**Bayero University, Kano (BUK)**

**Faculty of Education**

**Department of Human Kinetics & Health Education**

**B.Sc. Human Kinetics**

**SUMMARY**

**LEVEL 100**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Course code** | **Course** | **CU** | **S** | **LH** | **PH** |
| BUK:HKE101 | Principles and Philosophy of P.E and sport | 2 | C | 30 |  |
| BUK:HKE102 | Introduction to recreation leisure and Tourism | 2 | C | 30 |  |
| BUK:HKE103 | Physical Education for the Physically Challenged Persons | 2 | C | 30 |  |
| BUK:HKE104 | Introduction to Sport tourism | 2 | C | 30 |  |
|  | Total | 8 |  |  |  |

**LEVEL 200**

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| **Course code** | **Course** | **CU** | **S** | **LH** | **PH** |
| BUK:HKE205 | Introduction to Sport Management | 2 | C | 30 |  |
| BUK:HKE206 | Introduction to lab techniques and exercise programming | 2 | C | 45 |  |
| BUK:HKE207 | Methods of Teaching PE | 2 | C |  |  |
| BUK:HKE208 | Human resource management and sport officiating | 2 | C |  |  |
| BUK:HKE209 | Therapeutic exercise and rehabilitation of the handicapped | 2 | C |  |  |
|  | Total | 10 |  |  |  |

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| **LEVEL 300** | **Course** | **CU** | **S** | **LH** | **PH** |
| BUK:HKE309 | Sports Entrepreneurship | 2 | C | 30 |  |
| BUK:HKE310 | Exercise, Sport, Health and Ageing | 2 | C | 30 |  |
|  | Total | 4 |  |  |  |

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| **Level 400** | **Course** | **CU** | **S** | **LH** | **PH** |
| BUK:HKE405 | Exercise, Hygiene & Counseling | 2 | C | 30 |  |
| BUK:HKE406 | Comparative Physical Education | 2 | E | 30 |  |
| BUK:HKE407 | Sociology of Sport | 2 | C | 30 |  |
| BUK: HKE408 | Fitness and exercise in health and Hypo-kinetic diseases | 2 | C | 45 |  |
| BUK:BUK409 | Legal Liability in Sport & Exercise | 2 | C | 30 |  |
| BUK:HKE410 | Application of computer in P.E and sport | 2 | E | 45 |  |
| BUK:HKE411 | Current issues in Human Kinetics Education | 2 | C | 30 |  |
|  | Total | 14 |  |  |  |

**B.Sc. (Ed) HUMAN KINETICS EDUCATION**

**BUK HKE 101 Principles &Philosophy of PE and Sport 2CU**

**Senate approved relevance:**

The production of highly knowledgeable and competent graduate that have the necessary skills and knowledge, about philosophical basis of PE and sport that will make them understand the founding fathers of the field vision and allied courses which is in accordance with the mission of BUK The relevance of the course is to provide graduate of the program with a sound knowledge and skill that will meet the 21st century

**Overview**

Principles and philosophy of PE and sport is an approach that provides the understanding of the philosophical basis of PE and sport program and the designed to equip the student with necessary skills and knowledge to effectively understand the concept of Principles and Philosophy of PE, Sport and be able to apply the concept of principles and philosophy of PE in other disciplines and be able to develop a personal philosophy of PE and sport, for the survival of the profession there should have a sound philosophy that is relevant to the needs of today’s youth and adults.

**Learning Objectives**:

On completion of the course the student shall be able to

1. Explain the aim and objectives of PE and Sport
2. Discuss the concept of PE and Sport
3. Identify the need and why the study of Philosophy of PE and Sport
4. Explain the importance of a well thought Philosophy of PE and Sport
5. Describe the emerging principles and philosophy of PE and Sport
6. Identify the division of philosophy
7. Discuss various schools of philosophy
8. Explain Step by step procedure for developing a philosophy of PE and sport
9. Describe the philosophy of ethics
10. Outline the importance of ethics and integrity in PE and Sport

**Learning Outcomes**

Describe PE and Sport, its aim and objectives

Explain the concept of Principles and Philosophy of PE and Sport

Explain sources of Principles

Explain alternatives to Philosophy

Describe the various schools of Philosophy

Discuss the divisions of Philosophy

Discuss why have and study philosophy

Explain the concept of Alternatives to philosophy

Explain different types of Ethics and integrity of PE and Sport

Describe the importance of a well thought philosophy of PE and sport

Explain the step by step procedure for developing a personal philosophy of PE and sport

Describe the emerging philosophy of a PE and Sport school program

**Course contents**

Introduction of PE and Sport, its aim and objectives; Concept of Principles and Philosophy of PE and Sport; sources of Principles and alternatives to Philosophy; various schools of Philosophy and divisions of Philosophy; why have and study philosophy; and alternatives to philosophy

importance of a well thought philosophy of PE and sport; Ethics and integrity and types of Ethics in PE and sport; Explain the step by step procedure for developing a personal philosophy of PE and sport; emerging philosophy of a PE and Sport school programs.

**BUK: HKE- 102: Introduction to Recreation, Leisure and Tourism 2CU**

**Senate approved relevance:**

The basic purpose of this course is to develop graduates with values and attitude and equip them with knowledge and skills which will enable them to feel more secure and get more enjoyment and satisfaction out of life. Graduate of this course would be trained to apply the skill acquired to improve recreation, leisure, sport and tourism activities in the community for the benefit of improving the health and well being of individual s contributing to the empowerment of individuals and promoting the development of inclusive communities. The relevance of his course is that today we more spending sedentary life style spending less time on recreation and leisure activities, the way in which we spend it, however has consequences for ourselves and for the society. Idealness can lead to delinquency and crime but active participation in sport or other leisure activities can contribute to the improvement of health and to strengthening of social cohesion, this in line with mission of BUK.

