
- Sport can serve as a metaphor for war, with athletes representing their countries or communities, which can evoke national pride and unity.

According to Tarik, (2003), war, by its nature, is often characterized by:

- Involving opposing parties, typically nation-states or groups, engaged in violent confrontation.
- Causing significant physical, economic, and social damage, impacting both combatants and civilians.
- Resulting in unpredictable dynamics, including shifting alliances, strategies, and outcomes.
- Leading to widespread suffering, displacement, and violations of human rights.

### **Concept of War**

War is something with extreme destructive power and is usually considered to be evil and gloomy. It is an act of violence intended to compel an opponent to fulfil our will. Karl von Clausewitz (1832) refers to it as a state of armed conflict

between different entities, such as nations, states, or groups and it involves organized, sustained violence and conflict, typically involving military forces and can take various forms as:

- Conventional Warfare: Traditional battle between regular armies.
- Unconventional Warfare: Guerrilla tactics, terrorism, and asymmetric warfare.
- Civil War: Conflict within a single country between factions.

Russell (1916) explains war as "a conflict between two groups, each of which attempts to kill and maim as many as possible of the other group in order to achieve some objective it desires." Johnson (1935) defines war as "armed conflict between population groups conceived as organic entities such as races, tribes, states, lesser geographic units, religious or political parties, and economic classes." Wars can arise from political disputes, territorial claims, economic interests, ideological differences, and resource scarcity. The consequences of war can include loss of life, displacement of populations, destruction of infrastructure, and long-term socio-economic impacts (Boyd, 2019).

The first recorded armed conflict in history, documented by eyewitnesses, was the Battle of Megiddo in 1479 BCE between Thutmose III (r. 1458-1425 BCE) of Egypt and an alliance of former Egyptian territories under the leadership of the King of Kadesh. The Hebrew name for Megiddo is 'Armageddon,' well known from the biblical Book of Revelation as the site of the final battle between Good and Evil. It has come to be used as a general term for a dramatic situation involving the end of the world (Essay, UK, 2018). If one regards the predictions of Revelation as trustworthy, then, as historian Davis notes, "The foundation for one of the great ironies of history is thus foretold: the beginning and the end of military history occur at the same site" (Essay, UK, 2018). However, war continues as a common extension of political disputes in modern times. As human nature remains largely unchanged, war is likely to persist in the future, fueled by tribal mentalities and deeper societal and international conflicts.

### **Preparation of Troops for War**

The army favours sports that involve high adrenaline, as these activities are both terrifying and exciting. The nervous excitement one feels in the paddock is similar to the feeling on patrol—where one never knows what will happen next (Cartwright, 2017). Military personnel prepare for war through a comprehensive process that includes physical training, mental conditioning, and strategic exercises. These components work together to ensure soldiers can perform effectively and safely in combat situations. Military training often incorporates various sports and physical activities to enhance combat readiness, improving soldiers' physical endurance, agility, and resilience, fitness, strengthen teamwork,

and develop critical combat skills necessary for military operations. According to Cartwright, (2017) include the following:

- Continuous training exercises, which may involve simulated combat, physical conditioning, and specialized skills development, such as weapon handling, navigation, and first aid.
- Engaging in team-building exercises to foster camaraderie, trust, and effective communication among unit members, essential for operational success.
- Soldiers undergo rigorous physical conditioning to ensure they are physically capable of handling the demands of combat.
- Learning tactics for various combat situations, including infantry manoeuvres, urban warfare, and reconnaissance.
- Training with various firearms and weapons systems is crucial to ensure soldiers can effectively operate and maintain equipment.
- Drills and Simulations: Soldiers participate in drills and simulation exercises that replicate battlefield scenarios, enhancing their reaction times and decision-making under pressure.
- Training emphasizes building trust and cooperation within units to enhance team dynamics during operations.



Training for athletes and military troops shares several similarities. These similarities highlight the structured nature of training in both domains, aimed at achieving peak performance and effectiveness in high-pressure environments, Cartwright, (2017) these include:

- Both athletes and soldiers undergo rigorous physical training to enhance strength, endurance, and overall fitness.
- Each group practices specific skills essential to their performance, such as techniques for sport or tactical manoeuvres in military operations.
- Training focuses on developing mental resilience, discipline, and the ability to perform under pressure, crucial for high-stakes competitions and combat situations.
- Both athletes and military personnel are trained to work effectively as a team, emphasizing communication, trust, and collaboration.
- Athletes prepare game strategies or tactics, while military troops devise operational plans, analyzing their opponents and adjusting their approaches accordingly.
- Training prepares both groups to adapt to changing situations or unexpected challenges during competition or combat.
- Just as soldiers engage in drills and simulations to prepare for combat scenarios, athletes participate in scrimmages and practice games to mimic competitive conditions.

## Training

The training given to athletes and military troops differs significantly. These differences reflect the unique demands and goals of sport versus military training, with each discipline tailored to meet its specific requirements in several areas, such as:

**Table 4:** *The Differences Between Sports and Military Training*

Type of Training	Differences
<b>Objectives:</b>	<ul style="list-style-type: none"> <li>• Sport Training: Aimed at improving performance, skill development, and achieving competitive</li> <li>• Military Training: Focuses on readiness for combat, survival, and executing missions.</li> </ul>
<b>Content and Skills:</b>	<p><b>Sport:</b> Training includes sport-specific skills, tactics, physical conditioning, and mental preparation.</p> <p><b>Military:</b> Encompasses a broad range of skills, including weapon proficiency, tactical manoeuvres, teamwork, and survival skills.</p>
<b>Duration and Intensity:</b>	<p><b>Sport:</b> Training cycles are often periodized with peaks leading up to competitions, balancing intensity and recovery.</p>

	<b>Military:</b> Training is ongoing and can be variable in intensity depending on mission readiness, often includes rigorous and unrelenting physical demands.
<b>Team Dynamics:</b>	<b>Sport:</b> Emphasizes teamwork and coordination but can also focus on individual performance.
	<b>Military:</b> Strong emphasis on unit cohesion and trust, requiring seamless teamwork in high-stakes environments.
<b>Psychological Preparation:</b>	<b>Sport:</b> Focuses on mental toughness, visualization, and stress management related to performance.
	<b>Military:</b> Prepares for high-stress situations, fear management, resilience, and coping with trauma.
<b>Health and Safety:</b>	<b>Sport:</b> Includes injury prevention, nutrition, and recovery strategies tailored to athletic performance.
	<b>Military:</b> Emphasizes physical fitness, mental resilience, and injury prevention in high-risk scenarios.
<b>Assessment:</b>	<b>Sport:</b> Performance is frequently evaluated through competitions, metrics, and feedback.
	<b>Military:</b> Assessments may involve drills, simulations, and evaluations during exercises, with a focus on operational capability.
<b>Environmental Conditions:</b>	<b>Sport:</b> Typically operates in controlled environments (stadiums, gyms), though outdoor Sport may include different weather conditions.
	<b>Military:</b> Training occurs in diverse, often unpredictable environments that simulate battlefield conditions.

*Source: Cartwright, (2017)*

### **Sports Used for Training Soldiers**

These preparations help ensure military personnel are equipped to handle the complexities and challenges of war effectively. Military training often incorporates various sports and physical activities to enhance combat readiness, these activities help improve physical fitness, strengthen teamwork, and develop critical combat skills necessary for military operations. Sport prepares men for combat by increasing fitness, channelling aggression, and focusing the mind, it

serves to strengthen the ties between men, instilling discipline and readiness to serve a common cause (Fulton, Gareth, Bainer & Alen, (2007). These activities help improve physical fitness, strengthen teamwork, and develop critical combat skills necessary for military operations. Sports that are being used in the preparation and training of men for war are:

**Table 5: Sports Used in the Preparation and Training of Men for War**

<b>Sport</b>	<b>Example</b>
Combat Sport	Boxing: Improves hand-eye coordination, strength, and discipline. Mixed Martial Arts (MMA): Teaches grappling and striking techniques useful in close combat.
Obstacle Course Racing	Promotes agility, endurance, and teamwork through navigating physical challenges that simulate battlefield conditions.
Rugby and American Football:	Develops teamwork, tactical thinking, and physical toughness.
Martial Arts:	Brazilian Jiu-Jitsu and Krav Maga: Focus on self-defense and hand-to-hand combat skills.
Endurance Sport:	Running, Cycling, and Swimming: Enhance cardiovascular fitness, essential for sustained operations.
Team Sport:	Soccer, Basketball, and Volleyball: Build teamwork, communication, and strategic planning skills.
Tactical Training Exercises:	Incorporates elements of Sport in simulated combat scenarios to improve decision-making under pressure.
Functional Fitness Training:	Uses movement patterns relevant to combat scenarios, such as lifting, carrying, and sprinting.

**Source:** Fulton, Gareth, Bainer & Alen, (2007)

### **Equestrian Sports**

Equestrianism (from Latin *equester*, *equestr-*, *equus*, 'horseman', 'horse'), commonly known as horseback riding, includes the disciplines of riding, driving, and vaulting, this includes the use of horses for practical working purposes, transportation, recreational activities, artistic or cultural exercises, and competitive sports. Equestrian sport bolsters soldiers formal training, for example, tent-pegging improved their riding and combat skills. This sport took on a variety of forms, but usually involved a galloping horse and rider using a sword or lance to strike and pick up a target from the ground. It is used to encourage both comradeship and rivalry with other units while preparing

cavalrymen for war. Horses are trained and ridden for practical working purposes, such as in police work or for controlling herd animals on a ranch and are also used in competitive Sport including dressage, endurance riding, eventing, reining, show jumping, tent pegging, vaulting, polo, horse racing, driving, and rodeo.



