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**UNIVERSITY OF NIGERIA NSUKKA  
DEPARTMENT OF HUMAN  
KINETICS AND HEALTH  
EDUCATION**

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**POSTGRADUATE ACADEMIC  
PROGRAMME**



**May 23, 2018**

## **General Introduction**

The under listed Postgraduate programmes are available in the Department of Human Kinetics and Health Education:

1. Postgraduate Diploma (PGD) in:
  - i. Human Kinetics and Sport Studies (PGDHKS)
  - ii. Health Education (PGDHE)
  
2. Master of Science (M.Sc) in:
  - i. Administration and Management of Physical Education and Sports
  - ii. Curriculum and Physical Education Teacher Education
  - iii. Psychology of Sports
  - iv. Sociology of Sports
  - v. Recreation and Tourism
  - vi. Exercise Physiology
  - vii. Adapted Physical Education
  - viii. Public Health Education
  - ix. School Health Education
  - x. Mental and Emotional Health Education
  - xi. Occupational and Industrial Health Education
  
3. Doctor of Philosophy (Ph. D) in the areas of specialty in '2' above

# POSTGRADUATE STUDIES IN HUMAN KINETICS AND HEALTH EDUCATION

## Overview

The Department of Human Kinetics and Health Education, University of Nigeria, Nsukka in line with the directives of NUC decides to mount a postgraduate Programmes in Human Kinetics and Health Education.

## Philosophy

The philosophy of postgraduate Diploma, M.Sc. programme and Doctor of Philosophy in Human kinetics and Health Education stems from the target of education for all and aligns with the mission of the university which drives toward being in the forefront of knowledge transfer and human resource development. The postgraduate programmes in Human Kinetics and Health Education, therefore, are designed to transmit both theoretical and practical knowledge, and competences needed for employment in the different areas of Human Kinetics, Sports and Health Education.

## Objectives of PGD programme in Human Kinetics and sports studies:

1. To provide opportunity to degree holders in other field of study who are interested in acquiring knowledge and skills in Human Kinetics and sports studies.
2. To provide opportunity to graduates of Physical Education/Human Kinetics and sports studies to upgrade their performance.
3. To equip graduates from other areas other than education the pedagogical skills for effective and efficient teaching experience in Human Kinetics and sports studies.
4. To provide middle level manpower in Human Kinetics and sports studies to fill the learning gap in the various levels of educational institutions.

## Objectives of M.Sc., M.Sc/Ph.d and Ph.D programme in Human Kinetics and sports studies:

- i. To train and produce world class professional practitioners who will Provide specialized services in:
  - Administration and Management of Human Kinetics and Sports;
  - Curriculum and Human Kinetics Teacher Education;
  - Psychology of Sport;
  - Sociology of Sports;
  - Recreation, Leisure and Tourism;
  - Exercise Physiology; and
  - Adapted Human Kinetics
- ii. To produce experts whose career development and achievement will strategically position them to significantly satisfy the manpower needs of Nigeria and beyond in Physical Activity and Sports sector.
- iii. To produce specialists who will take up teaching jobs as qualified staff in diverse Human Kinetics/Human kinetics areas for secondary schools, colleges of education, universities, the military and paramilitary organization as well as health agencies.

- iv. **To** train and produce world class professional practitioners who will take positions in applying their sports sciences skills as applied practitioners in sports science support programmes within a variety of professional sports clubs, National and international Governing Bodies of sports, (such as NFF, IAAF, IOC, NHF, NVF etc.) or as strategic sports science officers and consultants in professional sport settings.
- v. **To** train and produce world class professional practitioners who will diversify into a wide variety of career paths including, management and business.
- vi. **To** train and produce world class professional practitioners who will establish consultancy services as certified human kinetics experts for Organizations, Agencies, interested National and International Bodies.
- vii. **To** train and produce world class professional practitioners who will remain in education and independent research on applied human kinetics and health promotion areas.
- viii. **To** train and produce world class professionals who will continue their studies with a Doctoral research programme.
- ix. To Equip the students with advanced knowledge competences and skills in the different area of specialization in HKS for creative entrepreneurial achievement.

