

Programs in the Department

1. Bachelor of Education (Physical Education and Sports)
2. Bachelor of Science (Exercise and Sports Science)
3. Postgraduate Diploma (Physical Education)
4. Master of Science (Physical Education)
5. Master of Science (Exercise and Sports Science)
6. Doctor of Philosophy(Physical Education)
7. Doctor of Philosophy(Exercise and Sports Science)

1. Bachelor of Education (Physical Education and Sports)

Modes of study

- a) Full time residential (Regular) and (CEP): Campuses: Main

Minimum Entry Requirements:

- (1) Candidates must satisfy the minimum entry requirement for Kenyatta University and the School of Education of an aggregate of C Plus (C+) in Kenya Certificate of Secondary Education (KCSE) or its equivalent. **OR**
- (2) Candidates with a Diploma in Education with Physical Education as a teaching subject from a recognised and accredited institution may be considered
- (3) In addition to either one of the above, a candidate must have done biology or biological sciences with a grade of C+ and above at the level of Kenya Certificate of Secondary Education (KCSE) or its equivalent from a recognized institution.

(New Curriulum)

Level 100

HPE 130: Foundations of Physical Education and Olympism

HPE 131: Hockey, Netball, Soccer (Practical)

HPE 132: Basketball, Handball, Volleyball (Practical)

HPE 133: Functional Human Anatomy and Physiology

HPE 134: Nutrition and Sport Performance

Level 200

HPE 230: Athletics I, Rugby and Swimming I (Practical)

HPE 231: Athletics II, Martial Arts & Combat Sports and Swimming II (Practical)

Level 300

HPE 330: Outdoor Education and First Aid (Practical)

HPE 331: Aerobics, Dance and Gymnastics (Practical)

HPE 332: Badminton, Squash and Tennis (Practical)

HPE 333: Sports Pedagogy and Management (Practical)

Level 400

HPE 430: Exercise Physiology

HPE 431: Adapted Physical Activity and Sports

HPE 432: Physical Fitness and Principles of Training
HPE 433: Prevention and Management of Sports Injuries
HPE 434: Tests and Measurements in Physical Activity
HPE 435: Biomechanics in Exercise and Sports
HPE 436: Motor Development and Learning

(Old Curriculum)

LEVEL 100

CORE

HPE 101: Hockey, Netball, Soccer (Practical)
HPE 103: Basketball, Handball, Volleyball (Practical)
HPE 108: Foundations of Physical Education
HPE 109: Human Anatomy and Physical Activity

LEVEL 200

CORE

HPE 203: Athletics II, Rounders and Swimming II (Practical)
HPE 208: Sports Pedagogy and Management (Practical)
HPE 209: Functional Human Physiology (Revised title)
HPE 210: Athletics I, Rugby and Swimming I (Practical)

LEVEL 300

CORE

HPE 300: Outdoor Education and First Aid (Practical)
HPE 301: Aerobics, Dance and Gymnastics (Practical)
HPE 310: Badminton, Squash and Tennis (Practical)
HPE 311: Motor Development and Learning

ELECTIVES

HCU 300: Introduction to Research Methods
HCU 301: Introductory Statistics
HES 304: Nutrition and Sport Performance
HPE 312: Physical Activity and Health
HPE 313: Sports Equipment and Facilities
HPE 314: Legal Issues in Physical Education and Sports
HPE 315: Comparative Physical Education and Sports

LEVEL 400

CORE

HPE 401: Skill Specialization I (Two sports from two different categories) (Practical)
HPE 402: Exercise Physiology
HPE 403: Skill Specialization II (Two sports from two categories different from HPE 401)

(Practical)

HPE 410: Physical Fitness and Principles of Training (Revised title)

ELECTIVES

HPE 409: Prevention and Management of Sports Injuries

HPE 413: Tests and Measurements in Physical Activity

HPE 411: Adapted Physical Activity and Sports

HPE 412: Curriculum Development in Physical Education

HPE 414: Biomechanics

HPE 415: Olympics Movement Education (Revised title)

2. Bachelor of Science (Exercise and Sports Science)

Modes:

a) Full time residential (Regular): Campuses: Main

Minimum Entry Requirements:

In addition to attaining the basic university admission requirements (C+ in KCSE or its equivalent), a candidate must have a minimum grade of C+ (in KCSE or its equivalent) in at least **one** of the following subjects: biology, mathematics, physical sciences, chemistry or physics.