**Overview**

Understanding the recreational activities as a factor in planning community needs; community recreational areas and facilities; types of community recreation; principles and practices involved in planning individual, local, public and private recreational areas and centres, outdoor recreation by each student. Historical evolution of tourism in Nigeria is of utmost importance to recreation, leisure and tourism programme. The essence is to ensure that students are able to have adequate knowledge of tourism history and development in the world and Nigeria in particular, as well as assess the current situation of tourism activities in Nigeria. The objectives of the course, learning outcomes, and contents are provided to address this need:

**Learning Objectives:**

After studying this course, students should be able to:

Explain the various components of Tourism system

Describe the different models of tourism system and apply the models to numerous forms of tourism.

Discuss and identify the different types of tools used in Civil Engineering;

Describe and identify the Civil Engineering Equipment;

Describe the uses and maintenance programme for Civil Engineering tools and Equipment

Identify faulty tools and equipment;

**Learning Outcome:**

On completion of the course, students should be able to:

1. Explain the concept of Recreation, leisure and tourism
2. Discuss the History of recreation and leisure
3. Explain the Philosophy and leisure
4. Describe Leisure and recreation for individuals in society
5. Explain leisure and recreation as a multifaceted delivery system
6. Describe leisure and recreation across the life span
7. Discuss the delivering recreation and leisure services
8. Describe tourism as a System;
9. Explain components of tourism system
10. Describe Leiper’s Tourism System Model
11. Explain Mill’s and Morrison’s Consumer Behaviour Model
12. Explain Mathieson and Wall Model of Travel-Buying Behaviour

**Course Contents**

Introduction and concept of Recreation, leisure and Tourism

Leisure and recreation for individuals in society and as a multifaceted delivery system

Leisure and recreation across the life span and delivering recreation and leisure services

Tourism as a System and components of tourism system; Leiper’s Tourism System Model; Mill and Morrison’s Consumer Behaviour Model and Mathieson and Wall Model of Travel-Buying Behaviour.

**BUK: HKE103: Physical Education for the physically challenge persons 2CU**

**Senate approved relevance**

Training of high quality graduates who are highly skilled and knowledgeable in teaching adapted physical education that have sympathy on the categories of physically challenged persons who require special assistance for healthy living within the environment. The increased in sports, general fitness and the desire for feeling good necessitates the training of exercise and fitness specialist who can adequately give physically challenge persons the desired out com in their exercise programmes. The sports and fitness programmes for persons with disabilities have gone so scientific that the relevance of exercise physiologist, cardiorespiratory rehabilitation specialist, and special athletes’ trainers cannot be over emphasized. These groups of specialists are grossly lacking in Nigeria. The adapted physical education courses are designed to fill this gap. Equally important is the need to produce competent teachers who could impart these knowledge and skills to adapted physical education students at various levels.

**Overview**

The increased in sport general fitness and the desire for feeling good necessitates the training of exercise and fitness specialist who can adequately can give physically challenged persons the desired outcome in their exercise programmes. Sport and fitness programmes for physically challenge person have so scientific that the relevance of exercise physiologists, cardio-respiratory specialists, special athletes’ trainers and sport nutritionist cannot be emphasized. This group of specialist are grossly lacking in Nigeria. Physical education and sport courses are designed to fill this gap. Equally important is the need to produce competent teachers who could impact these knowledge and skills to physically challenged students at various levels.

**Learning Objectives**

Specifically, the course is designed to:

1. Provide students with in-depth scientific knowledge in physical Education and sports taking into cognizance the physicals, psychological and mental demands of persons with disabilities.
2. Provide students with knowledge of inter-relationship between normal and physically challenge persons.
3. Provide students with skills and competence to effectively teach adpted physical Education at special schools.
4. Provide healthy motivated students who could effectively teach various categories of physicals challenge persons.
5. Prepare the students to take up career in different areas of specialization such as sign-language, lis-reading, Brake and financial expression.

**Learning outcomes**

Atthe end of the course the students should be able to:

1. Explain the meaning of adapted physical education and sports,
2. Describe the types, causes, and classification of physically challenged persons
3. Describe the developmental and corrective and remedial programme in adapted physical education
4. Explain mainstreaming and the objectives of adapted physical education and sports.
5. Explain how to integrate individual physically challenged persons into physical education mainstream classes with the non physically challenged students
6. Demonstrate the knowledge of safety precautions in adapted physical education, sports and games.
7. Explain the various rules and regulations in sports and games.
8. Describe the sport, games, and exercise activities common for the physically challenged persons

**Course contents**

Concept of disabilities, meaning of adapted physical education and sports, mainstreaming, objectives of adapted physical education and sports, types, causes, and classification of physically challenged persons, the developmental and corrective and remedial programme in adapted physical education, types of equipment and facilities adapted physical education, safety precautions in adapted physical education, sports and game, rules and regulations in sports and games, the sport, games, and exercise activities common for the physically challenged persons.

