



**ADEYEMI COLLEGE OF EDUCATION**  
**ONDO, ONDO STATE**

**PHYSICAL AND HEALTH EDUCATION**  
**COURSE OUTLINE FOR DEGREE STUDENTS**  
**HARMATTAN SEMESTER**  
**PHE 101: ATHLETICS**

**COURSE OUTLINE**

1. General introduction to track athletics
2. Descriptions of athletics
3. Facilities and Equipment in Athletics
4. Events in track athletics (braches), sprinter qualities
5. The Sprints Start: Crouch positions – practical
6. Styles(bunch/bullet, medium and elongated) in sprints start – Practical
7. The commands: At your mark! Set!! Go!!!
8. Drills in the commands and sprint start styles.
9. Running formation; legs, arms and body forms and actions
10. Baton exchange – Non-visual
11. Baton exchange- visual
12. Common faults by beginners.

**HARMATTAN SEMESTER**  
**PHE 101: SKILLS DEVELOPMENT & TECHNIQUES IN SPORTS AND**  
**GAMES (TABLE TENNIS)**

**COURSE OUTLINE**

1. History and Development of table tennis
2. Nature of table tennis
3. Facilities and Equipment
4. Fundamental skills in table tennis
5. Fundamental positions in table tennis
6. Rules and regulations of table tennis
7. Officials and officiating
8. Scoring in table tennis
9. Tactics and strategies for playing table tennis
10. Common terms in table tennis



**HARMATTAN SEMESTER**  
**PHE 103: INTRODUCTION TO INTRAMURAL SPORTS**

**COURSE OUTLINE**

- Definition
  - Intramural
  - Extramural
  - Inter collegiate
  - Instructional physical education
- Objectives of Intramural Sports
- Personnel necessary for successful Intramural
- Organizational consideration in Intramural Sports:
  - Scheduling
  - Eligibility
  - Awards
  - Records
  - Point system
  - Health examination
  - Finance
  - Publicity
  - Security
- Types of competitions
- Intramural for the handicapped
- Inter house sports programme in secondary schools
- Officials, committees for inter house sports

**COURSE OUTLINE**

- Meaning of the key words:
  - Control
  - Motor
  - Skill
  - Behaviour
- The human structures
  - Cells
  - Tissues
  - Organs
  - Systems
- Skeletal Muscle
- Muscle contraction
- Classes of neurons
- Nervous system

Revision and Examination

**COURSE OUTLINE**

- Definition of Terms: Sociology, Sports, Sociology of Sports
- Factors inherent in Sociology
- Values of sports in the society
- Women in sports
- Reasons why women used to ignore physical activities
- Factors militating against women's participation in sports
- Sports and religion

**PHE 102: THEORY AND TECHNIQUES OF GAMES AND SPORTS  
(BASKETBALL)**

**COURSE OUTLINE**

- Origin and development of Basketball game
- Nature of Basketball game
- Basic skills
- Tactics of the game
- Basic rules of the game
- Fouls and violations
- Officials and functions
- Basic terms

# **PHE 102: THEORY AND TECHNIQUES OF GAMES AND SPORTS (FIELD ATHLETICS)**

## **COURSE OUTLINE**

- Brief history of athletes
- The branches of athletics (track and field)
- Events under field athletes (track and field)
- Javelin throw (Basic skills)
- Phases in the execution of the throw
- The shot put: (Basic skills)
- Phases in the putting the shot
- Discus throw: the skills
- Phases in executing the throw
- The jumps: high jump; long jump and triple jump

**PHE 102: THEORY AND TECHNIQUES OF GAMES AND SPORTS  
(GYMNASTICS)**

**COURSE OUTLINE**

- History and development of Gymnastics
- Nature of Gymnastics
- Division of Gymnastics
- Gymnastics apparatus
- Officials in Gymnastics
- Scoring in Gymnastics
- General safety precautions in Gymnastics
- Spotting in Gymnastics
- Types of Spotting
- Coaching points for beginners



**COURSE OUTLINE**

- Meaning, scope and concepts of P.E.
- Aims and objectives of P.E
- History of P.E. in ancient Greece, Rome, Germany, Sweden and Britain
- Physical education during the dark ages
- Physical education in Nigeria
- Physical education in Egypt
- Nigerian sporting Heroes and professionals
- Philosophy of physical education – reasons for physical education, components of philosophy and general philosophy of physical education e.g maturation, idealism etc

