

OBAFEMI AWOLOWO UNIVERSITY, ILE-IFE, NIGERIA
DEPARTMENT OF KINESIOLOGY, HEALTH EDUCATION AND RECREATION

REVISED BACHELOR OF EDUCATION DEGREE PROGRAMMES IN KINESIOLOGY, HEALTH EDUCATION AND RECREATION

GENERAL REGULATIONS

A. PROGRAMMES' OBJECTIVES

The objectives of the Bachelor of Science (Education) Kinesiology, B.Sc. Ed. (Health Education) and B.Sc. (Ed.) Kinesiology, Health Education and Recreation, Bachelor of Education (Kinesiology, Health Education and Recreation,) programmes are derived from the National Policy on Education, which made provisions for the goal of Higher Education in general and Teacher Education in particular. The Bachelor's programmes are therefore designed to accomplish the following:

- To produce Graduate Teachers, Coaches and Specialists in the area of Physical and Health Education who must have acquired sound academic and professional training so that they can function effectively in their primary assignments. The graduates of the programmes should therefore be in a position to:
 - (a) Utilize both the physical and intellectual skills they have to teach, coach and implement sports programmes in Secondary Schools and in sports organizations, both in public and private sectors
 - (b) Provide effective leadership in Educational, Health and Sport sectors of the country
 - (c) Assist students in Secondary Schools to adopt healthy life styles, which will enhance their quality of life.
 - (d) Pursue postgraduate work in the different areas of specialization in Physical and Health Education.

B. RATIONALE FOR B.Ed. PHYSICAL EDUCATION; B.Ed, HEALTH EDUCATION AND B.Sc. PHYSICAL AND HEALTH EDUCATION PROGRAMMES

The Department proposes to mount the mentioned programmes as stipulated in the National Universities Commission (NUC)'s Approved Minimum Academic Standard. The NUC made provisions for the separation of these courses into Physical Education and Health Education. These should be run as single Majors

with Education. It also made provision for Physical and Health Education Bachelors Degree programme to be run as a Double Major. The Department is the second oldest Department of Physical and Health Education to offer a degree programme in this special area. As of now, it is the only First Generation Universities' Department of Physical and Health Education, which is yet to separate the programme. Several of the Second and Third Generation Universities are running such separate programmes.

C. HIGHLIGHTS OF THE CHANGES

Up till 2005/2006 academic session, the Department runs B.Ed. (Physical Education) programme. This programme has some limitations because, it cannot take care of some relevant courses in Physical and Health Education. The NUC's Approved Minimum Academic Standards made provisions for the separation of Physical Education and Health Education to be run as Single Majors with Education. The Department therefore decides to run the three separate degree programmes below in order to meet the needs of the society:

- (a) B.Ed. (Physical Education): which will concentrate more on Physical Education courses
- (b) B.Ed. (Health Education): which will concentrate more on Health Education courses
- (c) B.Sc. (Physical and Health Education): which will take care of Science-based courses in Physical and Health Education.

D. ADMISSION REQUIREMENTS

For admission into any of the three programmes, the following qualifications are required:

- (a) **UME:** (A four-year programme) – Five credit passes in relevant subjects at the SSCE/GCE/NECO in not more than two sittings. Such subjects **MAY** include: Biology, Mathematics, Integrated Science and Health Science for the B.Sc (Physical and Health Education).

- (b) **DIRECT ENTRY:** (A three-year programme) – Pass in two major subjects in relevant areas in the NCE at merit level with three credit passes in three other subjects in SSCE/GCE/NECO or two passes in relevant subjects at ‘A level.

OR

- * A pass at merit level in relevant Diploma programme with three passes at credit level SSCE/GCE/NECO
- * English language must be passed at a minimum of credit in all the above courses.

Either UME or Direct entry, candidates for the B.Sc (Physical and Health Education) programmes are required to pass Mathematics and Biology at credit levels at SSCE/GCE/NECO.

E. DURATION OF THE PROGRAMME

- (a) **UME:** The duration of the UME programme is a minimum of four sessions (i.e. 8 semesters)
- (b) **DIRECT:** The duration of the Direct programme is minimum of 3 years (i.e. 6 semesters).
- (c) The maximum period for a candidate to complete the minimum requirements for a degree in any of the programmes is one and half times the duration of the regular programme.

LIST OF STAFF

S/N	NAMES	STATUS	AREA OF SPECIALIZATION
1.	E. B. Okunrotifa, BPE, M.Ed. (Canada), Ph.D (IOWA)	PROF.	Adapted Physical Education/ Sports Administration
2.	S. A. Adeyanju, B.Sc. (Ife), M.Sc. (Kentucky), Dr. of Physical Education (Indiana)	PROF.	Motor Learning/Control and Exercise Physiology
3.	S. A. Adeniran, B.Sc. (ABU), M.Sc. Ph.D. (Kansas)	PROF.	Exercise Physiology
4.	M. A. Olubayo-Fatiregun, B.Ed., M.Ed., Ph.D. (UI)	PROF	Health Education
5.	J. B. Alla, B.Sc., M.A., Ph.D. (Ife)	Reader	Sports Administration/ Recreation
6.	H. K. Olorunsola, B.Sc., M.A., Ph.D. (Ife)	Senior Lecturer	Sports Administration/ Recreation
7.	N. U. Igbokwe, B.Sc., M.A., (Ife)	Senior Lecturer	Exercise Physiology
8.	R. B. Ayodele, B.A., M.A. (Ed.), Ph.D. (Ife)	Senior Lecturer	Health Education
9..	C. F. Akinnubi, B.Sc. (Nzuka), M.A. (Ife), Ph.D. (Ife)	Lecturer I	Health Education
10.	K. A. Aderonmu, B.Ed., M.A., Ph.D. (Ife)	Lecturer I	Social Psychology/Sports Psychology
11.	O.O. Akinbiola. B.Ed., M.A., Ph.D. (Ife)	Assistant Lecturer	Exercise Physiology
12	M. M, Mamudu, B.Ed., M.A., (Ife)	Assistant Lecturer	Motor Learning/Control and Exercise Physiology
ASSOCIATE LECTURERS			
14.	C. O. Ojofeitimi	PROF.	Community Health
15.	C. U. Manus	PROF.	Religious Studies
16.	M. O. B. Olaogun	Reader	Medical Rehabilitation
17.	M. O. Egwu	Senior Lecturer	Medical Rehabilitation
18.	R. A. Adedoyin	Senior Lecturer	Medical Rehabilitation
19.	B. A. Fajewonyomi	PROF.	Community Health
20.	C. A. Adegbenro	Lecturer II	Community Health
21.	B. Y. Oladimeji (Mrs.)	Senior Lecturer	Community Health

B.Sc.Ed. (HEALTH EDUCATION)**Part I**

HARMATTAN SEMESTER			RAIN SEMESTER		
COURSE CODES	COURSE TITLES	LTPU	COURSE CODES	COURSE TITLES	LTPU
EDU101	Introduction to Teaching Profession	2002	EDU102	Principles and Practice of Education	2002
PHE101	Skill Development and Techniques in Sports and Games I	2033	PHE102	Skill Development and Techniques in Sports and Games II	2033
PHE111	Introduction to Physical Fitness	2002	PHE104	Foundations of Physical Education	2002
PHE113	Introduction to Health Education	2002	PHE106	Health and Atypical Physical Activity Programmes	2002
PHE115	Personal and Family Health	2002	PHE112	Elementary Anatomy and Physiology	2002
PHE117	Accidents and Disasters	2002	PHE114	Health and Illness Behaviour	2002
PHE119	Health Agencies and Services	2002	PHE116	Adolescents and Adult health	2002
			PHE118	Health Problems in Schools	2002
	Plus two Special Electives from outside the Faculty	4004		Plus one Special Elective from outside the Faculty	2002
	Total	19		Total	19

