**UNIVERSITY OF NIGERIA NSUKKA**

**DEPARTMENT OF HUMAN KINETICS AND HEALTH EDUCATION**

**POSTGRADUATE ACADEMIC PROGRAMME**

**05/01/2015**

**Preamble**

The under listed Postgraduate programmes are available in the Department of

Human Kinetics and Health Education:

1. Postgraduate Diploma (PGD) in:
2. Health Education (PGDHE)
3. Human Kinetics and Sport Studies (PGDHKS)
4. Master of Science (M.Sc) in:
5. Public Health Education
6. School Health Education
7. Mental and Emotional Health Education
8. Occupational and Industrial Health Education
9. Administration and Management of Physical Education and Sports
10. Curriculum and Physical Education Teacher Education
11. Psychology of Sports
12. Sociology of Sports
13. Recreation and Tourism
14. Exercise Physiology
15. Adapted Physical Education
16. Master of Philosophy (M.Phil.) in the areas of specialty in ‘2’ above

1. Doctor of Philosophy (Ph. D) in the areas of specialty in ‘2’ above

**POSTGRADUATE DIPLOMA IN HEALTH EDUCATION**

**Introduction**

The Department of Human Kinetics and Health Education, University of Nigeria, Nsukka in line with the directives of NUC decides to mount a Postgraduate Diploma in Health Education.

**Philosophy**

The philosophy of the programme is to transmit knowledge and skills in Health Education to the students with first degree in Health Education and health related disciplines with a cumulative grade point of less than 2.50. With this in view, the department offers courses that cover a broad spectrum of courses in Health Education to enhance students’ professional efficiency and effectiveness in teaching at all levels of education and health practicum.

**Objectives**

The programme is designed to:

1. Produce well qualified persons who will serve as teachers and health care providers in our educational institutions and health facilities.
2. Produce competent manpower for service in rehabilitation centres as health counselors and occupational therapists.
3. Produce competent manpower to initiate and undertake research in areas of Health Education and health related areas.
4. Produce manpower to initiate and undertake research in areas of Health Education
5. Offer students the opportunity to acquire the knowledge and skills they require to contribute to their personal growth and survival, and natural development through Health Education.

**Scope**

The postgraduate programme in Health Education is in the areas of Public Health Education, School Health Education, Emotional and Mental Health, and Occupational and Industrial Health Education.

**Entry Qualifications/Admission Requirements**

1. Holders of HND certificates in accredited Polytechnics
2. Holders of first degree in Health Education and other health-related disciplines

**Mode of Study**

The postgraduate diploma is by course work and research project.

**Duration of Study**

The duration of the programme is two semesters (one academic session) minimum or four semesters (two academic sessions) maximum for full time study. The part time is four academic semesters minimum or six academic semesters maximum.

**Stress Areas**

1. Health Education
2. School Health Education
3. Mental and Emotional Health Education
4. Occupational and Industrial Health Education

**First Semester Units**

HED 701 Historical and Philosophical Perspective in Health Education 2

HED 703 Advanced Health Education Practicum 2

HED 705 Advanced Research Methods and Statistical Methods in Public

Health Education 2

HED 711 Nature and Functions of Health Care Delivery in Nigeria and

Field Work 2

HED 713 Administration, Organization, and Evaluation of School Health 2

HED 715 Theory and Practice of Emotional and Mental Health 2

HED 717 Occupational and Industrial Health Education 2

HED 719 Advanced Studies in Health Economics 2

**Total 16 Units**

**Second Semester**

HED 702 Seminar in Health Education 2

HED 704 Contemporary Issues in National and International Health 2

HED 712 Environmental Health and Consumerism 2

HED 714 Course Designs and Instruction in School Health Education 2

HED 716 Anti- social Behaviour and Issues in Mental Health 2

HED 718 Personnel Management and Administration in Public Health

Education 2

HED 790 Project in Health Education 4

**Total 16**

**COURSE DESCRIPTION**

**HED 701: Historical and Philosophical Perspectives in Health Education**

Trace the history and philosophy of Health Education in Nigeria. Definition, goals, and rationale and philosophical basis of Health Education and the multi- disciplinary nature of the subject. (2 Units)

**HED 702: Seminars in Health Education**

Presentation of academic seminars in health and health-related issues in Nigeria using statistical and analytical approach. (2 Units)

**HED 703: Advanced Health Education Practicum**

Planned guided visits to educational institutions, health facilities and industrial establishments. (2 Units)

**HED 704: Contemporary Issues in National and International Health**

Discuss issues and problems in National and International Health, highlighting major problems militating against Public Health developments and controversial issues in health e.g.. Female genital mutilation, sex education, family planning etc. (2 Units)

**HED 705: Advanced Research Methods and Statistical Methods in Health Education**

Description of various types of research in Health Education. Identification of vital and health statistical data measuring morbidity, mortality and fertility. Include also are various steps in processing health data and descriptive and inferential statistical techniques for analyzing health data. (2 Units)

**HED 711: Nature and Functions of Health Care Delivery in Nigeria and Field Work**

Types and functions of various Health Care Delivery System in Nigeria e.g.. Local, State and Federal Government Systems, stating the various roles of public health educators and other professional in the health care delivery system. Study of health care systems in other countries (2 Units)

**HED 712: Environmental Health and Consumerism**

Description of major Environmental Health Problems, Consumer Protection Agency and their Functions. The dangers of quack and quackery. (2 Units)

**HED 713: Administration, Organization and Evaluation of School Health**

Description of school health services, components and activities. Functions of Public health educators and other health professionals in the school health services.

(2 Units)

**HED 714: Course Designs and Instruction in School Health Education**

Planned course designs in School Health Education using systematic approach: identifying specific objectives, contents, methods and evaluation techniques. Each student is expected to design a course content in School Health Education at the end of a programme (2 Units)

**PHE715: Theory and Practice of Emotional and Mental Health**

Description of various concepts relating to emotional and mental health, highlighting some misconceptions associated with mental illness. Discuss various theories and practices associated with emotional and mental health. (2 Units)

**PHE716: Anti-social Behaviour and Issues in Mental Health**

Discussion of various anti-social behaviours e.g. misconduct, abnormal behaviour and anxiety behaviour etc. Identify and discuss emotional and mental health needs and problems. Advancing solutions to these needs and problems. (2 Units)

**PHE717: Occupational and Industrial Health Education**

Description of various occupational health hazards e.g.. physical. chemical, biological, psychological, social etc. Highlights problems encountered by both employees and employers in occupational organizations. (2 Units)

**PHE718: Personnel Management and Administration in Health Education**

Description of various concepts in personnel management and principles of management. Organization and Administration of staff in personnel management. (2 Units)

**HED 719: Advanced Studies in Health Economics**

A critical examination of economics of health care, different national health plans; Budgeting /allocations to health at the local, state and national levels. Comparative studies of budgetary allocations to health in developed and developing nations (2 Units)

**HED 723: Mental Health Problems through Life Cycle**

The problems of childhood, adolescence, adulthood and late adulthood are examined along strategies for reducing or eliminating them . (2 Units)

**PHE791: Project in Health Education**

Application of research process and development of skills in identifying problems in health related areas through investigation using systematic approach in research methodology. Such projects must demonstrate originality and contribute to knowledge and practice in Health Education. (4 Units)

**UNIVERSITY OF NIGERIA NSUKKA**

**DEPARTMENT OF HUMAN KINETICS AND HEALTH EDUCATION**

**MASTER’S (M.Sc) DEGREE AND Ph.D IN HEALTH EDUCATION**

**Introduction**

TheDepartment of Human Kinetics and Health Education, University of Nigeria, Nsukka offers higher degree programmes namely Master Science (M.Sc) Health Education, School Health Education, Emotional and Mental Health Education, and Occupational and Industrial Health Education and Ph.D in Health Education.

**Philosophy**

The philosophy of the programme is to transmit to postgraduate students an in-depth knowledge and skills in Health Education. With this in view, the department offers courses that cover a broad spectrum of each of the above listed special areas to enhance students’ professional efficiency in teaching at all levels of educational institutions and specialized services to the community.

**Objectives**

The programme is therefore designed to:

1. Produce well qualified persons who will serve as teachers of Health Education and health science in secondary and tertiary institutions.
2. Produce competent manpower for service in rehabilitation institutions as health counselors and occupational therapists.
3. Produce manpower to serve as environmental health officers.
4. Produce competent manpower to initiate and undertake research in areas of Health Education and health related areas.
5. Offer students the opportunity to acquire the knowledge and skills they require to contribute to their personal growth and survival, and national development, through Health Education and other health-related activities such as counseling and nutrition.

**MASTER’S (M.Sc) DEGREE PROGRAMME**

**Scope**

The master’s degree programme is in the areas of Public Health Education, School Health Education, Emotional and Mental Health, Occupational Health Education and Health Education.

**Entry Requirements**

1. Holders of firstdegreeinHealth Education, PhysicalEducation, Nursing Science, Medicine and Surgery, Medical Rehabilitation, Dentistry, Optometry, Medical Laboratory Science, Medical Radiography, Anatomy and Physiology, Nutrition and Dietetics, Microbiology, Biochemistry, Zoology and other related health disciplines with a minimum of 3.0 CGPA.
2. Holders of PGD in Health Education, Physical Education and other related health courses with a CGPA of not less than 3.0 or upper credit.