### **Objectives Postgraduate Diploma in Health Education**

The programme is designed to:

1. Produce well qualified persons who will serve as teachers and health care providers in our educational institutions and health facilities.
2. Produce competent manpower for service in rehabilitation centres as health counselors and occupational therapists.
3. Produce competent manpower to initiate and undertake research in areas of Health Education and health related areas.
4. Produce manpower to initiate and undertake research in areas of Health Education
5. Offer students the opportunity to acquire the knowledge and skills they require to contribute to their personal growth and survival, and natural development through Health Education.

### **Objectives of M.Sc., M.Sc/Ph.d and Ph.D programmes in Health Education**

The programme is therefore designed to:

- 1) Produce well qualified persons who will serve as teachers of Health Education and health science in secondary and tertiary institutions.
- 2) Produce competent manpower for service in rehabilitation institutions as health counselors and occupational therapists.
- 3) Produce manpower to serve as environmental health officers.
- 4) Produce competent manpower to initiate and undertake research in areas of Health Education and health related areas.
- 5) Offer students the opportunity to acquire the knowledge and skills they require to contribute to their personal growth and survival, and national development, through Health Education and other health-related activities such as counseling and nutrition.

### **Scope of PGD Programme in Human Kinetics**

Degree Holders in other related areas who may have discovered their interests in human kinetics and sports studies are hereby provided the opportunity to actualize their natural desires. Again graduates of Human kinetics and sports studies who could not qualify for make it at the first attempt are given further opportunity to improve and possibly attain greater heights in the field. The scope of the PGD programme therefore, encompasses all the advanced knowledge competences and skills in the different area of specialization in HKS for creative entrepreneurial achievement.

### **Scope of M.Sc. and Ph.D programme in Human Kinetics and Sports Studies:**

1. Administration and management of Human Kinetics and sports
2. Curriculum and Human Kinetics Teacher Education;
3. Psychology of Sports
4. Sociology of Sports
5. Recreation, Leisure and Tourism
6. Exercise Physiology
7. Adapted Physical Education

### **Scope PGD and M.Sc Programmes in Health Education**

The postgraduate programme in Health Education is in the areas of:

1. Public Health Education,
2. School Health Education,
3. Emotional and Mental Health, and
4. Occupational and Industrial Health Education.

### **Scope Ph. D Programmes in Health Education**

The general Scope for Ph. D is Health Education

### **Entry Requirement for PGD in Human Kinetics**

1. Holders of third Class Honours in Human Kinetics/Human Kinetics and other academic disciplines.
2. Holders of first degree in other related disciplines such as Education, the sciences and social sciences.
3. Holders of HND certificates in related disciplines from accredited Polytechnics and Monotechnics.
4. Holders of grade one coaching Course certificate from Government approved or University of Nigeria recognized Sports institutions.

### **Entry Qualifications/Admission Requirements for PGD in Health Education**

1. Holders of HND certificates in accredited Polytechnics
2. Holders of first degree in Health Education and other health-related disciplines

### **Entry Requirement M.Sc. programme in Human Kinetics and sports studies:**

- i. Candidates who hold B.Ed, B.Sc in Physical and Health Education with at least a second class lower division from University of Nigeria or any University recognized by the senate of university of Nigeria.

- ii. Candidates with postgraduate Diploma in Sport Science and Management, and related post graduate diploma in related disciplines.
- iii. B. Sc Physiotherapy, Nursing, Human Physiology, Biochemistry, Physics, Nutrition, Health Sciences and other qualifications approved by the Postgraduate board on the recommendation of the Department.
- iv. Candidates with degree in medicine and surgery.

### **Entry Requirements for Master's (M.Sc) Degree Programme in Health Education**

1. Holders of first degree in Health Education, Physical Education, Nursing Science, Medicine and Surgery, Medical Rehabilitation, Dentistry, Optometry, Medical Laboratory Science, Medical Radiography, Anatomy and Physiology, Nutrition and Dietetics, Microbiology, Biochemistry, Zoology and other related health disciplines with a minimum of 3.0 CGPA.
2. Holders of PGD in Health Education, Physical Education and other related health courses with a CGPA of not less than 3.0 or upper credit.