Part 2

HARMATTAN SEMESTER			RAIN SEMESTER		
COURSE CODES	COURSE TITLES	LTPU	COURSE CODES	COURSE TITLES	LTPU
CSC221	Computer Appreciation	2002	EFC202	Philosophical Foundations of Education	2002
EFC201	Historical Foundations of Education	2002	DET202	Introduction to Educational Technology	2002
EFC203	Psychological Foundations of Education	2002	SEC202	Curriculum and Instruction	2002
PHE201	Skill Development and Techniques in Sports and Games III	2033	PHE202	Skill Development and Techniques in Sports and Games IV	2033
PHE203	History and Philosophy of Physical Education	2002	PHE204	Health Protection	2002
PHE205	Human Biology	2002	PHE206	Adapted Physical Education	2002
PHE207	Introduction to School Health Programme	2002	PHE210	Basic Exercise Physiology	2002
PHE209	First Aid and Safety Education	2002	PHE212	Motor Learning and Performance	2002
			PHE214	Nutrition Education	2002
PHE211	Any one of the following: Driver Education	2002	PHE216	Health Counseling	2002
PHE213	Physical Fitness Evaluation				
	Plus any one Faculty Elective from the following:				
DCE201	Adult Education				
DCE203	Introduction to Non-Formal Education	2002			
DCE205	Community Development				
DCE207	Functional Literacy				
	Plus one Special Elective from outside the Faculty	2002		Plus one Special Elective from outside the Faculty	2002
	Total	23		Total	23

Part3

HARMATTAN SEMESTER			RAIN SEMESTER		
COURSE CODES	COURSE TITLES	LTPU	COURSE CODES	COURSE TITLES	LTPU
EDU202	Teaching Practice I	2033	EFC202	Developmental Psychology	2002
EFC301	Introduction to Guidance and Counseling	2002	PHE306	Mental Health and Emotional Education	2002
EFC303	Tests and Measurement in Education	2002	PHE308	Community Recreation, Tourism and Health	2002
SEC301	Curriculum Development	2002	PHE310	Special Methods in Kinesiology, Health Education and Recreation	2002
PHE307	Consumer Health Education	2002	PHE312	Curriculum Studies in Kinesiology, Health Education and Recreation	2002
PHE311	Sports, Health and Aging	2002	PHE314	Environmental Health Education and Practice	2002
PHE313	Introduction to Epidemiology	2002	PHE316	Community Health Education and Services	2002
PHE315	Occupational Health Education and Practice	2002	PHE318	Practicum in Health Education	2002
PHE319	Health and Dance Analysis	2002	PHE320	Research Methodology and Statistics in Physical and Health Education	2002
CSC333	Plus one Restricted Elective from the following: Computer Application	2002	PHE324	Information and Communication Technology in Sports/Health Education	2002
PHE317	Conditioning and Adaptations to Environmental Stress		PHE308	Plus One Faculty Elective from the following Community Recreation, Tourism and Health	
PHE321	Issues in Exercise Training and Athletic Conditioning		DET302		
DET301	Organisation of Learning Resources				
	Any one Special Elective from outside the Faculty	2002		Any one Special Elective from outside the Faculty	2002
	Total	23		Total	24

Part 4

HARMATTAN SEMESTER			RAIN SEMESTER		
COURSE CODES	COURSE TITLES	LTPU	COURSE CODES	COURSE TITLES	LTPU
EDU302	Teaching Practice 11	2002	PHE401	Long Essay	2002
EFC413	Sociology of Education	2002	EAP402	School Management	2002
PHE411	Dance and Movement Education	2002	PHE410	Family Life and Sex Education	2002
PHE413	Drug Education	2002	PHE414	Analysis and Evaluation of Physical Fitness	2002
PHE415	Organization and Implementation of School Health Programme	2002	PHE416	Degenerative Diseases	2002
PHE417	Issues in Health Education	2002	PHE418	Careers in Kinesiology, Health Education and Recreation	2002
PHE419	Ergogenic Aids, Health and Sport Performance	2002	PHE420	Adolescent Reproductive Health	2002
PHE421	Vital Health Statistics in Nigeria	2002	PHE422	Health Law	2002
PHE423	Rehabilitation Programmes of Special Population	2002			
	Plus any one Elective from the following:			Plus any one Elective from the following:	
DCE405	Learning, Teaching and Communication		DCE402	Organization and Administration of Adult Education	
EFC409	Introduction to Educational Evaluation	2002	DCE404	Introduction to Curriculum Development in Adult Education	
PHE405	Coaching Techniques in Sports and Games 1		EFC402	Organization and Administration of Guidance and Counselling	
SEC403	Classroom Testing		PHE406	Skill Development and Techniques in Sport and Games	2002
PHE411	Dance Notation		PHE410	Family Life and Sex Education	
	Total	20		Total	18

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DEPARTMENT OF KINESIOLOGY, HEALTH EDUCATION AND RECREATION

B.Sc.Ed. (HEALTH EDUCATION) COURSES' DESCRIPTION

PHE 101: Skill Development and Techniques in Sports and Games I

Introduction students to the theory and practice of individual and team sports and games leading to the acquisition of basic manipulative skills. Rules and regulations guiding competitive participation in track and field athletics (sprints, long jump, discuss), table tennis and volleyball will be introduced.

PHE 102: Skill Development and Techniques in Sports and Games II

Introduces students to the theory and practice of individual and team sports and games leading to the acquisition of basic manipulative skills. Rules and regulations guiding competitive participation in track and field athletics (middle and long distance races, high jump and javelin), basketball, football and squash racket will be introduced.

PHE 104: Foundations of Physical and Health Education

An overview of the biological, sociological and psychological foundations Physical education will be taught. Scientific theories as they relate to Physical Education (e.g. developmental theory, personality theory, human needs and learning theories) will be studied.

PHE 106: Introduction to Health and Atypical Physical Activity Programme

Definitions of the concepts of health and atypical persons; various handicapping conditions, physical activity programmes and activities for specific disabilities and relatedness of physical activities to the physical, social, mental wellbeing of the atypical populations will be treated in the course.

PHE 111 Introduction to Physical Fitness

Definition of physical fitness, components of physical fitness (health-related and skill or performance fitness components) and the benefits of physical fitness to health and body building and sports performance will be covered. The course will also cover factors in attaining high level fitness and maintenance of physical fitness. Physical activities and sports for fitness acquisition will also be treated

PHE 112: Elementary Anatomy and Physiology

The structure and functions of the human body will be treated. It presents an overview of the different organs and systems in relation to their functional processes and adaptations.

PHE 113: Introduction to Health Education

Provides basic knowledge of the concept of Health and Health Education, its objectives, scope, methods of teaching facilities and equipment, personnel and evaluation.

PHE 114: Health and Illness Behaviours

Focuses on the continuum between optimal health and death. The physical and psychological characteristics and behaviours of the healthy and the sick are studied. Terminal diseases and some issues on death education will be discussed.

PHE 115: Personal and Family Health Education

Principles of body cleanliness, care of all parts, clothes etc. health services which are daily expected of members of the family and family problems which often cumulate into emotional disorders are taught.

PHE 116: Adolescent and Adult Health Education

Concepts of adolescent and adult, the physical, social and psychological characteristics, and needs of the two groups including food, sexuality, exercise etc. will be treated. Lectures will also cover health challenges, crisis, sources of conflicts and stress coping strategies among the populations.

PHE 117: Accident and Disaster Education

Accidents and disaster in various settings; the cause-effect-control analysis of accidents and natural and artificially-created disasters will be treated. Past and current national and international disasters will be reviewed.

PHE 118: Health Problems in Schools

Etiological factors causing health problems including civilization, environment, humans themselves etc will be treated. Lectures will cover various health problems such as optical, postural, speech, dermatological, sex-related, nutritional problems hinting on the causes, prevalence, nature, and presentations, prevention and treatment.

PHE 119: Health Agencies and Services

Health agencies and services rendered including drug law enforcement agencies, agencies providing safety and first aid, food control agencies, consumer law agencies, reproductive health agencies will be covered in the course. Non-governmental health organizations and their services will also be learnt. Visitations to some of these agencies and organizations will be included in the course.

