COURSE DESCRIPTION

FIRST YEAR-LEVEL 100

**HPE 100: History and Philosophy of Physical Education**

**History** of Physical Education in Rome and Egypt. Traditional African physical activities. The influence of British physical education system in Kenya. The nature of physical education in U.S.A. and how it contrasts with the British one. Development of P.E. in Kenya.


**HPE 101: Hockey, Netball and Soccer**

History and development of each game. Basic skills. Drills, rules, lead up and conditioning games. Markings, layout and dimensions of facilities and equipment for each sport.

**ESS 102: Functional Human Anatomy**


**HPE 103: Basketball, Handball and Volleyball**

History and development of each game. Basic skills. Drills, rules, lead up and conditioning games. Markings, layout and dimensions of facilities and equipment for each sport.

**ELECTIVES**

**HPE 104: Psychology of Physical Education**
Basic concepts of psychology related to learning and coaching of sports skills. Role of psychology of PE and sports. Psychomotor learning in relation to mental development. Theories of personality and self image in choice and participation. Effects of anxiety, stress and motivation on performance. Aggression and its effects on contemporary sports. Practical application of psychology to winning and counselling in sports.

HPE 105: Adapted Physical Activity and Sports

Effects of congenital, acquired physical, mental and emotional disabilities on the acquisition of motor skills. Designing and implementing physical education programmes for the various types of disabilities; effects of disability on motor development. Adaptation of physical activities and environment. Practical involvement.

HPE 106: Traditional, Emerging and Creative Games

Anthropological studies of traditional games, sports activities of ethnic communities of Kenya and Africa- varieties, participation and their cultural significance. Children’s informal games. Factors responsible for emergence, diffusion and decline of these games. Efforts to record, teach and learn these games for formalization and perpetuation to be considered. Types and role of creative games. Practical involvement.

HPE 107: Health Education and Wellness


SECOND YEAR-LEVEL 200

HPE 200 Human Physiology
The physiological principles of the neuromuscular, cardiovascular, respiratory, endocrine and digestive systems. Fundamentals of muscle excitation and contraction, muscle fibres, motor activity and energy-supplying processes. Circulatory system and work; oxygen and carbon dioxide transport, transport of heat, nutrients and metabolic end-products, blood flow and muscle supply. Cardiovascular system; adjustment of circulatory system to work, respiration and gas exchange. CO₂ dissociation and buffering, aerobic and anaerobic respiration. Osmo-regulation and excretion: kidney and skin, nervous system, hormonal control of salt and water balance. Practical emphasis.

**HPE 201 Athletics I, Softball and Swimming I**

**Athletics I**: History of athletics in Kenya and world-wide. Track events, cross country, sprints, relays, hurdling, middle and long distance races. Race walking. safety measures. Markings, layout and dimensions of track and equipment.

**Softball**: History and development. Basic skills, drills, rules, lead up and conditioning games. Markings, layout and dimensions of facilities and equipment.


**HPE 202: Motor Development and Learning**

Sequence of development, growth and maturation patterns from foetus, childhood to age twelve. Developmental patterns related to age, sex and environment. Relationship between body size and composition to physical activities. Relationship between growth, development and motor skill performance. Perceptual motor development and movement: space, time, body awareness and weight transfer. Fundamental motor skills, planning, feedback and implementation.

**HPE 203: Athletics II, Rounders and Swimming II**

**Athletics II**- Field events: long jump, high jump, triple jump, shot put, discus and javelin. Safety measures. Markings, Layout and dimensions of facilities and equipment.

**Rounders**- History and development. Basic skills, drills, rules, lead up and conditioned games.


**ELECTIVES**
HPE 204: Principles of Training and Exercise Prescription


HPE 205: Curriculum Development in Physical education

Philosophy, design, development, implementation and evaluation. Critique of existing PE programmes in Educational institutions. Role of the Ministry of Education; the Inspectorate and Kenya Institute of Education. PE curriculum development theories and models: Developmental, humanistic, movement, fitness and inclusion. Criteria for selection and sequencing of content. Design factors; local needs assessment, goals, legal requirements. PE curriculum issues and concerns. Practical applications of designed PE model guidelines.

HPE 206: Comparative Physical Education and Sports

History and methodology of comparative PE and sports. Comparison of pre-colonial, colonial and post colonial physical education and sports in Kenya. Current objectives, philosophy and content of physical education programmes at primary, secondary, college and university levels in Kenya vis-à-vis selected countries in Africa, Europe and America. Comparison of professional preparation of PE teachers in Kenya vis-à-vis those in selected countries.

HPE 207: Biomechanics

Mechanics of human motion: body as a system to levers, joint and muscular action, scalar and vector computations, static and dynamic friction. Basic fluid dynamics and ballistic motion. Biomechanics of upper and lower extremity. Equilibrium and human movement. Basic biomechanics principles applied to team, individual, batting, racket and aquatic sports. Practical / laboratory emphasis.

