

**DEPARTMENT OF HUMAN KINETICS AND HEALTH EDUCATION  
UNIVERSITY OF IBADAN**

**COORDINATOR: DR. B.O. ASAGBA**  
**DEPUTY COORDINATOR: DR. I.O. OLADIPO**

**History**

The establishment of the Department of Physical and Health Education within the Faculty of Education came as a result of the recommendation of the Development Committee that a Department of Physical and Health Education be created during the 1975-80 Development Plan Period. The Department came into being in the 1975/76 session when, the Sports Centre was merged with the Department. The admission of students became competitive and recreational sports thus became the direct responsibilities of the Department as well as the final fulfilment of the tenets for establishing the Department.

The Department also runs courses in the following programmes that lead to the University of Ibadan degrees and certificates:

1. Three-year B.Ed. (Bachelor in Education) degree in Physical and Health Education.
2. One-year Postgraduate Diploma in Physical and Health Education.
3. I year Certificate Course in Physical and Health Education.
4. Higher Degree in Physical and Health Education at the M.Ed. (Master in Education), M. Phil. (Master in Philosophy), and Ph.D. (Doctor of Philosophy) in Physical and Health Education levels respectively.

The Department, by the instrument that established it, is charged with the responsibility of teaching, research, sports administration and coaching of university sports and games. The teaching programme is geared towards the preparation of graduate teachers of Physical and Health Education for secondary schools, teacher training colleges, voluntary sports organizations, sports councils and commissions. The Department conducts keep-fit programmes in order to meet the growing need for physical fitness both within the university and the Nigerian communities.

The Postgraduate Diploma is to serve as a foundation course for practicing student athletes who are new in the discipline of Physical and Health Education and for graduates in Physical Education who want to be proficient in some specific areas in Physical and Health Education.

The course leading to the Certificate in Physical and Health Education is designed for teachers and those likely to be appointed as coaches, into supervisory and administrative posts by the Ministry of Education, the sports councils, voluntary sporting organizations, NGOS and National Sports Commission.

## HUMAN KINETICS

### *Distribution of Courses*

#### **200 Level**

##### **Faculty Courses**

GCE 203	Basic Statistics in Education Practice	3	R
TEE 202	Instructional Media and Resources	3	R

##### **Departmental Courses**

KHE 201	Skills Development & Techn. in Handball	3	R
KHE 202	Skills Development & Techn. in Volleyball	3	R
KHE 203	Skills Development & Techn. in Gymnastics I & II	3	C
KHE 210	First Aid and Sports Injuries	3	E
EDH 205	Accident Preven. & Safety Education	3	C
KHE 206	Human Anatomy, Physiology & Sports I & II	6	C
KHE 207	Basic Psychology in Coaching	3	R
KHE 208	Physical Education Methods	3	C
	<b>Total Unit</b>	<b>36</b>	

#### **300 Level**

##### **General Studies**

<b>Course Code</b>	<b>Course Title</b>	<b>Units</b>	<b>Status</b>
GES 101	Use of English	3	C
GES 102	Culture and Civilization	3	C

##### **Faculty Courses**

GCE 204	Psychology of Learning	3	R
TEE 301	History and Policy of Education in Nigeria	3	R

##### **Departmental Courses**

KHE 204	Skills Development & Tech. in Soccer	3	R
EDH 208	Nutrition and Sports Performance	3	R
KHE 209	Basic Statistics & Research Methods		

	in KHE	3	R
KHE 301	Skills Development & Tech. in Track & Field Events	3	C
KHE 303	Skills Development & Tech. in Table Tennis	3	R
KHE 304	Skills Development & Tech. in Tennis	3	R
KHE 307	Kinesiology	3	C
KHE 306	Officiating in Sports and Games	3	R
KHE 308	Organi. & Admin. of Physical Education and Sport	3	C
	<b>Total Units</b>	<b>33</b>	

#### 400 Level

<b>General Studies</b>		<b>Units</b>	<b>Status</b>
GES 105	Land use, Agriculture and Animal Husbandry	3	C
GES 103	Government, Society and Economy	3	C