### **Admission Requirement for Master's/Ph. D Programme in Human Kinetics and Health Education:**

All candidates that have master's degree in any relevant areas of specialty in Human Kinetics and recreation with a minimum CGPA between 3.00 or 50% and 3.99 or 59%.

- (a) All candidates that have master's degree in other related areas of specialty other than the one applied for within Human Kinetics and Health Education.
- (b) The University matriculation requirement must be satisfied.

### **Conditions for Proceed to Ph. D Degree Programme in Human Kinetics and Health Education:**

- (a) A Candidate who is offered Masters'/Ph. D admission may only proceed directly to Ph.D. after satisfying the conversion requirements (See P8 -10) of the revised Postgraduate studies regulation.
- (b) A Candidate on Masters'/Ph. D programme must successfully defend a research proposal in his/her area of interest.
- (c) A Candidate on Masters'/Ph. D degree programme may only qualify for firm registration to Ph. D programme on attaining the minimum CGPA OF 4. 0 or 60% in the masters' degree coursework required for such conversion.

### **Admission Requirement for Ph. D programme in Human Kinetics and Health Education:**

- (c) All candidates that have a master's degree in any relevant areas of specialty in Human Kinetics **or** in Health Education with a minimum CGPA of 3.00/4.0 or 4.0/5.0 or 60% and Project score not lower than 60% (B).
- (d) Holders of M.Phil. in Human Kinetics, Sports, Health Education or health fields.
- (e) Masters'/Ph.D Candidates who have met the conversion requirement (minimum CGPA of 4. 0 or 60%) to Ph. D programme.
- (f) Candidates may be expected to undergo a selection process involved and/or interview.
- (g) The University matriculation requirement must be satisfied.

### **Mode of Study PGD programme in Human Kinetics and Health Education:**

1. The postgraduate diploma is by course work and research project of four units which should run for two semesters (one academic session).

### **Mode of Study for M.Sc. , M.Sc/Ph.D and Ph.D programmes in Human Kinetics and Health Education:**

The postgraduate diploma is by course work and research project.

The mode of study shall be:

- i. Full-Time
- ii. Part-Time
- iii. Sandwich

### **DURATION OF THE PROGRAMME for PGD Programmes in Human Kinetics and Health Education**

The duration of the programme is two semesters (one academic session) minimum or four semesters (two academic sessions) maximum for full time study. The part time is four academic semesters minimum or six academic semesters maximum.

### **DURATION OF THE PROGRAMME for M.Sc and Master's/Ph. D Programmes in Human Kinetics and Health Education**

- 1 **Full- Time:** a minimum of 18 calendar months (three semesters), and a maximum of 3 calendar years (six semesters).
1. **Part-Time:** a minimum of 24 calendar months (four semesters) and a maximum of 4 calendar years (eight semesters).
2. **Sandwich Programme:** a minimum of 3 long vacation and a maximum of 6 long vacation

### **Duration of Programme Ph. D Programmes in Human Kinetics and Health Education**

- (a) The full-time Ph. D programme runs for a minimum of six semesters or a maximum of ten semesters.
- (b) The part-time Ph. D programme should run for a minimum of eight semesters or a maximum of 14 semesters.
- (c) For any extension beyond the maximum period, a special permission of the senate shall be required.

## COURSES FOR POSTGRADUATE DIPLOMA (PGD) HUMAN KINETICS AND SPORTS STUDIES

Course code	Course Title	Units
<b>First Semester</b>		
HKS 701	Historical and Philosophical Perspectives in Sports and Human Kinetics	2
HKS 702	Practicum in Human Kinetics and Sports Studies	2
HKS 703	Professional Seminar in Human Kinetics and Sports Studies	2
HKS 704	Advanced Research Methods and Statistical tools in Human Kinetics and Sports Studies	2
HKS 705	Theory and Practice of Advanced Skills and Techniques of Athletics and Team Sport	2
HKS 706	Advanced methods and Materials in Human Kinetics	2
HKS 761	Advanced Principles of Athletic Conditioning	2
HKS 722	Measurement, Analysis and Evaluation in Human Kinetics and Sports Studies	2
<b>TOTAL</b>		<b>16</b>
<b>Second Semester</b>		
HKS 762	Kinesiological Basis of Sports Performance	2
HKS 711	Organization and Management of Sports in Diverse Settings	2
HKS 731	Psychology of Sport Coaching	2
HKS 740	Principles of Planning, Designing and Maintenance of Sport Facilities and Venues	2
HKS 741	Advanced Principles and Practice of Recreation and Outdoor Pursuit	2
HKS 791	Research project	4
<b>TOTAL</b>		<b>14</b>