PHE 201: Skill Development and Techniques in Sports and Games III

Introduces students to the theoretical and practical approaches to the acquisition of motor skills needed for participation in team sports. Rules and regulations guiding competitive participation in track and field athletics (sprints, relays and long jump), badminton, volleyball and table tennis will be discussed.

PHE 202: Skill Development and Techniques in Sports and Games IV

Introduces students to the theoretical and practical approaches to the acquisition of motor skills needed for participation in team sports. Rules and regulations guiding competitive participation in track and field athletics (middle and long distance races, triple jump), badminton, volleyball and table tennis will be discussed.

PHE 204: Health Protection

Provides knowledge of the relationship between health, disease and environment. Strategies in protecting, maintaining and restoring health will be taught. Nigerian policies on health protection will be examined.

PHE 205: Human Biology

Various body systems, reproductive, respiratory, excretory, skeletal, nervous, endocrine systems will be treated. Physiology of body parts like the eyes, ear, skin will be studied. Introduction to the relationship between body structures and sports performance will be done.

PHE 206: Adapted Physical Education

Handicapping conditions, curriculum related to such conditions and planning for and implementation of physical activities for the specific disabilities will be treated.

PHE 207: Introduction to School Health Programme

Provides an understanding of the 3 main phases of school health programme (Educational, environmental and medical phases) emphasizing the roles of the school in each phase.

PHE 209: First Aid and Safety Education

Contents of First Aid Box and the practical knowledge of emergency treatment of various conditions will be presented. Roles of health educators and health agencies in providing first and services will be highlighted.

PHE 213: Physical fitness Evaluation

A study of evolving trends of physical fitness; theoretical and practical application of principles of evaluation of physical fitness assessment; use of fitness tests at the field setting..

PHE 214: Nutrition Education

Provides basic knowledge of food constituents, underlining factors in food choice, nutritional requirements of different age-groups, health and academic effects of poor nutrition. Topics focuses on the study of the need for nutrition education at all school levels, relevant content areas of nutrition, its teaching methods, personnel, evaluation systems and designing nutritional programmes will be treated.

PHE 215: Health Care Delivery System in Nigeria

Basic concepts, principles and components of Primary Health Care and trends in PHC delivery in Nigeria will be analysed. Critical look at health for all in 2000 vis-à-vis the current state of health in Nigeria and issues in ensuring health for all will be looked into.

PHE 216: Health Counseling

Health counseling services in form of assisting to enhance the physical and mental health of students to achieve academic success, personal development and lifelong wellness and to develop an immediate campus environment consistency. Emotional health, environmental wellness, financial wellness, intellectual wellness, healthy eating and living will be addressed.

PHE 218: Challenges of School Health Education

The scope of school health education, the problems facing health education teaching at all school levels as regards funding, facilities and equipment, personnel and cultural influence.

PHE 306: Mental and Emotional Health Education

Centers on the concepts of mental and social health; causes, types, prevention of social and mental health problems.

PHE 307: Consumer Health Education

Focus areas include; consumer health education, definition of quackery and quacks, need for consumer health education programme and fraudulent health practitioners.

PHE 308: Community Recreation, Tourism and Human Health

The study of recreation programmes in automation era; the philosophy and principles of planning and executing community recreation programmes and trends of leisure and its relationship to contemporary society.

PHE 310: Special Methods in Physical and Health Education

Planning, preparation and implementation of physical and health education in the classroom situation. Concepts of teaching, various techniques, approaches and styles of teaching physical and health education will be treated. Teaching assessment will be treated.

PHE 311: Sports, Health and Aging

Concepts of aging, theories and generalizations of aging, problems and needs of the aged, rationale for sports and recreation for the aged and guidelines for sports programmes for the aged will be discussed.

PHE 312: Curriculum Studies in Physical and Health Education

Examines primary and secondary school curriculum in Health Education. It centers on identification of the objectives and contents of health education. Curriculum designs, principles guiding the planning and implementation of health education curriculum and factors affecting proper implementation of the curriculum will be treated.

PHE 313: Introduction to Epidemiology

Focuses on the concept of epidemiology, determinants of health conditions in human population, etiological factors in chronic diseases, outbreak of diseases in Nigerian communities.

PHE 314: Environmental Health Education and Practices

Definitions of environmental health; components of the environment, guidelines for maintaining environmental hygiene and effects on health. Approaches in creating sanitary environment, past and current government's intervention in environmental sanitation and communities roles in creating sanitized environment, compulsive sanitation and evaluation programme will be taught.

PHE 315: Occupational Health Education and Practices

Provides with knowledge on industrial accidents, safety tips and programmes in different work settings like farms, industries, markets, offices etc. Nigerian policies on industrial safety and workers' protection, evaluation of safety status of workplaces and the roles of workers, industrial managements and government in occupational safety will form part of the course.

PHE 316: Community Health Education and Practices

Human ecology and conservation of human resources (shady trees, natural water sources etc); life extension, prevention of disorders and disabilities and control of communicable and non-communicable diseases will be treated. Motivation for community participation in health projects and programmes, roles of the health education in community health programmes (including teaching, home visitation and information dissemination will be treated

PHE 318: Practicum In Health Education

Field experience in Health Education. Health monitoring and evaluation of health practices at different settings including schools, homes, workplaces etc. visitations to health homes and make case studies, facilitating and mounting short-term health promoting programmes on environmental sanitation, food sanitation, accident prevention and report their findings

PHE 319: Introduction to Dance Education

Concept of health and taxonomy of health (personal, mental and emotional, social, physical and psychological health), school dance programme components (Fundamental basic movements, traditional and folk dances, gymnastics, etc will be learnt. Dance as an art and science and the points of relationship of dance and human health, wellness and fitness will also be learnt.

PHE 320: Research Methodology in Physical and Health Education

The course is a prelude to writing of long essay. The focus is guidance in research and reporting. It include problem identification, approaches to researches, data collection, statistical techniques that are appropriate for different data, analysis and reporting.

PHE 324: Information and Communication Technology (ICT) in Sports/Health Education

The use of ICT in coaching and teaching sports or Health Education will be taught. The challenges of the use of ICT in sports and how these challenges are tackled will be studied. ICT application in sports/Physical Education/health programmes will be covered

PHE 401: Long Essay

Research project in which students are guided in identifying problems or topics, which they pursue as field, such as experimental or library research. Students are assigned to supervisors to guide them in the conduct and report of chosen research activities.

PHE 410: Family Life and Sex Education

An understanding of the principles of family setting, types of love, courtship, marriage types, child-bearing and related problems, types of families, sexual deviation/sexual preference, contraceptive use, sex and the teenagers and sex education teaching in schools. Roles of parents in sex education will be discussed.

PHE 411: Dance and Movement Analysis

Acquisition of skills to read and write dance notations and participation in the development of choreography, analysis of advanced dance steps and movements in ballroom dances including the salsa, chacha, balley, rumba and popular Hausa, Igbo and Yoruba folk dances.

PHE 413: Drug Education

Clarifications of related terms, categories of drugs (stimulant, narcotics, depressants, amphetamines, etc). Topics also include the etiological factors in drug behaviours and dependence; physiological and psychological problems associated with drug abuse and misuse; drug discontinuity patterns and measures of combating drug problems.

PHE 414: Analysis and Evaluation of Physical Fitness

Review of physical fitness components (performance-related and health-related components), various tests measuring each of the physical fitness components will be treated.

PHE 415: Organization and Implementation of School Health Programme

Concepts of organization and administration, phases in school health programme; planning, budgeting, personnel, methods and materials and evaluation of School health programmes including mid-day meal, immunization, counselling, personal and environmental sanitation, intramural and extramural sports competitions, school drug prevention and control programmes will be covered in the course. Also, roles of the parents in these programmes will be highlighted

PHE 416: Degenerative Diseases Education

Focuses on identifying the scope of degenerative diseases, their characteristics and nature, management and prevention of diseases like HIV/AIDS, diabetes, hypertension, etc.

PHE 417: Issues in Health Education (Field work)

Opportunities to choose any health-related issues of current concern which may include but not limited to: (obesity, emotional health, population control, stress and management, accidents and disasters, pollution, sexual coercion, teenage pregnancy and abortion, child abandonment or abuse or trafficking) conduct an independent study on it and present findings in class.