**(NOTE: STUDENTS ARE TO DO ONE GES COURSE AT THIS LEVEL GES 105 OR  
GES 103)**

<b>Faculty Courses</b>		<b>Units</b>	<b>Status</b>
GCE 302	Measurement & Evaluation in Education Practice	3	R
TEE 303	Introduction to Educational Technology	3	R

#### Departmental Courses

KHE 305	Professional Practice I	6	C
KHE 302	Skills Development & Tech. in Hockey	3	R
KHE 402	Skills Development & Tech. in Cricket	3	R
KHE 401	Skills Development & Tech. in Swimming	3	C
KHE 309	Facilities Planning, Construction and Supervision	3	R
KHE 310	Curriculum Development in Human Kinetics	3	C
KHE 406	Physiology of Exercise	3	C
KHE 311	Community Recreation and Leisure	3	E
EDH 405	Alcohol, drug education and Sports	3	R
	<b>Total Units</b>	<b>36</b>	

## 500 Level

<b>Departmental Courses</b>		<b>Units</b>	<b>Status</b>
KHE 403	Skills Development & Tech. in Basketball	3	R
KHE 404	Skills Development & Tech. in Badminton	3	R
KHE 408	Professional Practice II	6	C
KHE 405	Test and Measurement in KHE	3	R
KHE 407	Motor Learning and Human Performance	3	E
KHE 412	Psychology of Coaching	3	R
KHE 413	Biomechanics	3	E
KHE 410	Research/Project in KHE	3	C
KHE 411	Physiology Applied to Physical Conditioning	3	E
KHE 414	Computer in Human Kinetics and Health Education	3	E
<b>Total Unit</b>		<b>33</b>	

### *Course Details*

#### **Faculty Courses**

GCE 203	<b>Basic Statistics in Educational Practice</b> The nature and concept of behavioural statistics and its use in Education. Descriptive statistics in Educational practices including the use of and rules of summation, frequency distributions, measures of central tendency, dispersion, correlation and regression co-efficients. The normal curve and skewed distributions, Test Scales and Norms and the use of statistics in handling composite scores including item statistics in validity and reliability of psycho-educational assessment practices.	3	R
TEE 202	<b>Instructional Media and Resources</b> Explanation of the concept of educational technology. The development of communication during stone Age, Greek and Roman period, Renaissance period, chalk and talk period, Audio-Visual era and modern communication era. Theory and practice in the production and use of various media. The use of local materials. Improvisation.	3	R

**Departmental Courses**

KHE 201	<b>Skills Development &amp; Techn. in Handball</b> (Theory and Practicum).	3	R
KHE 206	<b>Human Anatomy, Physiology &amp; Sports I &amp; II</b> A study of the structure and function of the various systems of the human body with emphasis on their relationship to health and physical education and sports performance. At the end of the course, students should possess an in-depth knowledge of mechanics of human movement, principles and laws related to human movement as they relate to sports performance and coaching.	6	C
KHE 208	<b>Physical Education Methods</b> The course exposes students to the pedagogy of teaching physical education in different settings. Focus will be on the planning and writing of scheme of work, notes of lesson and recent innovations of the techniques in the teaching of physical education to the pupils.	3	C
KHE 207	<b>Basic Psychology in Coaching</b> An analysis of developmental factors related to optimal learning, maturing and motor performance; understanding of theories of learning with special reference to strategies of coaching in general. Coaching as an art, science and its psychological implications.	3	R
KHE 210	<b>First Aid and Sports Injuries</b>	3	E
EDH 205	<b>Accident Preven. &amp; Safety Education</b>	3	C
KHE 202	<b>Skills Development &amp; Techn. in Volleyball</b> The development of basic skills in volleyball. (Theory and Practicum).	E	R
KHE 203	<b>Skills Development &amp; Techn. in Gymnastics I &amp; II</b>	3	C
	<b>Total</b>	<b>36</b>	

**General Studies**

<b>Course No.</b>	<b>Title and Course Description</b>	<b>Units</b>	<b>Status</b>
GES 101	<b>Use Of English</b> An intensive, practical and skill-oriented English course specifically designed to develop essay writing skills (Organisation and logical presentation of ideas, dictation,	3	C

	grammar and style), functional reading skills (comprehension, analysis evaluation, logical inference and effective application, oral presentation skills and listening comprehension and note taking.		
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GES 102	<b>Culture and Civilization</b> The individual, society, environment, language ethnicity, and culture, dynamics of culture change with reference to cultural and social history vis-à-vis archeological studies. African cultural heritage and progress from earliest times to the present, with special mention of features like farming metallurgy trade, urban and rural life in Nigeria will be treated indepth. Social-cultural and ecological problems, etc.	3	C
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#### Faculty Courses

