

DIPLOMA IN HUMAN KINETICS AND HEALTH EDUCATION

- a. *Objectives:* This programme is designed to prepare games- masters and other physical and health education personnel, as sports administrators. It is also aimed at the vocational rehabilitation of physical and health education workers.
- b. *Admission Requirements:* Admission to this programme shall be through the completion of necessary application forms, and the following candidates shall be eligible.
 - i. Holders of the Grade II Teachers' Certificate (1967 – 1981) with at least 3 Merits, including English Language.
 - ii. Holders of the West African School Certificate, (WASC)/General Certificate of Education (GCE) O/L with at least 3 Credits and a Pass in English Language.
 - iii. Holders of the Certificate in Physical and Health Education of the University of Ibadan.
 - iv. Mature candidates who have at least 3 Passes in WASC/GCE (O/L)/NECO or Teachers' Grade II Certificate (1967-1981) with 3 years competition experience in one or more sports at the state or national levels and can provide evidence to substantiate their claim.
- c. *Mode of Study:* Instruction shall be by face-to-face lectures. Students will be expected to attend classes weekly, from Thursday to Saturday, in the Department of Human Kinetics and Health Education.
- d. *Work – Load:*
 - i. A student shall be required to take a combination of Compulsory, Required and Elective courses as approved by the Senate of the University of Ibadan, on the recommendation of the Distance Learning Centre in conjunction with the Department of Human Kinetics and Health Education.
 - ii. Courses shall be evaluated in terms of course units and no student may register for less than 16 units or more than 24 units in a year, including units credited to long essays and practical projects.
 - iii. There shall be three levels of courses, denoted by code letters KED and numbered 101 – 220.
 - iv. All compulsory courses must be taken and passed.
- e. *Examination:*
 - i. All courses shall be examined during the session in which they are taught and students will be credited with the number of credits which they have passed.
 - ii. A student who has acquired less than 10 course units by the end of the first year, and less than 25 units at the end of the second year, will be required to withdraw from the programme.
 - iii. A student may be allowed to resit examination in the compulsory and required courses at the next available opportunity.
- f. *Qualification for the Award of Diploma:*
 - i. A student shall not normally qualify for the award of the Diploma until he/she has completed a minimum period of three sessions. No student shall spend more than four sessions to complete the programme.
 - ii. To be considered for the award of the Diploma in Human Kinetics and Health Education, a student must have been credited with a minimum of 40 units, including all compulsory courses.

iii. The list of successful students for the diploma shall be published with the following classification: Distinction, Credit, Merit and Passes, with names in each class arranged alphabetically.

g. *Warning and Withdrawal:*

- i. A student shall be given a written warning, or be required to withdraw from a Faculty, if he/she fails to achieve the minimum standard which the Senate, on the recommendation of the appropriate Board of Faculty or Institute, may from time to time prescribe.
- ii. A student who has obtained less than 12 course units by the end of the first year will be given a letter of warning.
- iii. A student who has obtained less than 10 course units at the end of the first year shall be asked to withdraw from the course.
- iv. A candidate who has obtained less than 20 course units by the end of the second year shall be required to withdraw from the course.

h. *Distribution of Courses*

FIRST YEAR

Course Code	Title	Units	Status
KED 101	Physical Education Practical in the Primary School	2	Compulsory
KED 102	History and Systems of Physical Education in Pre-primary and Primary Education	2	Required
KED 103	Pre-Primary and Primary Teaching Methods	2	Compulsory
KED 104	Child Development and Motor Learning Practice in Physical Education	2	Elective
KED 105	Organisation and Management of Physical Education in Pre-Primary and Primary Schools	2	Elective
KED 106	Curriculum Development and Improvisation in Pre-and Post-primary Physical Education	2	Required
KED 107	Adapted Physical Education Lessons in Pre-Primary and Primary Schools	2	Elective
KED 108	Basic Skills in Selected Games and Sports	2	Compulsory
KED 109	Food and Nutrition in Primary School Sports	2	Required

SECOND YEAR

KED 112	Health Education	2	Required
KED 122	Physical Education Methods	2	Compulsory
KED 127	Physical Education in Primary	2	Elective

	and Secondary Schools		
KED 201	Theory and Practice of Games and Sports	2	Compulsory
KED 202	Officiating in Sports and Games	2	Required
KED 203	Sports Psychology and Coaching	2	Required
KED 204	Community Health	2	Elective
KED 205	Community Recreation	2	Elective
KED 110	Pre-primary and Primary School Health	2	Required
KED 220	Micro - Teaching	2	Compulsory

THIRD YEAR

KED 206	Communicable Diseases: Prevention and Control	2	Required
KED 207	Organisation and Administration of Intramural Sports	2	Required
KED 208	Organisation and Administration of Games and Sports Club	2	Elective
KED 209	Elementary Anatomy and Physiology	2	Compulsory
KED 210	Methods and Materials in Health Education	2	Compulsory
KED 211	School Health Programmes	2	Compulsory
KED 212	Individual Project	2	Compulsory