PHE 418: Careers in Physical Education/ Health Education

Discussion will center on expansion of the Physical/health Education industry, official job opportunities for young graduates in the two fields. Information will be provided on the criteria for career selection, academic requirements for employment into their chosen careers, responsibilities and duties as workers, creating effective physical and psychological working conditions. Guides to self employment in health industry will be treated.

PHE 419: Ergogenic Aids, Health and Sports Performance

Understanding the meaning and types of ergogenic aids, including nutritional, pharmaceutical, mechanical, physiological ergogenic aids etc. Identification of different types and mode of administration of the aids, specific functions, the efficacy of the drugs, effects on health and athletes' performance will be treated. Information on commonly used traditional ergogenic aids will be treated. Prevalence and regulations prohibiting their use in sports and penalties will be covered.

PHE 420: Adolescent Reproductive Health

Focuses on adolescent sexuality. Topics on physical and emotional changes at puberty, social needs of adolescents, sexual behaviours including unprotected sexual relationship, multiple partnership, indiscriminate, early sex and unsafe abortion, rape etc, will be taught. Control of sexual emotions will be discussed. Sexual problems and sources of conflicts and solving these problems will be covered..

PHE 421: Vital Health Statistics in Nigeria

Focuses on facts and figures on health issues concerning accident statistics, mortality rates, epidemics, disasters, diseases, health facilities, and personnel in comparison with outside world.

PHE 422: Health Law/Sports Law

Nigerian laws and policies on sports and health. Laws that are relevant to health and sports managements, risk management, conflict law, gender equity, law of tort, anti-trust law and contract law as relates to sports and health.

PHE 423: Rehabilitation Programmes for Special Population

Factors affecting acceptance of special population in Nigeria, overview of the attitudes of people towards the special persons, styles and structures of residential care and treatment of the special population will be studied. Convalescence homes and factors limiting its workability in Nigeria rehabilitation programmes for the handicapped including the geniuses and the aged.

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REVISED BACHELOR OF EDUCATION DEGREE PROGRAMMES IN KINESIOLOGY, HEALTH EDUCATION AND RECREATION

B.Sc.Ed. (KINESIOLOGY)

Part I

HARMATTAN SEMESTER			RAIN SEMESTER		
COURSE CODES	COURSE TITLES	LTPU	COURSE CODES	COURSE TITLES	LTPU
EDU101	Introduction to Teaching Profession	2002	EDU102	Principles and Practice of Education	2002
PHE101	Skill Development and Techniques in Sports and Games I	2033	PHE102	Skill Development and Techniques in Sports and Games II	2033
PHE103	Organisation and Administration of Intramural Sports	2002	PHE104	Foundations of Physical Education	2002
PHE105	History and Principles of Physical and Health Education	2002	PHE106	Introduction to Atypical Physical Education	2002
PHE107	Social and Psychological Foundations of Physical Education	2002	PHE108	Introduction to Outdoor Education	2002
PHE109	Control of Skill Behaviour	2002	PHE110	Introduction to Sports Facility	2002
PHE111	Introduction to Physical Fitness	2002	PHE112	Elementary Anatomy and Physiology	2002
PHE 121	Emergency Preparedness for Sports		PHE121	Movement Education and Analysis	
	Plus two Special Electives from outside the Faculty	4004		Plus two Special Electives from outside the Faculty	4004
	Total	20		Total	20

Part 2

HARMATTAN SEMESTER			RAIN SEMESTER		
COURSE CODES	COURSE TITLES	LTPU	COURSE CODES	COURSE TITLES	LTPU
CSC221	Computer Appreciation	2002	EFC202	Philosophical Foundations of Education	2002
EFC201	Historical Foundations of Education	2002	DET202	Introduction to Educational Technology	2002
EFC203	Psychological Foundations of Education	2002	SEC202	Curriculum and Instruction	2002
PHE201	Skill Development and Techniques in Sports and Games III	2033	PHE202	Skill Development and Techniques in Sports and Games IV	2033
PHE203	History and Philosophy of Physical Education	2002	PHE204	Health Protection	2002
PHE205	Human Biology	2002	KHR206	Introduction to Adapted Physical Education	2002
PHE209	First Aid and Safety Education	2002	PHE208	Introduction to Kinesiology	2002
PHE211	Driver Education	2002	PHE210	Basic Exercise Physiology	2002
PHE213	Physical Fitness Evaluation	2002	PHE212	Motor Control and Learning	2002
DCE201	Adult Education	2002	PHE220	Methods and Materials in Kinesiology, Health Education and Recreation	2002
DCE203	Introduction to Non-Formal Education	2002			
DCE205	Community Development				
DCE207	Functional Literacy		PHE204	Health Protection	
PHE209	First Aid and Safety Education		PHE214	Nutrition Education	2002
			PHE221	Human Metabolism	
	Plus any one Faculty Elective from the following:			Plus any one Faculty Elective from the following:	
	Plus one Special Elective from outside the Faculty	2002		Plus one Special Elective from outside the Faculty	
	Total	21		Total	19

PART 3

HARMATTAN SEMESTER			RAIN SEMESTER		
COURSE CODES	COURSE TITLES	LTPU	COURSE CODES	COURSE TITLES	LTPU
EDU202	Teaching Practice I	2033	EFC302	Developmental Psychology	2002
EFC301	Introduction to Guidance and Counseling	2002	PHE302	Skill Development and Techniques in Sports and Games VI	2002
EFC303	Tests and Measurement in Education	2002	PHE304	Facility in Kinesiology, Health Education and Recreation	2002
SEC301	Curriculum Development	2002	PHE308	Community Recreation, Tourism and Health	2002
PHE301	Skill Development and Techniques in Sports and Games V	2002	PHE310	Special Methods in Kinesiology, Health Education and Recreation	2002
PHE303	Measurement and Evaluation in Kinesiology, Health Education and Recreation	2002	PHE312	Curriculum Studies in Kinesiology, Health Education and Recreation	2002
PHE305	Officiating of Sports and Games	2002	PHE320	Research Methodology and Statistics in Kinesiology, Health Education and Recreation	2002
PHE309	Biomechanics	2002	PHE322	Conditioning and adaptations in Sports	2002
PHE311	Sports, Health and Aging	2002	PHE324	Information and Communication Technology in Sports/Health Education	2002
CSC333	Plus one Restricted Elective from the following: Computer Application			Plus one Faculty Elective	
PHE317	Conditioning and Adaptations to environmental Stress		PHE308	Community Recreation, Tourism and Health	2002
PHE319	Introduction to Dance Education	2002	DET302	Basic Instructional Design	
PHE321	Issues in Exercise Training and Athletic Conditioning		PHE306	Mental and Emotional Health Education	
	Any one Special Elective from outside the Faculty	2002		Any one Special Elective from outside the Faculty	2002
	Total	24			21

Part 4

HARMATTAN SEMESTER			RAIN SEMESTER		
COURSE CODES	COURSE TITLES	LTPU	COURSE CODES	COURSE TITLES	LTPU
EDU302	Teaching Practice 11	2033	PHE401	Long Essay	2002
EFC413	Sociology of Education	2002	EAP402	School Management	2002
PHE403	Social Psychology of Physical Education and Sports	2002	PHE402	Organisation and Administration of Sports	2002
PHE405	Coaching Techniques in Sports and Games I	2033	PHE404	Social Processes in Sports	2002
PHE407	Psychology of Coaching	2002	PHE406	Coaching Techniques in Sports and Games I	2033
PHE419	Ergogenic Aids, Health and Sport Performance	2002	PHE408	Introduction to Sports Medicine	2002
PHE423	Rehabilitation Programmes for Special Population	2002	PHE412	Adult Physical Fitness	2002
PHE425	Physiological Determinants of Performance	2002	PHE418	Careers in Kinesiology/ Health Education	2002
		2002	PHE422	Sports/Health Law	2002
	Plus any one Elective from the following:		PHE 424	Sports Facility Design and Maintenance	
DCE405	Learning, Teaching and Communication			Plus any one Elective from the following:	
EFC409	Introduction to Educational Evaluation		DCE402	Organization and Administration of Adult Education	
PHE411	Dance and Movement Analysis	2002	DCE404	Introduction to Curriculum Development in Adult Education	
SEC403	Classroom Testing		EFC402	Organization and Administration of Guidance and Counselling	2002
EFC405	Techniques of Counselling		PHE410	Family Life and Sex Education	
	Total	20		Total	21

OBAFEMI AWOLOWO UNIVERSITY, ILE-IFE
PHYSICAL AND HEALTH EDUCATION DEPARTMENT

B.Sc.Ed. (KINESIOLOGY) COURSES' DESCRIPTION

PHE 101: Skill Development and Techniques in Sports and Games I

Introduction students to the theory and practice of individual and team sports and games leading to the acquisition of basic manipulative skills. Rules and regulations guiding competitive participation in track and field athletics (sprints, long jump, discuss), table tennis, gymnastics and volleyball will be introduced.