**Fig 1:** *Equestrian sports are sports played with horses*

### **Horse Racing**

Humans appear to have long expressed a desire to know which horse or horses were the fastest, and horse racing has ancient roots. Gambling on horse races appears to go hand-in hand with racing and has a long history as well. Thoroughbreds have the pre-eminent reputation as a racing breed, but other breeds also race. Race meetings have helped develop soldiers' horsemanship and allowed them to compete, as well as providing entertainment for the military and public.



**Fig 2:** *Horse racing*

**Rugby:** The origins of rugby can be traced back over 2,000 years to a Roman game called *harpastum* (from the Greek for “seize”). Unlike soccer, in which the

ball was propelled by foot, in this game, it was also carried in the hands. Rugby is based on running with the ball in hand, in its most common form, a game is played between two teams of 15 players each, using an oval-shaped ball on a rectangular field called a pitch. The field has H-shaped goalposts at both ends. The game made its modern debut in 1749 at a newly built school in Rugby in Warwickshire, England and the eight-acre plot on which the game evolved was known as "The Close.



**Fig 3:** *Rugby sport*

**Polo** has been called "the sport of kings" and one of the oldest team sport in the world the sport evolved and developed from Persia and has become a spectator sport for equestrians and high society, often supported by sponsorship. The progenitor of polo and its variants existed from the 6th century BC to the 1st century AD, as an equestrian game played by the Iranian. Polo is said to be first a training game for cavalry units, usually the royal guard or other elite troops and It helped develop soldierly qualities such as leadership, horsemanship, initiative, endurance, *esprit de corps*, teamwork and independence. Polo is now popular around the world and soldiers played a key role in spreading Sport to the furthest reaches of the British Empire.



**Fig 4:** *Polo sport*

### **Golf**

The game of golf is descended from a game that originated in the Kingdom of Fife on the eastern coast of Scotland in the 15th century. While there were similar games in other parts of Europe at the time that involved swatting a rock with a stick around a pre-determined course, the game as we know it, including the innovation introduction of the golf hole was invented in Scotland.



**Fig 5:** *Golf*

### **Tug-of-war**

The British Army favoured the tug-of-war as an ideal way of building up physical strength while simultaneously fostering co-operation and teamwork.



**Fig 6:** Tug-of-war contest at 4<sup>th</sup> (Uganda) Battalion, The King's African Rifles' Sport Day at King George V Barracks in Jinja, Uganda, 1956

### **Volleyball**

Invented in 1895 was originally called Mintonette, but after a demonstration match during which a spectator commented that the game involved a great deal of "volleying," the sport was renamed volleyball. Volleyball is a team sport in which two teams of six players are separated by a net. Each team tries to score points by grounding a ball on the other team's court under organized rules. Volleyball is a fast-paced and exciting sport that involves two teams of six players hitting a ball over a high net with their hands.



**Fig 7:** Basketball

## Rowing

Rowing has been in existence as long as people have travelled by boat, however, the first historic reference to rowing as a sport dates to an Egyptian funerary carving from the 15<sup>th</sup> century BC. Roman poet Virgil mentioned rowing in the *Aeneid*. Rowing is the act of propelling a human-powered watercraft using the sweeping motions of oars to displace water and generate reactional propulsion. Rowing is functionally similar to paddling, but rowing requires oars to be mechanically attached to the boat, and the rower drives the oar like a lever, exerting force in the same direction as the boat travels while paddles are completely hand-held and have no attachment to the boat, and are driven like a cantilever, exerting force opposite to the intended direction of the boat.



**Fig 8:** *A rowing team*

## Boxing

The earliest evidence of boxing can be traced back to Egypt circa 3000 BCE. Boxing as a sport was introduced to the ancient Olympic games in the 7<sup>th</sup> century BCE, at which time boxers' hands and forearms were bound with soft leather thongs for protection. Romans later traded in leather thongs for metal-studded gloves called *cestus*. Since ancient times boxing has long been considered excellent training for soldiers, the British Army has long believed it develops fitness, character, strength, persistence and courage. Another form of boxing, used to train recruits in the Parachute Regiment, is known as 'milling'. While participants wear gloves and head guards as with regular amateur boxing, it differs in that they are not allowed to block or avoid incoming punches. Not only are soldiers aggressive on the battlefield, but they channel their aggression into winning on the sports field and controlled aggression on the sports pitches are excellent fitness training and also let out the warrior spirit in participants.



**Fig 9:** *Boxing*

### **Football**

Football is the most popular sport in the world, partly thanks to the British Army who introduced it across the Empire. Football was played at most military bases and cantonments. Matches also took place against local civilian teams and native soldiers eagerly took up the sport. Soldiers even played an important role in the early development of football. They served on Football Association (FA) committees and did much to organize and establish the game as we know it today. Football has always been the most widely enjoyed game in the British Army. American football is a descendant of rugby and soccer, while Rutgers and Princeton played what was then billed as the first college football game on November 6, 1869, the game did not come into its own until 1879 with rules instituted by Walter Camp, a player/coach at Yale University.



**Fig 9:** *Football (Soccer) is a popular sport*

### **Table Tennis (Ping-pong)**

Table tennis, as we know it today developed as an after-dinner pastime in England in the late 19<sup>th</sup> century. A form of the game was also being played in the early 1880s by British Army officers in India and South Africa. These officers are said to have used cigar box lids as paddles, rounded wine-bottle corks as balls and books as a makeshift net. Early names for the sport included 'gossima', 'whiff-whaff' and 'ping-pong'. Today, table tennis is one of the most popular sport in the world in terms of player numbers.



**Fig 10:** *Table tennis (Ping-pong)*

### **Tennis**

The British Army had a key role in the emergence of lawn tennis as a sport too. In 1858 Major Thomas Henry Gem of the 1<sup>st</sup> Warwickshire Rifle Volunteer Corps marked out the first court on a lawn in Edgbaston. Several years later, Major Walter Wingfield, 1<sup>st</sup> Dragoon Guards, developed the modern game of tennis. Helped by the invention of a rubber ball that would bounce on grass, Wingfield patented a game on an hourglass-shaped court that he called 'Sphairistike.' When the All England Club launched the Wimbledon Championships in 1877, they developed a new set of rules but maintained many of Wingfield's innovations. Today, a bust of this military tennis pioneer can be seen at the Wimbledon Lawn Tennis Museum.

Ancient Greeks, Romans, and Egyptians played some version of a game that resembled tennis, court tennis descended from a game enjoyed by 11<sup>th</sup>-century French monks called *paume* (meaning "palm"). *Paume* was played on a court and the ball was struck with the hand (hence the name). *Paume* evolved into *jeu de paume* ("game of the palm") in which racquets were used. By 1500, racquets

constructed of wooden frames and gut strings were in play, as were balls made of cork and leather.

### **Hockey**

The exact origin of ice\_hockey is unclear, the game likely evolved from the centuries-old Northern European game of field hockey. The rules of modern ice hockey were created by Canadian James Creighton. It was largely due to the army that hockey spread throughout the British Empire. India in particular proved to be fertile ground for the sport and the first clubs were formed there in Calcutta in 1885. The hard, dry grounds of the subcontinent made it a faster and more skilful game than in Britain. Initially played by the British Army, it was soon taken up by the Indian Army.

### **Cricket**

The game of cricket originated in south-east England sometime in the late 16<sup>th</sup> century. By the 18<sup>th</sup> century, it had become the national sport, making inroads globally in the 19<sup>th</sup> and 20<sup>th</sup> centuries. The British introduced cricket to India in the 18<sup>th</sup> century. Initially, Indians were only spectators to contests played between army and navy units. But by the late 19<sup>th</sup> century the sport had acquired popular appeal. Both Hindu and Muslim native soldiers took up cricket with enthusiasm. Like their British counterparts, Indian Army regiments took part in competitions against both Indian and British units stationed on the subcontinent. Today, Pakistan and India are both cricket-mad nations. In India, cricket unites both the rulers and the ruled.



**Fig 11:** *Cricket*

## **Wrestling**

Several well-known wrestlers learned their trade in the army, wrestling was also a favorite pastime of the Marathas, many villages having areas set aside for men and boys to engage in the sport. Matches drawing large crowds took place at annual fairs and during holidays. A man was only deemed to be defeated when he was forced onto his back and his shoulders touched the ground. Indian Army instructors used this popular pursuit in their training programmes. Wrestling is one of the oldest forms of combat, dating back to ancient civilizations like Egypt, Greece and China was a cornerstone of the ancient Greek Olympic Games, with a format that closely resembled modern-day Greco-Roman wrestling. The Greeks developed a highly technical style focused on grappling, throws, and control. When the Romans took over, they formalized and standardized many elements of the sport. They introduced an emphasis on throwing techniques and upper-body grips, which became central to the Greco-Roman style we know today.



**Fig 12:** *Wrestling*

### **Greco-Roman Wrestling**

Greco-Roman Wrestling traces its origins to ancient Greece and Rome, where wrestling was practised as both a sport and a form of military training. The style itself evolved from the Greek tradition of pale (ancient Greek wrestling) and was later adopted and refined by the Romans. Despite its ancient roots, Greco-Roman wrestling continued to be practised through the Middle Ages and into the modern era, eventually becoming one of the original sport at the first modern Olympic Games in 1896. There are many styles of wrestling, such as Greco-Roman, freestyle, folkstyle, sumo, and catch wrestling, each with its own rules and techniques.