## COURSE DESCRIPTION FOR POSTGRADUATE DIPLOMA IN HUMAN KINETICS AND SPORTS STUDIES

### **HKS 701 Historical and Philosophical Perspective in Sports and Human Kinetics**

A study of the origin and philosophy and development of Human Kinetics and Sports from the ancient time to date, with emphasis on Human Kinetics in other parts of the globe, and particular emphasis in Nigeria. A study of the place of Human Kinetics in the general education programme.

**2 Credit Units**

### **HKS 702 Practicum in Sports Science and Management**

Day-to-day practical hands-on experience in the operations of sports establishments such as, sports councils, sport clubs, Gym club, sport team, sports academy or Institutes etc. An opportunity for students to attend not less than six weeks and not more than twelve weeks of industrial attachment. A



printed copy of presentation should be submitted for grading at the end of the internship. **2 Credit Units**

**HKS 703 Professional Seminar in Sports Science and Management**

An orientation to the art of collecting, reporting, and discussing current challenges in sports and Human Kinetics as well as their management especially in Nigeria. **2 Credit Units**

**HKS 704 Advanced Research Methods and Statistical tools in Human Kinetics and Sports Studies**

The Skills of research for collecting, organizing and presenting information of the research output on topical issues related to Human kinetics, sports and management. Problems definition, formulation of hypotheses and propositions, approaches to data collection and analysis. Types of distribution, hypothesis testing, statistical test (eg. T-test, F-test) and analysis of variance. **2 Credit Units**

**HKS 705 Theory and Practice of Advance Skills and Techniques of athletics and Team sports**

A study and practice of the fundamental and complex skills in track and field athletics as well as other selected team sports. **2 Credit Units**

**HKS 706 Advanced methods and Materials in Human Kinetics**

A study of various approaches, techniques and materials used in teaching several aspects of sports science and management in different conditions environmental and instructional concerns. **2 Credit Units**

**HKS 711 Organisation and Management of Sports in Diverse Settings**

Theory and Practice in organizing and administering various Physical /Sports programme in public schools, colleges, establishments and community levels. **2 Credit Units**

**HKS 722 Measurement, Analysis and Evaluation in Human Kinetics and Sports Studies**

A study of the concept of management and evaluation in sports science and management and evaluation. It will include types, purpose and benefits of evaluation. The study will also cover referenced standards of evaluation, descriptive and inferential statistical tools of analyzing data.

**2 Credit Units**

**HKS 731 Psychology of Sport Coaching**

Knowledge of the art and science of general psychological principles associated with sports coaching and athletic performance. Emphases on the coaching process; Understanding Athletes; Dynamics of Coaching Sport Skills; the application of psychological principles/skills for the improvement of coaching effectiveness and players' performance. **2 Credit Units**

**HKS 740 Principles of Planning, Designing and Maintenance of Sport Facilities and Venues**

A study of planning procedures required for developing and maintaining of different types of sports Facilities and Venues. Concepts such principles of Sports Facilities design; Breakdown maintenance and Routine maintenance. **2 Credit Units**

**HKS 741      Advanced Principles and Practice of Community Recreation and Tourism**

Historical and philosophical basis of community recreation and tourism. Application of management principles to community recreation, park and tourism administration. Public administration agencies and their roles in recreational facilities and activities provision and administration.

**2 Credit Units**

**HKS 761      Advanced Principles of Athletic Conditioning**

The study and use of conditioning exercises for increasing endurance, stamina, skill performance and ability through more efficient functioning of the cardio-vascular and respiratory systems. The effect of calisthenics activities fitness exercises of the body while engaged in muscular activities and athletic performance.

**2 Credit Units**

**HKS 762      Kinesiological Basis of Sports Performance**

A study of physiological and mechanical components of human movement with special attention to performance in sports. Analysis of sport skills with focus on the action of muscles on the different joints. Natural and mechanical laws that affect performance in sports and human movement will be discussed. Principles of motion and use of sporting implements and the forces of gravity on athletic performance.