**Mode of Study**

1. The master’s degree programme is by course work and research project.

**Duration of the Programme**

1. **Full- Time:** a minimum of 18 calendar months (three semesters) , and a maximum of 3 calendar years (six semesters).
2. **Part-Time:** a minimum of 24 calendar months (four semesters) and a maximum of 4 calendar years (eight semesters).
3. **Sandwich Programme:** a minimum of 3 long vacation and a maximum of 6 long vacation

**M.Sc PUBLIC HEALTH EDUCATION**

**First semester**

**Course No.** **Title**  **Units**

PGC 601 Research Methodology and Application of ICT in Research 3

HED 801 Advanced Research Methods in Health Education 3

HED 803 Vital Statistics, Demographic Methods and Statistical Tools

for Health Education 2

HED 851 History, Philosophy and Policies in Health Education 2

HED 852 Organization, Administration & Evaluation of

Community Health 2

HED 853 Issues in Population Education and Population Science 2

HED 854 Nature and Functions of Healthcare Delivery Systems and Fieldwork 2

HED 855 Environmental Health and Consumer protection 2

HED 859 Advanced Studies in Tools and Techniques for Health Promotion 2

**Total 20 Units**

**Second Semester**

HED 802 Advanced Seminar in Health Education 3

HED 856 Course Designs in the Health Field (Self-Study) 2

HED 857 Health Care and Social Services for Mothers Children, the Elderly

and Dying 2

HED 858 Epidemiology of Communicable Diseases and Health Problems 2

HED 886 Current Problems in Health Care 2

HED 888 Qualitative Techniques and Theories/Models in Health Education 2

HED 899 Research Project in Public Health Education 6

**Total 19 Units**

**M.Sc SCHOOL HEALTH EDUCATION**

**First Semester**

**Course No Title Units**

PGC 601 Research Methodology and Application of ICT in Research 3

HED 801 Advanced Research Methods in Health Education 2

HED 803 Vital Statistics and Demographic Methods and Statistical Tools

for Health Education 2

HED 859 Advanced Studies in Tools and Techniques for Health Promotion 2

HED 861 Organization, Administration, and Evaluation of School Health 2

HED 863 Curriculum Innovations and Instructions in School Health Education 2

HED 865 Advanced Studies in Growth and Health of the School Child 2

HED 867 History of School Health and Education Policies 2

HED 869 Problems and Issues in School Health 2

**Total 19 Units**

**Second Semester**

HED 802 Advanced Seminar in Health Education 3

HED 866 Health Science and Health Education Curriculum 2

Guides (Self-Study)

HED 867 School Health Practice, University Students Health

Services and Field work 2

HED 868 Evaluation of School Health Programmes 2

HED 886 Current Problems in Health Care 2

HED 888 Qualitative Techniques and Theories/Models in Health Education 2

HED 899 Project in School Health Education 6

**Total 19 Units**

**M.Sc EMOTIONAL AND MENTAL HEALTH EDUCATION**

**First Semester**

**Course No. Title Units**

PGC 601 Research Methodology and Application of ICT in Research 3

HED 801 Advanced Research Methods in Health Education 2

HED 803 Vital Statistics and Demographic Methods and Statistical Tools

for Health Education 2

HED 861 Organization, Administration, and Evaluation of School Health 2

HED 863 Curriculum Innovations and Instructions in Health Education 2

HED 871 Emotional and Mental health Theory and Practice 2

HED 872 Issues in Mental Health and Anti-Social Behaviour 2

HED 873 Social Process Skills in Health Education and Field work 2

HED 859 Advanced Studies in Tools and Techniques for Health Promotion 2

**Total 19 Units**

**Second Semester**

HED 802 Advanced Seminar in Health Education 3

HED 812 Independent Study in Health Education 2

HED 874 Problems of Drugs, Alcohol and Tobacco 2

HED 875 Group Dynamics and Organization Theory 2

HED 886 Current Problems in Health Care 2

HED 888 Qualitative Techniques and Theories/Models in Health Education 2

HED 890 Therapeutic Skills in Mental and Emotional Health 2

HED 899 Project in Emotional and Mental Health Education 6

**Total 21 Units**

**M.Sc OCCUPATIONAL AND INDUSTRIAL HEALTH EDUCATION**

**First Semester**

**Course No. Title Units**

PGC 601 Research Methodology and Application of ICT in Research 3

HED 801 Advanced Research Methods in Health Education 2

HED 803 Vital Statistics and Demographic Methods and Statistical Tools

for Health Education 2

HED 855 Environmental Health and Consumer Protection 2

HED 881 Communication Strategies in Health Education 2

HED 875 Group Dynamics and Organizational Theories 2

HED 883 Personnel Management and Job Satisfaction in Health

Establishment 2

HED 885 Epidemiology of Industrial Accidents and Road Traffic Accidents

in Nigeria 2

HED 859 Advanced Studies in Tools and Techniques for Health Promotion 2

**Total 19 Units**

**Second Semester**

HED 802 Advanced Seminar in Health Education 3

HED 812 Independent Study in Health Education 2

HED 882 Health Problems in Occupational and Industrial Environment 2

HED 884 Occupational Diseases and Injuries and Management 2

HED 886 Current Problems in Health Care 2

HED 888 Qualitative Techniques and Theories/Models in Health Education 2

HED 899 Project in Occupational Health Education 6

**Total 19** Units

**COURSE DESCRIPTION**

**PGC 601: Research Methodology and Application of ICT in Research**

In-depth research work aimed at acquiring full knowledge and presentation in scholarly writing of the concepts issues trends in the definition and development of the study area from Africa and Western perspectives. Major steps in research; Selection of problems, Literature review, Design, Data collection, analysis and interpretation, Conclusions. Study of various research designs Historical, Case studies, surveys, Descriptive, Cross sectional, Experimental, etc. Analysis, survey and synthetic of conceptual and philosophical foundations of different disciplines. Identification of research problems and development of research questions and or hypotheses. Detailed treatment of methods of collecting relevant research data and the format for presenting research results (from designing the table of contents of referencing, bibliography and appendix). Data analysis and result presentation in different disciplines using appropriate analytical tools. Methods of project/ dissertation writing. Application of appropriate advanced ICT tools relevant in every discipline for data gathering, analysis and result presentation. Essentials of Spreadsheets, internet technology, and Internet search engines. All registered Masters Degree students must attend a solution- based interactive workshop to be organized by the School of Postgraduate Studies for a practical demonstration and application of the knowledge acquired from the course, conducted by selected experts. (3 Units)

**HED 801: Advanced Research in Health Education**

Detailed description of types of research. Application of the research process in Health Education and methods of construction of research instrument appropriate for collecting data in Health Education research. (2 units)

**HED 802: Graduate Seminars in Health Education**

Major health issues and problems of Nigeria based on statistical data summarized in reports presented by students in seminar/discussion sessions. The course will also examine recent advances in health. (2 units)

**HED 803: Vital Statistics and Demographic Methods and Statistical Tools for Health Education**

Identification of principal sources of vital and health data. Ways of measuring mortality, morbidity, and fertility and projecting future population are presented, and the uses of these data in health care delivery are discussed. Include practical steps in processing and analyzing health data and in the use of descriptive and inferential statistical techniques for analyzing health data. (2 units)

**HED 812: Independent Study in Health Education**

Detailed library research or small scale study of health topics of students’ choice to be submitted in a comprehensive report. (2 units)

**HED 851: History, Philosophy and Policies of Health Education**

The social context from which corporate responsibility for public health has emerged. Access to health system is examined. The National Health Policy and other public health policies and laws applied to social and commercial activities that have implications for health e.g.. Sale of food, refuse and sewage disposal, etc are discussed. (2 units)

**HED 852: Organization,** **Administration And Evaluation Of Community Health**

Review of the organization of community health and component of health and social services e.g. water supply, housing, refuse and sewage disposal etc. The extent to which these services meet community health needs and community health problems. Application of the principles of planning, administration and evaluation to initiating, implementing and evaluating community health services, organization alternatives to utilizing health resources are considered. (2 units)

**HED 853: Issues in Population Education and Population Science**

Issues in population education are examined e.g. Definition of population education and family planning objectives, ethical socio/economic and cultural questions, content, and legal aspects. Effects of advances in science and technology aimed at prevention and control of population increase, and their indirect effect on efforts to improve health and the conditions of life. (2 units)

**HED 854: Nature and Functions of Health Care Delivery Systems and Field Work**

Analysis of health care systems and component institutional forms. Determinants and patterns of health care delivery systems specifically, traditional and modern health care systems, organization alternatives to utilizing health resources are considered. Students are attached to community health centers for a period for practical exposure to real public health practice. (2 units)

**PHE855: Environmental Health and Consumer Protection**

Ecological approach to the study of Environmental Health. Discussion of major environmental problems in Nigeria and the world e.g.. Air and water pollution, radiation, noise, waste disposal, and other physical stresses. The concept of consumer health is reviewed along with the role of individuals and consumer protection agencies. The forms and dangers of quackery are discussed. (2 units)

**HED 856: Course Designs in the Health Fields (Self-Study)**

A guided systematic approach to course design using a model which includes analysis of professional responsibilities or task involved in a position, formulating specific educational objectives, and evaluation procedures. Students will select any situation of their choice in community health practice. (2 units)

**HED 857: Health Care and Social Services for Mothers, Children, the Elderly and Dying**

Objectives and components of MCH programme, planning and evaluation of health care services for mothers, children, and public health nursing in community health programme. It includes the concept and practice of safe motherhood. Emphasis is given to how the health needs of children and their families change with age. It also includes field visit and students’ presentation of case studies or assigned readings. (2 units)

**HED 858:** **Epidemiology of Communicable Diseases and Health Problems**

A study of factors that precipitate and perpetuate communicable diseases and health problems e.g.. alcoholism, drug addiction, sexual perversion, etc. includes epidemiological concepts and methods and role of vital statistics in epidemiology. (2 units)

**HED 859: Advanced Studies in Tools and Techniques for Health Promotion**

An examination and discussion on self health care through risk appraisal and reduction; Nutrition and Exercise, Leisure and Recreation, effective stress management and assertiveness. A consideration of community mental health;, intervention in crisis violence and human abuse, and substance abuse. (2 Units)

**HED 861: Organization, Administration and Evaluation of School Health**

A review of divisions of school health programme. Description of the pattern and characteristics of school health programme as operated in Nigeria and other countries. Application of the principles of planning, administration and evaluation to initiating and implementing and evaluating school health programme. It examines also the means or techniques of coordinating the activities of school health with those of community by the application of established principle of administration and organization. (2 units)

**HED 862: History of School Health and Education Policies**

A study of the national policy on education as it relates to Health Education. The implication of education structure (6-3-3-4 system) for Health Education and health services. The implication of other education policies and regulation for school health.

(2 units).