## BUK: HKE 104- Sport Tourism (2 CU)

**Senate approved relevance**

This course aimed to enable graduate acquire knowledge, skills and developed the understanding of sport tourism as the concept of sport related tourism has become more prominent in the last few years as an academic field of study, it is designed to provide existing new and aspiring sports tourism professionals with a comprehensive foundational understanding of the industry interworking. furthermore, the course will examines the impact and issues associated with the development of sport tourism globally and help to develop knowledge, and skills needed and understanding, as well as awareness and “know how” in the fields of sport tourism and its related disciplines of health tourism, nature tourism, adventure tourism and educational tourism so that our graduates will be equipped to enter into self-employment and employment as sport tourism professional. This in line with the vision and mission of BUK

**Overview**

This course will explore concepts including the history of the industry, business relationships, trends issues and professional development , it also focuses on the growing field of sports tourism emphasizing the relationship between sport and tourism as a fast growing sector of the globe travel industry and unlike many other industry segments, the metamorphosis of tourism into a globe encircling system is a recent phenomenon and the rapid growth of tourism is a result of many concomitant processes, like the fast emergence of techno-economic and social-political orders and characteristically, it has also become rather difficult to tourism from the modern life of man since it is deeply entrenched into almost every aspect of contemporary living of the visitor. An application of tourism development concepts and themes of the subject of sport tourism and the critical consideration of the theoretical and applied aspects of sport tourism in the context of their manifestations in space and time will go a long way in enriching the knowledge and skills of the student that is what the mission of BUK stands for

**Learning Objectives:**

1. To provide a broad understanding of the contemporary importance of sport tourism
2. Explain the concept of sport tourism and its importance
3. Describe the typology of sport tourism
4. Identify the classification of sport tourism and categories of sport tourism
5. Describe sport tourism and culture
6. Explain how to host a sport event and organize sport tourism sponsorship
7. To identify the business and management implications of selected developments concepts and theories associated with the manifestations of sport tourism in space and time
8. To clearly articulate the links between sport and tourism, including sports events, travel to participate in or watch sport tourism to venerate sports people and/or venues, sports as a secondary travel motivation, sport and tourism destination, image/ marketing
9. To provide an overview of tourism development issues that will be used to inform the discussion of themes in sport tourism development.

**Learning Outcomes:**

Upon completing of this course students should be able to:

1. Identify different actors and operations in sport tourism
2. Explain the motives of sport tourists and the theme’s significance to the competitiveness of companies
3. Understand the concepts, phenomena and special characteristics related to sport tourism nationally and internationally
4. Identify the sustainability and environmental issues affecting sport tourism
5. Summarize the evolution of sport tourism over the centuries and its importance as an evolving industry
6. Differentiate the various components within sport tourism industry and be able to identify how each component plays into a successful business
7. Evaluate the sustainability of sports tourism by acquiring and retaining funding mechanisms for sports tourism entities
8. Evaluate the significant impact sports tourism has on the economy and some possible factors that might disrupts this positive influence

**Course Contents**

Topics to be covered include: an overview of sport and tourism, relationship between sport and tourism, sport in the development of tourism, tourism in the development of sport, the impact of sport tourism; concept and typology of sport tourism; classification and categories of sport tourism; the evolution and development of sport tourism; Sport tourism demand and supply; Sport motivation; Sport tourism and culture; How to host a sport event and sport tourism sponsorship and what to consider when looking for sponsors; sustainability in sport tourism

**Level 200**

**BUK: HKE-205 Introduction to Sports Management 2CU**

**Senate approved relevance**

Sports management as a course of study is very relevant in the sense that looking at the acceptability and participatory level of the immediate community and beyond and considering that many people are employed in sport organizations in areas as diverse as event management, broadcasting, venue management, marketing, professional sport, community and school sport, and coaching, as well as marketing of sporting equipment, sporting footwear and apparel, and retail. It is therefore become necessary to train individuals who can develop abilities and capabilities that can handle or manage sporting programmes at all levels.

**Overview**

Managing sport organizations at the start of the twenty-first century involves the application of techniques and strategies evident in leading business, government and nonprofit organizations. A comprehensive introduction of principles of management and their practical application to sport organizations operating at the school, community, state, national and professional levels.

It provides a brief understanding of the concept of management the importance of sport management as a field of study. It discusses the unique nature of a sport manager and the skills needed for a good manager. It also describes how sports could be organized, produced and consumed by all and sundry.

**Learning Objectives**

1. Describe competencies for effective leadership skills
2. Explain the roles of sport practitioners for sports development.
3. Identify the role of the state towards sports development.
4. Explain the reasons for state intervention in sports development.
5. Describe the extent and forms of state intervention for sports development.
6. Identify the factors that should be considered in planning competitions.
7. Apply the strategies of managing risk at any level of organise tournament /competition.
8. Describe leadership styles that are available for managers in handling human resources in sports organizations.

**Learning outcomes**

At the end of the course the students should be able to:

1. Explain the concept of sports management and management functions in a sport organization.
2. Identify the characteristics and skills needed of a good manager in a sports organization
3. Describe the functions of a good manager in a sports organization
4. Explain the roles of a manager in a sports organization
5. Describe the management levels in a typical sports organization
6. Demonstrate good knowledge of personnel management in sports organisation
7. Demonstrate good knowledge of carrying out effective supervision in sports organisation
8. Ability to apply management theories in managing sport organization.
9. Ability to organize and manage tournament /competition at any level.

**Course contents**

Concept of sport management, management functions in sports organization, attributes of a good sports manager, skills needed for a sports manager, roles of a sports manager, personnel management (recruitment, selection, inductions, training, remuneration etc.), supervision, management theories (scientific management, human relation, contingency management etc.), organization of tournament in individual and team sports, intramural and extramural competitions, intercollegiate, factors to consider in planning competition etc., concept of risk management, risk management process, duties regarding risk prevention, concept of leadership, types of leadership styles (traditional leadership style, transactional, transformational, participatory etc.), roles of sport practitioners in sport development, roles of state in sports development, reasons for state intervention, extent and forms of state intervention, regulations and control.