## **Athletics**

The origins of athletics can be traced back to ancient Greece, where the Olympic Games were first held in 776 BC. Athletics is a term that covers various sports involving running, jumping, throwing and walking. It is a sport that was founded in antiquity and has continued to adapt through the centuries, offering a dynamic, life-enhancing sport. Athletics disciplines are among the oldest of all sporting competitions known to mankind, with ‘run, jump, throw’ the natural and universal forms of human physical expression. Athletics includes track and field, cross-country and marathon running.



**Fig 13:** *A group of athletes*

## **Gymnastics**

Gymnastics began in ancient Greece as a form of exercise for both men and women that combined physical coordination, strength, and dexterity with tumbling and acrobatic skills. ("Gymnasium" in ancient Greek translated to "to exercise naked.") Early gymnastics exercises included running, jumping, swimming, throwing, wrestling, and weight lifting. Once the Romans conquered Greece, gymnastics became more formalized. Roman gymnasiums were mostly used to prepare their legions for the rigors of battle.

## **Rules of Engagement in War**

Rules of Engagement (ROE) in war refer to directives that define how military forces are to interact with enemy forces and civilians during combat. They are designed to guide the conduct of military operations and ensure compliance with international law, including the laws of armed conflict. Key aspects include:

- i. Guidelines on when and how force can be applied (e.g., lethal vs. non-lethal options).

- ii. Rules for identifying targets and engaging them, including the necessity of distinguishing between combatants and non-combatants.
- iii. Conditions under which personnel can defend themselves against threats or attacks.
- iv. Instruction to minimize harm to civilian populations and infrastructure during military operations.
- v. Expectations for coordination with allied forces and communication with higher command.

ROE may vary depending on the mission, operational context, and political considerations, and they are often subject to change based on evolving circumstances in the conflict. The laws of war are a set of provisions contained in military law relating to acceptable justifications for participating in a war (*ius ad bellum*) and acceptable limits for conduct during war (*ius in bello* or International Humanitarian Law). The modern laws of war contemplate declarations of war, the acceptance of military surrender and the treatment of prisoners of war, military necessity, together with the distinction and proportionality, and the prohibition of certain weapons, which they can cause unnecessary suffering.



**Fig. 14:** *Prisoners of War*

Various attempts to define and regulate the conduct of individuals, nations, and other agents in war and to mitigate the terrible effects of war have a long history. The first known cases are found in the Hebrew Bible (Old Testament): Deuteronomy 20:19 limits the acceptable amount of collateral damage and environmental damage; similarly, Deuteronomy 21:10-14 requires that captive women who were forced to marry the victors of a war could not be sold as slaves. The only man who actually set some rules on war, which should be followed by all, Muslim or non-Muslim was Prophet Muhammad's (*PBUH*) that:

Muhammed's (PBUH) commands In Wars	
Don't cut a tree 	Don't kill a woman 
Don't kill a child 	Don't kill a sick person 
Don't kill old people 	Don't kill a monk or a priest 
Don't destroy a temple or a church 	Don't disfigure the dead 
Don't destroy a building 	Don't kill an animal except for eating 
Don't kill those who surrendered 	Be good to the prisoners and feed them 
Don't kill who ran away 	Don't enforce Islam 

**Fig. 15:** Prophet Muhammed's commands on war

In the seventh century, the first Caliph, Abu Bakr as-Siddiq, while instructing his Muslim army, established the following norms relating to war: “Stop, oh people, so I can give you ten rules for your orientation on the battlefield, these are:

- Do not commit treason or get rid of the right path.
- You must not mutilate the corpses.
- Not kill a child, a woman or a middle-aged man.
- Do not harm the trees or burn them with fire, especially those that are fruitful.
- Do not kill any flock of the enemy, except those who serve you as food.
- It is likely that you will cross people who have dedicated their lives to monastic services; leave them alone.”
- 

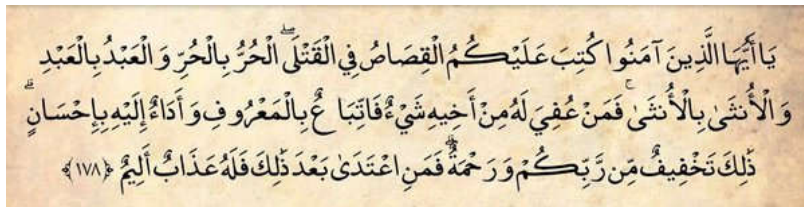


**Fig 16:** Soldiers fighting in battle

On the other hand, in the Suras of Al-Baqara; Sura 2.190, Surah 2.191, Sura 2.192 and Sura 2.193 of the Qur'an require that, in combat, Muslims are only allowed to strike back in self-defense against those who act against them, but, on the contrary, once that the enemies stop its offensive, Muslims are ordered to stop the killing.



**Fig. 17a:** *Quranic injunction on war*



**Fig. 17b:** *Quranic injunction on war*

Unfortunately, the biggest rule of war is to *win*. “This is the law:

The purpose of fighting is to win.

There is no possible victory in defense.

The sword is more important than the shield

and skill is more important than either.

The final weapon is the brain. All else is supplemental.”

- John Steinbeck

There are times and instances when these rules are broken for example, the recent massacre, a genocide of monumental quantum where in 2024/2025, Palestinians’ war of extinction was committed. There *are* laws that apply during wartime, but

they are generally only enforced by the winner...and generally only are applied to the loser.

### **Ethical Concerns in War**

Warfare ethics refers to the moral principles governing the conduct of armed conflict, this encompasses the justifications for war, guidelines for conduct during war, and the ethical considerations surrounding military tactics (Ahmed, 2006). Warfare ethics seeks to address the complex moral dilemmas faced by military personnel and policymakers alike. According to Angela, (2017) ethical concerns in war encompass several key issues, such as:

- Principles governing the justification for entering a war (*jus ad bellum*) and the conduct within war (*jus in bello*), addressing issues like proportionality and discrimination between combatants and non-combatants.
- The obligation to limit harm to civilians and civilian infrastructure, as outlined in international humanitarian law.
- Treatment of detainees and the prohibition of torture and inhumane treatment.
- The use of certain weapons, including nuclear, chemical, and biological weapons, raises ethical questions about their long-term effects on humanity and the environment.
- How war can lead to the systematic violation of human rights, including genocide, ethnic cleansing, and war crimes.
- Civilian casualties, displacement, and destruction of infrastructure leading to humanitarian crises.
- Mental health issues for soldiers and civilians, including PTSD and long-term emotional trauma.
- The role of media manipulation and misinformation in shaping public perception and morale.
- Challenges in rebuilding societies, economies, and governments after a conflict, including addressing grievances and promoting reconciliation.

### **Integrity Concerns in War**

Integrity in military conduct is deeply rooted in fundamental principles that serve as the cornerstone of ethical behaviour within the armed forces and these principles not only guide individual actions but also shape the collective culture of honour and accountability that define military organizations (Kaufmann, 1996). Integrity encompasses various ethical and moral issues that arise during armed conflicts. These concerns highlight the need for ethical standards and accountability in warfare to maintain moral integrity and protect human rights.

Kaufmann, (1996) identify integrity concerns in war to include:

- Ethical dilemmas surrounding the legitimacy of starting a conflict (just war theory).
- Adherence to international laws, including the Geneva Conventions and the treatment of prisoners and civilians.
- Proportionality and necessity in military engagement, avoiding excessive harm to non-combatants.
- Issues surrounding propaganda, misinformation, and the manipulation of facts in war narratives.
- Ensuring that war crimes and human rights violations are investigated and prosecuted.
- The need for open communication with the public about the objectives and conduct of military actions.
- The moral responsibilities of soldiers and commanders in making decisions during conflict.

### **Ethical and Integrity Concerns in Sport**

In the context of ethics and integrity, the acronym **SPORT** often stands for: **S**ustainability, **P**articipation, **O**penness, **R**espect. This acronym highlights key principles that foster ethical behaviour and integrity within the sporting community.

In the context of ethics and integrity, the acronym "WAR" typically stands for: **W**isdom, **A**ccountability, **R**esponsibility. This framework encourages individuals and organizations to uphold ethical standards in their conduct. Ethics in sport refers to the application of ethical principles to behaviours, decisions, and actions within the sports world (Yazid, 2007) and these principles are centred on fairness, respect, and integrity. In this sense, 'ethics' are the overarching systems and concepts that dictate integrity and such systems in sports include defined values, codes of conduct, bye-laws, rules, policies and the implementation of these policies and rules. They shape the framework for how players, professional athletes, sport administrators and fans engage with modern sports. Ethical practices are pivotal to maintaining not only the spirit of fair competition but also the credibility of sports organizations and sport teams (Yazid, 2007).

A sport that displays integrity can often be recognized as honest and genuine in its dealings, championing good sportmanship, providing safe, fair, inclusive environment for all involved, a level of community confidence, trusted for maintaining trust among athletes, fans, and stakeholders, ensuring that sport are played and enjoyed in a fair and respected manner (Buchner, (2015). Ethics helps us see and differentiate right from wrong, for example, we know that a person that

handballs a goal in football, and tries to get away with it has broken the rules and the ethical code of football by being dishonest and cheating, their integrity is bought into question through their actions (Yazid, 2017). Similar to fairness, is that any athletes who seek to gain an advantage over his or her opponent by means of a skill that the game itself not designed to test demonstrates a lack personal integrity and violates the integrity of the game. For example, when a player fakes being injured or fouled in soccer, he or she is not acting in a sportsmanlike manner because the game of soccer is not designed to measure athlete's ability to flop. Faking is a way of intentionally deceiving an official into making a bad call, which only hurts the credibility of the officiating and ultimately undermines the integrity of the game.