PHE 102: Skill Development and Techniques in Sports and Games II

Introduces students to the theory and practice of individual and team sports and games leading to the acquisition of basic manipulative skills. Rules and regulations guiding competitive participation in track and field athletics (middle and long distance races, high jump and javelin), basketball, badminton and football will be introduced.

PHE 103: Organisation and Organisation of Intramural Sports

Introduces students to the different types of organization of primary and secondary school sports. It focuses on practical involvement of students in the process of organizing an inter-house sport meet.

PHE 104: Scientific Basis of Kinesiology and Health Education

An overview of the biological and sociological basis for health education will be taught. Scientific theories as they relate to health (e.g. developmental theory, personality theory, human needs and learning theories) will be studied.

PHE 105: History and Principles of Kinesiology and Health Education

The origin, development and philosophical foundations of physical education from ancient (Rome, Sparta) to modern times would be treated. Characteristics of Physical Education as a discipline and principles of physical education will be discussed

PHE 106: Introduction to Atypical Physical Activity Programme

Concepts of disability, types of atypical conditions, levels of disability, the needs of the disabled, and health practice among the disabled will be discussed. The importance of exercise in the lives of the disabled will be discussed.

PHE 107: Social and Psychological Foundations of Kinesiology and Health Education

The interplay of social and psychological phenomenon in the practice of sports will be treated. The application of social and psychological concepts to sports settings especially recreational and competitive physical activities will be discussed.

PHE 108: Introduction to Outdoor Education

An analysis of elements of school competitive and recreational education programme will be treated. Emphasis will be placed on activity types, techniques of organization and administration of outdoor education.

PHE 109: Control of Skill Behaviour

The structure and functions of the human body will be treated. It presents an overview of the different organs and systems in relation to their functional processes and adaptations.

PHE 110: Introduction to Sports Facility

Definition and Identification of sports facilities equipment and supplies, importance of facility in sports and types of facilities (movable and immovable). Factors determining the choice of equipment and supplies will be treated

PHE 111 Introduction to Physical Fitness

Definition of physical fitness, components of physical fitness (health-related and skill or performance fitness components) and the benefits of physical fitness to health and body building and sports performance will be covered. The course will also cover factors in attaining high level fitness and maintenance of physical fitness. Physical activities and sports for fitness acquisition will also be treated

PHE 112: Elementary Anatomy and Physiology

The structure and functions of the human body will be treated. It presents an overview of the different organs and systems in relation to their functional processes and adaptations.

PHE 201: Skill Development and Techniques in Sports and Games III

Introduces students to the theoretical and practical approaches to the acquisition of motor skills needed for participation in team sports. Rules and regulations guiding competitive participation in track and field athletics (sprints, long jump, discus), volleyball and table tennis will be discussed.

PHE 202: Skill Development and Techniques in Sports and Games IV

Introduces students to the theoretical and practical approaches to the acquisition of motor skills needed for participation in team sports. Rules and regulations guiding competitive participation in track and field athletics (middle and long distance races, high jump, javelin), basketball and football will be discussed.

PHE 203: Physiological Factors in Sports Participation

Focuses on the study of physiology as it relates to human movement and sports performance.

PHE 204: Health Protection

Provides knowledge of the relationship between health, disease and environment. Strategies in protecting, maintaining and restoring health will be taught. Nigerian policies on health protection will be taught.

PHE 205: Human Biology

Various body systems, reproductive, respiratory, excretory, skeletal, nervous, endocrine systems will be treated. Physiology of body parts like the eyes, ear, skin will be studied. Introduction to the relationship between body structures and sports performance will be done.

PHE 206: Adapted Physical Education

Handicapping conditions, curriculum related to such conditions and planning for and implementation of physical activities for the specific disabilities will be treated.

PHE 208: Introduction to Kinesiology

Focuses on concepts and application of basic anatomy and physics to movement's possibilities, muscle actions in the production of movement and segmental analysis in the execution of motor skills.

PHE 209: First Aid and Safety Education

Contents of First Aid Box and the practical knowledge of emergency treatment of various conditions will be presented. Roles of health educators and health agencies in providing first aid services will be highlighted.

PHE 210: Basic Exercise Physiology

Focuses on short and long term effects of physical activities on tissues and organs of the humans. Emphasis is placed on functioning of muscular contractions and the bio-dynamics during moderate to heavy exertion during exercise.

PHE 211: Driver Education

Road signs and safety precautions, causes and prevention of automobile and pedestrian accidents will be discussed. The course will cover knowledge of essential parts of vehicles that are responsible for functions of vehicles and theoretical and practical (if possible) skill teaching in driving.

PHE 212: Motor Learning and Performance

Introduces students to the nature and causes of movement. Issues dealing with postural and balance control, movement in space as well as application of learning theories to physical education in terms of skill acquisition will be treated. Effect of learning environment on human performance will also be treated.

PHE 213: Physical Fitness Evaluation

Evolving trends in physical fitness, theoretical and practical applications of principles of evaluation of physical fitness assessment, use of fitness tests in sports settings

PHE 101: Skill Development and Techniques in Sports and Games I

Introduces students to the theory and practice of individual and team sports and games leading to the acquisition of basic manipulative skills. Rules and regulations guiding competitive participation in track and field athletics (hurdles, tripple jump, shotput), badminton, hockey and cricket will be introduced.

PHE 102: Skill Development and Techniques in Sports and Games II

Introduces students to the theory and practice of individual and team sports and games leading to the acquisition of basic manipulative skills. Rules and regulations guiding competitive participation in Squash, handball, tennis and swimming will be introduced.

PHE 302: Skill Development and Techniques of Sports and Games VI

Theoretical and practical approaches to acquisition of skills involved in team and individual sports; swimming, gymnastics, taekwondo/Judo and football. Sports training programmes for intermediate caliber athletes will be emphasized.

PHE 303: Measurement and Evaluation in Physical and Health Education

The study of theory and application of measurement in physical and health education are discussed. Emphasis will be placed on utilizing tests and measurements for the promotion of sports skills will also be treated.

PHE 304: Sports Facility Design and Maintenance

Current trends in facility design and construction and historical and sociological reasons for the trend will be discussed. Innovation possibilities for covering acquired facilities and maintenance of physical education and sports facilities and equipment will also be treated.

PHE 305: Officiating of Sports and Games

Students will be given practical orientation in officiating different games.

PHE 308: Community Recreation, Tourism and Human Health

The study of recreation programmes in automation era; the philosophy and principles of planning and executing community recreation programmes and trends of leisure and its relationship to contemporary society.

PHE 309: Introduction to Biomechanics

Application of physical laws to sports; principles and of movement, forms of locomotion, laws of motion; application of biomechanical laws and principles in the analysis of specific sports skills.

PHE 310: Special Methods in Physical and Health Education

Planning, preparation and implementation of physical and health education in the classroom situation. Concepts of teaching, various techniques, approaches and styles of teaching physical and health education will be treated. Teaching assessment will be treated.