**BUK: HKE206: Introduction to laboratory Techniques and Exercise Programming 2CU**

**Senate approved relevance**

Laboratory techniques and exercise programming is relevant to students of human kinetics considering the increase in hypo-kinetics diseases, overweight and obesity bedeviling the Nigerian society. Experts in exercise programming and laboratory technicians are highly needed. With current proliferation of fitness centers all over the country and with no professional to man them, this course is timely.

**Overview**

This course introduces the undergraduate students to the rudiments of exercise testing and technicalities in the gymnasium/laboratory. The undergraduates will be equip with necessary skills needed to programmed an exercise and evaluate if there after using laboratory equipment.

The course is relevant to be studied considering the high use of chemotherapy which has a lot of side effects. Therefore experimenting with exercise modalities in therapeutic and rehabilitation of the injured and the handicapped is timely as it enable us to produce graduates with sound knowledge and skills in therapeutic exercise and rehabilitating persons with handicapping conditions to meet their developmental needs.

**Learning Objectives**

The Curses intends to achieve the following objectives.

1. Produce graduated with laboratory sense in exercise programming.
2. Produce graduates with up to date techniques to operate laboratory equipments.
3. Produce graduates that control assess/evaluate exercises through various testing methods

**Learning outcomes**

At the end of the course the students should be able to:

1. Describe sequential procedures of Treadmill jogging test, YMCA sub-maximal cycle ergometer test, wingate anaerobic power test, astrard cycle test, implication of multipurpose machine to exercise.
2. Draw an exercise programme aerobic, anaerobic, resistance, fitness and therapeutic exercise

**Course contents**

Application of laboratory procedures, used in exercise research, specific areas includes; Treadmill jogging test; YMCA sub-maximal, cycle ergometer test, wingate anaerobic power test, Astrard cycle test; exercise implication of multipurpose machines; leg press machines etc. Overview of exercise programming, aerobic exercise programming, anaerobic exercise programming, resistance exercise programming, health and fitness programming, rehabilitative exercise programming.

**BUK**: **HKE 207: Methods of Teaching Physical Education 2 CU**

**Senate approved relevance**

The training of quality graduate teachers cannot be possible without having sound knowledge of teaching methods which enable graduates to have basic foundation of pedagogy of teaching especially at the primary and secondary school levels.

**Overview**

Method of teaching is a course that is designed to educate undergraduate on strategies and techniques used to impact knowledge. However, as a teacher who is known to assist, train, guide and help others to gain experience It is therefore necessary to equipped the undergraduate with sound knowledge of method of teaching that enable him/she to apply a particular strategy at any level or situation he find himself.

**Learning Objectives**

Upon completion of the course students should be able to:

1. Produce graduate that can effectively teach at all level of education
2. Demonstrate sound knowledge in order to describe curriculum, its scope, contents and its coverage
3. Explain syllabus, scheme of work and their relevance.
4. To identify various teaching strategies/methods in human kinetics, exploring their strength and weaknesses.
5. Ability to write a comprehensive lesson plan, explain it purpose, advantages and uses.
6. Explain and demonstrate knowledge and skills in adopting rewards and punishment in teaching.

**Learning outcomes**

At the end of the course the students should be able to:

1. Explain the basic concepts in teaching, qualities of a good teacher and view teaching as a noble profession.
2. Describe curriculum, its scope, contents and its coverage
3. Explain syllabus, scheme of work, and their relevance in covering curriculum.
4. Identify various teaching strategies/methods in human kinetics, exploring their strength and weaknesses.
5. Demonstrate knowledge and skills in classroom management.
6. Demonstrate knowledge and skills in presenting instructional objectives.
7. Ability to write a comprehensive lesson plan, explain it purpose, advantages and uses.
8. Explain teaching aids, types, purpose and advantages.
9. Explain and demonstrate knowledge and skills in adopting rewards and punishment in teaching.

**Course contents**

Teaching definitions, qualities of a good teacher, teaching as a noble profession, curriculum, syllabus, scheme of work, teaching strategies, different methods of teaching, classroom management, physical conditioning of a classroom, handling problem children, teaching practice, instructional and behavioural objectives (affective, cognitive and psychomotor domains) lesson plan, teaching aids, reward and punishment in teaching.

**BUK: HKE 208: Human Resource Management and Sports Officiating 2CU**

**Senate approved relevance**

While the concept of human resource management encompasses many attributes, they are all essential to the success any sport organization; as our society continues to change the role of human resource managers is changing as well. The relevance of this course is that, human resources management is to drive productivity by ensuring by ensuring competent employees are hired and remain up to date with training initiatives and that it build coordination between organizational departments. Human resources management is so important to sport organizations that many call this department the heart and soul of sport

**Overview**

Human resource management and sport officiating are key and a very important function in every sport organization, without human resources management, sport organization would not be able to effectively recruit and retain employees, improve and enhance the organization and they wouldn’t be able to maintain a healthy, accepting workplace culture and environment

**Learning Objectives**

Upon completion of the course students should be able to:

Describe human resource management

Explain sport officiating

Discuss principles guiding effective human resource management

Identify human resource management practices

Explain the objectives of HRM

Describe the importance of HRM

Explain the concept of sport officiating

Discuss the role of officiating official in sport

Describe the steps to successful sport officiating

Explain the objectives and basic component of officiating sports and games

**Learning outcomes**

At the end of the course the students should be able to:

1. Define human resource management.
2. Describe the basic context of human resource management.
3. Demonstrate the knowledge of principles guiding effective HRM.
4. Demonstrate knowledge on employee health and safety.
5. Describe the human resource management practices in sports organization.
6. Demonstrate the knowledge and skills in purchasing and record keeping.
7. Demonstrate the knowledge and skills in analyzing human and material resources in sports organization.