Ethics in sports encompasses principles that guide fair play, respect, and accountability. As sports evolve, ethical challenges continue to emerge, requiring stakeholders to address complex questions. Ethics refers to well-founded standards of right and wrong that prescribe what humans ought to do, usually in terms of rights, obligations, fairness, or specific virtues (Yazid, 2007). Some of the most pressing and recent ethical dilemmas shaping today's sports landscape, include:

- Doping
- Cheating
- Violence and safety
- Adherence to principles of respect, fairness, and integrity
- Exploitation
- Emphasizing honesty, integrity, and adherence to the rules of the game.

Integrity concerns in sports encompasses a range of issues that can undermine the fairness, reputation, and ethical standards of athletic competition (Yazid, 2016b). Addressing these integrity concerns is vital for maintaining trust, fairness, and the overall spirit of sports, and it encompasses so many things, this include various principles aimed at promoting fair play, integrity, and respect, this concerns according to Yazid, (2016b) include:

- Match fixing
- Doping
- Corruption
- Governance
- Technology
- Mass Media

## Match Fixing

Match fixing in sports refers to the act of intentionally influencing the outcome of a game or event to achieve a pre-determined result, often for financial gain. Match fixing can involve players, referees, or team officials conspiring to manipulate elements of the match, such as scoring patterns, penalties, or other key moments and can occur as a match is played to a completely or partially pre-determined result, violating the rules of the game and often the law. Sporting excellence on the field of play continues to elude us in Nigeria, Africa and the world over, despite the abundance of immense natural athletic talent. Yazid, (2016), in a study conducted on match fixing as a threat to the ethics and integrity of sport in Nigeria, indicated that match fixing negates the principles of equity, fairness, honesty, respect and the preservation of public trust in competitions and among stakeholders.

Studying how match-fixing affects the integrity of sports competitions, particularly in soccer he submitted that match-fixing occurs across numerous sports, with football (soccer) being particularly affected, due to its global appeal and significant betting markets. Research highlights how match-fixing undermines the integrity of sports, affecting fan trust, player careers and the overall health of the sporting ecosystem.

Research index:

- Ethical Principles: Fairness, honesty, and respect for the sport and its athletes
- Integrity Measures: Strict enforcement of rules, monitoring of coaches/referees, and penalties for offenders to preserve trust in competitions.

**Table 6:** Summary of Matching Fixing as it Affects Sports

Matching Fixing	Agree	Disagree	Total	Df	X2	P
Observation	1024	72	1092	1	351.84	0.001
Expected	548	548				

(X2= 351.84, Df-1 P<0.001)

Source: Yazid, L. I. (2016)

Table 6 above reveals that 1024 (93.43%) of the respondents agree that match fixing is an integrity issue in the governance of sport, while 72 (6.57%) respondents do not. Chi-square statistical computation indicated X2= 351.84 df 1, (P<0.05), this indicates that match fixing is a significant threat to the ethics and integrity of sports.

### **Cases of Match-fixing in Nigerian Sports Over the Years**

- In 2017, the NFF was embroiled in a scandal involving the misappropriation of funds and allegations of match-fixing. The case involved the NFF President, several top officials, and several players, and led to the suspension of the NFF by FIFA.
- In 2016, Nigerian tennis player, Henry Atseye, was banned from the sport for life after being found guilty of match-fixing. Atseye was accused of offering to throw matches in exchange for money at a tournament in 2015.
- In 2017, several players from the Nigerian women's basketball team were accused of match-fixing during a tournament in Mali. The players were alleged to have deliberately lost a game against Mali in order to secure an easier route to the tournament final.
- In 2013, Nigerian football referee, Ibrahim Chaibou, was accused of taking bribes to influence the outcome of matches. Chaibou was alleged to have accepted bribes from a betting syndicate in order to manipulate the outcome of several international matches, including one involving Nigeria.

### **Doping**

Doping is a form of ergogenic aid that has been used in world sports at least for the past 30 years and in sports drugs, it refers to the use of prohibited substances or methods by athletes to enhance their performance, which involves the ingestion or application of substances that can improve strength, endurance, speed, or recovery times, giving users an unfair competitive advantage (Yazid, 2015). Common forms of doping include:

- Synthetic hormones that promote muscle growth and strength.
- A hormone that boosts red blood cell production, enhancing oxygen delivery and endurance.

In a study conducted by Yazid, (2016) on doping as a threat to the integrity of sport, the results indicates that it undermines the principles of fair competition and decrease public trust in sport competition.

Research index:

- Ethical Principles: Fair competition, athlete health, and honesty.
- Integrity Measures: Anti-doping regulations, testing protocols, and education programmes to prevent drug use and promote clean sport.

Yazid, (2016) conducted a study on prevalence of performance-enhancing drugs and the effectiveness of anti-doping regulations and ethical implications. The findings of the study indicated that doping is a significant threat to ethics and integrity sport, because it undermines the principles of fair competition and that governance framework that fails to enforce strict compliance can compromise the ethical basis of competition and fairness.

**Table 7: Summary on Doping a Threat to Ethics and Integrity of Sport**

Doping	Agree	Disagree	Total	Df	X2	P
Observation	882	214	1096	1	298.43	0.001
Expected	548	548				

*Source: Yazid, L. I. (2016)*

Table 7 above indicated that 1024 (93.43%) of the respondents agree that doping is an ethical and integrity issue in sports because it questions the legitimacy of winning and fairness in winning, while 72 214 (19.52%) respondents do not. Chi-square statistical computation indicated  $X^2 = 298.34$  df 1, ( $P < 0.05$ ). This indicate that doping is an integrity issue that affects sports negatively.

Cases of doping scandals in Nigerian sports over the years.

Here are a few notable examples:

- Two Nigerian athletes, Glory Onome Nathaniel and Yinka Ajayi were banned from the 2018 Commonwealth Games after failing drug tests.
- Nathaniel was stripped of her gold medal in the women's 400-meter hurdles and Ajayi's 4x400m relay team was disqualified.
- Nigerian weightlifter Sunkanmi Omobolanle was banned for eight years after testing positive for a banned substance at the 2014 National Sports Festival.
- Nigerian sprinter, Damola Osayemi was banned from the London 2012 Olympics after testing positive for a banned substance. Her disqualification resulted in her 100m silver medal being stripped.
- Nigerian sprinter Sunday Bada was banned for two years for doping after testing positive for a banned substance at the 2001 IAAF World Championships. He had won a silver medal in the 400m event.
- Nigerian discus thrower, Franka Dietzsch, was banned for two years after testing positive for a banned substance at the 1999 World Championships. She was stripped of her gold medal.

### **Corruption**

Corruption in sports refers to unethical and practices that undermine the integrity of sports competitions and organizations (Yazid, 2016c). At the national level, the

approach to matches, even big international events is shockingly casual. Money meant for team players' welfare, allowances and bonuses are pocketed by the administrators in the football associations. Even national team selection is not free of corruption. In conversations with players, national team coaches demand a cut from the allowances and bonuses of certain players, especially the peripheral ones, or else they would be dropped. In a research conducted by Yazid, (2017) on governance as a threat to sports ethics and integrity, he examined how organizational structure, decision making processes and regulatory compromise ethical standard in sports.

Research index:

- Ethical Principles: Transparency, accountability, and fairness in decision-making
- Integrity Measures: Whistleblower protections, independent audits, and code of conduct adherence to address and prevent corrupt practices

**Table 8:** *Summary on Corruption as it Affects Sport Ethics and Integrity*

Corruption P	Agree	Disagree	Total	Df	X2
Observation	964	132	1092	1	201.59
Expected	548	548			

(X2= 201.59; Df-1 P<0.00061).

Source: Yazid, L.I. (2016)

Table 8 above indicates that 964 (87.96%) of the respondents agree that governance issues such as bribery, embezzlement and lack of transparency can undermine the integrity of sports which is an ethical and integrity issue in sport while 132 (12.04%) respondents do not. Chi-square statistical computation indicated X2= 201.59; Df-1 P<0.000. This implies that governance failures can lead to wide spread misconduct and can significantly affects ethics and integrity concerns in sports:

### **Governance**

Sports governance refers to the structures, processes, and practices through which sports organizations and institutions operate and make decisions. It encompasses the frameworks that guide the management, regulation, and administration of sports at various levels including local, national, and international (Yazid, 2016e). For example, football, basketball, volleyball, athletics (track and field), swimming and boxing are the most popular sports in Nigeria and Africa and each of these sports is managed by national associations (Yazid, 2016e). These national associations are in turn, affiliated to regional bodies through which they gain admittance to international organizations. These administrative structures also

serve as participation/competition levels from the smallest village tournament to the world championships (*Vanguard Newspaper*, 2011). Most of the staff members of the Ministry of Youth and Sports and the National Sports Commission composed of political appointees with little or no experience in managing sports. Major events are the main avenue of abuse and corruption in sports for example, the selection of national teams for the Olympics, the All-Africa Games, the Commonwealth Games and the World Athletics Championships is determined by meeting individually-set qualifying marks (International Olympic Committee, 1972). Sporting governance needs reform and the bigger question is whether reform is possible. It is difficult to find anything else in the world quite so badly governed as international sports.

Research index:

- Ethical Principles: Equity, integrity, and inclusive decision-making
- Integrity Measures: Strong governance structures, stakeholder engagement, and adherence to ethical standards to foster trust.