**HED 863:** **Curriculum Innovations and Instructions in Health Education**

Detailed discussion of organization and methods of instruction in Health Education innovative curricular patterns and approaches are discussed highlighting their respective advantages and limitations. (2 units)**.**

**HED 864: Problems and Issues in School Health**

Conceptual approach to the study of problems that militate against the effective teaching of Health Education and health science in school. Problems of teaching controversial issues e.g. sex education, drug addiction, family planning, and ways of coping with them. (2 units).

**HED 865: Advanced Studies in Growth and Health of the School Child**

Studies dealing with various aspect of the school child’s progress, background, and environment as well as physical growth development and maturation of children, examines also problems encountered in the nutritional aspects of growth and development. (2 units)

**HED 866: Health Science And Health Education Curriculum Guides**

Using a model for curriculum design, the student develops a curriculum guide for a selected area or unit in the Health Education/ science curriculum for secondary school. The student designs an evaluation instrument for assessing the effectiveness of the guide. (2 units)

**HED 867: School Health Practicum, University Students’ Health Services and Field Work**

Students are assigned to work in rotation on limited participation in school health units or university health agencies, and take part in school health practice. A report describing the experience is to be submitted by each student at the end of the assignment. (2 units)

**HED 868: Evaluation of School Health Programmes**

Purposes of evaluation, strategies, and methods are discussed. The course increase student understanding of the uses and limitation of evaluation methods, and affords them opportunity to apply evaluation steps in assessing the quality of selected health programmes. (2 units)

**HED 871: Emotional and Mental Health Theory and Practice**

Review of different concepts of mental health and concept of emotional health mis-concepts and stigma associated with mental health and mental illness. Categories of mental illness and sources of help and management for the mental ill and emotional disturbance. (2 units)

**HED 872: Issues in Mental Health and Anti-Social Behaviour**

A survey of mental and emotional problems. Topics to include cultural relativity in definition of mental health, the role of stress in cultural, political and social transitions etc. indigenous management and modern services for the mentally ill are compared. Factors associated with juvenile delinquency, drug dependency and character disorder e.g. sexual perversion, suicide and rape are discussed. (2 units)

**HED 873: Social Process Skills in Health Education and Field Work**

Application of personal and human qualities and skills in interacting with individuals and groups requiring emotional support during a specified period of field experience. Methods of acquiring and developing social process skills which include awareness (perception), adaptation (in a variety of situations), communication and sympathy. (2 units)

**HED 874: Problems of Drug, Alcohol and Tobacco**

Knowledge and concepts of illicit drugs, alcohol and tobacco. Health problems associated with these drug, alcohol and tobacco, e.g. physical, social, emotional and mental problems. Health Education and preventive measures to prevent the effect of these illicit drugs (2 units)

**HED 875: Group Dynamics and Organizational Theory**

Role of group discussions and group approaches for identifying and solving health needs and problems. Analysis of leadership role and role of members in groups and the factors that contributes to effective group participation. Theories of organizing and mobilizing groups for health action are also discussed. (2 units)

**HED 881: Communication Strategies in Health Education**

Detailed study of the components of the communication process. Strategies and techniques currently utilized for communicating health information and ideas are examined. The role of language, advertisement, printed materials and mass media in transmitting health information is discussed. Methods/strategies for improving communication in Health Education are also discussed. (2 units)

**HED 882: Health Problems in Occupational and Industrial Environment**

Discussion and visits to industries and health agencies to study the relationship between working conditions and health with special reference to control of industrial hazards e.g. temperature, radiation, chemical and physical irritant. Emphasis is given to prevention, diagnosis, and treatment of industrial disability, and workmen’s compensation. Problems encountered both by employers and employees in the two-way process of occupational health are also discussed. (2 units)

**HED 883: Personnel Management and Job Satisfaction in Health Establishment**

The concept of personnel management and job satisfaction are discussed and clarified. The importance in application of their respective principles in health establishments are examined. Policy issues related to training programmes and authority structure among categories of health manpower are critically analyzed. (2 units)

**HED 884: Epidemiology of Industrial and Road Traffic Accidents in Nigeria**

Industrial and road traffic accidents as contributors to morbidity and mortality in Nigeria. A study of factors associated with industrial /occupational and road traffic accidents. The role of employers and employees in accident prevention and management, and agencies and policies involved in road safety, included alsois the role of Health Education in their prevention. (2 units)

**HED 885: Occupational Diseases and Injuries**

Definition and classification of zoonosis, and the role of arthropods in disease transmission. Detailed examination of other infective agents and disease conditions, injuries and disability associated with occupations. The role of Health Education in their prevention, control and management is exhaustively discussed. (2 units)

**PHE886: Current Problems in Health Care**

Detailed description of current health problem in our health care delivery system eg. HIV and AIDs, STDs, infertility problems. The roles of public health educators and other health professional in providing remedies for these health problems. Also, government roles and functions in advancing solutions to these current problems. (2 units)

**HED 888: Qualitative Techniques in Public and Community Health**

Detail study of conceptual and operational dimensions of health, disease, illness and wellness, measurement of health in populations, paradigms of qualitative technique; measures associated with births and related population dynamics, mortality risk; screening and early detection of risks, with specific exposure to risks; measures associated with immunization and outcome of infections, assessing the availability and accessibility of health services, utilization of health services, impact and effectiveness of health services, and quality of health services. (2 Units)

**HED 899: Project in Health Education**

Students should acquire skills in selecting researchable topics, and application of the principles of research design in analyzing individual research project. (6 units).

**MASTER OF PHILOSOPHY (M.Phil)**

**IN**

**PUBLIC HEALTH EDUCATION**

**SCHOOL HEALTH EDUCATION**

**EMOTIONAL AND MENTAL HEALTH EDUCATION**

**AND**

**OCCUPATIONAL HEALTH EDUCATION**

**MASTER OF PHILOSOPHY (M.Phil) IN PUBLIC HEALTH EDUCATION, SCHOOL HEALTH EDUCATION, EMOTIONAL AND MENTAL HEALTH EDUCATION AND OCCUPATIONAL HEALTH EDUCATION.**

**Admission Requirements**

1. All candidates with Master’s Degree in any relevant area of specialty in Health Education options with a minimum Cumulative Grade Point Average (CGPA) of between 3-3.99 or 50-59 per cent.
2. All other candidates with Master’s Degrees in other specialties but must be considered recent to Health Education options.

**Conditions to Proceed to Ph.D Programme**

1. A candidate who is offered M.Phil/Ph.D admission may only proceed to Ph.D after satisfying the conversion requirements
2. A candidate who is offered M.Phil/Ph.D programme must successfully present and defend a research proposal in his/her area of interest.
3. A candidate on M.Phil/Ph.D programme may only on attaining the minimum CGPA of four (4) points or 60 per cent required for such conversion.

**Mode of study**

The programme is by course work and research project.

**Duration for the Programme**

The duration for the programmes is as follows:

1. **Full- Time:** a minimum of 48 calendar months (eight semesters) , and a maximum of 6 calendar years (twelve semesters).
2. **Part-Time:** a minimum of 60 calendar months (ten semesters) and a maximum of 7 calendar years (fourteen semesters).
3. **Sandwich Programme:** a minimum of 8 long vacation and a maximum of 10 long vacations

**COURSES FOR MASTER OF PHILOSOPHY (M.Phil) PROGRAMME**

**M.Phil PROGRAMME IN PUBLIC HEALTH EDUCATION**

**First semester**

**Course No.** **Title**  **Units**

PGC 601 Research Methodology and Application of ICT in Research 3

HED 801 Advanced Research Methods in Health Education 2

HED 803 Vital Statistics Demographic Methods and Statistical Tools

for Health Education 2

HED 851 History, Philosophy and Policies in Health Education 2

HED 852 Organization, Administration & Evaluation of

Community Health 2

HED 853 Issues in Population Education and Population Science 2

HED 854 Nature and Functions of Health Care Delivery Systems and Fieldwork 2

HED 855 Environmental Health and Consumer Protection 2

HED 859 Advanced Studies in Tools and Techniques for Health Promotion 2

**Total 19 Units**

**Second Semester**

HED 802 Professional Seminar in Health Education 3

HED 856 Course Designs in the Health Field (Self-Study) 2

HED 857 Health Care and Social Services for Mothers and

Children, the Elderly and Dying 2

HED 858 Epidemiology of Communicable Diseases and Health Problems 2

HED 886 Current Problems in Health Care 2

HED 888 Qualitative Techniques and Theories/Models in Health Education 2

HED 899 Research Project in Public Health Education 12

**Total 25 Units**

**M.Phil PROGRAMME IN SCHOOL HEALTH EDUCATION**

**First Semester**

**Course No Title Units**

PGC 601 Research Methodology and Application of ICT in Research 3

HED 801 Advanced Research Methods in Health Education 2

HED 803 Vital Statistic, Demographic Methods and Statistical Tools

for Health Education 2

HED 859 Advanced Studies in Tools and Techniques for Health Promotion 2

HED 861 Organization, Administration, and Evaluation of School Health

Programmes 2

HED 863 Curriculum Innovations and Instructions in Health Education2

HED 865 Advances Studies in Growth and Health of the School Child 2

HED 867 History of School Health and Education Policies 2

HED 869 Problems and Issues in School Health 2

**Total 19 Units**

**Second Semester**

HED 802 Professional Seminar in Health Education 3

HED 866 Health Science and Health Education Curriculum 2

Guides (Self-Study)