**2 Credit Units**

**HKS 791      Research Project**

An independent research project on a topic approved by the department.

**4 Credit Units**

## **COURSES FOR MASTER OF SCIENCE (M.Sc) DEGREE and M.Sc/Ph.D PROGRAMMES IN HUMAN KINETICS AND SPORTS STUDIES**

### **COURSES FOR M.Sc IN ADMINISTRATION AND MANAGEMENT OF HUMAN KINETICS AND SPORTS**

#### **First Semester**

<b>Course No</b>	<b>Title</b>	<b>Units</b>	
PGC 601	Research Methodology and Application of ICT in Research	3	
HKS 801	Research Methods in Human Kinetics	2	
HKS 802	Statistical Methods in Human Kinetics	2	
HKS 811	Organization and Administration of Human Kinetics and Sports	3	
HKS 812	Current Issues and Challenges in Human Kinetics and Sports	2	
HKS 813	Planning and Implementation of Intramural and Interscholastic Sports Programmes	2	
HKS 830	Psychology of Behaviour modification in Sport and physical Education learning Environment	2	
HKS 816	Leadership in Human Kinetics and Sports	2	
<b>TOTAL</b>			<b>18 units</b>

#### **Second Semester**

HKS 803	Seminar in Human Kinetics	3	
HKS 804	Practicum in HKS	3	
HKS 805	Advanced Research Method I	3	
HKS 814	Personnel Management and Human Relations in PE and Sports	2	
HKS 891	Research Project	6	
<b>TOTAL</b>			<b>17 units</b>

### **M.Sc IN CURRICULUM AND HUMAN KINETICS TEACHER EDUCATION**

#### **First Semester**

<b>Course No</b>	<b>Title</b>	<b>Units</b>	
PGC 601	Research Methodology and Application of ICT in Research	3	
HKS 801	Research Methods in Human Kinetics	3	
HKS 802	Statistical Methods in Human Kinetics	3	
HKS 812	Current Issues and Problems in Human Kinetics and Sports	2	
HKS 821	Curriculum Development in Human Kinetics	2	
HKS 822	Planning and Implementation of Intramural and Interscholastic Programmes	2	
HKS 830	Psychology of Behaviour modification in Sport and physical Education learning Environment	2	
HKS 852	Planning Recreational Programme	2	
HKS 825	Curriculum Models in Human Kinetics	3	
<b>TOTAL</b>			<b>22 Units</b>

**Second Semester**

HKS 803	Graduate Seminar in Human Kinetics	3
HKS 804	Practicum in HKS	3
HKS 523	Curriculum Implementation in Human Kinetics	2
HKS 524	Teacher Education Programme in Human Kinetics	2
HKS 805	Advanced Research Method I	3
HKS 891	Research Project	6

**TOTAL**                      **19 Units**

**M.Sc IN PSYCHOLOGY OF SPORT****First Semester**

<b>Course No</b>	<b>Title</b>	<b>Units</b>
PGC 601	Research Methodology and Application of ICT in Research	3
HKS 801	Research Methods in Human Kinetics	3
HKS 802	Statistical Methods in Human Kinetics	3
HKS 812	Current Issues and Problems in Human Kinetics and Sports	2
HKS 831	Historical Perspectives and Development of Psychology of Sport	2
HKS 830	Psychology of Behaviour modification in Sport and physical Education learning Environment	2
HKS 832:	Current Issues and Problems in Sport Psychology and Sport	2
HKS 834:	Psychological Assessment, evaluation and counseling of Athletes	2

**TOTAL**                      **19 Units**

**Second Semester**

HKS 803	Graduate Seminar in Human Kinetics	3
HKS 804	Practicum in HKS	3
HKS 836	Psychological Preparation Strategies for Enhanced performance in Sport	2
HKS 837	Social Psychology of Sport	2
HKS 805	Advanced Research Method I	3
HKS 891	Research Project	6