Show the understanding of the concepts of officiating sports/games

1. Describe the basic qualities of a good sports officiating official
2. Identify the basic skills in officiating
3. Demonstrate a good knowledge on the current challenges of sports officiating in developing countries.

**Course contents**

The nature of human resource management, scope of human resource management, strategies, the context of human resource management, principles guiding HRM, employ health and safety, human resource management practices; planning, recruitment, selection, reward, training and development, employee and industrial relation, purchasing and record keeping of sport equipment, analysis of human and material resources in sport organization. Basic concept in sports officiating, qualities of a good sports official, basic skills in sports officiating, skills and techniques of officiating ball games, racket games, combat sports and athletics. Challenges of sports officiating in developing countries

**BUK: HKE209: Therapeutic exercise and Rehabilitation of the handicapped 2CU**

**Senate approved relevance**

The course is relevant to be studied considering the high use of chemotherapy which has a lot of side effects. Therefore experimenting with exercise modalities in therapeutic and rehabilitation of the injured and the handicapped is timely as it enable us to produce graduates with sound knowledge and skills in therapeutic exercise and rehabilitating persons with handicapping conditions to meet their developmental needs.

**Overview**

This course introduces the undergraduate s in exercise modalities to address various therapeutic problems emanating from sports injuries, accidents, including home, road, occupational etc. The course also introduces the undergraduates on various strategies to be adopted for rehabilitation of the injured, and those with handicapping conditions

**Learning Objectives**

1. Provide students with in-depth knowledge and skills in hypnotherapy and practices that will enable them to design therapeutic exercises for healthy hiring and prepare them for effective teaching.
2. Produce highly motivated students who could efficient teach various therapeutic exercise in special rehabilitation centres n Nigeria.
3. Providing rehabilitation and therapeutic services in the recreational centre and hospital; sector.
4. Graduate students of rehabilitation/therapeutic exercise can pursue a career in a range of therapeutic and rehabilitation agencies which may serve as employment opportunities

**Learning outcomes**

At the end of the course the students should be able to:

1. Explain the concept of therapeutic modalities
2. Describe cold and heat modalities as a therapeutic technique
3. Identify when to apply cold or heat modality.
4. Identify the roles of electricity in therapeutic exercise.
5. Identify the characteristics of various electrical generations in therapeutic exercise and prescribe exercises for the generating diseases
6. Explain the meaning, types, aims and objectives of rehabilitation.
7. Explain the classification of people with handicapping conditions.
8. Identify and describe the programme adaptation that will be suitable for the needs and interest of the people with handicapped.
9. Describe the developmental corrective and remedial programme for the handicapped
10. Demonstrate speech and physical therapy
11. Explain the agencies that provide therapeutic exercise for persons with handicapping condition
12. Describe the type of drug rehabilitation and addiction treatment.

**Course contents**

Concept of therapeutic modalities, cold and heat modalities, comparison of cold and heat modalities, application of cold or heat modalities, fundamentals of electricity, characteristics of electrical generators, the body circuit, electrical stimulation technique, application of electrical modalities, prescription of exercise for the generative diseases. Definition of rehabilitation, type, aim and objectives of rehabilitation, classification of people with handicapping conditions, programme adaptation to fit the need and interest of the persons with handicapping conditions, study of the developmental corrective and remedial programme for the handicapped, speech and physical therapy, rehabilitation process, agencies of rehabilitation , drug rehabilitation and addiction treatment

**LEVEL 300**

**BUK: HKE 309-Sport Entrepreneurship 2 CU**

**Senate Relevance**

The training of high-quality graduates who are highly skilled in,sport entrepreneurship in various ways that can contribute to the development of business and self employment for the benefit of mankind, in Nigeria and the world at large is of great importance to Bayero University. This is necessary to produce a self – reliant and employer with adequate technical skills, fundamental concepts relevant to latest development, entrepreneurial competences, a sense of public responsibility, communication skills and management skills to handle national and international issues in civil engineering with respect to having sustainable portable water and environment that is less polluted in our country. Through its teaching, research, and innovation activities, BUK is poised to be a major contributor in the advancement of knowledge, wisdom and understanding for the benefit of our country and the world in general.

**Overview:**

Training of well-skilled graduates that can apply the knowledge gained in the Physical/Human Kinetics and Sport promotion. The evolution of physical education for the development of health, and sporting activities in the community, which is in line with Bayero University mission statement of producing globally competitive and locally relevant graduates that will meet the 21 challenges facing PE and sport development in the world and Nigeria in particular . This is necessary to produce a role model, self – reliant and excellent physical educators with adequate sport skills, fundamental concepts relevant to latest development, entrepreneurial competences that play a vital role in equipping the students with a mind set and analytical abilities for such immediate and future tasks. Thus, graduates from the sport entrepreneurship programme will be relevant to the development of sport business enterprises in Nigeria.