HED 867 School Health Practice, University Students Health

Services and Field work 2

HED 868 Evaluation of Health Programmes 2

HED 886 Current Problems in Health Care 2

HED 888 Qualitative Techniques and Theories/Models in Health Education 2

HED 899 Project in School Health Education 12

**Total 25 Units**

**M.Phil PROGRAMME IN EMOTIONAL AND MENTAL HEALTH EDUCATION**

**First Semester**

**Course No. Title Units**

PGC 601 Research Methodology and Application of ICT in Research 3

HED 801 Advanced Research Methods in Health Education 2

HED 803 Vital Statistics and Demographic Methods and Statistical Tools

for Health Education 2

HED 859 Advanced Studies in Tools and Techniques for Health Promotion 2

HED 861 Organization, Administration, and Evaluation of School 2

Health

HED 863 Curriculum Innovations and Instructions in Health Education 2

HED 871 Emotional and Mental health Theory and Practice 2

HED 872 Issues in Mental Health and Anti-Social Behaviour 2

HED 873 Social Process Skills in Health Education and Field work 2

**Total 19 Units**

**Second Semester**

HED 802 Professional seminar in Health Education 3

HED 812 Independent Study in Health Education 2

HED 874 Problems of Drugs, Alcohol and Tobacco 2

HED 875 Group Dynamics and Organization Theory 2

HED 886 Current Problems in Health Care 2

HED 888 Qualitative Techniques and Theories/Models in Health Education 2

HED 890 Therapeutic Skills in Mental and Emotional Health 2

HED 899 Project in Mental and Emotional Health Education 12

**Total 27 Units**

**M.Phil PROGRAMME IN OCCUPATIONAL AND INDUSTRIAL HEALTH EDUCATION**

**First Semester**

**Course No. Title Units**

PGC 601 Research Methodology and Application of ICT in Research 3

HED 801 Advanced Research Methods in Health Education 2

HED 803 Vital Statistics, Demographic Methods and Statistical Tools

for Health Education 2

HED 855 Environmental Health and Consumer Protection 2

HED 859 Advanced Studies in Tools and Techniques for Health Promotion 2

HED 881 Communication Strategies in Health Education 2

HED 875 Group Dynamics and Organizational Theories 2

HED 883 Personnel Management and Job Satisfaction in Health

Establishment 2

HED 885 Epidemiology of Industrial and Road Traffic Accidents in Nigeria 2

**Total 19 Units**

**Second Semester**

HED 802 Professional Seminar in Health Education 3

HED 812 Independent Study in Health Education 2

HED 882 Health Problems in Occupational and Industrial Environment 2

HED 884 Occupational Diseases and Injuries 2

HED 886 Current Problems in Health Care 2

HED 888 Qualitative Techniques and Theories/Models in Health Education 2

HED 899 Project in Health Education 12

**Total 25** **Units**

**DOCTOR OF PHILOSOPHY (Ph.D) IN HEALTH EDUCATION**

**Admission Requirements**

1. All candidates must have a master’s degree in any relevant area of specialty in Health Education with a minimum CGPA of 4.0 or 60 per cent.
2. Holders of M.Phil in Health Education or health fields.
3. Candidates may be expected to undergo a selection process involved and or interview.
4. The University matriculation requirement must be satisfied.

**Mode of Study**

The programme is by course work and a Ph.D thesis.

**Duration of the Programme**

1. **The full-time** Ph.D programme in Health Education runs for a minimum of six semesters or a maximum of ten semesters.
2. **The part-time** programme runs for a minimum of eight semesters or a maximum of twelve semesters.
3. For any extension beyond the maximum period, a special permission of the senate shall be required.

**PH.D COURSES IN HEALTH EDUCATION**

**Core Courses Unit**

PGC 701 Synopsis and Grant Writing 3

HED 901 Advanced Research Methods I 3

HED 902 Advanced Statistical Methods II 3

HED 903 Information and Communication Technology in Public Health

Education 3

HED 951 Community Health and National Development 3

HED 952 Planning, Implementation and Evaluation of Health

Programme 3

HED 961 Curriculum Design in Health Education /Health Science 3

HED 971 Health Education and Deathogenic Factors 3

HED 999 Ph.D Thesis 12

**Total 36 units**

**DESCRIPTION OF COURSES**

**PGC 701: Synopsis and Grant Writing**

Identification of types and nature of grant and grant writing; mining of grants application calls on the internet. Determining appropriate strategy for each grant application structures and contents and writing of concept notes, detailed project description, budgeting and budget defense. Study of sample grant writings in various forms and writing of mock research and other grants. Identification of University of Nigeria synopsis structure and requirements, (Introduction, Methodology and Results). Determining the content of each sub-unit of the synopsis. Steps in writing of synopsis from the Dissertation/Thesis document. Structural and language issues. Common errors in synopsis writing and strategies for avoiding them. The roles of the student and the supervisor in the production of a synopsis. Writing of mock synopsis. All registered Ph.D students must attend a solution-based interactive workshop to be organized by the School of Postgraduate Studies for a practical demonstration and application of the knowledge acquired from the course, conducted by selected experts. (3 Units)

**HED 901: Advanced Research Methods I**

Concept and nature of research in Health Education, scientific processes, problem identification, types of variables in Health Education research, theory, formulation of hypotheses. Review of literature, research designs and methods. Analysis of data using computer analysis. Students should be guided through practical orientations and at the end present a research proposal and defend it individually in the class. Techniques of research reporting and research proposal writing, culminating in the submission of research project or thesis. (3 Units).

**HED 902: Advanced Statistical Methods II**

Description of health statistics and the various areas of application. Principal sources of vital and health data. Pattern of measuring mortality, morbidity and fertility. The use of these data in health care delivery system are discussed. Practical steps in processing health data and the use of descriptive and inferential statistical techniques for analyzing health data. (3 Units).

**HED 903: Information and Communication Technology in Health Education**

General and overview of sources, storage, retrieval and dissemination of information. Programme design and management in information technology; knowledge, skills and communication management with practical approach in the use of computer and analysis of data. (3 Units).

**HED 951: Community Health and National Development**

The role of health in national development, the political and bureaucratic conditions which affect health programmes. National health plan and national health policies are critically examined. (3 Units).

**HED 952: Planning, Implementation and Evaluation of Health Programmes**

Principles of planning applied to existing health programmes and factors that affect implementation are discussed. Purposes of evaluation, strategies, methods and their relationship to the management process are covered in lectures sessions and case discussions. (3 Units).

**HED 961: Curriculum Designs in Health Education/Health Science**

Application of the principles and steps in curriculum planning in designing curriculum in an area of candidate’s choice related to health life skills e.g.. Safe motherhood, safety in specific environments, etc. (3 Units).

**HED 971: Health Education and Deathogenic Factors**

Political role of man-made factors in society that are detrimental to life and health that causes premature and tortuous death is examined. Accidents, sexual transmitted diseases, starvation, pollution of the physical environment etc. These factors have hitherto received minimal or no coverage in relation to death education. Suicide is also discussed. Dying and the dying processes are examined (3 Units).

**HED 999: Ph.D Thesis**

Candidates are expected to demonstrate research competencies by identifying a topic in his/her related area of specialization and carry out an investigation in such areas, the thesis is defended before an appropriate examination board with an external examiner as an overriding all other decisions. (12 Units).

**POSTGRADUATE DIPLOMA (PGD)**

**IN**

**HUMAN KINETICS AND SPORTS STUDIES**

**POSTGRADUATE DIPLOMA IN HUMAN KINETICS AND SPORTS STUDIES**

**Introduction**

The Department of Health and Human Kinetics, University of Nigeria, Nsukka in line with the directives of NUC decides to mount a postgraduate diploma in Sport Science and Management.

**Philosophy**

The philosophy of postgraduate Diploma in Human kinetics and sports studies stems from the target of education for all. Human beings are naturally given to diverse interest which may not be possible to accomplish at the same time. Degree Holders in other related areas who may have discovered their interests in human kinetics and sports studies are hereby provided the opportunity to actualize their natural desires. Again graduates of Human kinetics and sports studies who could not qualify for make it at the first attempt are given further opportunity to improve and possibly attain greater heights in the field.

**Objectives**

1. To provide opportunity to degree holders in other field of study who are interested in acquiring knowledge and skills in Human Kinetics and sports studies.
2. To provide opportunity to graduates of Physical Education/Human Kinetics and sports studies to upgrade their performance.
3. T6o equip graduates from other areas other than education the pedagogical skills for effective and efficient teaching experience in Human Kinetics and sports studies.
4. To provide middle level manpower in Human Kinetics and sports studies to fill the learning gap in the various levels of educational institutions.

**Scope**

Scope of Human M.Sc, M.Phi/Ph.D and Ph.D programme in Human Kinetics and sports studies area are:

1. Administration and management of Human Kinetics and sports
2. Psychology of sports
3. Sociology of sports
4. Recreation and tourism
5. Exercise physiology
6. Adapted physical Education

Equip the students with advanced knowledge competences and skills in the different area of specialization in HKS for creative entrepreneurial achievement.

**Entry Requirement**

1. Holders of third Class Honours in Human Kinetics/Human Kinetics and other academic disciplines.
2. Holders of first degree in other related disciplines such as Education, the sciences and social sciences.
3. Holders of HND certificates in related disciplines from accredited Polytechnics and Monotechnics.
4. Holders of grade one coaching Course certificate from Government approved or University of Nigeria recognized Sports institutions.

**Mode of Study**

1. The postgraduate diploma is by course work and research project of four units which should run for two semesters (one academic session).