The study evaluate how corruption scandals affect public trust, fan engagement, and the financial aspects of national sports leagues it also explores the impact of Corruption on Sport Governance and its consequences.

**Table 9: Summary on Ethical and Integrity Concerns of Governance of Sports**

Governance P	Agree	Disagree	Total	Df	X2
Observation	935	161	1092	1	178.52
Expected	548	548			

(X2= 3.69, Df-1 P<0.05).

Source: Yazid, L.I. (2016)

Table 9 above indicated that 964 (85.31%) of the respondents agree that good governance is an ethical issue in the management of sports while 161 (14.69%) respondents do not. This indicates that X2= 178.52; (P<0.05), governance significantly affects sports management ethics and integrity. Governance issues have been prominent in many sports, resulting in several high-profile cases of corruption, mismanagement, and malpractice.

Examples of governance cases in sports:

- In 2015, several top officials of FIFA, the international soccer governing body, were indicted on charges of corruption, bribery, and money laundering. The scandal resulted in the resignation of FIFA's President and exposed widespread corruption within the organization.

- In the late 1990s, it was uncovered that members of the International Olympic Committee had accepted bribes from cities bidding to host the Olympic Games. The scandal led to several resignations and reforms within the IOC.
- In 2016, allegations of sexual abuse by former USA Gymnastics team doctor Larry Nassar came to light. Nassar was later convicted of multiple charges of sexual abuse, and many criticized USA Gymnastics for their handling of the situation and failure to protect their athletes.
- The World Anti-Doping Agency (WADA) released a report detailing a state-sponsored doping program in Russia. The scandal resulted in Russian athletes being banned from several international competitions and raised questions about the integrity of international sports competitions.
- In 2013, Lance Armstrong, a former professional cyclist and seven-time Tour de France winner, admitted to doping throughout his career. The scandal resulted in Armstrong being stripped of his titles and banned from professional cycling.

**Table 10:** *Means and Rank Ordered of the Characteristics of Governance*

<b>Item</b>	<b>Mean</b>	<b>Rank Order</b>
Skills and Expertise	4.00	1 <sup>st</sup>
Ethical Values	3.99	2 <sup>nd</sup>
Proper education	3.99	3 <sup>rd</sup>
Commitment to public service	3.97	4 <sup>th</sup>
Legitimized authority	3.96	5 <sup>th</sup>
Independence	3.95	6 <sup>th</sup>

Responses from the Table above reveal that management and coaches accepted all the items as appropriate characteristics of management staff and that ethics in management of sport requires four keys fairness integrity, responsibility, and respect. From the means, one will note that they all scored above 2.50 which is the bench mark for accepting or rejecting. This reveals that we accept all the items as the appropriate indices expected of sport governance.

### **Technology**

Technology in sports refers to the various tools, systems, and innovations that enhance performance, training, analysis and fan engagement within the sports industry (Yazid, 2016a). The issue is no more a competition between laboratories but among biochemical industries from different countries. The end result is that instead of athletes competing against athletes, drugs now appear to compete against drugs. This is chemical warfare on the sports field and the search for chemical aids in sports has reached bizarre heights (Yazid, 2007a). Technology

plays a transformative role in improving athletic performance, training efficiency, injury prevention, fan engagement, and the overall experience of sports. It has done much to improve the performance of athletes in sports both legally and illegally (Yazid, 2021). Disparities in access to advanced technologies create ethical concerns where wealthier teams or countries can gain unfair competitive advantage. The gap in technology access can distort competition and undermine the spirit of fair play. The study points out the ethical implications of technological advancements in sports and the potential threats to integrity in the field.

Research index:

- Ethical Principles: Fair access, data privacy, and integrity in the use of technology.
- Integrity Measures: Guidelines for the ethical use of technology in training, performance monitoring, and competition, ensuring it enhances rather than undermines fair play.

**Table 11:** *Summary On Use of Advanced Technology in Sports*

<i>Technology</i>	<i>Agree</i>	<i>Disagree</i>	<i>Total</i>	<i>Df</i>	<i>X2</i>	<i>P</i>
<i>Observation</i>	<i>55(13.71%)</i>	<i>346(86.28%)</i>	<i>401</i>	<i>1</i>		<i>211.175</i>
<i>Expected</i>	<i>200.5</i>	<i>200.5</i>				

X2= 211.175; df=1; P<0.05.

*Source: Yazid, L.I. (2016)*

Table 11 above indicates that 55 (13.71%) respondents agreed that the use of advanced technology sport is an ethical and integrity concerns as it affect access, fairness and equity in sports. While 346(86.28%) disagreed Chi-square (X2) statistical computation revealed X2=211.175; df=1;P<0.05. Majority of the respondents, about 86% are of the opinion that the use of advanced technology creates disparities in access to advanced technologies.

Notable cases of use of advanced technology in sports concerning ethical and integrity concerns:

- 2008 Beijing Paralympic: Oscar Pistorius bi-lateral transtibial amputee, who wished to compete against able-bodied athletes using two leg prostheses to run with a mechanical advantage over able bodied athletes. ESR provide an unfair advantage, was banned by the IAAF to run in able-bodied events.
- 1998 Casey Martin: Banned from professional golf for using a powered golf cart technology to support his transit between strokes as this would

change the nature of the game by reducing the impact of the walk between each hole and provide players using them with an advantage over other golfers.

- (2016) Cycling Technology Innovations UCI'S decision to allow advancements in bike design and materials led to debates during the Tour de France about fairness and competitive balance. The questions arose about the integrity of competition as teams employed cutting edge technology that could unduly favor wealthier teams

### Mass Media

The emergence of the mass media, particularly the newspapers, radio and television, provided a rapid means of informing the public about the happenings in sports and thus enabled sports to flourish (Yazid, 2007). Biased reporting could be noticed in the choice of words, emotional attachment and enthusiasm when a home team wins a match and some of the remote causes of mob actions in sports could be traced to the manner of reporting sporting events. For example, before a football match is played, inciting captions are sometimes published in newspapers like:

*“Shooting stars are battle ready for rangers international”;*

*“It’s a do-or-die as Bendel Insurance and Kano Golden Stars clash”*

*“The clash of the Titans as Plateau United meet El- Kanemi Warriors”*

Yazid, (2015), in a study conducted on media reportage and awareness indicated that media coverage shapes fan engagement and influences how sports are perceived. This is a pointer to the fact that sensational reporting of a match or competition can have negative effects on team performance and fans/spectators conduct during the competition.

**Table 12:** *Fairness and Balance of Stories*

Balance in stories	Unfair stories	Fair Stories	All
The Team	21%	30%	28%
Coaching Crew	79%	54%	58%
Balanced	0%	16%	14%
Story N	39	175	214

*Source: Yazid, L.I. (2015)*

Table 12 above shows that only 14 % of the 214 story content analyzed were both fair and balanced; fewer than 20% of either stories were completely one-sided or unfair. The team dominated the balance in more than half of the fair stories as

well In fact, each component measure of the balance index was dominated by the role of coaching crew. Most cases of media reports centred on biased media representations playing a role in shaping public perception. These events illustrate ongoing challenges related to ethics and integrity in Nigerian sports that include corruption, doping, and governance issues:

- **Match-Fixing** - Newspaper reports in *The Guardian* issue of October 5, 2021, an investigative report on match-fixing scandals in Nigeria's lower leagues, detailing widespread corruption.
- **Doping Violations in Athletics** - *The Punch Newspaper*: September 25, 2019 - Coverage of doping allegations against Nigerian athletes before the World Athletics Championship.
- **Corruption in Nigeria Football Federation** - *This Day Newspaper* of December 12, 2020 - Discussing financial mismanagement and corruption within the NFF, with calls for reform,
- **Sexual Harassment in Sports** - *Vanguard Newspaper* of March 15, 202 - A news report on allegations of sexual harassment involving coaches and athletes, highlighting insufficient protection for young athletes.
- **Influence of Betting in Sports** - *Premium Times* newspaper of July 20, 2021 on impact of illegal betting syndicates on match outcomes in Nigerian football.
- **Mismanagement of Youth Sports Programmes** - *Daily Trust Newspaper* of February 8, 2022. - Reports highlighting nepotism and irregularities in the allocation of resources for youth sports development.
- **Gender Bias in Sports Reporting** - *The Nation* newspaper, July 10, 2020, on Analysis of media coverage bias towards female athletes compared to male counterparts, urging for equality in sports reporting.
- **Corruption in FIFA and Global Football** - *BBC Sports News* reports June 3, 2015 (Slightly outside Nigeria, but widely discussed) - Coverage of FIFA corruption indictments and the implications for global football integrity.

### **Competition in Sports**

Sports and games involve competition; without competition, there is no game and yet competition is among the most seriously misunderstood concepts (Siedentop, 2012). Sport encapsulates a blend of competition, physical ability, social interaction, cultural significance and sport. By their nature, sport competition:

- involves rivalry and striving to win or achieve specific goals.
- requires bodily exertion and skill, often emphasizing fitness and athleticism.
- governed by structured rules and regulations that ensure fairness.

- team-oriented or individualistic: Can be played in teams (e.g., soccer, basketball) or individually (e.g., tennis, swimming).
- involves learned techniques and strategies to perform effectively.
- exhibits constantly changing conditions and situations, requiring adaptability.
- fosters community, camaraderie, and social interaction among participants and fans.
- reflects and influences societal values, norms, and identities.