GCE 204	<b>Psychology of Learning</b> This course is geared towards introducing the students to the concept of learning, and factors affecting learning. It is also concerned with highlighting the various mental processes associated with human learning. Special emphasis will be laid on higher intellectual functioning processes associated with cognition, perception and recall. The role of reinforcement in the process of learning will be studied and its application to the learning-teaching situation highlighted.	3	R
TEE 301	<b>History and Policy of Education in Nigeria</b> This course examines the nature and practice of education in the preliterate Nigerian society and the contributions of Islamic education. It treats in detail, the development of western formal education with special reference to the roles of the missionaries and the impact of colonial educational ordinances and educational development. An analysis of the post-independence development and reforms of education at all levels are also discussed especially the current National Policy on Education: its evolution, implementation, problems, and implications for future national development.	3	R

#### Departmental Courses

KHE 209	<b>Basic Statistics &amp; Research Methods in KHE</b>	3	R
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	The course examines the single descriptive statistics of frequency distributions, central tendency, test of significance and how these can be adopted in various methods used in reseach in physical and health education.		
EDH 208	<b>Nutrition and Sports Performance</b> A study of nutrition including the basic food groups, adequate diet, food habits, factors in food selection consideration is given to the requirement of special people such as children, adolescents, expectant and nursing mothers, invalids as well as athletes. Planning the antletes diet contest meals, nutritional demands during exercise, and training; food supplementation, preservation and storage.	3	R
KHE 204	<b>Skills Development &amp; Tech. in Soccer</b> (Theory and Practicum)	3	R
KHE 301	<b>Skills Development &amp; Tech. in Track &amp; Field Events</b> (Theory and Practicum)	3	C
KHE 303	<b>Skills Development &amp; Tech. in Table Tennis</b> (Theory and Practicum)	3	R
KHE 304	<b>Skills Development &amp; Tech. in Tennis</b> (Theory and Practicum)	3	R
KHE 307	<b>Kinesiology</b> Study of Kinesiological factors and principles relating to the acquisition and performance of motor skills, mechanics of human movement; analysis of skills in dance, and physical education.	3	C
KHE 306	<b>Officiating in Sports and Games</b> A theoretical and practical analysis of skills involved in performance activities – athletics, gymnastics and selected games; art of officiating; a general introduction of officiating of competitions.	3	R
KHE 308	<b>Organi. &amp; Admin. of Physical Education and Sport</b> Place of physical education and sports in school time-table, theory classes in physical education; Intramurals, extra-murals, inter-scholastics inter-collegiate competitions in sports and their organisation and administration; scheduling of activities, incentives and rewards.	3	C
	<b>Total</b>	<b>33</b>	

### General Studies

GES 105	<p><b>Land Use, Agriculture and Animal Husbandry</b></p> <p>Renewable natural Resources, Farming systems in the tropics, land use, planning, conservation, principle of animal and Horticultural crop production: use of agrochemicals, seed production, storage and agricultural extension education. Principles and problems of livestock production; breed of livestock and domestic animals; animal behaviour, poultry and livestock management for egg and meat production. Pests and diseases problem and, maintenance of animal health.</p>	3	C
GES 103	<p><b>Government, Society and Economy</b></p> <p>Concept and scope of psychology, research methods in psychology and life experiences. Concepts of society and the typologies of society. Politics and government, structure, nature and characteristics of government, tiers of government. Concepts of development, characteristics of developing economies, growth and development in the Nigeria economy since Independence. Man and environment, uses of human and natural resources.</p>	3	C