**COURSES FOR**

**POSTGRADUATE DIPLOMA (PGD)**

**IN**

**SPORT SCIENCE AND MANAGEMENT**

**COURSES FOR POSTGRADUATE DIPLOMA IN SPORT SCIENCE AND MANAGEMENT (PGDSSM)**

**Course code Course Title Units**

**First Semester**

HKS 701 Historical and Philosophical Perspectives in Sports and Human Kinetics 2

HKS 702 Practicum in Sports Science and Management 3

HKS 703 Professional Seminar in Sports Science and Management 2

HKS 704 Advanced Research Methods and Statistical tools in Sports

Science and Management 2

HKS 705 Theory and Practice of Advanced Skills and Techniques of

Athletics and Team Sport 3

HKS 706 Advanced methods and Materials in Human Kinetics 2

HKS 761 Advanced Principles of Athletic Conditioning 2

HKS 722 Measurement, Analysis and Evaluation in Sports Science and

Management 2 **TOTAL 18**

**Second Semester**

HKS 762 Kinesiological Analysis of Sports Performance 2

HKS 763 Cardiovascular System and Neuromusculoskeletal Activity 2

HKS 711 Organization and Management of Sports in Diverse Settings 2

HKS 731 Psychology of Sport Coaching 2

HKS 740 Principles of Planning, Designing and Maintenance of Sport

Facilities and Venues 2

HKS 732 Psychological Skill Training Techniques for Sport Performance

Enhancement 2

HKS 741 Advanced Principles and Practice of Recreation and Outdoor Pursuit 2

HKS 791 Research project 4 **TOTAL 18**

**COURSE DESCRIPTION FOR POSTGRADUATE DIPLOMA IN SPORT SCIENCE AND MANAGEMENT**

**HKS 701 Historical and Philosophical Perspective in Sports and Human Kinetics**

A study of the origin and philosophy and development of Human Kinetics and Sports from the ancient time to date, with emphasis on Human Kinetics in other parts of the globe, and particular emphasis in Nigeria. A study of the place of Human Kinetics in the general education programme. **2 Credit Units**

**HKS 702 Practicum in Sports Science and Management**

Day-to-day practical hands-on experience in the operations of sports establishments such as, sports councils, sport clubs, Gym club, sport team, sports academy or Institutes etc. An opportunity for students to attend not less than six weeks and not more than twelve weeks of industrial attachment. A printed copy of presentation should be submitted for grading at the end of the internship. **3 Credit Units**

**HKS 703 Professional Seminar in Sports Science and Management**

An orientation to the art of collecting , reporting, and discussing current challenges in sports and Human Kinetics as well as their management especially in Nigeria. . **2 Credit Units**

**HKS 704 Advanced Research Methods and Statistical tools in Sports Science and Management**

The Skills of research for collecting, organizing and presenting information of the research output on topical issues related to Human kinetics, sports and management. Problems definition, formulation of hypotheses and propositions, approaches to data collection and analysis. Types of distribution, hypothesis testing, statistical test (eg. T-test, F-test) and analysis of variance.

**2 Credit Units**

**HKS 705 Theory and Practice of Advance Skills and Techniques of athletics**

**and Team sports**

A study and practice of the fundamental and complex skills in track and field athletics as well as other selected team sports. **2 Credit Units**

**HKS 706 Advanced methods and Materials in Human Kinetics**

**A**  study of various approaches, techniques and materials used in teaching several aspects of sports science and management in different conditions environmental and instructional concerns. **2 Credit Units**

**HKS 711 Organisation and Management of Sports in Diverse Settings**

Theory and Practice in organizing and administering various Physical /Sports programme in public schools, colleges, establishments and community levels. **2 Credit Units**

**HKS 722 Measurement, Analysis and Evaluation in Sports Science and Management**

A study of the concept of management and evaluation in sports science and management and evaluation. It will include types, purpose and benefits of evaluation. The study will also cover referenced standards of evaluation, descriptive and inferential statistical tools of analyzing data.

**2 Credit Units**

**HKS 731 Psychology of Sport Coaching**

Knowledge of the art and science of general psychological principles associated with sports coaching and athletic performance. Emphases on the coaching process; Understanding Athletes; Dynamics of Coaching Sport Skills; the application of psychological principles/skills for the improvement of coaching effectiveness and players’ performance. **2 Credit Units**

**HKS 732 Psychological Skill Training Techniques for Sport Performance Enhancement**

Examination of the processes of identification, characterization and application of psychological skills necessary for the development of athletes’ wellbeing and improved athletic performance in specific sports. Management of fear and anxiety; Psychological preparation of athletes for sports competition. **2 Credit Units**

**HKS 740 Principles of Planning, Designing and Maintenance of Sport Facilities and Venues**

A study of planning procedures required for developing and maintaining of different types of sports Facilities and Venues. Concepts such principles of Sports Facilities design; Breakdown maintenance and Routine maintenance. **2 Credit Units**

**HKS 741 Advanced Principles and Practice of Community Recreation and Tourism**

Historical and philosophical basis of community recreation and tourism. Application of management principles to community recreation, park and tourism administration. Public administration agencies and their roles in recreational facilities and activities provision and administration. **2 Credit Units**

**HKS 761 Advanced Principles of Athletic Conditioning**

The study and use of conditioning exercises for increasing endurance, stamina, skill performance and ability through more efficient functioning of the cardio-vascular and respiratory systems. The effect of calisthenics activities fitness exercises of the body while engaged in muscular activities and athletic performance. **2 Credit Units**

**HKS 762 Kinesiological Analysis of Sports Performance**

A study of physiological and mechanical components of human movement with special attention to performance in sports. Analysis of sport skills with focus on the action of muscles on the different joints. Natural and mechanical laws that affect performance in sports and human movement will be discussed.  Principles of motion and use of sporting implements and the forces of gravity on athletic performance. **2 Credit Units**

**HKS 763 Cardiovascular System and Neuromusculoskeletal Activity**

A study of the structure and functions of the circulatory, respiratory, nervous, muscular and skeletal systems. The physiological effects of physical activity on these systems. **2 Credit Units**

**HKS 791 Research Project**

An independent research project on a topic approved by the department.

**4 Credit Units**

**MASTERS’ DEGREE (M.Sc)**

* **ADMINISTRATION AND MANAGEMENT OF HUMAN KINETICS AND SPORTS**
* **CURRICULUM AND HUMAN KINETICS TEACHER EDUCATION**
* **PSYCHOLOGY OF SPORT**
* **SOCIOLOGY OF SPORTS**
* **RECREATION AND TOURISM**
* **EXERCISE PHYSIOLOGY**
* **ADAPTED HUMAN KINETICS**

**IN**

**HUMAN KINETICS AND SPORTS STUDIES**

**M. SC IN HUMAN KINETICS AND SPORTS STUDIES**

**Philosophy**

The philosophy of M.Sc programme of Human Kinetics and sports studies is in line with the mission of the university which drives toward being in the forefront of knowledge transfer and human resource development. The M.Sc programme in Human Kinetics and sports studies therefore, is designed to transmit both theoretical and practical knowledge, and competences needed for employment in the different areas of HKS

**Objective**

The M. Sc degree in Human kinetics and sports studies programme is designed to:

1 Totrain and produce world class professional practitioners who will Provide specialized services in:

* Administration and Management of Human Kinetics and Sports;
* Curriculum and Human Kinetics Teacher Education;
* Psychology of Sport;
* Sociology of Sports;
* Recreation and Tourism;
* Exercise Physiology; and
* Adapted Human Kinetics

1. Produce high caliber of professionals in the diverse areas of the discipline who could teach at all levels of educational institutions.
2. Produce high level manpower who could take up management of sports at local, state, national and international levels.
3. Produce well qualified high level personnel who can provide leadership sports research centres, rehabilitation centres, fitness establishments, and sports bodies.
4. Produce competent manpower with theoretical and practical knowledge to manage mega sports meets like the Olympic Games, common wealth games, world cup etc.

**Scope**

Scope of Human M.Sc, programme in Human Kinetics and sports studies area are:

1. Administration and management of Human Kinetics and sports
2. Psychology of Sports
3. Sociology of Sports
4. Recreation and Tourism
5. Exercise Physiology
6. Adapted Physical Education

Equip the students with advanced knowledge competences and skills in the different area of specialization in HKS for creative entrepreneurial achievement.

**Entry Requirement:**

1. Candidates who hold B.Ed, B.Sc in Physical and Health Education with at least a second class lower division from University of Nigeria or any University recognized by the senate of university of Nigeria.
2. Candidates with postgraduate Diploma in Sport Science and Management, and related post graduate diploma in related disciplines.
3. B. Sc Physiotherapy, Nursing, Human Physiology, Biochemistry, Physics, Nutrition, Health Sciences and other qualifications approved by the Postgraduate board on the recommendation of the Department.
4. Candidates with degree in medicine and surgery.

**Duration of the Programme**

1. **Full- Time:** a minimum of 18 calendar months (three semesters) , and a maximum of 3 calendar years (six semesters).
2. **Part-Time:** a minimum of 24 calendar months (four semesters) and a maximum of 4 calendar years (eight semesters).
3. **Sandwich Programme:** a minimum of 3 long vacation and a maximum of 6 long vacation