**Learning objectives**

Upon completion of this course, the student should be able to:

* Know the meaning and importance of entrepreneurship
* Differentiate between self employment and entrepreneurship
* List characteristics of successful entrepreneur
* Describe techniques of improving creative process
* Explain forms of business financing
* Understand feasibility study and it's components
* List prospects and challenges of entrepreneurship

**Learning Outcome**

At the end of the course, the students should be able to:

Explain the term “Sport Entrepreneurship”, its fundamentals and scope

Illustrate the different elements of entrepreneurship and apply sport business to real life

Discuss entrepreneurship in relation to innovation

Explain the importance of entrepreneurship

Distinguish self employment and Entrepreneurship

**Course contents**

Concept and definition of entrepreneurship; Importance of entrepreneurship and difference between self employment and entrepreneurship; Self employment defined and self employment Vs entrepreneurship; who is an Entrepreneur? Characteristics of successful entrepreneurs and qualities of successful entrepreneur; techniques of improving creative process and definition of innovation; Techniques of improving creativity; Importance of innovation in business; Forms of business ownership; Sole proprietorship and Partnership Joint venture; Forms of Sport business financing; Owner capital (equity financing); Debt (bank financing); Friends and relatives; Sport feasibility study/ business plan; Economic meaning of feasibility study; Importance of feasibility study; Components of feasibility study; Prospects and challenges of entrepreneurship and Challenges of entrepreneurship

**BUK; HKE 310 -Exercise, Sport, Health and Aging**

**Senate approved relevance**

As the aging process continuous, within the children and youth as development, undergraduates need to know and appreciate the development in growth and maturity they would gain and within the aged or old people as degeneration, the undergraduates needs to appreciate the effect of exercise on physiological functions in order to reduce the effect on aging and enhances quality of life.

**Overview**

The course introduces the undergraduates to the concept of exercise, death and the aging process as a virtual circle. The course also introduces the undergraduates to the consequences of aging process on vital physiological functions which reduces the quality of life within the old people. The course also introduces the undergraduate to the roles of exercises in reducing the effects of aging process and the physiological process.

**Learning objectives**

At the end of this course, students should be able to;

* Express the focus of exercise, Health and Aging.
* Describe the effects of Aging process on:
* Muscle strength
* Neural functions
* Pulmonary function
* Cardiovascular function
* Body composition
* Explain the effects of exercise on the aging process

Argue for and against longevity and exercise

**Learning outcomes**

**Course Contents**

Overview of exercise, Health and Aging; Aging and Physiological functions; muscle strength and aging; Neural functions and aging; Pulmonary functions and aging; Cardiovascular functions and Aging; Body composition and aging; effects of exercise on aging process; exercise on aging process; exercise and longevity.

**LEVEL 400**

**BUK: HKE405: Exercise Hygiene and Counseling**

**Senate approved relevance**

Considering of the way and manner sports facilities and equipment are handled by the athletes, this course is needed. Contact between players as evident in striking games need to be taken care of hygienically. Athletes’ sports choices as carrier need to be guided to limelight. This course would bridged the gap og inadequate non sports counsellors in Nigeria sports scene

**Overview**

The course introduces the undergraduates to procedures that enhance hygiene, sanitation and safety in terms of sports/exercise facilities and equipment sports gins and personal cleanliness before during and after training or match. The course also introduces the undergraduates to the counseling needs in exercise and sports career, skill and stamina improvement and maintenance.

**Learning Objectives**

The course intends to achieved the following objectives

1. Produces graduates that could serve as trainers, coaches and teachers that will enhance safety in sports through hygiene.
2. Produces graduates with sports counseling convention to assist the nation future athlete in terms of sports carrier choice.
3. To train undergraduates n the area maintenance of skills and stamina for individual athletes and the team at large.

**Learning outcomes**

At the end of the course the students should be able to:

1. Adapt procedures for body cleanliness during sports/exercises.
2. Apply procedures for rub down after sports/exercise.
3. Identify safety and conducive environment for sports/exercise.
4. Identify recommended apparatus for sports and exercise.
5. Identify faulty apparatus, fix and install simple apparatus,
6. Guide individual, players/clients on sports choice, recommended times for various exercises.
7. Explain training peculiarities based on underline conditions.

**Course contents**

Sports/exercise personal hygiene cleanliness of the body before and after exercise, sports out fits, procedure for rubdown; safety and conducive environment, use of recommended apparatus, care of apparatus, sports/counseling based on body somatotype, preferable time for fitness exercise, Rehabilitation exercise, recreational exercise, training peculiarities in terms of underline conditions.

**BUK:** **HKE406: Comparative Physical Education**

**Senate approved relevance**

Considering of the way and manner sports facilities and equipment are handled by the athletes, this course is needed. Contact between players as evident in striking games need to be taken care of hygienically. Athletes’ sports choices as carrier need to be guided to limelight. This course would bridged the gap og inadequate non sports counselors in Nigeria sports scene

**Overview**

The course introduces the undergraduates to procedures that enhance hygiene, sanitation and safety in terms of sports/exercise facilities and equipment sports gins and personal cleanliness before during and after training or match. The course also introduces the undergraduates to the counseling needs in exercise and sports career, skill and stamina improvement and maintenance

**Learning Objectives**

1. To produce graduates that demonstrates good knowledge and competence in analyzing the historical development of physical education, sports and recreation in developed and developing countries.
2. To produce graduates that can describe the cultural, economic social and political characteristics of the different countries as relate to physical education, sports and recreation indifferent countries of the world.
3. To produce graduates that can explain sports policies of various countries of the world in relation to development of physical education, sports and recreation.
4. To produce graduates that are familiar with the organization of physical education and sports in schools in different countries
5. To produce graduates that can effectively describe the organization of amateur and professional sports in different countries of the world.

**Learning outcomes**

At the end of the course the students should be able to:

1. Ability to analyze the historical development of physical education, sports and recreation in developed and developing countries.
2. Describe the cultural, economic social and political characteristics of the different countries as relate to physical education, sports and recreation indifferent countries of the world.
3. Explain sports policies of various countries of the world in relation to development of sports and recreation.
4. Identify the international organizations relating to physical education, recreation and sports and contributions towards physical education, recreation and sports development.

**Course contents**

A comparative analysis of the historical development of physical education, sports and recreation in developed and developing countries, analysis from perspective of the cultural, economic social and political characteristics of the different countries, analysis of sports policies of various countries of the world, international organizations relating to physical education, recreation and sports.