Course Details

KED 101	Physical Education Practical in Primary School: Games of low organization; playgrounds and recreational areas; elementary skills in ball games; floor and mat work. <i>2 Units, Compulsory.</i>
KED 102	History and Systems of Physical Education in Pre-Primary and Primary Education: Physical education in the 1930s, physical education in the 1940s; Physical education as practised in Nigeria compared with selected countries in the Western World. <i>2 Units, Required.</i>
KED 103	Pre-Primary and Primary Teaching Methods: theories of infant methods: Jean Jacques Rousseau, Piaget, Montessori; infant teaching methods: whole, part-whole, experimental and phase methods; <i>2 Units, Compulsory.</i>
KED 104	Child Development and Motor Learning Practice in Physical Education: General principles of child development in relation to physical activities; related activities from infancy to adulthood; observation and examination of selected programmes in existing situations. <i>2 Units, Elective.</i>
KED 105	Organisation and Management of Physical Education in Pre-Primary and Primary Schools: Group handling and understanding of individual differences; techniques and procedures for organizing and administering physical education in pre-primary and primary schools, <i>2 Units, Elective.</i>
KED 106	Curriculum Development and Improvisation in Pre-and Post Primary Physical Education: Development of material and procedures for curriculum construction in physical education; effective use of local materials in teaching physical educational adaptation in matter and behaviours; purposes of contemporary health education practice. <i>2 Units, Required.</i>

- KED 107 **Adapted Physical Education Lessons in Pre-Primary Schools:** School experiences in activities adapted to the individuals; adapted physical education in schools; corrective therapies with veterans and civilians; methods and materials. 2 Units. *Elective.*
- KED 108 **Basic Skills in Selected Games and Sports:** Elementary skills in ball games; rope, sticks, hoops, lead - up games of low organisation; recreational sports. 2 Units, *Required.*
- KED 109 **Food and Nutrition in Primary School Sports:** How food functions in the growth and development of the child, good meal habit; types and functions of food; importance of balance diet in children's activities; mid-day meals. 2 Units, *Required.*
- KED 110 **Pre-Primary and Primary School Health:** Study of children's health problems in and out of school; diseases; whooping cough, measles, mumps, etc. 2 Units, *Required.*
- KED 112 **Health Education:** The development of health knowledge; attitude and behaviour through school and community health education; Contemporary health education practice. 2 Units. *Required.*
- KED 122 **Physical Education Methods:** Physical education methods in primary schools; notes of lessons and schemes of work; Class and group control; importance of illustrations and diagram in teaching. 2 Units, *Compulsory.*
- KED 127 **Physical Education in Primary and Secondary Schools:** Lead games and games of low organization; carry - over games in primary schools; major and minor games in secondary schools; organisation in intramural and intercollegiate sports; officiating. 2 Units, *Elective.*
- KED 201 **Theory and Practice of Games and Sports:** Study and practice of games and sports of high organisation; swimming, gymnastics, athletics (track and field). 2 Units, *Compulsory.*
- KED 202 **Officiating in Sports and Games:** Techniques and practice of officiating in athletics, swimming and selected games; the need for physical fitness in officiating. 2 Units, *Required.*
- KED 203 **Sports Psychology and Coaching:** Study of the psychological factors in sports and coaching; psychological theories of learning; motivation and skills acquisition as they affect the athlete and the coach. 2 Units, *Required.*
- KED 204 **Community Health:** A course designed to study and analyse major community health problem with particular emphasis on students' responsibility in relationship to community health. 2 Units, *Elective.*
- KED 205 **Community Recreation:** The organisation and administration of recreation programmes; the scope and significance of recreation to healthy living; provision of recreation programmes by family, private and various government agencies; financing; programming facilities. 2 Units, *Elective.*
- KED 206 **Communicable Diseases (Prevention and Control):** A study of important communicable diseases, with particular references to their causative agents, mode of transmission, preventive and control measures. 2 Units, *Required.*
- KED 207 **Organisation and Administration of Intramural Sports:** A study of the rules and regulation; of officiating in major and minor sports; leadership qualities; financing liabilities; tournament preparation; equipment and facilities. 2 Units, *Required.*
- KED 208 **Organisation and Administration of Games and Sports Clubs:** Purposes and objectives of sports clubs; the role of the National Sports Commission and State Sports Council in the organisation and administration of sports in Nigeria. 2 Units, *Required.*

- KED 209 **Elementary Anatomy and Physiology:** A study of the human body and how it works, with reference to the major systems and their relationship to work performance. *2 Units, Compulsory.*
- KED 210 **Methods and Materials in Health Education:** The course is focused on methods, techniques, resources and references used in the school health instruction programmes at the primary and secondary levels. *2 Units, Compulsory.*
- KED 211 **School Health Programmes:** The scope of school health programmes; health instruction, health services and a healthy school environment; the role of home and community in an effective school health programme. *2 Units, Compulsory.*
- KED 212 **Individual Project:** Students will carry out supervised individual projects on current issues in health and physical education. *2 Units, Compulsory.*
- KED 220 **Teaching Practice:** *2 Units, Compulsory.*