**COURSES FOR**

**MASTERS’ DEGREE (M.Sc)**

**PROGARAMMES**

**IN**

**HUMAN KINETICS AND RECREATION**

**M.Sc IN ADMINISTRATION AND MANAGEMENT OF HUMAN KINETICS AND SPORTS**

**First Semester**

**Course No Title Units**

PGC 601 Research Methodology and Application of ICT in Research 3

HKS 801 Research Methods in Human Kinetics 2

HKS 802 Statistical Methods in Human Kinetics 2

HKS 811 Organization and Administration of Human Kinetics and Sports 3

HKS 812 Current Issues and Challenges in Human Kinetics and Sports 2

HKS 813 Administration of Intramural and Interscholastic Sports 2

HKS 830 Psychology of Behaviour modification in Sport and physical

Education learning Environment 2

HKS816 Leadership in Human Kinetics and Sports 2

**TOTAL 18 units**

**Second Semester**

HKS 803 Seminar in Human Kinetics 3

HKS 804 Practicum in HKS 3

HKS 805 Advanced Research Method I 3

HKS 814 Personnel Management and Human Relations in PE and Sports 2

HKS 891 Research Project 6

**TOTAL 17 units**

**M.Sc IN CURRICULUM AND HUMAN KINETICS TEACHER EDUCATION**

**First Semester**

**Course No Title Units**

PGC 601 Research Methodology and Application of ICT in Research 3

HKS 801 Research Methods in Human Kinetics 3

HKS 802 Statistical Methods in Human Kinetics 3

HKS 812 Current Issues and Problems in Human Kinetics and Sports 2

HKS 821 Curriculum Development in Human Kinetics 2

HKS 822 Planning and Implementation of Intramural and Interscholastic

Programmes 2

HKS 830 Psychology of Behaviour modification in Sport and physical

Education learning Environment 2

HKS 852 Planning Recreational Programme 2

HKS 825 Curriculum Models in Human Kinetics 3

**TOTAL 22 Units**

**Second Semester**

HKS 803 Graduate Seminar in Human Kinetics 3

HKS 804 Practicum in HKS 3

HKS 523 Curriculum Implementation in Human Kinetics 2

HKS 524 Teacher Education Programme in Human Kinetics 2

HKS 805 Advanced Research Method I 3

HKS 891 Research Project 6

**TOTAL 19 Units**

**M.Sc IN PSYCHOLOGY OF SPORT**

**First Semester**

**Course No Title Units**

PGC 601 Research Methodology and Application of ICT in Research 3

HKS 801 Research Methods in Human Kinetics 3

HKS 802 Statistical Methods in Human Kinetics 3

HKS 812 Current Issues and Problems in Human Kinetics and Sports 2

HKS 831 Historical Perspectives and Development of Psychology of Sport 2

HKS 830 Psychology of Behaviour modification in Sport and physical

Education learning Environment 2

HKS 832: Current Issues and Problems in Sport Psychology and Sport 2

HKS 834: Psychological Assessment, evaluation and counseling of Athletes 2

**TOTAL 19 Units**

**Second Semester**

HKS 803 Graduate Seminar in Human Kinetics 3

HKS 804 Practicum in HKS 3

HKS 836 Psychological Preparation Strategies for Enhanced performance in Sport 2

HKS 837 Social Psychology of Sport 2

HKS 805 Advanced Research Method I 3

HKS 891 Research Project 6

**TOTAL 19 Units**

**M.Sc IN SOCIOLOGY OF SPORTS**

**First Semester**

**Course No Title Units**

PGC 601 Research Methodology and Application of ICT in Research 3

HKS 801 Research Methods in Human Kinetics 3

HKS 802 Statistical Methods in Human Kinetics 3

HKS 830 Psychology of Behaviour modification in Sport and physical

Education learning Environment 2

HKS 812 Current Issues and Problems in Human Kinetics and Sports 2

HKS 841 Sports and Society 2

HKS 842 Sports as a Social Process and Social Roles 3

HKS 843 Sociology of Sports as a Field of Study 2

**TOTAL 20 Units**

**Second Semester**

HKS 803 Seminar in Human Kinetics 3

HKS 804 Practicum in HKS 3

HKS 844 Race, Politics and Sports 2

HKS 845 Amateurism in and Professionalism in Sports 2

HKS 805 Advanced Research Method I 3

HKS 891 Research Project 6

**TOTAL 18 Units**

**M.Sc IN RECREATION AND TOURISM**

**First Semester**

**Course No Title Units**

PGC 601 Research Methodology and Application of ICT in Research 3

HKS 801 Research Methods in Human Kinetics 3

HKS 802 Statistical Methods in Human Kinetics 3

HKS 812 Current Issues and Problems in Human Kinetics and Sports 2

ARCHY 0523 Tourism and Development 2

HKS 851 Philosophy and Principles of Recreational Services 2

HKS 852 Planning Recreational Programme 2

HKS 853 Leadership In Recreation 2 **TOTAL 19 Units**

**Second Semester**

HKS 803 Graduate Seminar in Human Kinetics 3

HKS 804 Practicum in HKS 3

HKS 805 Advanced Research Method I 3

HKS 844 Community Recreation 2

ARCHY 0521 Travel Management, Accommodation and Catering 2

HKS 855 Management of Recreational Facilities 2

HKS 891 Research Project 6

**TOTAL 21 Units**

**M.Sc IN EXERCISE PHYSIOLOGY**

**First Semester**

**Course No Title Units**

PGC 601 Research Methodology and Application of ICT in Research 3

HKS 801 Research Methods in Physical and Health Education 3

HKS 802 Statistical Methods in Physical and Health Education 3

HKS 860 Physiological Basis of Muscular Activity 3

HKS 826 Comparative Human Kinetics and Sports 2

HKS 863 Exercise Therapy 2

HKS 862 Laboratory Research in Physical Performance 2

HKS 861 Physical conditioning, Exercise and Health 2

**TOTAL 20 Units**

**Second Semester**

HKS 805 Advanced Research Method I 3

HKS 803 Graduate Seminar in Human Kinetics 2

HKS 804 Practicum in HKS 3

HKS 865 Nutritional Basis of Sports Performance 2

HKS 867 Cardiovascular system and Muscular Activity 2

HKS 891 Research Project 6

**TOTAL 18 Units**

**M. Sc IN ADAPTED HUMAN KINETICS**

**First Semester**

**Course No Title Units**

PGC 601 Research Methodology and Application of ICT in Research 3

HKS 801 Research Methods in Physical and Health Education 3

HKS 802 Statistical Methods in Physical and Health Education 3

HKS 870 Human Kinetics Programme for the Disabled 2

HKS 812 Current Issues and Problems in Human Kinetics and Sports 2

HKS 873 Human Kinetics Programme for the Mentally Disabled 2

HKS 876 Human Kinetics programme for the Deaf 2

HKS 874 Methods and Materials for Teaching Handicapped Children 2

HKS 871 Programme Development in Adapted Human Kinetics 2

**TOTAL 19 Units**

**SECOND SEMESTER**

HKS 805 Advanced Research Method I 3

HKS 803 Graduate Seminar in Human Kinetics 2

HKS 804 Practicum in HKS 3

HKS 875 Survey of Physical Defects and Etiology 2

HKS 872 Seminar And Research in Adapted Human Kinetics 2

HKS 891 Research Project 6

**TOTAL 18 Units**

**COURSE DESCRIPTIONS**

**PGC 601: Research Methodology and Application of ICT in Research**

In-depth research work aimed at acquiring full knowledge and presentation in scholarly writing of the concepts issues trends in the definition and development of the study area from Africa and Western perspectives. Major steps in research; Selection of problems, Literature review, Design, Data collection, analysis and interpretation, Conclusions. Study of various research designs Historical, Case studies, surveys, Descriptive, Cross sectional, Experimental, etc. Analysis, survey and synthetic of conceptual and philosophical foundations of different disciplines. Identification of research problems and development of research questions and or hypotheses. Detailed treatment of methods of collecting relevant research data and the format for presenting research results (from designing the table of contents of referencing, bibliography and appendix). Data analysis and result presentation in different disciplines using appropriate analytical tools. Methods of project/ dissertation writing. Application of appropriate advanced ICT tools relevant in every discipline for data gathering, analysis and result presentation. Essentials of Spreadsheets, internet technology, and Internet search engines. All registered Masters Degree students must attend a solution- based interactive workshop to be organized by the School of Postgraduate Studies for a practical demonstration and application of the knowledge acquired from the course, conducted by selected experts. (3 Units)

**HKS 801 Research Methods in Physical and Health Education**

Problems definition, formulation of hypotheses and propositions, approaches to data collection, documentary, survey and interview, quasi-experimental/experimental cross sectional and longitudinal designs, instrumentation, application of statistical methods and computer language.

3 Units

**HKS 802 Statistical Methods in Physical and Health Education**

Types of distributions, binomial, t, f, and distributions. Hypotheses testing, types of errors, statistical tests (e.g t-test , f-test ) and power of test. Analysis of variance, regression analysis. Test for paired observations and other randomized block designs. Comparative techniques and trend analysis. 3 Units

**HKS 803 Graduate Seminar in Human Kinetics**

Analysis and discussion of current issues and problems in Human Kinetics, Health Education and sports. Review of current literature in research and contemporary tends in sports physical and Health Education in Nigeria and other countries. 2 Units

**HKS 804 Practicum in Sports Science and Management**

Day-to-day practical hands-on experience in the operations of sports establishments such as, sports councils, Sport Clubs, Gym club, Sport Team, Special education Centres, sports academy or Institutes etc. An opportunity for students to attend not less than six weeks and not more than twelve weeks of industrial attachment. A printed copy of presentation should be submitted for grading at the end of the internship. 3 Units

**HKS 805 Advanced Research Method**

In-depth study of Concept and nature of research; practical approach to scientific processes in research; problem definition; sources of research topics, hypothesis formulation, literature review techniques; instrumentation; data collection and analysis. Research proposal writing and presentation. Research reporting. 3 Units

**HKS811 Organization and Administration of Human Kinetics And Sports**

Understanding the processes of Human Kinetics and sports administration involving policy formulation techniques and implementation, decision making processes; financial Management accountability in Human Kinetics and sports. 3Units

**HKS812 Current Issues And Problems In Education And Sports**

Discussions and systematic analysis of the problem and issues associated with modern practices in Human Kinetics in Nigeria and other countries of the world. Philosophical, cultural, social and economic factors that influence the administration of Human Kinetics and sports as Components of the school programme. (2 Units)

**HKS813 Administration Of Intramural And Interscholastic Sports**

The procedure for organizing and administering intramural and interscholastic sports, as well as Community sports. The role of the administrator in motivating participants in competitive sports.

(2 Units)

**HKS814 Personnel Management And Human Relations In Human Kinetics And Sports**

Policies on personnel recruitment and retention in Human Kinetics: the essence of qualified Staff and ways of providing for staff growth and developments as well as job satisfaction.

2 Units

**HKS816 Leadership in Human Kinetics and Sports**

Leadership defined, Types of leadership, theories and principles of Leadership and processes of leadership in Human Kinetics and Sports. **2 Units**

**HKS 821** **Curriculum development in Human Kinetics**

A study of curriculum design in Human Kinetics in the light of modern principles and practices in curriculum construction with emphasis on the application to the field of Human Kinetics.