**BUK HKE 407- Sport Sociology**

**Senate Approved Relevance**

The course is designed to produce high quality graduate that will critically examine the role, function, and meaning of sport in the lives of people and the societies they form for the benefit of mankind, in Nigeria and the world at large is of great importance to Bayero University. This is necessary to produce sociologists of sports that will seek to intervene in sports world in several ways through offering expert advice to government agencies, public enquiries and commission reports on areas such as drugs, violence, health education and acts as advocates for athletes’ right and responsibilities.

**Course Overview**

The course deals with the basic assumptions on sociological perspective and their applications in sport play, game and society. Influence of culture and social trend on citizens’ participation in physical activities and sport, influence of sport on individual, social, health and economic development of a nation and social influences on sports competition, social expectations, and crowd/motor behaviour in competition would be addressed. The course deals with basic assumptions on sociological perspective and their applications in sport, play, game and sport in the society. The courses also examine the influence of culture and social trend on citizens’ participation in physical activities and sport. The influence of sport on individual, social, health and economic development of a nation, as well as social influences on sports competition i.e social expectations, and crowd behaviour in competition would be taught.

**Learning Objectives**

The objectives of the course are to:

* Discuss the concept of sport sociology
* Identify the different types of Group dynamics and sports collective behavior
* Describe and identify the values of sports in the society
* Describe social learning and sports
* Identify and explain sports and politics
* Familiarize the students with sports and physical activity in socio culture settings
* Familiarize the students with the role of sports in the processes, politics, religion, woman in sports, play games and sports in the African setting
* Discuss the study of various social processes e.g socialization, stratification, mobility, social change Sports and religion
* Discuss the sports and institutions i.e NSC, NIC etc
* Explain sports and race (ethnicity)
* Describe sports and culture
* Familiarize the students with theory of play

**Learning Outcome:**

At the completion of this course, students should be able to

Explain concepts central to sociology of sports

Understand how different how different sociological perspectives have developed

Explain why sociology emerged when it did

Describe how sociology of sports become a separate academic discipline

Explain how sociology of sport theories are and how there are used

Understand the similarities and differences between structural functionalisms, conflicts theory and symbolic interactionism

Explain why it is worthwhile to study sociology of sport

Identify ways sociology of sport is applied in the real world

**Course contents**

Introduction and definition of sport sociology; Group dynamics and sports collective behavior; values of sports in the society; Social learning; politics; religion and race (ethnicity); Sports and institutions i.e NSC, NIC etc culture and theory of play; Sports and physical activity in socio culture settings; study of various social processes e.g socialization, stratification, mobility, social change; The role of sports in the processes, politics, religion, woman in sports, play games and sports in the African setting and indigenous sports.

**BUK: HKE408: Fitness and Exercise in Health and Hyper-kinetic diseases**

**Senate Approved relevance:**

In the 19centuary, many of the leading causes of death were from infections caused by bacteria or viruses. Modern science found cures or vaccinations for many of these conditions, and now in the 21st century these diseases are no longer the leading health problems. Diseases  
such as heart disease, cancer, diabetes, and stroke are on increase and are now considered the leading health threats in our communities. These and many other diseases are considered to be hypokinetic conditions because they are caused in part from sedentary living. It is of importance for the under graduate students to have knowledge of hypokinetic diseases and acquire skills about how physical activity reduces the risk of hypokinetic conditions and increases wellness.

**Overview**

The biggest story of the last hundred years has been the conquest of disease. Scientists have learned a great deal about the ways to prevent and cure many types of disease. Thus, millions of people who would have died of disease a century ago are more likely to live to old age especially

hypokinetic diseases. Hypokinetic diseases are those conditions that occur as a result of lack of exercise and movement. Example of hypokinetic diseases are obesity, diabetes, stroke and heart disease, others include chronic law back. Therefore participation in Physical activity and exercise can account for the reduction or alleviate the prevalence of hypokinetic diseases and improve health and wellness in the society.

**Learning Objectives:**At the end of this course, students should be able to:  
1. Explain the concept of hypokinetic diseases

2. Describe some hypokinetic conditions.

3. List some benefits of physical activity and exercise that contribute to health and wellness.  
4. Explain, using examples, how physical activity is related to hyperkinetic conditions.

**Learning outcomes**

At the end of the course the students should be able to:

1. Explain the concept of fitness, exercise, health and hyperkinetic diseases.
2. Describe the types of exercises that is beneficial to individual health
3. Identify the principles of exercise and assess fitness of an individual,
4. Describe some hypo-kinetics conditions.
5. Explain how physical inactivity is related to hypo-kinetic conditions.
6. Identify some benefits of physical activity exercise that contribute to health and wellness

**Course contents**

Meaning of exercise, fitness and health, principles of exercise, assessment of health and fitness of an individual, test t estimate VO2 max for health and fitness, cardiovascular disease, types of cardiovascular diseases, risk factors associated with cardiovascular diseases, diabetes, types of diabetes, risk factors associated with diabetes and its complications, obesity, cancer, asthma, physical activity and it contribution to prevention hypokinetics diseases and wellness.

**BUK: HKE-409: Legal liability in sports and exercise**

**Senate approved relevance**

Considering the participation into sport at various levels in school, community, amateur and professional sports, in addition to proliferation of recreational, event and gymnasium centers especially in metropolitan, it is therefore timely to expose the students on the sports laws and legal liabilities that may arise in the cause of discharging their duties and possible means of preventing or minimizing the conditions that are associated with torts, negligence and assault in sports.