### Faculty Courses

GCE 302	<p><b>Measurement &amp; Evaluation in Education Practice</b></p> <p>A broad spectrum measurement and evaluation course in Education including test design, construction, administration and test score interpretation involving the use of intelligence. Aptitude, achievement tests and personality inventories plus non-test assessment tools like the interview and observational strategies. Measurement is treated as the scientific base for decisions to be made (Evaluations) on the pupils, curriculum effectiveness and adequacy of learning, environments.</p>	3	R
TEE 303	<p><b>General Principles of Curriculum and Instruction</b></p> <p>A detailed analysis of the determinants or curriculum and the rationale for curriculum development and reform. A discussion of the process of curriculum design, development and reform. The rationale for</p>	3	R

	various types of curriculum organization as well as principles of selecting and organizing learning experiences. The role and types of teaching methods e.g. discussion, case study, problem solving inquiry etc and evaluation of classroom instruction.		
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### Departmental Courses

KHE 305	<b>Professional Practice I</b> A supervised practical course in which students apply appropriate skills and techniques in their teaching of health and physical education courses in secondary schools. It involves preparing a detailed lesson note for each unit of the courses to be taught daily. Both the teaching and the lesson notes will be assessed.	6	C
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KHE 302	<b>Skills Development &amp; Tech. in Hockey</b> (Theory and Practicum)	3	R
KHE 402	<b>Skills Development &amp; Tech. in Cricket</b> (Theory and Practicum)	3	R
KHE 401	<b>Skills Development &amp; Tech. in Swimming</b> (Theory and Practicum)	3	C
KHE 309	<b>Facilities Planning, Construction and Supervision</b> The Course examines the place of facilities in physical education; general introduction to the planning of facilities and its principles; various stages in the construction, maintenance and supervision.	3	R
KHE 310	<b>Curriculum Development in Human Kinetics</b> The course examines the principles and practices applicable to development or revision of curricular in health and physical education, with special emphasis on construction of a study course for primary and secondary schools. The course also involves critiques of existing curricular in health and physical education. Also covered in the course are the rationale for curriculum development, exercise, needs of consumers and desirable learning experiences.	3	C
KHE 406	<b>Physiology of Exercise</b> A study of effects of physical activity on human organism. The mechanics of	3	C

	muscular contraction; nerve impulse condition and circulatory efficiency and adjustments during moderate to heavy exercise activities.		
KHE 311	<b>Community Recreation and Leisure</b> A study of recreation of individual, local, state and federal governments, principles and factors involved in planning, developing and organization of areas and facilities.	3	E
EDH 405	<b>Alcohol, drug education and Sports</b> The chemical pharmacologic, physiologic, psychologic and social economic effects of the use, misuse and abuse of alcohol and such <i>psycho active substances as opiates, and opium like synthetic narcotics, barbiturates, tranquilizers, marijuana, Lysergic Acid diethylamide (LSD) and stimulants</i> (cocaine, amphetamines and caffeine).	3	R
	<b>Total</b>	<b>36</b>	

#### Departmental Courses

KHE 403	<b>Skills Development &amp; Tech. in Basketball</b> (Theory and practicum)	3	R
KHE 404	<b>Skills Development &amp; Tech. in Badminton</b> (Theory and Practicum)	3	R
KHE 408	<b>Professional Practice II</b> Practical and supervised experiences in theory and sports in schools; management of class; evaluation of students through tests and examinations.	6	C
KHE 405	<b>Test and Measurement in KHE</b> The study of the theory and practice of measurements in physical and health education with an emphasis on developing effective tests and measurements for fitness, health, sport skills.	3	R
KHE 407	<b>Motor Learning and Human Performance</b> Introduction to the implications of motor learning for the teachers of physical education; topic areas will include effects, of practice, motivation, retention, forgetting and transfer.	3	E
KHE 412	<b>Psychology of Coaching</b> Critical analysis of theories of learning with special reference to sensory motor	3	R

	learning; behavioural controls in interventions during stressful situations like competitions, psychological attributes of performance like motivation, self-concept, personality, coaching as art and sciences and its psychological bases.		
KHE 413	<b>Biomechanics</b> The biomechanical analysis of sport, skills, dance and human movements, with special reference to the use of motion, force, levers, work, energy and other mechanical principles and laws.	3	E
KHE 410	<b>Research/Project in KHE</b> Student will carry out supervised individual project on current and related issues in health education.	3	C
KHE 411	<b>Physiology Applied to Physical Conditioning</b> Physiological application in planning conditioning programme for athletics and fitness. Topics to be discussed include conditioning programmes, principles of training, conditioning techniques, evaluation, physiological effects of regular exercise; and on ergogenic, semantic and environmental factors.	3	E
KHE 414	<b>Computer in Human Kinetics and Health Education</b> Application of computer to solve physical education, sports and health education problems, mastery of design of computer in education research.	3	E
	<b>Total</b>	<b>33</b>	