3 Units

**HKS 826 Comparative Human Kinetics and sports**

Sports activities in difference countries comparative overview on recent achievements in role of sports in national development policies sports in the modern world prospect problems. 2 Units

**HKS 830 Psychology of Behaviour modification in Sport and Human Kinetics learning Environment**

Concepts, theories and application of psychological principles in the teaching and coaching of both Human Kinetics and sports respectively; Motivational processes; Personality in sports. 2 Units

**HKS 831 Historical Perspectives and Development of Psychology of Sport**

Examination of historical development of the sub-discipline of Sport Psychology over time. Pioneers of Sport Psychology in western, eastern and African societies. 2 Units

**HKS 832: Issues and Problems in Sport Psychology and Sport**

This course deals with critical considerations in the professional practice of Sport psychologist. It covers Professional accreditation, Professional consultation procedure; Legal issues; Codes of conduct; Ethical issues; Counselling; Professional behaviour and guidelines; Periodization. 2 Units

**HKS 834: Psychological Assessment, evaluation and Counseling of Athletes**

This course exposes Students to the diverse Diagnostic tools for assessing psychological profile of athletes; their Application and Interpretation of result output from assessment. 2 Units

**HKS 836: Psychological Preparation Strategies for Performance enhancement in sport**

A study of methods and application of psychological adjustment strategies in sport and Knowledge of mental preparation of athletes for competition. Examples include Psychological Skill Training (PST); Relaxation; Motivation, commitment and goal setting; Self-confidence and self-efficacy; Arousal and activation; Coping with injuries and self-healing; Focusing and improving concentration; Attention; Distraction control; Mental practice; Integration of skills. 2 Units

**HKS 837 Social Psychology of Sport**

A study of important social issues which significantly influence the outcome of sport performance. They include, Gender issues in sport and exercise; Socialisation and group dynamics in sports; Group cohesion in sports; Communication; Adherence in sport and exercise; Social loafing; Aggression and violence sports; The impact of sport on children's development; Withdrawal, dropout and burnout; Team building. 2 Units

**HKS 860** **Physiological Basis of Muscular Activity**

A study of the immediate and long range effects of muscular activity upon the circulatory and muscular systems. Effects of exercises and conditioning programme performance. 2 Units

**HKS 861 Physical conditioning, Exercise and Health**

Objectives of conditioning exercise, misconceptions and concepts of physical fitne4ss trends in health and fitness motor behavior and exercise prescription. 2 Units

**HKS 862 Laboratory Research in Physical Performance**

Techniques and procedures employed in obtaining anthropometric, metabolic, cardio and other physiological data in thefield. 2 Units

**HKS 863 Exercise Therapy**

Nature and scope of therapeutic exercise including basic principles and evaluative physical fitness exercise designed for body conditioning, general fitness, weightmanagement, hospitalization rehabilitation. 2 Units

**HKS 865 Nutritional Basis of Sports Performance**

Studies of the immediate and long term effects of food; amino acids, carbohydrates, and fluids on sports performance, pre and post competition diet on and off se conditions**.** 2 Units

**HKS 867 Cardiovascular system and Muscular Activity**

Physiological functions of the heart, circulator and respiratory systems, physiology involved in cardiovascular adaptations, physiological effects of physical act cardiovascular system**.** 2 Units

**HKS 870** **Human Kinetics Programme for the Disabled**

Planning of programmes; developmental patterns, learning and perception evaluation devices, graded exercise programmes, individualized education plan, basic skill activities and body awareness, outdoor education and camping for disabled. 2 Units

**HKS 873** **Human Kinetics Programme for the Mentally Disabled.**

Nature and causes of mental retardation, classification and prevalence, methods of teaching mental retardation, Human Kinetics curriculum goals in relation to mental disability**.** 2 Units

**HKS 874** **Methods And Materials for Teaching Handicapped Children**

Etiological factors of various handicapping conditions, environmental and instructional concerns, nature and scope of curriculum,, behavior modification and assessment. 3 Units

**HKS 875** **Surveys of Physical Defects and Etiology**

Survey of Human Physical disabilities, combined with adaptive and rehabilitative measures to promote better living for the individual, study of the diseases involved, methods of ameliorating the disabilities therapeutic exercise for conditioning. 2 Units

**HKS 876 Human Kinetics programme for the Deaf**

Psychology of hearing, factors associated with hearing, classification of hearing, intervention procedures, scope of Human Kinetics programme for deaf. 2 Units

**HKS 871** **Programme Development in Adapted Human Kinetics**

Adapted Human Kinetics service model, factors affecting programme design, individualized programme planning, group assessment and programme planning, activity analysis, its application and programme evaluation. 2 Units

**HKS 872** **Seminar and Research in Adapted Human Kinetics**

Grown and development, assessment of handicapped, perceptual motor assessment, therapeutic exercise for conditioning, indoor adapted sports and games, unit plans for adapted Human Kinetics programmes, class discussion and writing of research reports on handicapped. 2 Units

**Current Issues in Adapted Human Kinetics**

Forum for gathering facts, points of view, value judgment and decision-making in the pedagogue of Human Kinetics and sports for handicapped; consultation and study of research activities, publications and presentation of papers and seminar. 2 Units

**Rehabilitation of Physically Handicapped**

Identification, analysis, and evaluation of physically handicapping conditions, rehabilitation procedures including muscles testing, therapeutic exercise, message and relaxation. 2 Units

**Practicum Education programme for the visually Handicapped**

Practice training in dealing with handicapped, training handicapped with special motor skills, psychological evaluation, physiological evaluation measurement of physical fitness of handicapped. 2 Units

**Human Kinetics Programme For The Visually Handicapped**

A study of etiology and classification of visual impairment, factors associated with blindness, intervention procedure, scope of Human Kinetics programmes for the visually impaired including modification and assistive devices. 2 Units

**The Nature and Bases of Motor Behavior**

Perspective of motor, factor influencing successful performance and learning of motor skills, neurophysiologic bases of motor performance, human performance theory and limiting principles, knowledge of performance, knowledge of results. 2 Units

**Instructional Technology In Physical And Health Education**

Meaning value varieties and uses of education technology audio visual materials broadcasting programmed instruction. Selection of appropriate aids for specific learning how to use A. V. equipment processes. Teaching machines appraisal of the effect teaching aids on lesson effectiveness. 2 Units

**Foundation of Human Kinetics**

Origins and development of Human Kinetics and sports form time of primitive people the Greece, Roman, Germany, Britain, America and Nigeria. Biological psychological sociological foundations and principles underlying modern Human Kinetics programmes. 2 Units

**Theories of Curriculum in Human Kinetics and Human Movement**

Principles of curriculum planning and development in Human Kinetics. Theoretical basis of programme in traditional Human Kinetics. Movement exploration, perceptual motor experiences, teaching and evaluation of Human Kinetics programme. 3 Units

**Supervision in Human Kinetics**

Techniques of supervisions, in-service training classroom and Human Kinetics teachers, the relationships with teachers, administrators and the community. 2 Units

HKS 825 **Curriculum Models in Human Kinetics.**

Critical analysis of various proposals rewarding models, theories and rationales to guide curriculum planning processes in Human Kinetics. Uses and bases of models and their significance; planning Human Kinetics programmes towards curriculum theories, status of theories in Human Kinetics. 3 Units

**Elementary and Secondary School Human Kinetics**

Physical and exercise needs of children and youths. How children lean, the modern Human Kinetics programme, the techniques of successful teaching. Simple games for classrooms and limited spaces, rhythms and dances, tumbling and trampoline leaded-up activities to team sports, intramural and after school activities. 3Units

**Instructional Strategies in Human Kinetics.**

Analysis of organizations and management of Human Kinetics classes, innovations to teaching styles. Improving specific teaching techniques and strategies in Human Kinetics. 2 Units

**Evaluation of Curriculum Materials in Human Kinetics**

Trends in curriculum evaluation; rationales for evaluation; principles for selecting curriculum materials, evaluative processes of curriculum materials evaluation instrument, curriculum guides; curriculum revision. 3 Units

**Current Issues in Curriculum studies in Human Kinetics**

Current literature in curriculum studies in Human Kinetics, literature, synthesis of problem confronting curriculum planning, construction and implementation of curriculum in Human Kinetics at global level. 2 Units

**A Professional Preparation for teachers of Human Kinetics**

Issues of teachers’ education, trend and role of Human Kinetics in general education; settings for physical programmes; relations of Human Kinetics, professional organization; certification requirements and employment opportunities in Human Kinetics, challenges facing Human Kinetics. 3 Units

**Theories of Instructional Change**

Theories and models of instruction, their psychological and philosophical basis, construction of models of instruction to effect desired changes and development. 2 Units

**Principles of Curriculum Development**

Principles and strategies of curriculum development. Approaches to curriculum and their relation to educational social objectives. Examination of curriculum models, process of curriculum evaluation. 2 Units

**Evaluation of Curriculum Materials in Human Kinetics**

Analysis of organizations and management of Human Kinetics classes, innovations styles, improving specific teaching techniques and strategies inHuman Kinetics. 2 Units

**Developmental Psychology**

A survey of human development from birth to adolescence emphasizing physical, intellectual, emotional, social and personality changes which occur during these periods. A review Nigerian and African studies on human development and implications for counseling in Nigerian setting.

**Research Project**

An independent research project on a topic approved by the department. Required courses in Adapted Human Kinetics. 6 Units

**MASTER OF PHILOSOPHY/ DOCTOR OF PHILOSOPHY**

**(M.Phil/Ph.D)ADMINISTRATION AND MANAGEMENT OF HUMAN KINETICS AND SPORTS**

**CURRICULUM AND HUMAN KINETICS TEACHER EDUCATION**

**PSYCHOLOGY OF SPORT**

**SOCIOLOGY OF SPORTS**

**RECREATION AND TOURISM**

**EXERCISE PHYSIOLOGY**

**ADAPTED HUMAN KINETICS**

**IN**

**HUMAN KINETICS AND SPORTS STUDIES**

**MASTER OF PHILOSOPHY/ DOCTOR OF PHILOSOPHY (M.Phil/Ph.D) IN HUMAN KINETICS AND RECREATION**

**Philosophy**

The philosophy of this programme is in tandem with the philosophy and the mission statement of the University. The programme serves as a stop gap as well as a bridge for graduate who fail to achieve the required GPA for straight Ph.D programme. The programme is designed to serve as an opportunity for this category of graduates to improve their performance and transit to Ph.D programme or otherwise earn an M. Phil degree. The porgramme provides the students with in-depth knowledge of their chosen area as well as prepares them for extensive research necessary for production of top level manpower needed for national, profitable and sustainable development of sports and human movement Paradigms/parametive variables as a discipline.

**Scope**

Scope of M.Phil/Ph.D programme in Human Kinetics and sports studies area are:

1. Administration and management of Human Kinetics and sports
2. Psychology of sports
3. Sociology of sports
4. Recreation and tourism
5. Exercise physiology
6. Adapted physical Education

Equip the students with advanced knowledge competences and skills in the different area of specialization in HKS for creative entrepreneurial achievement.

