

LEAD CITY UNIVERSITY

FACULTY: ARTS AND EDUCATION

DEPARTMENT: KINESIOLOGY, SPORTS SCIENCE AND HEALTH EDUCATION

SEMESTER: FIRST SEMESTER (2017/2018 SESSION)

COURSE CODE: KSC 112

COURSE TITLE: HISTORY AND PRINCIPLES OF PHYSICAL EDUCATION

STATUS: COMPULSORY

LECTURER IN CHARGE: ESTHER M. OLADEJO

QUALIFICATION: Ph.D

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AREA OF SPECILIZATION: PSYCHOLOGY OF SPORTS

SECTION A

COURSE OBJECTIVES

By the end of this course students should be able to:

- i. Define physical education and its objectives.
- ii. Explain principles of Physical Education.
- iii. Discuss the history of Physical Education in Nigeria.
- iv. Discuss history of physical education in some Ancient Oriental Nations, such as: China, Egypt, Greece and Rome.

COURSE DESCRIPTION: History and Principle of Physical Education.

INTRODUCTION: Physical Education has existed since the earliest stages of human society, in forms as simple as the transmission of basic survival skills, such as hunting. Later, the ancient Chinese, Indian and Egyptian civilisations had traditions of physical education and activity, most commonly acted out in sporting competitions, military tactics, trainings and martial arts.

TEACHING PLAN

WEEK 1: Introduction to the course: History and Principle of Physical Education.

- Definition of Physical Education
- Aims of Physical Education.
- Objectives of Physical Education.

WEEK 2: Principles of Physical Education:-Meaning of Terms: Physical Culture, Physical

- Training, Drill, Sports, Gymnastic and Athletics

WEEK 3: Meaning of Education and general education.

- Physical Education as applied to General Education.

WEEK 4: History and development of Physical Education in Greece

WEEK 5: History and development of Physical Education in Rome.

WEEK 6: History and development Physical education in the USA.

WEEK 7: History and development of Physical Education in Egypt and China.

WEEK 8: History and development of Physical Education.

- Great Britain and Denmark.

WEEK 9: History and development of Physical Education in Germany.

WEEK10: Historical Development of Physical Education in Nigeria.

WEEK 11: Revision.

WEEK 12: Examination.

REFERENCES

Adedeji, J. A. (1985). *The teaching of physical and health education*. Ibadan, Nigeria: West Books Publisher Limited.

Ajala, J. A., Amusa, L. O. & Sohi, A. S. (1999). *Physical Education*. Nigeria: Macmillan Nigeria Publishers Limited. Association of International Schools in Africa.

Bucher C.A. (1979). *Foundation of physical education*. St. Louis: The C.V. Mosby Co, 1979. 8th edition.

ASSESSMENT

Mid Semester	40%
Examination	60%
TOTAL	100%

SECTION B

TUTORIAL QUESTIONS

1. Define Physical Education and discuss its aims.
2. Highlight the objectives of Physical Education and explain any **TWO**.
3. Discuss **FOUR** Greeks' sports festivals.
4. Enumerate **FIVE** factors that led to the fall of the Romans.
 - a. Highlight **FIVE** purposes of Greeks' sports festivals.
5. Explain ways of organising physical education by the Spartans.
 - a. Discuss mode of organising physical education in Athens.
6. Write short notes on the following: (i) Recreation (ii) Health (iii) Gymnastics (iv) Physical culture.

7. List **FIVE** pioneers of Physical Education in Nigeria.
- b. Highlight **FIVE** achievement of Hardin J. Ekperigin in Nigerian Physical Education.
8. Briefly discuss **FOUR** ways in which Physical Education should contribute to psychomotor domain.
9. Write short notes on: (i) Drill (ii) Physical training (iii) Sports (iv) Athletics
10. Discuss the following ways in which physical education should contribute to the affective domain:
 - (i) Physical education should contribute to an appreciation of beauty.
 - (ii) The physical education program aimed at excellence contributes to family and home living.
11. Explain the contributions of the following people to physical education.
 - (a) Adolph Spiess
 - (b) Friedrich Ludwig Jahn
12. Psychomotor domain should contribute to Physical education in two major ways. Discuss them.

SECTION C

MARKING SCHEME

1. Definition and aims		20 marks
2. Explanation	4 x 5 marks	20 marks
3. Discussion	4 x 5 marks	20 marks
4. Any 5	5 x 2 marks	10 marks
b. Any 5	5 x 2 marks	10 marks
		20 marks
5. Any 4 ways	4 x 2.5 marks	10 marks
b. Any 4 ways	4 x 2.5 marks	10 marks
		20 marks
6. Short notes		20 marks
7. Any 5 pioneers	5 x 2 marks	10 marks
b. Any 5 achievements	5 x 2 marks	10 marks
		20 marks
8. Brief Discussion		20 marks
9. Short notes		20 marks
10. Any 2 ways	2 x 10 marks	20 marks
11. Explanation	10 x 2 marks	20 marks
12. Discussion		20 marks