### Summary

Level	Status	Units	
200	Compulsory (6)	21	
	Required (5)	15	
	Elective (1)	3	
	<b>Total</b>	<b>36</b>	
300	Compulsory (3)	8	
	Required (1)	27	
	Elective (-)	-	
	<b>Total</b>	<b>35</b>	
400	Compulsory (4)	15	
	Required (6)	18	
	Elective (1)	3	
	<b>Total</b>		<b>36</b>
500	Compulsory(2)	9	
	Required (4)	12	
	Elective (4)	12	
	<b>Total</b>	<b>33</b>	

### HEALTH EDUCATION

#### *Distribution of Courses*

#### **200 Level**

#### **Faculty Courses**

GCE 203	Basic Statistics in Educational Practice	3	R
TEE 202	Introduction to Media & Resources	3	R

#### **Departmental Courses**

EDH 201	Field Experience in Health Education	6	C
EDH 202	Organ. & Admin. of School Health Programme	3	R
EDH 205	Accident Preven. & Safety Education	3	C
EDH 204	First Aid and Sports Injuries	3	R
EDH 206	Human Anatomy, Physiology & Sports I & II	6	R
EDH 214	Family Life and Sexuality Education	3	C
KHE 203	Skills Development & Techn. in Gymnastics I	3	R

**Total Units** **36**

**300 Level**

**General Studies**

<b>Course Code</b>	<b>Course Title</b>	<b>Units</b>	<b>Status</b>
GES 101	Use of English	3	C
GES 102	Culture and Civilization	3	C

**Faculty Courses**

GCE 204	Psychology of Learning	3	R
TEE 301	History & Policy of Education in Education	3	R

**Departmental Courses**

EDH 301	Vital Statistics in Health Education	3	R
EDH 203	Methods & Resources in Health Education	3	C
EDH 207	Basic Statistics & Research Methods in KHE	3	R
EDH 208	Nutrition and Sports Performance	3	R
EDH 209	Physiology of Human Activity	3	E
EDH 304	Environmental Health & Sanitation	3	C
KHE 307	Kinesiology	3	C
EDH 309	Industrial Health Education	3	R
KHE 301	Skills Development & Techn. & Techn. in Track and Field Events	3	R
<b>Total Units</b>		<b>36</b>	

**400 Level**

**General Studies**

GES 105	Land use, Agriculture and Animal Husbandry	3	C
GES 103	Government, Society and Economy	3	C

**(NOTE: STUDENTS ARE TO DO ONE GES COURSE AT THIS LEVEL GES 105 OR GES 103)**

**Faculty Courses**

		<b>Units</b>	<b>Status</b>
GCE 302	Measurement & Evaluation in Educational Practice	3	R
TEE 353	Instructional Technology	3	R

**Departmental Courses**

EDH 303	Mental and Social Health	3	R
EDH 302	Issues in Health Education	3	R
EDH 305	Curriculum Develop. & Innovation		

	in Health Education	3	R
EDH 306	Personal Health of University Students	3	E
EDH 307	Professional Practice I	6	C
EDH 401	Population Education	3	R
EDH 405	Alcohol, Drug Education and Sports	3	C
KHE 401	Skills Development & Techn. in swimming	3	R

### 500 Level

Departmental Courses		Unit	Status
EDH 402	Epidemiology & Public Health	3	R
EDH 403	Communicable & Non-communicable Diseases Prevention	3	C
EDH 404	International Health & Careers in Health	3	R
EDH 406	Health and Illness Behaviour	3	E
EDH 407	Ageing and Death Education	3	R
EDH 408	Rehabilitation of the Handicapped	3	E
EDH 410	Professional Practice II	6	C
EDH 411	Personality & Growth in Health Education	3	R
KHE 405	Tests & Measurement in KHE	3	R
EDH 409	Research/Project in KHE	6	C
<b>Total Units</b>		<b>36</b>	

