

**LEAD CITY UNIVERSITY, IBADAN**  
**FACULTY OF EDUCATION**  
**DEPARTMENT OF KINESIOLOGY, SPORTS SCIENCE AND HEALTH EDUCATION**  
**2<sup>nd</sup> Semester 2017/2018 Session**  
**Course Title: Outdoor Sports**  
**Course Code: KSC 111**  
**Lecturer in Charge: Mr. Victor Femi Awoseyi**  
**B.Sc. (Hons PGDE (PHE), M.Ed. (PHE))**

**SECTION A**

**INTRODUCTION**

The course is to let the students know there is a difference between the Indoor and Outdoor Games.

**COURSE OBJECTIVES:**

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

- Differentiate between Indoor and Outdoor Sports
- Differentiate between facilities (Outdoor/Indoor) Equipment and Supplies.
- Develop skills in each of the outdoor games.

**COURSE DESCRIPTION:** Introduction to Outdoor Sports

**TEACHING PLAN**

- |          |   |
|----------|---|
| Week I   | (i) Introduction and definition of Sports<br>(ii) What are facilities, Equipment and Supplies?                            |
| Week II  | Why do people participate in Sports?  |
| Week III | (i) Classification of Outdoor Sports<br>(ii) Introduction to Track and Field  |
| Week IV  | All Comers Tract Meets<br>- Sprint events, Middle Distance and Long Distance events.                                      |
| Week V   | (i) Field events<br>- Classification<br>(ii) Factors affecting results in running.<br>(iii) How to develop good sprinting |
| Week VI  | (i) Qualities of a good hurdles<br>(ii) Baton Exchange<br>(iii) Test I  |
| Week VII | Swimming – Introduction<br>(i) Benefits of Swimming   |

- (ii) Safety Precautions
- Week VIII (i) Forms of Swimming  
(iii) Common faults and corrections in swimming strokes.
- Week IX Football – Introduction  
(i) Skills in football  
(ii) Test II
- Week X Basket Ball – Introduction  
Personal foul, Technical foul
- Week XI Handball – Introduction  
(i) Cricket – Introduction  
(ii) Mode of playing the game.  
(iii) How to dismiss the Batsman
- Week XII Interpretation of Results  
How a Batsman can be dismissed.
- Week XIII Revision

## **COURSE REQUIREMENT AND ASSESSMENT**

Attendance and Practicum	40%
Examination	<u>60%</u>
	<u>100%</u>

## **SECTION B**

### **TUTORIAL QUESTIONS**

1. State 10 benefits associated with sports participation
2. Describe to details forms of swimming
3. Write short notes:
  - (i) Meaning of sports
  - (ii) Types of Sports facilities
  - (iii) Equipment and Supplies
  - (iv) Safety margin
  - (v) Non-visual methods of baton exchange
4. a. With examples, state any 5 groupings of games.  
b. What are the criteria for the groupings?
5. Describe fully, Multiple Event Competitions.
6. Mention and describe to details, any 5 equipments, Supplies in swimming.

7. (a) What are the factors affecting results in running?  
(b) How will you ensure your athlete develops good sprinting?
8. State 8 benefits of swimming.
9. In order to save a teacher from litigation, describe any 6 rules to prevent swimming accidents.
10. There are many formations in the game of football. You, as the Coach describe the formation you will use to attack mainly your opponents.
11. Describe any 5 skills in football.
12. a. Describe fully, any 5 personal fouls.  
b. What are the penalties?
13. How can a Batsman be dismissed in a Cricket game?

### SECTION C

#### MARKING SCHEME

1.	10 Benefits 5 x 2 marks	--	--	--	--	--	--	<u>20 marks</u>
								20 marks
2.	Forms of swimming 4 x 5	--	--	--	--	--	--	<u>20 marks</u>
								20 marks
3.	Short Notes							
	(a) Meaning of sports	--	--	--	--	--	--	4 marks
	(b) Types of Sports Facilities			--	--	--	--	4 marks
	(c) Equipment and Supplies	--	--	--	--	--	--	4 marks
	(d) Safety Margin	--	--	--	--	--	--	4 marks
	(e) Non Visual Method of exchange			--	--	--	--	<u>4 marks</u>
								20 marks
4.	(a) 5 Groups of Games x 3 marks	--	--	--	--	--	--	15 marks
	(b) Criteria for grouping x 5 marks	--	--	--	--	--	--	<u>5 marks</u>
								20 marks
5.	Multiple Event Competitions							
	(i) Introduction	--	--	--	--	--	--	5 marks
	(ii) 3 with examples	---	--	--	--	--	--	<u>15 marks</u>