THIRD YEAR- LEVEL 300

HPE 300: Outdoor Education and First Aid

Outdoor Education: Applications of theories of learning to outdoor education. Transfer of theoretical knowledge to practical application in outdoor education. Responsibilities and qualities of an outdoor educator. Leadership styles in outdoor education. Importance of environmental conservation,
planning and execution of outdoor activities. Practical involvement in using the geographical features in enhancing outdoor education: camp craft, hiking, orienteering, mountaineering, boating, canoeing, rock-climbing and Kayaking. Social, survival and safety skills in outdoor living. Care and maintenance of outdoor equipment and facilities.

First Aid: philosophy, principles and practices underlying assistance or treatment for life threatening emergencies, sudden injury or illness before the arrival of professional medical assistance. Safety consideration at home, Institution and in the community. Rescue operation simulation; practical emphasis: evaluation, protection, support and evacuation.

**HPE 301: Aerobics, Dance and Gymnastics**

*Aerobics*: History, concepts, responsibilities, scientific rationale. components of a session, music selection, choreographic principles, communication and cueing. Modes of aerobics.


*Gymnastics*: Principles and practice of educational gymnastics, basics skills in Olympic gymnastics. Floor and apparatus, displays, adjudication, equipment used, maintenance and safety.

**HPE 302: Sports Pedagogy and Management**

*Pedagogy*: Teaching methodology in physical Education(PE); Direct, indirect and limitation methods of teaching; Teaching styles in each approach. Schemes of work; Lesson planning and execution of a lesson; Unfavourable weather condition lesson.


**HPE 303: Badminton, Tennis and Squash**

History and development of racquet games. Ball sense development activities. Teaching points, drills for each skill: forehand, backhand, service, smash, volley, lob. Lead up and conditioning games. Markings, layout and dimensions of facilities and equipment.

**ELECTIVES**
HPE 304: Martial Arts


HPE 305: Sociology of Physical Education and Sports


HPE 306: Prevention and Management of Sports Injuries


HPE 307: Nutrition and Human Performance


HPE 308: Legal Issues in Physical Education and Sports

Legal issues related to; Physical Education, sports, due process, liability, negligence, risk assumption, rights/liberties government and safety issues in sports, Physical Education and recreation in schools The importance and processes of insurance and insurance against adventure injuries. Administrative responsibility toward legal action in Physical Education and sports playgrounds, facilities and equipment. Ethics and values in sports and physical education.
HPE 309/SRM 304: Stress Management in Physical Education, Recreation and Sport


FOURTH YEAR- LEVEL 400

HPE 400: Tests, Measurements in Physical Activity

Purpose of testing in physical education. Criteria for selecting fitness tests. Administration of selected tests on components of fitness. Methods of recording and processing data. Descriptive statistics relevant within physical education; Statistical techniques: sampling, frequency distribution, measures of central tendency, normal curve, regression and correlation analysis, probability and hypothesis testing.

HPE 401: Skill specialisation I (Two sports from two different categories)

Advanced skills, defence and attack strategies, team formation, certification in officiating. Administration of the sport as manager and coach.


Athletics; Rules and officiating; Equipment and facilities; improvisation of equipment; Coaching and training; Design and implementation of athletic lessons. Organisation of competitions; Certification in coaching and officiating.

HPE 402: Exercise Physiology


HPE 403: Skill specialisation II(Two sports from two different categories)
Coaching strategies, scouting, talent identification, match analysis, planning the sports calendar, conditioning programmes, practical officiating and certification.


**Athletics;** Hammer, pole vault, Organisation of competitions, conditioning programmes. Certification in coaching and officiating.

**ELECTIVES**

**HPE 404: Computer Application in Physical activity.**

Practical application of Information Technology and Computer software in physical and health education and sports. Basic knowledge and understanding of word processing, data entry (access) and presentation (PowerPoint). Use of computers to display selected 3 dimensions illustrations for teaching, learning and coaching purposes. Basic storage and data manipulation.

**HPE 405: Sports Equipment and Facilities**

Principles involved in the design, use, maintenance, repair and management of indoor and outdoor sports equipment and facilities. Practical improvisation, construction / marking of various sports equipment, playing field, courts, athletic track; swimming pools, etc. Management of Physical education and sports equipment and facilities. Visits to sports’ manufacturing plant, retail shops and facilities.

**HPE 406: Contemporary Issues in Physical education and Sports**

Topical and current issues in leisure, recreation and sport as scholarly and professional areas. Sport as a spectacle. Analysis of sporting and recreation outlets in Kenya and worldwide. Organization of major sporting events such as the Olympics and World Cup Soccer. Perceptions of time, freedom and the impact of change within leisure, recreation and sports perspective. Sports and globalisation versus gender, racism, ethnicity, corruption, state and politics. Sports as entertainment. Sports and mass media. Community programmes linking sports to physical and human environment, recreation and poverty alleviation, HIV-AIDS and conflict resolution. Donors and development of sports and recreation.
HPE 407/ ESS 400: Research Methods in Human Performance


HPE 408: Special Olympics