### Course Details

#### Faculty Courses

GCE 203	<b>Basic Statistics in Educational Practice</b> The nature and concept of behavioural statistics and its use in Education. Descriptive statistics in Educational practices including the use of and rules of summation, frequency distributions, measures of central tendency, dispersion, correlation and regression co-efficients. The normal curve and skewed distributions, Test Scales and Norms and the use of statistics in handling composite scores including item statistics in validity and reliability of psycho-educational assessment practices.	3	R
TEE 202	<b>Instructional Media and Resources</b> Explanation of the concept of educational technology. The development of communication during stone Age, Greek and Roman period, Renaissance period,	3	R

	chalk and talk period, Audio-Visual era and modern communication era. Theory and practice in the production and use of various media. The use of local materials. Improvisation.		
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### Departmental Courses

EDH 201	<b>Field Experience in Health Education</b>	6	C
EDH 202	<b>Organization and Administration of School Health Programme</b> Organization and Administration of total health and physical education programme. Patterns of health education administration, intramural, interscholastic/intercollegiate and adopted physical education programme organisation. Criteria or sudden types of sports injuries their causes, methods of prevention, control and their techniques are discussed.	3	R
EDH 205	<b>Accident Preven. &amp; Safety Education</b>	3	C
EDH 204	<b>First Aid and Sports Injuries</b>	3	R
EDH 206	<b>Human Anatomy, Physiology &amp; Sports I &amp; II</b> A study of the structure and function of the various systems of the human body with emphasis on their relationship to health and physical education and sports performance. At the end of the course students should possess an in-depth knowledge of mechanics of human movement, principles and laws related to human movement as they relate to sports performance and coaching.	6	R

EDH 214	<b>Family Life and Sexuality Education</b> Development of positive attitude towards sexuality; control of sexual and reproductive behaviour in accordance with social ethics; study of the accordance with social ethics; study of the reproductive organs. Acquisition of knowledge of organic disorders and diseases. Topics covered include adolescence sexual problems, sexually transmitted diseases (STD) pre-marital sex and consequences; courtship and marriage, responsible parenthood, pregnancy and child birth, congenital abnormalities and family planning.	3	C
KHE 203	<b>Skills Development &amp; Techn. in</b>	3	R

	<b>Gymnastics I</b> (Theory and practicum)		
	<b>Total</b>	<b>36</b>	

### General Studies

Course No.	Title and Course Description	Units	Status
GES 101	<b>Use Of English</b> An intensive, practical and skill-oriented English course specifically designed to develop essay writing skills (Organisation and logical presentation of ideas, dictation, grammar and style), functional reading skills (comprehension, analysis evaluation, logical inference and effective application, oral presentation skills and listening comprehension and note taking.	3	C
GES 102	<b>Culture and Civilization</b> The individual, society, environment, language ethnicity, and culture, dynamics of culture change with reference to cultural and social history vis-à-vis archeological studies. African cultural heritage and progress from earliest times to the present, with special mention of features like farming metallurgy trade, urban and rural life in Nigeria will be treated indepth. Social-cultural and ecological problems, etc.	3	C

### Faculty Courses

GCE 204	<b>Psychology of Learning</b> This course is geared towards introducing the students to the concept of learning, and factors affecting learning. It is also concerned with highlighting the various mental processes associated with human learning. Special emphasis will be laid on higher intellectual functioning processes associated with cognition, perception and recall. The role of reinforcement in the process of learning will be studied and its application to the learning-teaching situation highlighted.	3	R
TEE 301	<b>History and Policy of Education in Nigeria</b> This course examines the nature and practice of education in the preliterate Nigerian society and the contributions of Islamic education. It treats in detail, the development of western formal education with special reference to the roles of the missionaries and the impact of colonial	3	R

	educational ordinances and educational development. An analysis of the post-independence development and reforms of education at all levels are also discussed especially the current National Policy on Education: its evolution, implementation, problems, and implications for future national development.		
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### Departmental Courses