PHE 311: Sports, Health and Aging

Concepts of aging, theories and generalizations of aging, problems and needs of the aged, rationale for sports and recreation for the aged, Physical activities suitable for the aged will be treated. Also, Factors in aged low level participation in exercises and guidelines for sports programmes for the aged will be discussed.

PHE 312: Curriculum Studies in Kinesiology, Health Education and Recreation

Examines primary and secondary school curriculum in Health Education. It centers on identification of the objectives and contents of health education. Curriculum designs, principles guiding the planning and implementation of health education curriculum and factors affecting proper implementation of the curriculum will be treated.

PHE 320: Research Methodology in Kinesiology, Health Education and Recreation

The course is a prelude to writing of long essay. The focus is guidance in research and reporting. It include problem identification, approaches to researches, data collection, statistical techniques that are appropriate for different data, analysis and reporting.

PHE 324: Information and Communication Technology (ICT) in Sports/Health Education

The use of ICT in coaching and teaching sports or Health Education will be taught. The challenges of the use of ICT in sports and how these challenges are tackled will be studied. ICT application in sports/Physical Education/health programmes will be covered

PHE 401: Long Essay

Research project in which students are guided in identifying problems or topics, which they pursue as field, such as experimental or library research. Students are assigned to supervisors to guide them in the conduct and report of chosen research activities.

PHE 402: Organization and Administration of Sports

An overview of the present organization and administration of sports in Nigeria. Also, practical involvement of students in the planning and administration of local sports meeting, leadership skills in sports administration.

PHE 403: Social-Psychology of Kinesiology and Sports

Focuses on the analysis and discussion of basic concepts of socio-psychological aspects of Physical Education and Sports; achievement, motivation, high performance sports, sports and social problems. Group dynamics and the sports process will also be discussed.

PHE 405: Coaching Techniques in Sports and Games I

Analysis of fundamentals of coaching team and individual sports and games with emphasis on advanced skills, strategies, techniques and programming in athletics (relays, javelin), hockey, handball and (chess). Techniques of monitoring improvement in sports performance and coaching advanced athletics skills will be given attention.

PHE 406: Coaching Techniques in Sports and Games II

Analysis of fundamentals of coaching team and individual sports and games with emphasis on advanced skills, strategies, techniques and programming, identification of biomechanical factors affecting sports performance and techniques of harmonizing, the factors for proficient athletic performance in athletics (relays, long jump and discuss), badminton, squash racket and volleyball.

PHE 407: Psychology of Coaching

The course is geared towards coaching individual and socio-psychology psyching up for games, superstition and beliefs about sports participation, psychometrics, sports performance and the coach.

PHE 408: Introduction to Sports Medicine

Theoretical approach to understanding sports and medicine, medicine fallacies, sports superstitions, theories of games and play in relations to medicine will be treated. It focuses on the study of the adverse of facts of exercise and training. Sports competitions and the female athlete, analysis of physiological and medical aspects will be treated.

PHE 410: Family Life and Sex Education

An understanding of the principles of family setting, types of love, courtship, marriage types, child-bearing and related problems, types of families, sexual deviation/sexual preference, contraceptive use, sex and the teenagers and sex education teaching in schools. Roles of parents in sex education will be discussed.

PHE 411: Dance and Movement Analysis

Acquisition of skills to read and write dance notations and participation in the development of choreography, analysis of advanced dance steps and movements in ballroom dances including the salsa, chacha, balley, rhumba and popular Hausa, Igbo and Yoruba folk dances.

PHE R 418: Careers in Kinesiology, Health Education and Recreation

Discussion will center on expansion of the Physical/health Education industry, official job opportunities for young graduates in the two fields. Information will be provided on the criteria for career selection, academic requirements for employment into their chosen careers, responsibilities and duties as workers, creating effective physical and psychological working conditions Guides to self employment in health industry with be treated.

PHE 419: Ergogenic Aids, Health and Sports Performance

Understanding the meaning and types of ergogenic aids, including nutritional, pharmaceutical, mechanical, physiological ergogenic aids etc. Identification of different types and mode of administration of the aids, specific functions, the efficacy of the drugs, effects on health and athletes' performance will be treated. Information on commonly used traditional ergogenic aids will be treated. Prevalence and regulations prohibiting their use in sports and penalties will be covered

PHE 422: Health Law/Sports Law

Nigerian laws and policies on sports and health. Laws that are relevant to health and sports managements, risk management, conflict law, gender equity, law of tort, anti-trust law and contract law as relates to sports and health.

PHE 423: Rehabilitation Programmes for Special Population

Factors affecting acceptance of special population in Nigeria, overview of the attitudes of people towards the special persons, styles and structures of residential care and treatment of the special population will be studied. Convalescence homes and factors limiting its workability in Nigeria rehabilitation programmes for the handicapped including the geniuses and the aged.

PHE 425 Physiological Determinants of Performance

Study of physiology as it relates to human movement and sports performance

OBAFEMI AWOLOWO UNIVERSITY, ILE-IFE, NIGERIA

REVISED BACHELOR OF EDUCATION DEGREE PROGRAMMES IN KINESIOLOGY, HEALTH EDUCATION AND RECREATION

B.Sc. Ed. (KINESIOLOGY, HEALTH EDUCATION AND RECREATION)

Part 1

HARMATTAN SEMESTER			RAIN SEMESTER		
COURSE CODES	COURSE TITLES	LTPU	COURSE CODES	COURSE TITLES	LTPU
EDU101	Introduction to Teaching Profession	2002	EDU102	Principles and Practice of Education	2002
PHE101	Skill Development and Techniques in Sports and Games I	2033	PHE102	Skill Development and Techniques in Sports and Games II	2033
PHE103	Organisation and Administration of Intramural Sports	2002	PHE104	Scientific Basis of Kinesiology	2002
PHE105	History of Kinesiology and Health Education	2002	PHE106	Introduction to Atypical Physical Education	2002
PHE107	Social and Psychological Foundations of Kinesiology	2002	PHE108	Introduction to Outdoor Education	2002
PHE109	Control of Skill Behaviour	2002	PHE110	Introduction to Sports Facility	2002
PHE111	Introduction to Physical Fitness	2002	PHE112	Elementary Anatomy and Physiology	2002
PHE117	Accident and disasters	2002	PHE114	Health and illness Behaviour	2002
	Plus two Special Electives from outside the Faculty	4004		Plus two Special Electives from outside the Faculty	4004
	Total	21		Total	21

Part 2

HARMATTAN SEMESTER			RAIN SEMESTER			
COURSE CODES	COURSE TITLES	LTPU	COURSE CODES	COURSE TITLES	LTPU	
CSC221	Computer Appreciation	2002	EFC202	Philosophical Foundations of Education	2002	
EFC201	Historical Foundations of Education	2002	DET202	Introduction to Educational Technology	2002	
EFC203	Psychological Foundations of Education	2002	SEC202	Curriculum and Instruction	2002	
PHE201	Skill Development and Techniques in Sports and Games III	2033	PHE202	Skill Development and Techniques in Sports and Games IV	2033	
PHE203	Principles and Philosophy of Kinesiology	2002	PHE204	Health Protection	2002	
PHE205	Human Biology	2002	PHE206	Introduction to Adapted Physical Education	2002	
PHE209	First Aid and Safety Education	2002	PHE208	Introduction to Kinesiology	2002	
PHE211	Driver Education	2002	PHE210	Basic Exercise Physiology	2002	
PHE213	Physical Fitness Evaluation		PHE212	Motor Learning and Performance	2002	
DCE201	Adult Education	2002	PHE220	Exercise Prescription for Health and Fitness	2002	
DCE203	Introduction to Non-Formal Education		Plus any one Faculty Elective from the following:	PHE204	Health Protection	2002
DCE205	Community Development			PHE214	Nutrition Education	
DCE207	Functional Literacy			PHE221	Human Metabolism	
PHE209	First Aid and Safety Education					
	Plus one Special Elective from outside the Faculty	2002		Plus one Special Elective from outside the Faculty		
	Total	21		Total	19	