A grade of C (plain) in KCSE or its equivalent with a diploma in Sports Administration/management, Physical Education, Sports Science, Hospitality, Nutrition, Nursing, Physiotherapy, Public Health and Coaching or in other related field from a recognized institution.

Course Duration:

4 years

Level 100

Core Units

Unit Code: Title

HES 100: First Aid and Safety Education

HES 101: Foundations of Sports Science

HES 102: Functional Human Anatomy

HES 103: Human Physiology I

HES 105: Exercise Biochemistry I

HES 106: Callisthenics and Weight training

HES 107: Kinanthropometry

HES 108: Community Health Education

HRS 101: Recreation, Sport and Environment

HPE 101: Hockey, Netball and Soccer

HPE 103: Basketball, Hand ball, Volleyball

HPE 104: Psychology of Physical Education

Level 200

Core Units

HES 200: Physical Fitness and Evaluation

HES 201: Functional Human Anatomy II

HES 202: Human Physiology II

HES 203: Exercise Biochemistry II

HES 204: Biomechanics in Sports I

HES 205: Motor Development and Learning

HES 206: Exercise and Sports for the Special Populations

HRS 200: Legal and Ethical Issues in Recreation and Sport

HRS 201: Public Relations in Recreation and Sport

HRS 205: Sociology of Recreation and Sport

HRS 207: Aerobics and Dance

HPE 201: Athletics I, Softball, Swimming I

Level 300

Core Units

HCU 300; Introduction to Research Methods

HCU 301; Introductory Statistics

HES 301: Exercise and Wellness

HES 302: Application of Computer Technology in Recreation & Sport

HES 304: Nutrition and Sport Performance

HES 305: Prevention and Management of Sport Injuries

HES 306: Applied Exercise Physiology

HES 307: Principles of Training and Conditioning

HRS 301: Business of Recreation and Sport

Electives

HES 308: Talent Identification in Sports

HES 309: Sport Ergonomics

HES 310: Biomechanics in Sport II

HES 311: Physical Therapy in Exercise and Health

HES 312: Design and Improvisation of Sports Facilities and Equipment

HES 313: Hydrodynamics and Aquatic Activities

HRS 303: Sports and Recreation Marketing

HRS 305: Leadership in Recreation and Sport

HPE 309: Stress Management and Physical Activity

Level 400

Core Units

HCU 400; Project Design, Monitoring and Evaluation

HES 401: Research Project in Human Performance
HES 402: Ergogenic Aids in Sports
HES: 404: Practicum
HRS 400: Adventure Recreation and Training
HRS 401: Financial management and Accounting in Recreation and Sport
HPE 400: Test and Measurements in Physical Activity
HES 405: Rackets and Batting Games
HES 406: Drugs Abuse and Control in Recreation and Sports
HES 407: Coaching Science
HES 408: Individual Fitness Programme Design
HRS 405: Aging and Human Performance

(3) Postgraduate Diploma in Physical Education

Modes of Study: Regular and CEP

Minimum Kenyatta University Entry Requirements for Postgraduate Courses

Bachelor's Degree of at least Second Class Honours (Lower Division) or equivalent qualification from a recognized university in any area of specialization.

Additional university admission requirements and regulations for postgraduate programmes apply.

Minimum Entry Requirements for Postgraduate Diploma in Physical Education

Bachelor of Education Degree of at least Second Class Honours (Lower Division) or equivalent qualification from a recognized university in any area of specialization.