EDH 301	<b>Vital Statistics in Health Education</b>	3	R
EDH 203	<b>Methods &amp; Resources in Health Education</b>	3	C
EDH 207	<b>Basic Statistics &amp; Research Methods in Health</b> The course examines the simple descriptive statistics of frequency distributions, central tendency, test of significance and how these can be adopted in various methods used in research in physical and health education.	3	R
EDH 208	<b>Nutrition and Sports Performance</b> A study of nutrition including the basic food groups, adequate diet, food habits, factors in food selection consideration is given to the requirement of special people such as children, adolescents, expectant and nursing mothers, invalids as well as athletes. Planning the athletes diet contest meals nutritional demands during exercise, and training; food supplementation, preservation and storage.	3	R
EDH 209	<b>Physiology of Human Activity</b> A theoretical and practical study of work output in the assessment of fitness, anthropometry, ergonomic principles; oxygen exchange and mechanics of muscular contraction.	3	C
EDH 304	<b>Environmental Health &amp; Sanitation</b> The course examines critically safe and healthful living environment in school, home, workplace and community settings. Emphases are placed on safe living habits, wastes and refuse disposal problems; noise, air, water and land/soil pollution and radiation. Consideration is given to preventive and control measures in solving environmental health problems as well as the role of	3	C

	individuals in ensuring safe and healthful environment.		
EDH 309	<b>Industrial Health Education</b> The course examines diseases and health problems due to occupational and industrial activities of workers; a diagnosis of these problems, the systems of the body they affect and the consequences to the individual's health and well-being; a study of the provisions of the occupational and factories act which relates to the health and safety of the worker; the use of protective gadget and devices, the impact of ILO and health education of the workers.	3	R
KHE 301	<b>Skills Development &amp; Techn. &amp; Techn. in Track and Field Events</b> (Theory and Practicum)	3	R
	<b>Total</b>	<b>33</b>	

#### General Studies

GES 105	<b>Land Use, Agriculture and Animal Husbandry</b> Renewable natural Resources, Farming systems in the tropics, land use, planning, conservation, principle of animal and Horticultural crop production: use of agrochemicals, seed production, storage and agricultural extension education. Principles and problems of livestock production; breed of livestock and domestic animals; animal behaviour, poultry and livestock management for egg and meat production. Pests and diseases problem and, maintenance of animal health.	3	C
GES 103	<b>Government, Society and Economy</b> Concept and scope of psychology, research methods in psychology and life experiences. Concepts of society and the typologies of society. Politics and government, structure, nature and characteristics of government, tiers of government. Concepts of development, characteristics of developing economies, growth and development in the Nigeria economy since Independence. Man and environment, uses of human and natural resources.	3	C

#### Faculty Courses

GCE	<b>Measurement &amp; Evaluation in Education</b>	3	R
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302	<b>Practice</b> A broad spectrum measurement and evaluation course in Education including test design, construction, administration and test score interpretation involving the use of intelligence. Aptitude, achievement tests and personality inventories plus non-test assessment tools like the interview and observational strategies. Measurement is treated as the scientific base for decisions to be made (Evaluations) on the pupils, curriculum effectiveness and adequacy of learning, environments.		
TEE 353	<b>Introduction to Instructional Technology</b> Explanation of the concept of instructional technology. Instructional systems. Programmed instruction – origins, characteristics and paradigms. Educational media and presentation variables. Systems approach to teaching and learning procedure. Instructional Technology and national Development.	3	R

#### Departmental Courses

EDH 303	<b>Mental and Social Health</b> The course examines the concepts of mental and social health and their relative quality. The course also discusses the development of emotional health, basis emotions on the normal functioning of human organs. Consideration is given in the course to the impact of emotions on human behaviour. The factors that affect mental health as well as the common mental health problems of adolescents and young adults. Opportunity is given in the course for an evaluation of individual mental health status.	3	R
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EDH 302	<b>Issues in Health Education</b> Attention will be focused on health problems and issues of current concern these will include obesity, under-weight, emotional health, growth development, family size and population control, stress and health labour saving devices and health etc.	3	R
EDH 305	<b>Curriculum Develop. &amp; Innovation in Health Education</b> Course examines the principles and	3	R