**COURSE OUTLINE**

- Introduction to Outdoor Education
- Concepts of Outdoor Education
- Types and values of Outdoor Education
- Setting/Avenues for Outdoor Education
- Outdoor Education centres in Nigeria
- School camp programmes
- Differences types of camping programmes
- Difference between recreation and camp
- Factors to consider when planning recreational camping/outdoor visit
- Qualification of a camp leader

**COURSE OUTLINE**

- Meaning of concepts such as equipment, facilities supplies
- Importance of sport facilities, equipment and supplies
- Types of sports equipment
- Care and maintenance of sports equipment
- Types of sport facility: indoor, outdoor, complex
- Types of playing surface: grass, wood, concrete, cinder, clay, laterite, sand, water, asphalt, synthetic
- Planning and siting of sports facilities
- Construction and siting of sports facilities

**COURSE OUTLINE**

- Meaning of Anatomy and Physiology
- The structure and functions of the human body
  - o Cells
  - o Tissues
  - o Organs
  - o Systems
- Overview of different organs in relation to their functional processes and adaption
- Overview of different system in relation to their functional processes and adaptations.
  - o Respiratory system – Digestive system
  - o Circulatory system – Blood composition
  - o Excretory system – Endocrine system
  - o Reproductive system – Muscular system
  - o Skeletal system – nervous system
- Revision/Examination

**PHE 201: SKILLS DEVELOPMENT AND TECHNIQUES IN SPORTS AND  
GAMES III (BADMINTON)**

**COURSE OUTLINE**

- History and development of Badminton
- Nature of Badminton
- Badminton Court
- Equipment used in Badminton
- Number of players in Badminton
- Fundamental techniques in Badminton
- Strategies of Play
- Types of games in Badminton
- Officials in Badminton
- Officiating in Badminton
- Terminologies in Badminton

**COURSE OUTLINE**

- Classification of Muscles
- Digestive system
- Anaerobic/aerobic energy pathways
- Individual differences
- The place of type 1 and type 2 muscle fibres in the field of sports
- Muscular contraction
- Practical work on muscular contraction
- Static, isotonic contractions

Revision / Examination

**COURSE OUTLINE**

- Meaning of the Key words:
  - Anatomy
  - Physiology
- Human structures
- Human skeleton/functions
- Human joints
- Muscular system
- Digestive system
- Diseases affecting the digestive system
- Circulatory system
- Components/ functions of blood
- Respiratory system
- Nervous system
- Revision/Examination

**COURSE OUTLINE**

- Concepts and Definitions
- Objectives of school health programme
- Guiding principles for school health programme
- The scope of school health programme;
  - o School health instruction or education
  - o School health services
  - o Healthful school living
  - o School home and community health relationship



**PHE 202: SKILLS DEVELOPMENT AND TECHNIQUES IN SPORTS & GAME  
III: TABLE TENNIS**

**COURSE OUTLINE**

- History and development of table tennis
- Nature of the game
- Facilities and equipment in table tennis
- Skills in table tennis
- Techniques in play
- Officials in table tennis
- Officiating in table tennis
- Rules of the game
- Scoring in table tennis
- Coaching points in table tennis

# **PHE 202: SKILLS DEVELOPMENT & TECHNIQUES IN SPORTS & GAME III (VOLLEYBALL)**

## **COURSE OUTLINE**

- History and development of Volleyball
- Nature of the game
- Facilities and equipment
- Skills
- Rules and regulations (30 rules)
- Tactics and strategies
- Officials and officiating
- Volleyball glossary/terminologies
- Hand signal (for referee)

**COURSE OUTLINE**

- History of Swimming
- Facilities and equipment needed for Swimming
- When to start Swimming
- Developing water confidence
- Reasons for teaching Swimming
- Safety rules in Swimming
- Sanitary rules in Swimming
- Phases common to all Swimming strokes
- Strikes in Swimming
  - Crawl
  - Back stroke
  - Breast stroke
  - Butterfly stroke

**COURSE OUTLINE**

- Concept and definition of health
- Personal health
- Environmental health
- Health protection programmes
- Aims and objectives of health protection
- Healthy personality
- Health agencies
- Health services provided by health agencies
- Health information
- Quackery