PART 3

HARMATTAN SEMESTER			RAIN SEMESTER		
COURSE CODES	COURSE TITLES	LTPU	COURSE CODES	COURSE TITLES	LTPU
EDU202	Teaching Practice I	2033	EFC302	Developmental Psychology	2002
EFC301	Introduction to Guidance and Counseling	2002	PHE302	Skill Development and Techniques in Sports and Games VI	2002
EFC303	Tests and Measurement in Education	2002	PHE304	Facility in Sports	2002
SEC301	Curriculum Development	2002	PHE306	Mental and Emotional Health Education	2002
PHE301	Skill Development and Techniques in Sports and Games V	2002	PHE308	Community Recreation, Tourism and Health	2002
PHE303	Measurement and Evaluation in Kinesiology, Health Education and Recreation	2002	PHE310	Special Methods in Kinesiology, Health Education and Recreation	2002
PHE305	Officiating of Sports and Games	2002	PHE312	Curriculum Studies in Kinesiology, Health Education and Recreation	2002
PHE309	Introduction to Biomechanics	2002	PHE320	Research Methodology and Statistics in Kinesiology, Health Education and Recreation	2002
PHE311	Sports, Health and Aging	2002	PHE324	Information and Communication Technology in Sports/Health Education	2002
CSC333	Plus one Restricted Elective from the following: Computer Application		PHE308	Plus one Faculty Elective Community Recreation, Tourism and Health	
PHE317	Conditioning and Adaptations to environmental Stress	2002	DET302	Basic Instructional Design	2002
PHE319	Introduction to Dance and Movement Education		PHE322	Conditioning and Adaptations in Sports	
PHE321	Issues in Exercise Training and Athletic Conditioning				
	Any one Special Elective from outside the Faculty	2002		Any one Special Elective from outside the Faculty	2002
	Total	24			23

Part 4

HARMATTAN SEMESTER			RAIN SEMESTER		
COURSE CODES	COURSE TITLES	LTPU	COURSE CODES	COURSE TITLES	LTPU
EDU302	Teaching Practice II	2033	PHE401	Long Essay	2002
EFC413	Sociology of Education	2002	EAP402	School Management	2002
PHE403	Social Psychology of Kinesiology, Health Education and Sports	2002	PHE 402	Organisation and Administration of Sports	2002
PHE405	Coaching Techniques in Sports and Games I	2033	PHE404	Social Processes in Sports	2002
PHE407	Psychology of Coaching	2002	PHE406	Coaching Techniques in Sports and Games I	2033
PHE419	Ergogenic Aids, Health and Sport Performance	2002	PHE408	Introduction to Sports Medicine	2002
PHE423	Rehabilitation Programmes for Special Population	2002	PHE412	Adult Physical Fitness	2002
PHE425	Physiological Determinants of Performance	2002	PHE418	Careers in Kinesiology/ Health Education and Recreation	2002
		2002	PHE422	Sports/Health Law	2002
	Plus any one Elective from the following:		PHE424	*One health Course here	
DCE405	Learning, Teaching and Communication				
EFC409	Introduction to Educational Evaluation				
PHE411	Dance and Movement Analysis	2002		Plus any one Elective from the following:	
SEC403	Classroom Testing		DCE402	Organization and Administration of Adult Education	
EFC405	Techniques of Counselling		DCE404	Introduction to Curriculum Development in Adult Education	2002
			EFC402	Organization and Administration of Guidance and Counselling	
			PHE410	Family Life and Sex Education	
	Total	20		Total	21

B.Sc. Ed. (KINESIOLOGY, HEALTH EDUCATION AND RECREATION) COURSES'DESCRIPTION

PHE101: Skill Development and Techniques in Sports and Games I

Introduction students to the theory and practice of individual and team sports and games leading to the acquisition of basic manipulative skills. Rules and regulations guiding competitive participation in track and field athletics (sprints, long jump, discuss), table tennis, gymnastics and volleyball will be introduced.

PHE 102: Skill Development and Techniques in Sports and Games II

Introduces students to the theory and practice of individual and team sports and games leading to the acquisition of basic manipulative skills. Rules and regulations guiding competitive participation in track and field athletics (middle and long distance races, high jump and javelin), basketball, badminton and football will be introduced.

PHE 103: Organisation and Organisation of Intramural Sports

Introduces students to the different types of organization of primary and secondary school sports. It focuses on practical involvement of students in the process of organizing an inter-house sport meet.

PHE 104: Scientific Basis of Kinesiology and Health Education

An overview of the biological and sociological basis for Kinesiology and Health education will be taught. Scientific theories as they relate to sports and health (e.g. developmental theory, personality theory, human needs and learning theories) will be studied.

PHE 105: History and Principles of Kinesiology and Health Education

The origin, development and philosophical foundations of physical education from ancient (Rome, Sparta) to modern times would be treated. Characteristics of Kinesiology as a discipline and its principles will be discussed

PHE 106: Introduction to Atypical Physical Activity Programme

Concepts of disability, types of atypical conditions, levels of disability, the needs of the disabled, and health practice among the disabled will be discussed. The importance of exercise in the lives of the disabled will be discussed.

PHE 107: Social and Psychological Foundations of Kinesiology and Health Education

The interplay of social and psychological phenomenon in the practice of sports will be treated. The application of social and psychological concepts to sports settings especially recreational and competitive physical activities will be discussed.

PHE 108: Introduction to Outdoor Education

An analysis of elements of school competitive and recreational education programme will be treated. Emphasis will be placed on activity types, techniques of organization and administration of outdoor education.

PHE 109: Control of Skill Behaviour

The structure and functions of the human body will be treated. It presents an overview of the different organs and systems in relation to their functional processes and adaptations.

PHE 110: Introduction to Sports Facility

Definition and Identification of sports facilities equipment and supplies, importance of facility in sports and types of facilities (movable and immovable). Factors determining the choice of equipment and supplies will be treated

PHE 111 Introduction to Physical Fitness

Definition of physical fitness, components of physical fitness (health-related and skill or performance fitness components) and the benefits of physical fitness to health and body building and sports performance will be covered. The course will also cover factors in attaining high level fitness and maintenance of physical fitness. Physical activities and sports for fitness acquisition will also be treated

PHE 112: Elementary Anatomy and Physiology

The structure and functions of the human body will be treated. It presents an overview of the different organs and systems in relation to their functional processes and adaptations.

PHE 114: Health and Illness Behaviours

Focuses on the continuum between optimal health and death. The physical and psychological characteristics and behaviours of the healthy and the sick are studied. Terminal diseases and some issues on death education will be discussed.

PHE 117: Accident and Disaster Education

Accidents and disaster in various settings; the cause-effect-control analysis of accidents and natural and artificially-created disasters will be treated. Past and current national and international disasters will be reviewed.

PHE 201: Skill Development and Techniques in Sports and Games III

Introduces students to the theoretical and practical approaches to the acquisition of motor skills needed for participation in team sports. Rules and regulations guiding competitive participation in track and field athletics (sprints, long jump, discus), volleyball and table tennis will be discussed.

PHE 202: Skill Development and Techniques in Sports and Games IV

Introduces students to the theoretical and practical approaches to the acquisition of motor skills needed for participation in team sports. Rules and regulations guiding competitive participation in track and field athletics (middle and long distance races, high jump, javelin), basketball and football will be discussed.

PHE 203: Principles and Philosophy of Kinesiology**PHE 204: Health Protection**

Provides knowledge of the relationship between health, disease and environment. Strategies in protecting, maintaining and restoring health will be taught. Nigerian policies on health protection will be taught.

PHE 205: Human Biology

Various body systems, reproductive, respiratory, excretory, skeletal, nervous, endocrine systems will be treated. Physiology of body parts like the eyes, ear, skin will be studied. Introduction to the relationship between body structures and sports performance will be done.

PHE 206: Adapted Physical Education

Handicapping conditions, curriculum related to such conditions and planning for and implementation of physical activities for the specific disabilities will be treated.

PHE 208: Introduction to Kinesiology

Focuses on concepts and application of basic anatomy and physics to movement's possibilities, muscle actions in the production of movement and segmental analysis in the execution of motor skills.