**TOTAL**                      **19 Units**

**M.Sc IN SOCIOLOGY OF SPORTS****First Semester**

<b>Course No</b>	<b>Title</b>	<b>Units</b>
PGC 601	Research Methodology and Application of ICT in Research	3
HKS 801	Research Methods in Human Kinetics	3
HKS 802	Statistical Methods in Human Kinetics	3
HKS 830	Psychology of Behaviour modification in Sport and physical Education learning Environment	2
HKS 812	Current Issues and Problems in Human Kinetics and Sports	2
HKS 841	Sports and Society	2
HKS 842	Sports as a Social Process and Social Roles	3
HKS 843	Sociology of Sports as a Field of Study	2

**TOTAL**                      **20 Units**

**Second Semester**

HKS 803	Seminar in Human Kinetics	3	
HKS 804	Practicum in HKS	3	
HKS 844	Race, Politics and Sports	2	
HKS 845	Amateurism in and Professionalism in Sports	2	
HKS 805	Advanced Research Method I	3	
HKS 891	Research Project	6	
	<b>TOTAL</b>		<b>18 Units</b>

**M.Sc IN RECREATION, LEISURE AND TOURISM****First Semester**

<b>Course No</b>	<b>Title</b>	<b>Units</b>	
PGC 601	Research Methodology and Application of ICT in Research	3	
HKS 801	Research Methods in Human Kinetics	3	
HKS 802	Statistical Methods in Human Kinetics	3	
HKS 812	Current Issues and Problems in Human Kinetics and Sports	2	
ARCHY 0523	Tourism and Development	2	
HKS 851	Philosophy and Principles of Recreational Services	2	
HKS 852	Planning Recreational Programme	2	
HKS 853	Leadership in Recreation	2	
	<b>TOTAL</b>		<b>19 Units</b>

**Second Semester**

HKS 803	Graduate Seminar in Human Kinetics	3	
HKS 804	Practicum in HKS	3	
HKS 805	Advanced Research Method I	3	
HKS 844	Community Recreation	2	
ARCHY 0521	Travel Management, Accommodation and Catering	2	
HKS 855	Management of Recreational Facilities	2	
HKS 891	Research Project	6	
	<b>TOTAL</b>		<b>21 Units</b>

**M.Sc IN EXERCISE PHYSIOLOGY****First Semester**

<b>Course No</b>	<b>Title</b>	<b>Units</b>	
PGC 601	Research Methodology and Application of ICT in Research	3	
HKS 801	Research Methods in Physical and Health Education	3	
HKS 802	Statistical Methods in Physical and Health Education	3	
HKS 860	Physiological Basis of Muscular Activity	3	
HKS 826	Comparative Human Kinetics and Sports	2	
HKS 863	Exercise Therapy	2	
HKS 862	Laboratory Research in Physical Performance	2	
HKS 861	Physical conditioning, Exercise and Health	2	
	<b>TOTAL</b>		<b>20 Units</b>

**Second Semester**

HKS 805	Advanced Research Method I	3
HKS 803	Graduate Seminar in Human Kinetics	2
HKS 804	Practicum in HKS	3
HKS 865	Nutritional Basis of Sports Performance	2
HKS 867	Cardiovascular system and Muscular Activity	2
HKS 891	Research Project	6
<b>TOTAL</b>		<b>18 Units</b>

**M. Sc IN ADAPTED HUMAN KINETICS****First Semester**

<b>Course No</b>	<b>Title</b>	<b>Units</b>
PGC 601	Research Methodology and Application of ICT in Research	3
HKS 801	Research Methods in Physical and Health Education	3
HKS 802	Statistical Methods in Physical and Health Education	3
HKS 870	Human Kinetics Programme for the Disabled	2
HKS 812	Current Issues and Problems in Human Kinetics and Sports	2
HKS 873	Human Kinetics Programme for the Mentally Disabled	2
HKS 876	Human Kinetics programme for the Deaf	2
HKS 874	Methods and Materials for Teaching Handicapped Children	2
HKS 871	Programme Development in Adapted Human Kinetics	2
<b>TOTAL</b>		<b>19 Units</b>

**SECOND SEMESTER**

HKS 805	Advanced Research Method I	3
HKS 803	Graduate Seminar in Human Kinetics	2
HKS 804	Practicum in HKS	3
HKS 875	Survey of Physical Defects and Etiology	2
HKS 872	Seminar and Research in Adapted Human Kinetics	2
HKS 891	Research Project	6
<b>TOTAL</b>		<b>18 Units</b>