**Admission Requirement**

1. All candidates that have master’s degree in any relevant areas of specialty in Human Kinetics and recreation with a minimum CGPA between 3.00 or 50% and 3.99 or 59%.
2. All candidates that have master’s degree in other areas of specialty other than the one applied for within Human Kinetics and Health Education.
3. Candidates may be expected to undergo a selection process involved and/or interview.
4. The University matriculation requirement must be satisfied.

**Conditions for Proceed to Ph.D Degree Programme**

1. A Candidate who is offered M.Phil/Ph.D admission may only proceed directly to Ph.D. after satisfying the conversion requirements.
2. A Candidate on M.Phil/Ph.D programme must successfully defend a research proposal in his/her area of interest.
3. A Candidate on M.Phil/Ph.D programme may only be converted to Ph. D programme on attaining the minimum CGPA OF 4. 0 or 60% required for such conversion.

**Duration of the Programme**

The duration shall be as presented below:

1. **Full- Time:** a minimum of 48 calendar months (eight semesters) , and a maximum of 6 calendar years (twelve semesters).
2. **Part-Time:** a minimum of 60 calendar months (ten semesters) and a maximum of 7 calendar years (fourteen semesters).
3. **Sandwich Programme:** a minimum of 8 long vacation and a maximum of 10 long vacations

**COURSES FOR**

**MASTER OF PHILOSOPHY (M.Phil)**

**PROGARAMMES**

**IN**

**HUMAN KINETICS AND RECREATION**

**COURSES FOR M.Phil/Ph. D PROGRAMME IN HUMAN KINETICS AND RECREATION**

**First Semester**

**Course No. Title Units**

PGC 601 Research Methodology and Application of ICT in Research 3

HKS 801 Research Methods in Physical and Health Education 3

HKS 802 Statistical Methods in Physical and Health Education 3

HKS 811 Organization and Administration of Human Kinetics and Sports 3

HKS 812 Current Issues and Challenges in Human Kinetics and Sports 2

HKS 813 Administration of Intramural and Interscholastic Sports 2

**HKS** 911 Information and Communication Technology 3

HKS 912 Advanced Seminar in Human Kinetics 2

HKS 913 Comparative Human Kinetics 2

**TOTAL 23 Units**

**Second Semester**

HKS 814 Personnel Management and Human Relations in PE and Sports 2

HKS 914 The Female Athlete and Culture Conditioning for Competition 2

HKS 915 Social Experiences and Sports Participation 2

HKS 916 Social Psychology of the Superior Athlete 2

HKS 990 Research Project (Thesis/Dissertation) **6**

**TOTAL 14 Units**

**COURSES FOR M.Phil/ Ph. D PROGRAMME IN PSYCHOLOGY OF SPORT**

**FIRST SEMESTER**

**Course No. Title Units**

PGC 601 Research Methodology and Application of ICT in Research 3

HKS 801 Research Methods in Physical and Health Education 3

HKS 802 Statistical Methods in Physical and Health Education 3

HKS 830 Psychology of Behaviour modification in Sport and physical

Education learning Environment 2

HKS 831 Historical Perspectives and Development of Psychology of Sport 2

HKS 834: Psychological Assessment, evaluation and counseling of Athletes 2

HKS 903 Information and Communication Technology 3

HKS 931 Selected Topics in Sport Psychology 2

**TOTAL 20 Units**

**Second Semester**

HKS 836 Psychological Preparation Strategies for Enhanced performance in Sport 2

HKS 932 Professional Consultation Practice in Sport Psychology 2

HKS 934 Advanced Methods for Psychological profiling of Athletes 3

HKS 990 Thesis/Dissertation 6

**TOTAL 13 Units**

**COURSES FOR M.Phil/ Ph. D PROGRAMME IN EXERCISE PHYSIOLOGY**

**First Semester**

**Course No.** **Title**  **Units** PGC 601 Research Methodology and Application of ICT in Research 3

HKS 801 Research Methods in Physical and Health Education 3

HKS 802 Statistical Methods in Physical and Health Education 3

HKS860 Physiological Basis of Muscular Activity 3

HKS 863 Exercise Therapy 2

HKS 862 Laboratory Research in Physical Performance 2

HKS 903 Information and Communication Technology 3

HKS 961 Selected Topics in Exercise Physiology 2

**TOTAL 21 Units**

**Second Semester**

HKS 867 Cardiovascular system and Muscular Activity 2

HKS 962 Analysis of Human Motion 2

HKS 963 Advanced exercise prescription for health and Sports performance 3

HKS 990 Thesis/Dissertation 6

**TOTAL 13 Units**

**DOCTOR OF PHILOSOPHY (Ph.D) IN HUMAN KINETICS AND RECREATION**

**Admission Requirement**

1. All candidates that have a master’s degree in any relevant areas of specialty in Human Kinetics and recreation with a minimum CGPA of 4.0 or 60%.
2. M.Phil/Ph.D Candidates who have met the conversion requirement (minimum CGPA of 4. 0 or 60%) to Ph. D programme.
3. Candidates may be expected to undergo a selection process involved and/or interview.
4. The University matriculation requirement must be satisfied.

**Duration of Programme**

1. The full-time Ph.D programme runs for a minimum of six semesters or a maximum of ten semesters.
2. The part-time Ph.D programme should run for a minimum of eight semesters or a maximum of 14 semesters.
3. For any extension beyond the maximum period, a special permission of the senate shall be required.

**COURSES FOR**

**DOCTOR OF PHILOSOPHY (Ph.D)**

**DEGREE PROGARAMMES**

**IN**

**HUMAN KINETICS AND RECREATION**

**COURSES FOR Ph. D IN HUMAN KINETICS AND RECREATION**

**Course No.** **Title**   **Units**

PGC 701 Synopsis and Grant Writing 3

HKS 901 Advanced Research Methods II 3

HKS 902 Advanced Statistical Methods II 3

HKS 911 Information and Communication Technology 3

HKS 912 Advanced Seminar in Human Kinetics 2

HKS 913 Comparative Human Kinetics 2

HKS 914 The Female Athlete and Culture Conditioning for Competition 2

HKS 915 Social Experiences and Sports Participation 2

HKS 916 Social Psychology of the Superior Athlete 2

HKS 990 Research Project (Thesis/Dissertation) **10**

TOTAL **34 Units**

**COURSES FOR Ph. D IN PSYCHOLOGY OF SPORT**

**Course No.** **Title**  **Units**

PGC 701 Synopsis and Grant Writing 3

HKS 901 Advanced Research Methods II 3

HKS 902 Advanced Statistical Methods II 3

HKS 903 Information and Communication Technology 3

HKS 931 Selected Topics in Sport Psychology 2

HKS 932 Professional Consultation Practice in Sport Psychology 2

HKS 930 Neurobiological and Psychological Basis of sports performance 2

HKS 933 Principles of prescription and Application of Psychological

Skill strategies for optimal Sports performance 3

HKS 934 Advanced methods for Psychological profiling of Athletes 3

HKS 990 Thesis/Dissertation 10

**TOTAL 34 Units**

**COURSES FOR Ph. D IN EXERCISE PHYSIOLOGY**

**Course No.** **Title**  **Units** PGC 701 Synopsis and Grant Writing 3

HKS 901 Advanced Research Methods II 3

HKS 902 Advanced Statistical Methods II 3

HKS 903 Information and Communication Technology 3

HKS 961 Selected Topics in Exercise Physiology 2

HKS 962 Analysis of Human Motion 2

HKS 960 Physiological Basis of Strength Development And Fitness 2

HKS 963 Advanced exercise prescription for health and Sports performance 3

HKS 964 Advanced Muscle testing 3

HKS 990 Thesis/Dissertation 10

**TOTAL 34 Units**

**COURSE DESCRIPTION**

**PGC 701: Synopsis and Grant Writing**

Identification of types and nature of grant and grant writing; mining of grants application calls on the internet. Determining appropriate strategy for each grant application structures and contents and writing of concept notes, detailed project description, budgeting and budget defense. Study of sample grant writings in various forms and writing of mock research and other grants. Identification of University of Nigeria synopsis structure and requirements, (Introduction, Methodology and Results). Determining the content of each sub-unit of the synopsis. Steps in writing of synopsis from the Dissertation/Thesis document. Structural and language issues. Common errors in synopsis writing and strategies for avoiding them. The roles of the student and the supervisor in the production of a synopsis. Writing of mock synopsis. All registered Ph.D students must attend a solution-based interactive workshop to be organized by the School of Postgraduate Studies for a practical demonstration and application of the knowledge acquired from the course, conducted by selected experts. (3 Units)

**HKS 901 Advanced Research Methods I**

Concept and nature of research in Health Education, scientific processes, problem identification, types of variables in Health Education research, theory, formulation of hypotheses. Review of literature, research design and methodology. Presentation of result using computer analysis. Candidates should be guided through practical orientation’s and at the end present a research proposal and defend it individually in the class. Techniques of research reporting and research proposal writing.

**HKS 902 Advanced Statistical Methods II**

Description of health statistic and the various areas of application. Principal sources of vital and health data. Pattern of measuring mortality, morbidity and fertility. The use of these data in health care delivery system are discussed. Practical steps in processing health data and the use of descriptive and inferential statistical techniques for analyzing health data.

**HKS 903 Information and Communication Technology**

General and overview of sources, storage, retrieval and dissemination of information. Programme design and management in information technology, knowledge, skills and communication management with practical approach in the use of computer and analysis of data.

**HKS 990 Ph.D Thesis**

Candidates are expected to demonstrate research competencies by identifying a topic in his/her related area of specialization and carry out an investigation in such areas, the thesis is defended before an appropriately examination board with an external examiner as an overriding all other decisions.

**HKS 960** **Physiological Basis of Strength Development and Fitness**

Physiological and biochemical factors involved in strength development; immediate range affects components on body functions.

**HKS 961 Selected Topics in Exercise Physiology**

The endocrine systems, principles as they relate to body movement, biochemi-involved in analysis of motor activities, force equilibrium and motion. 2 Units

**HKS 962** **Analysis of Human Motion**

Study of mechanical principles as they relate to body movement, biochemical concept analysis of motor activities, force, equilibrium and motion.