**COURSE OUTLINE**

1. General Introduction
2. Definitions of related terms
3. Objectives of adapted physical education
4. Types of handicaps
5. Causes of handicapping conditions
6. Characteristics of ageing and the changes that come with ageing
7. Essential guidelines for teaching PE to the handicaps
8. Various methods of teaching the handicaps
9. Sports for the atypical students
10. Corrective exercise for some postural defects
11. concept of Mainstreaming: Merits and demerits

**COURSE OUTLINE**

1. Meaning of Kinesiology
2. Values of Kinesiology
3. Types of movements  
Factors affecting movement  
Principles of movements
4. Classification of Bones
5. Types of Joints
6. Types of Muscles
7. Muscle contraction
8. Kinesiologists
9. Motion/Newton's Laws of Motion
10. Practical work involving movement analysis
11. Revision

**COURSE OUTLINE**

- Meaning of exercise Physiology
- Common exercises
- Types of energy/sources
- Energy system
- Principles/considerations in choice of exercises
- Energy cycle
- Calculation/measurement of some variables
- Revision and examination

# **PHE 301: SKILLS AND TECHNIQUES OF GAMES AND SPORTS (HOCKEY)**

## **COURSE OUTLINE**

- History of the game (Hockey)
- Facilities needed for the game
- Equipment and materials needed for the game
- Skills in the game
  - Hit
  - Dribble
  - Flick
  - Scoop
  - Tackle
  - Slapping
  - Pushing
  - Goal keeping
  - Reserve stick
- Rules and regulatory of the game
- Officials and officiating of the game
- Game situation



**COURSE OUTLINE**

- History and development of Cricket game
- Facilities and equipment for Cricket game
- Dimension of facilities and equipment for Cricket game
- Conduct of the game
- Skills in the game of Cricket
- Bowling
- Batting
- Fielding
- Wicket keeping
- Types of games in Cricket
- The Umpire signals
- Basics rules and terminologies
- Scoring system

**COURSE OUTLINE**

- Meaning of Test, measurement and evaluation
- Criteria in selection of a good test
- Characteristics of a good test
- Purpose of test, measurement and evaluation in PHE
- Types of test and measurement in PHE
- Measurement of Sports Skills
- Level of measurement
- Elementary statistics
- Measure of central tendency
- Measure of variability
- Measure of relationship
- Inferential statistics
- Chi-square, t-test, Anova, ANCOVA etc

**COURSE OUTLINE**

- Definition of Terms e.g (a) Learning (b) motor learning
- Movement as a basic necessity of man
- Factors affecting motor learning
  - o Physical factor
  - o Mental factor
  - o Emotional factor
  - o Balance
  - o Muscular control
- Scope of motor learning
- Types of motor learning
- Motor learning terminologies
- Individual differences in motor learning
- Motivation and motor learning
- Motor learning theories
- Process of learning
  - o Feedback
  - o Timing in feedback
  - o Extinction
  - o Practice
  - o Reinforcement
- Transfer of skills

**COURSE OUTLINE**

- Meanings and concepts of health education
- The concepts of consumer health education
- Importance of consumer health education
- Terminologies, consumers, consumerism, goals, services, information etc
- Consumers right and responsibilities
- Advertisements, types, effects on consumers' health
- Quacks, quackery and nostrum
- Consumers acts and legislation
- consumer health protection agencies and functions

**COURSE OUTLINE**

- Definitions of Curriculum
- Views of Curriculum
- Curriculum terminologies
- Factors influencing Curriculum development in PHE
- Fundamental steps in developing PHE Curriculum
- PHE Curriculum goals and objectives
- Curriculum implementation in PHE
- Curriculum Designers
- Curriculum Theory and models
- PHE Curriculum contents and learning experiences
- Curriculum evaluation
- Curriculum workshop

**COURSE OUTLINE**

- Definition of Sports
- Meaning of Aging
- Phenomenon of Aging
- Age classification among the aged
- Sports activities for the elderly
- Restricting factors in sports participation among the elderly
- Improvements needed in sports for the ageing
- Sports involvement through the course of life, exercises and the aging bones, brain, muscles etc
- Demands for the future in sports for elderly
- Phenomenon of aging in relation to sports