PHE 209: First Aid and Safety Education

Contents of First Aid Box and the practical knowledge of emergency treatment of various conditions will be presented. Roles of health educators and health agencies in providing first and services will be highlighted.

PHE 210: Basic Exercise Physiology

Focuses on short and long term effects of physical activities on tissues and organs of the humans. Emphasis is placed on functioning of muscular contractions and the bio-dynamics during moderate to heavy exertion during exercise.

PHE 211: Driver Education

Road signs and safety precautions, causes and prevention of automobile and pedestrian accidents will be discussed. The course will cover knowledge of essential parts of vehicles that are responsible for functions of vehicles and theoretical and practical (if possible) skill teaching in driving.

PHE 212: Motor Learning and Performance

Introduces students to the nature and causes of movement. Issues dealing with postural and balance control, movement in space as well as application of learning theories to physical education in terms of skill acquisition will be treated. Effect of learning environment on human performance will also be treated.

PHE 213: Physical Fitness Evaluation

Evolving trends in physical fitness, theoretical and practical applications of principles of evaluation of physical fitness assessment, use of fitness tests in sports settings

PHE 220 Exercise Prescription for Health and Fitness

Practical and theoretical approaches to exercise prescription for preventing and or management of different health conditions including diabetes, stroke, obesity etc. will be treated. Issues relating to pre-sports participation medical clearance, exercise testing, exercise prescription and monitoring in terms of intensity, frequency etc. will be covered in the course. The scope of the course will also cover exercise design.

PHE 301: Skill Development and Techniques in Sports and Games I

Introduces students to the theory and practice of individual and team sports and games leading to the acquisition of basic manipulative skills. Rules and regulations guiding competitive participation in track and field athletics (hurdles, tripple jump, shotput), badminton, hockey and cricket will be introduced.

PHE 302: Skill Development and Techniques of Sports and Games VI

Theoretical and practical approaches to acquisition of skills involved in team and individual sports; swimming, gymnastics, taekwondo/Judo and football. Sports training programmes for intermediate caliber athletes will be emphasized.

PHE 303: Measurement and Evaluation in Physical and Health Education

The study of theory and application of measurement in physical and health education are discussed. Emphasis will be placed on utilizing tests and measurements for the promotion of sports skills will also be treated.

PHE 304: Sports Facility Design and Maintenance

Current trends in facility design and construction and historical and sociological reasons for the trend will be discussed. Innovation possibilities for covering acquired facilities and maintenance of physical education and sports facilities and equipment will also be treated.

PHE 305: Officiating of Sports and Games

Students will be given practical orientation in officiating different games.

PHE 306: Mental and Emotional Health Education

Centers on the concepts of mental and social health; causes, types, prevention of social and mental health problems.

PHE 308: Community Recreation, Tourism and Human Health

The study of recreation programmes in automation era; the philosophy and principles of planning and executing community recreation programmes and trends of leisure and its relationship to contemporary society.

PHE 309: Introduction to Biomechanics

Application of physical laws to sports; principles and of movement, forms of locomotion, laws of motion; application of biomechanical laws and principles in the analysis of specific sports skills.

PHE 310: Special Methods in Physical and Health Education

Planning, preparation and implementation of physical and health education in the classroom situation. Concepts of teaching, various techniques, approaches and styles of teaching physical and health education will be treated. Teaching assessment will be treated.

PHE 311: Sports, Health and Aging

Concepts of aging, theories and generalizations of aging, problems and needs of the aged, rationale for sports and recreation for the aged, Physical activities suitable for the aged will be treated. Also, Factors in aged low level participation in exercises and guidelines for sports programmes for the aged will be discussed.

PHE 312: Curriculum Studies in Kinesiology, Health Education and Recreation

Examines primary and secondary school curriculum in Health Education. It centers on identification of the objectives and contents of health education. Curriculum designs, principles guiding the planning and implementation of health education curriculum and factors affecting proper implementation of the curriculum will be treated.

PHE 320: Research Methodology in Kinesiology, Health Education and Recreation

The course is a prelude to writing of long essay. The focus is guidance in research and reporting. It include problem identification, approaches to researches, data collection, statistical techniques that are appropriate for different data, analysis and reporting.

PHE 324: Information and Communication Technology (ICT) in Sports/Health Education

The use of ICT in coaching and teaching sports or Health Education will be taught. The challenges of the use of ICT in sports and how these challenges are tackled will be studied. ICT application in sports/Physical Education/health programmes will be covered

PHE 401: Long Essay

Research project in which students are guided in identifying problems or topics, which they pursue as field, such as experimental or library research. Students are assigned to supervisors to guide them in the conduct and report of chosen research activities.

PHE 402: Organization and Administration of Sports

An overview of the present organization and administration of sports in Nigeria. Also, practical involvement of students in the planning and administration of local sports meeting, leadership skills in sports administration.

PHE 403: Social-Psychology of Kinesiology and Sports

Focuses on the analysis and discussion of basic concepts of socio-psychological aspects of Physical Education and Sports; achievement, motivation, high performance sports, sports and social problems. Group dynamics and the sports process will also be discussed.

PHE 405: Coaching Techniques in Sports and Games I

Analysis of fundamentals of coaching team and individual sports and games with emphasis on advanced skills, strategies, techniques and programming in athletics (relays, javelin), hockey, handball and (chess). Techniques of monitoring improvement in sports performance and coaching advanced athletics skills will be given attention.

PHE 406: Coaching Techniques in Sports and Games II

Analysis of fundamentals of coaching team and individual sports and games with emphasis on advanced skills, strategies, techniques and programming, identification of biomechanical factors affecting sports performance and techniques of harmonizing, the factors for proficient athletic performance in athletics (relays, long jump and discuss), badminton, squash racket and volleyball.

PHE 407: Psychology of Coaching

The course is geared towards coaching individual and socio-psychology psyching up for games, superstition and beliefs about sports participation, psychometrics, sports performance and the coach.

PHE 408: Introduction to Sports Medicine

Theoretical approach to understanding sports and medicine, medicine fallacies, sports superstitions, theories of games and play in relations to medicine will be treated. It focuses on the study of the adverse of facts of exercise and training. Sports competitions and the female athlete, analysis of physiological and medical aspects will be treated.

PHE 410: Family Life and Sex Education

An understanding of the principles of family setting, types of love, courtship, marriage types, child-bearing and related problems, types of families, sexual deviation/sexual preference, contraceptive use, sex and the teenagers and sex education teaching in schools. Roles of parents in sex education will be discussed.

PHE 411: Dance and Movement Analysis

Acquisition of skills to read and write dance notations and participation in the development of choreography, analysis of advanced dance steps and movements in ballroom dances including the salsa, chacha, balley, rhumba and popular Hausa, Igbo and Yoruba folk dance

PHE 418: Careers in Kinesiology, Health Education and Recreation

Discussion will center on expansion of the Physical/health Education industry, official job opportunities for young graduates in the two fields. Information will be provided on the criteria for career selection, academic requirements for employment into their chosen careers, responsibilities and duties as workers, creating effective physical and psychological working conditions. Guides to self employment in health industry will be treated.

PHE 419: Ergogenic Aids, Health and Sports Performance

Understanding the meaning and types of ergogenic aids, including nutritional, pharmaceutical, mechanical, physiological ergogenic aids etc. Identification of different types and mode of administration of the aids, specific functions, the efficacy of the drugs, effects on health and athletes' performance will be treated. Information on commonly used traditional ergogenic aids will be treated. Prevalence and regulations prohibiting their use in sports and penalties will be covered

PHE 422: Health Law/Sports Law

Nigerian laws and policies on sports and health. Laws that are relevant to health and sports managements, risk management, conflict law, gender equity, law of tort, anti-trust law and contract law as relates to sports and health.

PHE 423: Rehabilitation Programmes for Special Population

Factors affecting acceptance of special population in Nigeria, overview of the attitudes of people towards the special persons, styles and structures of residential care and treatment of the special population will be studied. Convalescence homes and factors limiting its workability in Nigeria rehabilitation programmes for the handicapped including the geniuses and the aged.