Courses /units offered for the programme (face-to-face, full-time mode, blended mode, continuing education program)

HPE 700: Foundations and Pedagogy of Physical Education
HPE 701: Anatomical and Physiological Rationale in Physical Activity and Sport
HPE 702: Motor development and Adapted Sports
HPE 703: Exercise Physiology and Fitness Evaluation
HPE 704: Principles of Training and Conditioning
HPE 705: Outdoor Education Pursuits and First Aid
HPE 706: Sports Equipment, Facility Design and Management
HPE 707: Skill Acquisition 1: Basketball and Volleyball
HPE 708: Skill Acquisition 2: Athletics and Rugby
HPE 709: Skill Acquisition 3: Badminton and Tennis
HPE 710: Skill Acquisition 4: Softball and Swimming
HPE 711: Skill Acquisition 5: Soccer and Netball
HPE 712: Prevention, Management of Sports Injuries
HPE713: Research Methods and Project
HPE 714: Practicum

2. Master of Science (Physical Education)

Modes: Regular, CEP & DSVOL

Entry Requirement

Bachelor's Degree with at least Second Class Honors (Lower Division) in Physical Education, Sports/Exercise Science, or Recreational Management from a recognized and accredited University. OR

Postgraduate Diploma in Physical Education from Kenyatta University or any other recognized University

Course Code

1. HCU 800 Research Methods (School Unit)
2. HCU 801 Statistics (School Unit)
3. HPE 802 Legal and Ethical Issues in Physical Education and Sports
4. HPE 827 Physiology of Exercise for Physical Education
5. HPE 828 Didactics and Methods of a Selected Sport
6. HPE 829 Curriculum Development in Physical Education
7. HPE 830 Physical Education and Sports for Special Population
8. ***ELECTIVES (ANY FIVE)***
9. HPE 831 Sociology of Sports
10. HPE 808 Comparative Physical Education
11. HPE 832 Learning of Motor Skills
12. HPE 833 Psychology of Physical Education and Sports
13. HPE 834 Ergogenic and Ergolytic Aids in Sports
14. HPE 835 Administration and Marketing of Physical Education and Sports
15. HPE 836 Human and Industrial Relations in Physical Education and Sports
16. HPE 837 Management of Equipment and Facilities in Physical Education and Sports
17. HPE 838 Physical Education and Health Promotion
18. HPE 839 Diagnosis and Adaptation Techniques for Disabilities
19. HPE 840 Psychology of Disability /Impairment
20. HPE 841 Physical Education and Sports for People with Physical Disabilities
21. HPE 842 Physical Education and Sports for People with Visual and Hearing Disabilities
22. HPE 843 Physical Education and Sports for People with Intellectual Disabilities
23. HPE 844 Thesis

3. Master of Science (Exercise and Sports Science)

Modes of Study: Regular & DSVOL

Entry Requirement

A holder of a least Lower Division Second Class Bachelor's degree or its equivalent in a relevant discipline shall be considered. Graduates of BEd Physical Education, BSc Exercise and Sports Science or BSc Recreation and Sports Management as well as those in related fields such as Medicine, Nursing, Nutrition and Special Education shall be considered. Holders of a relevant Post Graduate Diploma in Sports Administration and Management of Kenyatta University or

any other recognized University shall be eligible for admissions while holders of a Graduate Diploma in related disciplines may also be considered.

Post

1. HCU 800: Research Methods
2. HCU 801: Statistics
3. HES 800: Applied Exercise Physiology
4. HES 801: Nutrition for Exercise and Sports
5. HES 802: Applied Therapeutic Modalities in Exercise and Sports
6. HES 803: Laboratory Methods in Human Movement and Performance
7. HES 804: Exercise in Chronic Diseases
8. HES 805: Advanced Sports and Exercise Psychology
9. HES 812: Thesis

Electives

10. HES 806: Pharmacology in Sport and Exercise
11. HES 807: Exercise and Sports in Disability
12. HES 808: Sports Performance & Ergogenic Aids
13. HES 809: Prevention and Management of Athletes' Medical Conditions
14. HES 810: Health and Exercise Physiology Practicum

4. Doctor of Philosophy (Physical Education)

Entry Requirement

Masters degree in Physical Education or its equivalent from a recognized university. Masters of Science (Exercise & Sport Science) or Masters of Science (Leisure and Recreation Management) who also have a Bachelor's degree in Physical Education or Post Graduate Diploma in Education may be considered.

5. Doctor of Philosophy (Exercise and Sports Science)

Entry Requirement:

Master's degree in Exercise Science/Kinesiology/Sports Medicine/Medicine/ biomedical science or its equivalent from a recognized university.