**PHE 302: SKILL DEVELOPMENT TECHNIQUES IN GAMES AND SPORTS V  
(FIELD ATHLETICS)**

**COURSE OUTLINE**

- History of athletics
- The 2 Areas of athletics events (track and field)
- Events in field athletics: The Throws and the Jumps.
- Javelin throw: the skills
- Phases in the execution of javelin throw
- Shot put: putting the shot (skills)
- Phases in the execution of putting the shot
- Discuss throw: the skills
- Phases in throwing the Discuss
- High jump: Phases in jumping
- Long jump: Phases
- Tripple jump: phases and the skills

# **PHE 302: SKILL DEVELOPMENT TECHNIQUES IN GAMES AND SPORTS V (SOCCER)**

## **COURSE OUTLINE**

- History and development of the game soccer
- The nature of the game soccer
- The fundamental skills: kicking, passing, dribbling, tackling, heading, throw-in, goalkeeping, faking and feinting, strategy and tactics, game situation
- Game situation
- Rules of the game
- Principles of attack
- Principles of defence
- Training games: work-and-eat, low-ball soccer, soccer tennis, soccer volleyball, four-goal soccer, piggyback soccer, half-field soccer, three team soccer etc
- Soccer terminology

## **References**

- Beim, G. (1977) Principles of modern soccer. New York, NY: Houghton and Mifflin Company.
- Davis, S. (2008). Soccer, Microsoft Encarta 2009 (DVD). Redmond, WA: Microsoft Corporation
- Federation Internationale de Football Association (FIFA) (2008). Laws of the game 2008/2009. Zurich, Switzerland. FIFA.



**PHE 302: SKILL DEVELOPMENT TECHNIQUES IN GAMES AND SPORTS V  
(HANDBALL)**

**COURSE OUTLINE**

1. Origin and development of Handball
2. Nature of the game
3. Facilities, equipment and materials
4. Basic skills of the game
5. Playing the game: The players; the ball, duration; scoring system
6. Types of throws and their execution
7. Fouls and infringements
8. Rules and regulations
9. Officials and officiating

**PHE 304: FACILITY IN PHYSICAL AND HEALTH EDUCATION  
COURSE OUTLINE**

- Meaning and concepts of the course including equipment, facility and supply
- Importance of facility, equipment and supply in the management of physical education and sport programmes
- Types of facility for physical and health education and sport
- Factors that should be considered in the design, siting and construction of facility for physical and health education and sport
- Stages in the construction of the physical and health education and sport facility
- Care and maintenance of the facility for physical and health education and sports
- Types of playing surface; grass, wood, concretes, cinder, sand, ice, water, asphalt, synthetic

**References**

Fried, G. (2015). Managing sports facilities, third ed. Champaign, IL: Human Kinetics.

Schawrz, E.C., Hall, S.A. &Shibli, S. (2010). Sport facility operations management: A global perspective. London: Elsevices/Taylor and Francis, Inc.

Sachs, P.D. (2004). Managing healthy sports fields. New York, NY: John Wiley and Sons.

**COURSE OUTLINE**

1. General introduction
2. Attempts at some definition (e.g
3. Attributes of sound mental health
4. Factors that determine mental health status
5. Mental and emotional health problems
6. Defence mechanisms and coping defenses
7. Contributory factors to young people's mental and emotional ill-health
8. Problems of sexual deviations
9. Some mental disorders/illnesses
10. Therapeutic measures in mental ill-health

**COURSE OUTLINE**

- Concept of teaching
- Principles and guidelines for teaching PHE
- PHE teachers and his ethics
- Class management in PHE
- Teaching resources in PHE
- Teaching styles in PHE
- Common faults of PHE teachers
- Evaluation in PHE
- Rational for evaluation in PHE
- Areas evaluable in PHE

**COURSE OUTLINE**

- Meaning of Research
- Importance of Research
- Types of Research
- Roles of Educational Research
- Sources of Educational Problem
- Variables in Research
- Characteristics of Educational Research
- Hypothesis in Research
- Literature review
- Research Methodology
- Data Analysis in Research
- References and Bibliography

**PHE405: ADVANCES SKILLS AND TECHNIQUES IN GAMES AND SPORTS  
(SWIMMING)**

**COURSE OUTLINE**

- Origin of Swimming
- History of Swimming in Nigeria
- Facilities and equipment necessary for swimming
- Reasons for teaching swimming
- Sanitary rules in swimming
- Safety rules in swimming
- Familiarization with waters
- Development water confidence
- Phases common to all swimming stroke
- Swimming strokes
  - (a)Crawl
  - (b)Butterfly stroke
  - (c)Back Stroke
  - (d)Breast stroke
- Some terminologies in swimming