	practices applicable to development or revision of curricular in health and physical education, with special emphasis on construction of a study course for primary and secondary schools. The course also involves critiques of existing curricular in health and physical education. Also covered in the course are the rationale for curriculum development, exercise, needs of consumers and desirable learning experiences.		
EDH 306	<b>Personal Health of University Students</b> The course helps the students become effective university community health educators by increasing knowledge in university community health areas and competencies essential to this career field. This course in addition provides an overview of the organization, role and structure of university community health providers with a specific emphasis on the Health Education services.	3	E
EDH 307	<b>Professional Practice I</b> A supervised practical course in which students apply appropriate skills and techniques in their teaching of health and physical education courses in secondary schools. It involves preparing a detailed lesson note for each unit of the courses to be taught daily. Both the teaching and the lesson notes will be assessed.	6	C
EDH 401	<b>Population Education</b> A supervised practical course in which students apply appropriate skills and techniques in their teaching of health and physical education courses in secondary schools. It involves preparing a detailed lesson note for each unit of the courses to be taught daily. Both the teaching and the lesson notes will be assessed.	3	R
EDH 405	<b>Alcohol, Drug Education and Sports</b> The chemical pharmacologic, physiologic, psychologic and social economic effects of the use, misuse and abuse of alcohol and such <i>psycho active substances as opiates, and opium like synthetic narcotics, barbiturates, tranquilizers, marijuana, Lysergic Acid diethylamide (LSD) and stimulants</i> (cocaine, amphetamines and caffeine).	3	C
KHE	<b>Skills Development &amp; Techn. in</b>	3	R

401	<b>swimming</b> (Theory and Practicum)		
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### Departmental Courses

EDH 402	<b>Epidemiology &amp; Public Health</b> The course deals with changes and the frequency of diseases over a period, their occurrences by geographical areas as well as the frequency of disease by sex, race, age, socio-economic class, occupation, individual life style and known exposure to harmful agents. The course also examines epidemiological studies of chronic disease.	3	R
EDH 403	<b>Communicable &amp; Non-communicable Diseases Prevention</b> Common communicable and non-communicable diseases of public health concern are discussed, clarification of diseases. Considerations of selected communicable and non-communicable disease of special concern to modern day society, with particular emphasis on the role of education in their prevention and or control are treated.	3	C
EDH 404	<b>International Health &amp; Careers in Health</b> Study of World Health Organisation (WHO). Topics population, expansion and explosion and health; International Health problems and concerns; provides better understanding and applications of types of health careers, professional preparation, critical issues and including current opportunities in Health.	3	R
EDH 406	<b>Health and Illness Behaviour</b> Course examines attitudes and behaviour during times of health and illness; considerations of various ways individuals undermine their own health through and unhealthy health practices and habits; health maintenance as well as patterns of decision/choices of health care delivery services in times of illness are also discussed.	3	E
EDH 407	<b>Ageing and Death Education</b> Major physical aspects of ageing and the aged, life expectancy disease of old age, medical care, loneliness and communication with the aged including acceptance of death through education	3	R

	processes. Culture patterns on health care utilization, relationship between traditional health practitioners and the patient, and the impact of traditional health care system on orthodox practices and school health.		
EDH 408	<b>Rehabilitation of the Handicapped</b> Styles and structures of residential care and treatment. Theories of treatment and the forms they take in agencies that are responsible for education and care of severely handicapped individuals.	3	E

EDH 410	<b>Professional Practice II</b> Students learn by practical experience how to teach Health Education and other minor subjects, manage the classroom and perform other function of a good teaching.	6	C
EDH 411	<b>Personality &amp; Growth in Health Education</b> Concept of personality, types of personality as related to Human Growth, Health Care Education.	3	R
KHE 405	<b>Tests and Measurement in KHE</b> The study of the theory and practice of measurements in physical and health education with an emphasis on developing effective tests and measurements for fitness, health, sport skills.	3	R
KHE 409	<b>Research/Project in KHE</b> Students will carry out supervised individual project on current and related issues in health education.	6	C
	<b>Total</b>	<b>36</b>	

### Summary (Health Education)

<b>Level</b>	<b>Status</b>	<b>Units</b>
200	Compulsory (4)	15
	Required (6)	21
	Elective (-)	-
	<b>Total</b>	<b>36</b>
300	Compulsory (4)	12
	Required (7)	21
	Elective (1)	3
400	Compulsory (2)	6
	Required (7)	21
	Elective (1)	3
	<b>Total</b>	<b>30</b>
500	Compulsory (3)	15
	Required (5)	15
	Elective (2)	6
	<b>Total</b>	<b>36</b>