### **Rules of Engagement in Sports**

These are the rules of engagement in sports generally governing competition. They refer to the set of regulations or guidelines that govern how athletes and teams should conduct themselves during competition (SportAccord, 2012). Adhering to these rules of engagement, sport promotes fairness, respect and a focus on healthy competition and these rules vary by sport but share common principles. SportAccord, 2012) outlines some key elements typically found in Sport engagement rules:

- Players must respect opponents, officials, and the game itself.
- Athletes should compete honestly and uphold the integrity of the sport.
- Players should display respectful and appropriate behaviour during competitions.
- Actions like arguing with officials or using offensive language may lead to penalties.
- Each sport has unique rules regarding scoring, play structure, and player responsibilities (e.g., offside in soccer or fouls in basketball).

Referees or officials ensure adherence to these rules and impose penalties for violations.



**Fig. 18:** *The Olympics Arena*

### **Olympic Games and Olympism**

Sport that is of international repute worthy to serve as example of competition as described by Orwell, (1945) as mimicking warfare are the Olympics Games and FIFA World Cup. The Olympic Games is an ancient Greek festival held every fourth year and made up of contests in Sport, music and literature (Ahmed, 2006). The goal of the Olympics movement is to contribute to building a peaceful and better world by educating youth through sport practised without discrimination of any kind and in the Olympics spirit, which requires mutual understanding with the spirit of friendship, solidarity and fair play (Ahmed, 2006). Modern Olympic games which was revived by Berrie de Coubertin in 1966. It is a major international multi-sport event held every four (4) years featuring summer and winter sports. Athletes from all over the world converge to compete in various sports discipline. The aim of the games is to promote peace, friendship and cooperation among nations through sport (International Olympics Academy, 1975).

Olympism is a philosophy of life which places sports at the service of humanity and is based on the interaction of the qualities of the body, will and mind. It is expressed through the actions which link sports to culture and education (International Olympics Committee, 1972). The values of Olympism are excellence, respect and friendship; they constitute the foundation on which the Olympics movement builds its activities to promote sport, culture and education with the view to building a better world (Coubertin, 1966). The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph, but the struggle (Coubertin, 1966). The

essential thing in life is not to have conquered but to have fought well. These words now appear on the electronic scoreboards at the opening ceremonies of the games as the Olympic Creed (Andrecs, 1973).

The concept of not playing to win but having the honour to participate formed the basis of British ethics of Sportmanship. Consequently, the idea was inherited by nearly all English speaking people all over the world, at least where the Union Jack once flew, including Nigeria (Pouret, 1971). The Olympic spirit and the essence of Olympus, which is the pursuit of human excellence through perfecting a person's natural talents and the spirit of Sport is the celebration of the spirit, body, and mind and is reflected in the values that we find through Sport (Pouret, 1971; Freedman, 2011). For an elite athlete, to win a medal or international championship is a guarantee of generating lucrative contracts and juicy winnings in the future, ensuring their fame at the highest level (Spivey, 2005; (Eassom, 1994)). The Olympic Games have time and again proved to be the best of all the opportunities sport could provide "for all the heightened tension, conflicts, solicitations of asylum, propagandizing and protests that occur, the Olympics and other international sports events are still valuable in that they offer a symbolic arena and alternate channel for international competition," a channel that is war in every possible sense but minus the bloodshed (CNN, 2012).

The achievement of fame, victory, and recognition was the objective of athletes in the early Olympic games, but today, these objectives continue to comprise the most important reasons, for a "win-at-all-costs" philosophy has often led to unethical and aggressive behaviours (CNN, 2012). The idea that sport is akin to war started from the Olympics during the times countries were using athletes and players to showcase their strength and influence. The Olympics games is a major international multi-sports event, both the summer and winter games have been the subject of scandals and controversies, financial misappropriation, match-fixing etc, which have become a huge threat to the games generally. This shows how low sport was sinking at the hands of those bent on manipulating results (Angela (2017). In recent years, cases of doping are on the increase. Major events are a main avenue of abuse and corruption in sport, for example, the selection of national teams for the Olympics, the All-Africa Games, the Commonwealth Games and the World Athletics Championships is determined by meeting individually-set qualifying marks (Commonwealth Games Federation, 2014).

### **Olympics Scandals**

Modern Olympics has attracted a variety of committed cheaters, for example, the infamous Men's 100 Metres final at the 1988 Seoul Olympics' Ben Johnson's doping scandal. In 1988, Canadian sprinter Ben Johnson went up against his biggest competitor, U.S. sprinter Carl Lewis and set a new world record when he

ran the 100-metre dash in 9.79 seconds, according to the Bleacher Report. But just days later, his gold medal was taken away when he tested positive for stanozolol, a type of steroid, as such, the gold went to Lewis.



**Fig 19:** Athletes competing in an event

The first Olympics recorded case of cheating was in 388 BC during the 98<sup>th</sup> Olympics. A boxer named Eupolus of Thessaly bribed three of his opponents to let him win. The Olympics have seen several notable scandals throughout its history and some significant ones were:

**Table13:** Unethical Practices in the Olympics

YEAR OF OLYMPICS	DESCRIPTION
388 BC the 98 <sup>th</sup> Olympic	The first Olympics recorded case of cheating a boxer named Eupolus of Thessaly bribed three of his opponents to let him win.
1972 Munich Massacre:	During the Munich Olympics, a Palestinian terrorist group, Black September, took 11 members of the Israeli Olympic team hostage, resulting in their deaths.
1980 Moscow Boycott:	The United States led a boycott of the Moscow Olympics to protest the Soviet invasion of Afghanistan, with numerous countries joining, affecting athletes' participation.
1984 Los Angeles Drug Scandal:	Several athletes were implicated in drug use, leading to increased scrutiny and the establishment of stricter regulations around doping.
1988 Seoul Olympics	Infamous Men's 100 Metres final Canadian sprinter Ben Johnson tested positive for stanozolol.

1990 International Olympic Committee (IOC) Bribery Scandal	It was uncovered that members of the International Olympic Committee had accepted bribes from cities bidding to host the Olympic Games. The scandal led to several resignations and reforms within the IOC.
1998 Salt Lake City Bribery Scandal:	Members of the International Olympic Committee (IOC) were implicated in a bribery scandal involving favors in exchange for votes to host the Winter Games in Salt Lake City, leading to reforms in the bidding process.
1998 Casey Martin	Banned from professional golf for using a powered golf cart technology to support his transit between strokes as this would change the nature of the game by reducing the impact of the walk between each hole and provide players using them with an advantage over other golfers.
1999 World Championships	Nigerian discus thrower, Franka Dietzsch, was banned for two years after testing positive for a banned substance
2000 Sydney Relay Race:	Canadian sprinter Ben Johnson was stripped of his gold medal after testing positive for steroids in 1988. Similarly, other athletes faced doping allegations in subsequent games.
2000 Para-Olympics Basketball Scandal	The Paralympics basketball team from Spain after winning the Gold the victorious men's team had cheated. How? Most of their team weren't disabled; they'd lied about their disabilities
2001 IAAF World Championships.	Sunday Bada was banned for two years for doping after testing positive for a banned substance
2002 Salt Lake City Winter Olympics:	Accusations of corruption and ethical violations surfaced, leading to changes in IOC governance.
2004 Athens Olympics	Greece had high hopes for two of its national treas
2008 Beijing Olympics Doping Scandals:	Multiple athletes were disqualified for doping violations, sparking international debates about the integrity of competition.
2008 Beijing Paralympic	Oscar Pistorius bi-lateral transtibial amputee, who wished to compete against able-bodied athletes using two leg prostheses to run with a mechanical advantage over able bodied athletes. ESR provide an unfair advantage, was banned by the IAAF to run in able-bodied events
2012 Summer Olympics	Had the most (50) Olympic medals stripped for doping violations. The leading country is Russia with 14 medals stripped.
2012 London Olympics	Damola Osayemi was banned from the London 2012 Olympics after testing positive for a banned substance. Her disqualification resulted in her 100m silver medal being stripped.
2013, Match-Fixing Scandal,	A Nigerian football referee, Ibrahim Chaibou, was accused of taking bribes to influence the outcome of matches.

2014 Winter Olympics in Sochi	Where the Russian Olympic Committee, built the facility to hold urine samples for PED testing with a Batcave Entrance like wall (that didn't have sensors or cameras on) that Russians could swap out dirty samples with clean samples for their athletes with vials that looked and felt like the originals.
2015, FIFA Corruption Scandal	Several top officials of FIFA, the international soccer governing body, were indicted on charges of corruption, bribery, and money laundering. The scandal resulted in the resignation of FIFA's president and exposed widespread corruption within the organization.
2016 Rio Olympics:	The Russian Olympic team faced widespread controversy over state-sponsored doping practices, resulting in bans for numerous athletes.
2016 National Anthems Protests	Some athletes have used the national anthem as a platform to protest against political issues. For example, US soccer player Megan Rapinoe knelt during the national anthem in solidarity with Kaepernick's protests.
2016, Tennis Match-Fixing Scandal.	Nigerian tennis player, Henry Atseye, was banned from the sport for life after being found guilty of match-fixing.
2014 National Sport Festival.	Sunkanmi Omobolanle was banned for eight years after testing positive for a banned substance
2018 Commonwealth Games Doping Scandal.	Two Nigerian athletes, Glory Onome Nathaniel and Yinka Ajayi were banned after failing a drug test. Nathaniel was stripped of her gold medal in the women's 400-meter hurdles and Ajayi's 4x400m relay team was disqualified.
2020, Tokyo:	Amidst the COVID-19 pandemic, the games faced criticism over health protocols and the decision to proceed without spectators, resulting in public protests.