**COURSE OUTLINE**

- Psychological concepts towards coaching individual and team sports
- Psychological preparation for competition, motivation
- Psyching up for games and sports
- Individual and mob-psychology

The following course content were treated

- Psychological concepts in coaching
- Expectations and roles of coaches
- The relevance of sports psychology to coaching
- Nature of sports psychology
- Roles of sports psychologists
- Psyching up for games and sports
- Psychological preparations for competition
- Motivation in sports

**COURSE OUTLINE**

1. Meaning of Adapted Physical Education
2. Aims and objectives of Adapted Physical Education
3. Classification of Adapted Physical Education
4. Causes of Handicapping conditions
5. Principles of Adapting Sports and Games
6. Ways of modifying sports, games and activities for the challenged
7. Determination of Physical Education needs
8. Consideration in the choice of exercises
9. Approaches to teaching Physical Education



**COURSE OUTLINE**

- Drug
- Drug misuse and abuse
- Common terminologies in drug parlance
- Possible excuses for drug abuse were identified
- Guiding principles in the prevention of drug abuse
- Identification of some hard drugs
- Roles of administrators, teachers and the home in drug abuse prevention

**Course Outline**

- Definitions
  - (i) Organization
  - (ii) Administration
  - (iii) Management
- Importance of administration
- Administrative theories
  - (i) Authoritarian leadership style
  - (ii) Democratic leadership style
  - (iii) Laissez fair leadership style
  - (iv) Three demonstrational leadership styles
- Administration duties (POSD CORD)
- General qualifications for physical education
- Qualifications for physical education in other settings
- Qualities of sports administrators.
- Personnel administrations in sports
- Guideline for the selection of sports materials
- Guideline for the purchase of sport materials
- Legal liability in sports

**Course Outline**

- Meaning of sociology
- Meaning of social process and sports
- Sport and socialization
- Agents and Agencies of sports socialization
- Sports and Culture
- Values of Culture in society
- Sports and social stratification
- Women in sports
- Sports and politics
- Sports and religion
- Drugs in sports
- Violence in sports

**Couse Outline**

- History and development of badminton game
- Facilities and Equipment in the game
- Badminton Court Dimension
- Playing the game of Badminton
- Skills in the game of Badminton
- Types of game
- Single game M/F
- Doubles game M/F
- Mixed Double
- Basic Badminton rules
- Badminton Terminologies
- Officiating the game
- Scoring system

**COURSE OUTLINE**

- History and development of badminton game
- Facilities and equipment in the game
- Badminton Court Dimension
- Playing the game of badminton
- Skills in the game of Badminton
- Types of game
- Single game M/F
- Doubles game M/F
- Mixed Double
- Basic Badminton rules
- Badminton Terminologies
- Officiating the game
- Scoring System

**COURSE OUTLINE**

1. History and development of gymnastics
2. Nature of gymnastics activities
3. Division of gymnastics activities
4. General safety precautions in gymnastics
5. Gymnastics apparatus
6. Officials in gymnastics
7. Scoring in gymnastics activities
8. Spotting
9. Types of Spotting
10. Teaching beginners in gymnastics

**COURSE OUTLINE**

- History and development of table tennis
- Nature of table tennis
- Facility and equipment in table tennis
- Fundamental skills in table tennis
- Techniques for play in table tennis
- Types of games in table tennis
- Rules and regulations in table tennis
- Officials in table tennis
- Scoring points in table tennis
- Common tennis in table tennis

**COURSE OUTLINE**

1. Concepts of sports medicine
2. Objectives of sports medicine
3. Sports medicine and exercise physiology
4. Female participation in sports
5. Sports superstitions and fallacies
6. Therapeutic aspects of exercise in medicine
7. Sports and Ergogenic civic
8. Medical, mechanical, physical, food & nutrition



**COURSE OUTLINE**

- The concept of family life and sex education
- The need for family life education
- Principles of family setting
- Types of families
- Seminal Preference
- Contraceptive use
- Sex and the teenagers
- Sex education teaching in schools
- Roles of parents in sex education
- Other Issues in sex life – Abortion, STI, Courtship and marriage etc.
- Revision