**Overview**

Sports and exercise involve organize physical activities governed by rules, which have values that can be applied to everyday living. Sports and exercise have a predetermine methods, procedures and strategies of guiding participants in order to ensure success which failure to exercise ones duty as expected may lead to legal implication.

**Learning Objectives**

Identify legal issues affecting sport management operations

Explain legal considerations in sport

Explain legal considerations of exercise

Differentiate law of torts and negligence

Discuss legal liability to a coach or instructor

Discuss precautionary measures against liabilities in sports and exercise.

**Learning outcomes**

At the end of the course the students should be able to:

1. Explain the meaning of sports law, areas of sports law, and divisions of sports law.
2. Demonstrate good knowledge of law of torts and sports litigation, torts, negligence and assault in sports and exercise.
3. Describe the legal duties of a coach/instructor towards athletes/clients.
4. Identify the sources of legal liability to a teacher/coach of instructor.
5. Explain precautionary measures against liabilities in sports and exercise.
6. Identify the forms of malpractice in sports.

**Course contents**

Meaning of sports law; Areas of sports law (antitrust, contract and tort), divisions of sports law, law of torts and sports litigation, torts, negligence and assault in sports and exercise, legal duties of a coach/instructor, sources of legal liability to a teacher/coach of instructor, precautions against liabilities malpractice in sports (sports officiating, workers compensation, insurance, commercial misappropriation, product liability).

**BUK: HKE 410 -Application of Computer in PE & Sport 2 CU**

**Senate approved relevance:**

Technology has penetrates every sphere of work life as such the Training of high quality graduates who are highly skilled and knowledgeable in the application and use of computer in Physical Education and sport is highly needed. These course will equip the students during their study and afterwards, in the aspect of planning, design and programming of exercise, nutrition and training schedule of players and athletes thus mitigating the incidence of death and among athletes and players. This is necessary to produce graduates that can effectively make use of the computer in enhancing coaching and level of performance to produce perfection in results of sports events as it bears fair and accurate judgments. This is in line with the vision and mission of BUK.

**Overview**:

The training of high-quality graduates who are highly skilled in the understanding of a computer as a machine its languages and elementary idea of programming; processing, storage and retrieval of PE, sports and health information computerized timing and programme scheduling in sports; application of computer to solve problems relating to physical Education; use of computerized sport and PE facilities in various ways that can contribute to the development of a more satisfying life and environment for the benefit of Nigeria, mankind and significantly to BUK . Application of computer in PE and sport is the science that involves the collection, organizing, analyzing, and interpretation of data in order to make decision. Application of computer to PE and sport is a vital tool for robust data analysis, prescription, design and planning of exercise, etc and in other physical Education fields of Sport management, exercise science and sport psychology.

**Learning Objectives**

The objectives of the course are to:

1. Define PE and Sport

2. State the importance of computer in PE and sport

3. Describe the types of computer, classification of computer

4. Identify the difference between analogue, digital and hybrid computers

5. Describe the components of a computer System i.e Hardware and software

6. Explain computer Virus and types of Virus

7. Describe Microsoft Windows and how to start windows application

8. Discuss Application Packages i.e M.S Words; M.S Excel and M.S Power Point

9. Explain the use of the application packages in PE and Sport

10. Scheduling of training program; Prescription of exercise and designing and planning of records of players and athletes

11. Describe data and information

12. Outline the differences that exist among

**Learning Outcome:**

On completion of the course, students should be able to:

1. Describe Computer, IT & ICT

2. Explain the importance of Computer in PE and Sport

3. Explain the different types of Computers by type; by purpose; by generation; by size

4. Describe Computer system and its components

5. Differentiate between IT and ICT

6. State the differences among:

7. Describe the concept of IT and ICT.

8. Explain data and information

**Course Contents**

Concept of computer system and components; Concept of IT &ICT and Differences between IT & ICT; Data, Information and need for Information in Sport and role of IT in PE and Sport,

IT, Internet and its use within a Networking/ communication environment; History, development and use of the Internet in PE and Sport; Importance of computer in PE and sport; Types of computer, classification of computer; Identify the difference between analogue, digital and hybrid computers; Components of a computer System i.e Hardware and software; Computer Virus and types of Virus; Microsoft Windows and how to start windows applications; Application Packages i.e M.S Words; M.S Excel; M.S Power Point and M.S Corel Draw; Application packages in PE and Sport; Scheduling of training program; Prescription of exercise and designing and planning of records of players and athletes

**BUK: HKE 411- Current Issues in Human Kinetics Education**

**Senate approved relevance**

The course is very relevant because it aimed at preparing students to writing and presenting scholarly papers on contemporary issues in the field of human kinetics, recreation and sports.

**Overview**

The course exposes students to the rudiments, procedures and techniques of writing article and making presentations in public places thereby instilling confidence in them during the process.

**Learning Objectives**

1. To produce graduate that is competent in writing scholarly papers on contemporary issues in the field of human kinetics education
2. To produce graduate that can confidently present scholarly papers on contemporary issues in the field of human kinetics education
3. To produce graduate that have the ability to conduct independent studies in the field of human kinetic education

**Learning Outcome**

At the end of the course the students should be able to:

1. Demonstrate scholarly skills of writing seminar Papers paying attention to introductory part, body of the paper, summary, conclusions, recommendations and correct format of writing references.
2. Present scholarly papers on contemporary issues in the fields of Human Kinetics Education, Recreation and Sports Administration.

**Course contents**

This course is aimed at preparing students to writing and presenting scholarly papers on contemporary issues in the fields of Human Kinetics Education, Recreation and Sports Administration/Management.

The course is essentially a paper presentation based on the areas identified above. In other word, it is a Seminar Course.