Source: Yazid, (2020)

The Paralympics Basketball Scandal of 2000 - After winning the Gold in 2000, investigation revealed that the victorious men's team from Spain had cheated. It was later revealed that most of their team members weren't disabled; they'd lied about their disabilities.



**Fig 20:** *Paralympic basketballers*

Boxing event raised a lot of eyebrows and India's medal tally got deprived of 2–3 medals. The Indian Olympic Committee lodged a protest against the judges' decision in the match between Indian boxer Sumit Sangwan and Brazilian Yamaguchi Falcao. The judges awarded the match 15–14 in favour of the Brazilian, the verdict was a daylight robbery.

### **Is Sport War, Is War Sport?**

Sports are organized activities that involve competition, skill, and rules, typically aimed at entertainment and recreation, while some may draw parallels between military strategy and competitive games, the context, purpose, and consequences of war are fundamentally different from those of sports. Sports are structured competitions with rules and regulations designed for entertainment, physical fitness, skills development, promote teamwork, discipline, and fair play (Yazid, 2009). While sport can sometimes use military metaphors and have historical connections to preparing troops for war they are ultimately about peaceful competition and enjoyment. Organized sports became even more closely linked with fitness, morale, and patriotism both within the ranks and on the home front. Football became a fixture on military bases at home and abroad (Yazid, 2016). Football was the favoured sport among the military brass, who thoughts that football produced the best soldiers and football was glorified as everything masculine and befitting.

## **Is Sport War?**

In the past, sport has been used to help shape native peoples into British 'models' of manliness and efficiency, but the army has also taken inspiration from abroad, adopting sports like polo and popularizing them back in Britain (Mark, 2014).

- Sports are forms of competition between individuals and teams.
- Most sport don't involve hordes of people dying.
- Medals and trophies are not usually awarded at the final battle of a war.
- Sports refer to physical or mental activities that are organized for entertainment and fun.
- Sports is a game or activity that is governed by rules.
- Sport promotes fair play, teamwork, and respect for opponents,
- Sport are organized competitive activities.
- Sports are meant to promote physical fitness, skill development and fair play.
- Sport promotes fair play, teamwork, and respect for opponents

There may be some similarities in terms of competition and the desire to win. Therefore, sport and war are fundamentally different and cannot be equated.

## **Is War Sport?**

The saying: "sport is war without shooting," (Orwell, 1945) suggests a historical perspective where sport serve as a substitute for military conflict, allowing societies to channel aggressive instincts and competitive spirit in a controlled environment. In war, the objective on the battlefield is to destroy your opponent's ability for offensive and defensive operations (Grandy, 2015). To do that, you will destroy his equipment, kill, or capture his field forces and destroy his economic base so that you never see him on the field again and when the war is over, one side generally takes over the loser's country and many times, innocent civilians are killed or injured, (Grandy, 2015).

- War is a form of competition between states, communities and nations.
- War is a violent deadly conflict between nations, groups or individuals that is characterized by destruction, injury and loss of lives; war is often deadly.
- War often involves aggression and hatred of others.
- In war, people die and the object of war is to exterminate the enemy.

## **Conclusion and Recommendations**

Sports is big business where the field equals a battlefield and to strive to become the top teams, athletes/players may use every single means they can to succeed (Yazid, 2016c). The win -at-all-cost syndrome, for example, athletes transgressing

the ideals of fair play, athletes' use of banned substances or matches being fixed gives the public a cause for concern as to the validity of competitions. It can have a negative effect on the public's opinion of sports and damage public perceptions of the integrity of sport. From grass-roots competitions to international mega-events, these call into question every aspect of the sporting relationship, from the highest levels of governing organizations all the way to individual athletes (Yazid, 2016d):

- Both sports and war involve competition, strategy, and a desire to win, often leading to intense rivalries.
- Both involve a high level of competition and a drive to win.
- Both require discipline, strategies and team coordination for success.
- Participants in both sports and wars often undergo intense physical exertion and endure risks of injury or harm.
- There is an emphasis on training and preparation in both realms.
- In both cases, there are significant psychological aspects such as motivation, mental strength, and focus.
- Both can bring together people from various backgrounds and societies to work together towards a common goal.
- Sport is a recreational and entertainment activity and fun.
- The integrity of a sport will be judged by its participants, spectators, sponsors, the general public and more often than not, the media.
- There is growing need for informed leadership to uphold the principles of sports ethics, fair play, and integrity within all sports strata e.g amateur, professional and all.

Sports is deprived of its most fundamental feature, the uncertainty of outcome, and to address this ethical and integrity concerns in sports, the perception of how individuals and the society perceive sports by equating sports with war and navigating ethical dilemmas in the present day sport requires a proactive approach. The following recommendations are hereby made:

- The survival of a sport therefore relies on ensuring that 'the sport is the same on the outside as it is on the inside' and remains true to its values, principles and rules.
- Play by the rules that are defined by its code.
- A sport that generally displays integrity has a level of community confidence, trust and support behind it.
- International sporting organizations (ISOs) should make it their objective to promote fair play and meaningful competition for all participants involved in their respective sports.
- Develop and enforce codes of conduct for fans to minimize inappropriate behaviour, discrimination, and violence in sporting environments.

- Ensure compliance with international humanitarian law, including the Geneva Conventions, to protect civilians and non-combatants during conflicts.
- Define and disseminate clear rules of engagement for military personnel to minimize the risk of ethical breaches and civilian harm.
- Encourage transparency in military operations and decision-making processes, allowing for external oversight and public reporting to build trust and accountability.

### **My Contributions to Knowledge**

Few notable studies that I have conducted over the years relate to my area of research interests:

- Doping in Sports (2014): A Review of the Literature: The role of doping in competitive sports.
- Olympic Games, Olympism and Sport Development in Nigeria (2014): This study evaluates Olympics from inception and how corruption scandals affect public trust, fan engagement, and the financial aspects of Olympics, FIFA World Cup and Nigeria Sports Leagues.
- Sports Governance and Corruption (2015): This study investigated Professional code of Ethics of Schools and case of corruption in National and Professional league" analyzes corruption within national league championship, highlighting systemic issues.
- Match-Fixing in Sports: A Global Perspective (2016). This study analyze how match-fixing affects the integrity of sports competitions, particularly in soccer, the study looks at motivations, methods, and the impacts of match-fixing on sport organization.
- Legal and Regulatory Frameworks of Nigeria University Games (NUGA) (2017). This study investigated the Legal and Integrity Considerations in the organization of Nigerian University Games (NUGA).
- Yazid, L.I. (2017). Ethical Considerations in the Development of Nigeria University Sports;
- Yazid, L.I. (2017). Legal and Integrity Considerations in the organization of Nigerian University Games (NUGA)
- Yazid, L.I. (2018). Leadership & Ethical Leadership in Sport Organizations: A review.

### **Areas of Current and Future Researches**

1. Ethics, Integrity and Governance in Sports
2. Sports and Softpower
3. Tourism, Leisure and Hospitality

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**APPENDIX**  
**LIST OF INAUGURAL LECTURES TO DATE**

S/N	NAME	DEPT	DATE	TOPIC
1 <sup>st</sup>	Emmanuel Ajayi Olofin	Geography	4 <sup>th</sup> March, 1992	The Gains and Pains of Putting a Water Lock on the Face of the Drylands of Nigeria
2 <sup>nd</sup>	Garba Dahuwa Azare	Education	24 <sup>th</sup> June, 2000	BASIC CONCERNS: Revitalizing Nigeria's Primary Education in the New Millennium
3 <sup>rd</sup>	Dajuma Abubakar Maiwada	Education	29 <sup>th</sup> July, 2000	Improving Teaching and Learning in University Education with Particular Reference to Bayero University, Kano
4 <sup>th</sup>	Majekodunmi Oladeji Fatope	Chemistry	7 <sup>th</sup> July, 2001	NATURAL PRODUCTS SCIENCE: Looking Back and Looking Forward
5 <sup>th</sup>	Muazu Alhaji Zaria Sani	Nigerian Languages	13 <sup>th</sup> October, 2001	A focus on Some Segmental and Suprasegmental Features in Hausa Phonology
6 <sup>th</sup>	Isa Hashim	Political Sciences	20 <sup>th</sup> March, 2004	Planning and Budget Implementation in the Health Sector
7 <sup>th</sup>	Abdulla Uba Adamu	Education	24 <sup>th</sup> April, 2004	SUNSET AT DAWN, DARKNESS AT NOON: Reconstructing the Mechanisms of Literacy in indigenous Communities
8 <sup>th</sup>	Auwalu Hamisu Yadudu	Private and Commercial Law	5 <sup>th</sup> June, 2004	LAW AS INTERPRETATION: An Exploratory inquiry from Islamic Law Jurisprudence
9 <sup>th</sup>	Mohammed Sanni Abdulkadir	History	31 <sup>st</sup> July, 2004	STRUCTURING, STRUGGLING AND SURVIVING ECONOMIC DEPRESSION IN NORTHERN NIGERIA: The 1930s As Preview of the present
10 <sup>th</sup>	Muhammad Sani Sule	Bio-chemistry	23 <sup>rd</sup> March, 2013	Enzymology and Radiation Biology in the Understanding of Biochemistry

11 <sup>th</sup>	Essiet Unanaowo Essiet	Agriculture	22 <sup>nd</sup> May, 2013	AGRICULTURE SUSTAINABILITY IN THE DRYLAND OF NIGERIA: Realities and Prospects
12 <sup>th</sup>	Aliyu Kamal	English Studies	5 <sup>th</sup> March, 2014	The Islamic Novel Style and Structure
13 <sup>th</sup>	Abdu Ahmed Manga	Agriculture	9 <sup>th</sup> April, 2014	Horticulture as a Panacea for Food Insecurity and Unemployment
14 <sup>th</sup>	Sa'idu Muhammad Gusau	Nigerian Languages	26 <sup>th</sup> May, 2014	Wakar Baka Bahaushiya (The Hausa Oral Songs)
15 <sup>th</sup>	Abdallah Uba Adamu	Mass Comm- unication	9 <sup>th</sup> July, 2014	IMPERIALISM FROM BELOW: Media Contra-Flows and Emergence of Metro-Sexual Hausa Visual Culture
16 <sup>th</sup>	Ghaji Abubakar Badawi	Library and Information Sciences	29 <sup>th</sup> July, 2015	THE ROLE OF PUBLIC LIBRARIES AS CENTERS OF INFORMATION TO DISADVANTAGED GROUPS: A 2004 - 2014 Study of the Information Needs of Gada Prostitutes in Dawakin Kudu Local Government Area of Kano State, Nigeria.
17 <sup>th</sup>	Mohammed Kabir	Community Medicine	16 <sup>th</sup> September, 2015	Public Health Concern for Chronic Non-Communicable Diseases Surpasses Anxiety Over Most Infections
18 <sup>th</sup>	T.I. Oyeyi	Biological Sciences	30 <sup>th</sup> March 2017	Linking Schistosomiasis and Water Resources Development in Kano State Nigeria: Public Health Impact and Mitigation
19 <sup>th</sup>	Abdulrazaq G. Habib	Medicine	27 <sup>th</sup> April, 2017	Medicine, Science and Society – The Global Health Imperative
20 <sup>th</sup>	S. Y. Mudi	Chemistry	6 <sup>th</sup> July, 2017	Natural Products: Plants as Potential Sources of Drugs
21 <sup>st</sup>	Sani Ibrahim	Biological Sciences	27 <sup>th</sup> July, 2017	BETWEEN LIFE AND DEATH: Water Quality and Resource Evaluation - The Place of Hydrobiologists

22 <sup>nd</sup>	J. Afolabi Falola	Geography	26th October, 2017	The Poor We Have With Us Always
23 <sup>rd</sup>	Umar G. Danbatta	Electrical Engineering	2 <sup>nd</sup> November, 2017	GETTING OUT OF THE WOODS: Diversifying Nigeria's Economy Through the Telecommunications Sector
24 <sup>th</sup>	Adelani W. Tijani	Nursing	23rd November, 2017	Wholesome Alimentation: Path to Radiant Health
25 <sup>th</sup>	Juwayriya Badamasiuy	Private and Commercial Law	21st December, 2017	Uncovering Patriarchy in the Law: Feminist Movement for Re- Interpretation of Islamic Law in Focus.
26 <sup>th</sup>	Isa Mukhtar	Nigerian Language	25 <sup>th</sup> January, 2018	STYLISTIC THEORIES AND THE LINGUISTICS OF HAUSA PROSE TEXTS: the (SFL) approach.
27 <sup>th</sup>	Ganiyu Sokunbi	Physiotherapy	29 <sup>th</sup> March, 2018	TODAY IT HURTS, TOMORROW IT WORKS: Complimentary and Alternative Therapy for Failed Back Syndrome
28 <sup>th</sup>	Aminu K. Kurfi	Business Admin. and Entrepreneurship	19 <sup>th</sup> April, 2018	Micro-finance as an Elixir for Poverty Alleviation and Wealth Creation in Nigeria
29 <sup>th</sup>	Muhammad S. Khamisu	Arabic	17 <sup>th</sup> May, 2018	Substitution in Arabic Languages Rules and Types
30 <sup>th</sup>	Habu Nuhu Aliyu	Pure and Industrial Chemistry	21 <sup>st</sup> June, 2018	SCHIFF BASES AND THEIR TRANSITION METAL COMPLEXES: The Drug for the Next Generation
31 <sup>st</sup>	Hashim M. Alhassan	Civil Engineering	19 <sup>th</sup> July, 2018	EASING THE BURDEN OF TRAVEL: Can Roadway Capacity Modeling Help?
32 <sup>nd</sup>	Habu Mohammed	Political Science	13 <sup>th</sup> September, 2018	TUG OF WAR OR ECHO IN THE DARK? Civil Society Organizations (CSOs) and the Fight Against Corruption in the Era of Change Mantra in Nigeria
33 <sup>rd</sup>	Bello Idrith Tijjani	Physics	20 <sup>th</sup> September, 2018	NAVIGATING THE DATA LABYRINTH: Application of Some Advanced Statistical Analysis in Atmospheric Physics

34 <sup>th</sup>	Mohammed Ajiya	Electrical Engineering	18 <sup>th</sup> October, 2018	SEAMLESS GLOBAL CONNECTIVITY AT THE SPEED OF LIGHT: Converting Intrinsic Phenomena in Optical Fibers to Capacity Increase.
35 <sup>th</sup>	Abdulrahman Abdul Audu	Pure and Industrial Chemistry	25 <sup>th</sup> October, 2018	MY ACADEMIC VOYAGE IN WATER INTO THE WORLD OF HEAVY METALS
36 <sup>th</sup>	Ibrahim Rakson Muhammad	Animal Science	21 <sup>st</sup> February, 2019	FORAGE AND FODDER PRODUCTION IN NIGERIA: Its Sensitivity in Sustainable Ranching.
37 <sup>th</sup>	Muhammad Bashir Ibrahim	Department of Pure and Industrial Chemistry	14 <sup>th</sup> March, 2019	WATER POLLUTION AND THE QUEST FOR ITS REMEDIATION: The Natural Resource Option
38 <sup>th</sup>	Oyerinde O. OyeseGUN	Department of Physical and Health Education,	4 <sup>th</sup> April, 2019	MAN DOES NOT DIE BUT KILLS HIMSELF: The Dilemma of the Health Educator and the Moderating Influence of Health Education
39 <sup>th</sup>	Danladi Ibrahim Musa	Department of Physical and Health Education	25 <sup>th</sup> April, 2019	WAGING WAR ON THE DEADLY QUARTET AND ITS CO-MORBIDITIES: A Physical Activity Panacea
40 <sup>th</sup>	Kabiru Isa Dandago	Department of Accounting	2 <sup>nd</sup> May, 2019	THE ACCOUNTING IN HUMANITY KNOWS NO BOUNDS
41 <sup>st</sup>	Mustapha Hassan Bichi	Department of Civil Engineering	20 <sup>th</sup> June, 2019	MAN, ENVIRONMENT AND WATER - The <i>Moringa oleifera</i> (Zogale) Intervention
42 <sup>nd</sup>	Mustapha Muktar	<i>Department of Economics</i>	27 <sup>th</sup> June, 2019	PEOPLE, PLANET AND PROFIT: Peaceful Bed Fellows at the Best of Times But Strange Roommates at Present - The Economist's Approach to a Peaceful and Sustainable Co-Existence
43 <sup>rd</sup>	Mohammed Atiku Kano	<i>Department of Biochemistry</i>	25 <sup>th</sup> July, 2019	Serum Lipids and Lipoproteins - A Curse or a Blessing?
44 <sup>th</sup>	Rabi'u Mohammed	<i>Department of Physical and Health Education</i>	8 <sup>th</sup> July, 2019	EXERCISE AND SPORTS FOR THE ATYPICAL PERSONS: A Multidimensional Analysis
45 <sup>th</sup>	Yahaya, D.B.	Department of Mechanical Engineering	12 <sup>th</sup> December 2019	GETTING OUT OF THE DARKNESS: The Solar Energy Solution

46 <sup>th</sup>	Shehu Alhaji Musa	<i>Department of Agricultural Economics &amp; Extension</i>	22 <sup>nd</sup> April 2021	CROSSING THE CHASMS OF AGRICULTURAL DEVELOPMENT IN NIGERIA: Consumer Preference Studies: Market Integration Syntheses and Value Chain Diagnoses to the Rescue
47 <sup>th</sup>	Shehu U.R. Aliyu	<i>Department of Economics</i>	24 <sup>th</sup> June, 2021	What Have We Learnt From Modelling Stock Returns In Nigeria: Higgledy-Piggledy?
48 <sup>th</sup>	Kamilu Sani Fage	<i>Department of Political Science</i>	8 <sup>th</sup> July, 2021	FROM DIVIDEND'S OPTIMISM TO DASHED HOPES: The Imperatives of Leadership Re-Engineering in Nigeria
49 <sup>th</sup>	Babatunde Olamide Bamgbose	<i>Department of Oral Diagnostic Sciences</i>	9 <sup>th</sup> Sept., 2021	MATRIX OF THE KNOWLEDGE OF LIGHT AND KNIFE: The Journey of a Maxillofacial Surgeon into Imaging
50 <sup>th</sup>	Umar Ibrahim Gaya	<i>Department of Pure and Industrial Chemistry</i>	4 <sup>th</sup> Nov., 2021	In Search of Catalysts...
51 <sup>st</sup>	Ahmad Muhammad Tsauni	Department of Economics	19 <sup>th</sup> December, 2024	Economic Progress on a Tightrope
52 <sup>nd</sup>	Bashir Muhammad Fagge	Department of Animal Science	30 <sup>th</sup> January 2025	An Odyssey into Foods of Animal Origin: Fortification and Modifications for Health and Sustainable National Development
53 <sup>rd</sup>	Mu utassim Ibrahim	Department of Pediatrics,	27 <sup>th</sup> February, 2025	Pathways to Progress: Pediatrics Care, Child Health and Medical Education in Nigeria.