## **COURSE DESCRIPTIONS FOR MASTER OF SCIENCE (M.Sc) DEGREE PROGRAMMES IN HUMAN KINETICS AND SPORTS STUDIES**

### **PGC 601: Research Methodology and Application of ICT in Research**

In-depth research work aimed at acquiring full knowledge and presentation in scholarly writing of the concepts issues trends in the definition and development of the study area from Africa and Western perspectives. Major steps in research; Selection of problems, Literature review, Design, Data collection, analysis and interpretation, Conclusions. Study of various research designs Historical, Case studies, surveys, Descriptive, Cross sectional, Experimental, etc. Analysis, survey and synthetic of conceptual and philosophical foundations of different disciplines. Identification of research problems and development of research questions and or hypotheses. Detailed treatment of methods of collecting relevant research data and the format for presenting research results (from designing the table of contents of referencing, bibliography and appendix). Data analysis and result presentation in different disciplines using appropriate analytical tools. Methods of project/ dissertation writing. Application of appropriate advanced ICT tools relevant in every discipline for data gathering, analysis and result presentation. Essentials of Spreadsheets, internet technology, and Internet search engines. All registered Master's Degree students must attend a solution- based interactive workshop to be organized by the School of Postgraduate Studies for a practical demonstration and application of the knowledge acquired from the course, conducted by selected experts.

**3 Units**

### **HKS 801 Research Methods in Human Kinetics and Health Education**

Problems definition, formulation of hypotheses and propositions, approaches to data collection, documentary, survey and interview, quasi-experimental/experimental cross sectional and longitudinal designs, instrumentation, application of statistical methods and computer language.

**3 Units**

### **HKS 802 Statistical Methods in Human Kinetics and Health Education**

Types of distributions, binomial, t, f, and distributions. Hypotheses testing, types of errors, statistical tests (e.g t-test, f-test) and power of test. Analysis of variance, regression analysis. Test for paired observations and other randomized block designs. Comparative techniques and trend analysis.

**3 Units**

### **HKS 803 Graduate Seminar in Human Kinetics**

Analysis and discussion of current Issues and Challenges in Human Kinetics, health education and sports. Review of current literature in research and contemporary trends in sports physical and health education in Nigeria and other countries

**2 Units**

### **HKS 804 Practicum in Sports Science and Management**

Day-to-day practical hands-on experience in the operations of sports establishments such as, sports councils, Sport Clubs, Gym club, Sport Team, Special education Centres, sports academy or Institutes etc. An opportunity for students to attend not less than six weeks and not more than twelve weeks of industrial attachment. A printed copy of presentation should be submitted for grading at the end of the internship.

**3 Units**

**HKS 805      Advanced Research Method**

In-depth study of Concept and nature of research; practical approach to scientific processes in research; problem definition; sources of research topics, hypothesis formulation, literature review techniques; instrumentation; data collection and analysis. Research proposal writing and presentation. Research reporting.

**3 Units**

**HKS 811      Organization and Administration of Human Kinetics and Sports**

Understanding the processes of Human Kinetics and sports administration involving policy formulation techniques and implementation, decision making processes; financial Management accountability in Human Kinetics and sports.

**3Units**

**HKS 812      Current Issues and Challenges in Education and Sports**

Discussions and systematic analysis of the problem and issues associated with modern practices in Human Kinetics in Nigeria and other countries of the world. Philosophical, cultural, social and economic factors that influence the administration of Human Kinetics, sports and Adapted Physical Education as Components of the school programme.

**2 Units**

**HKS 813      Planning and Implementation of Intramural and Interscholastic Programmes**

Principles of planning and execution of Human Kinetics programmes in schools. The procedure for organizing and administering intramural and interscholastic sports, as well as Community sports. The role of the administrator in motivating participants in competitive sports.

**2 Units**

**HKS 814      Personnel Management and Human Relations in Human Kinetics and Sports**

Policies on personnel recruitment and retention in Human Kinetics: the essence of qualified Staff and ways of providing for staff growth and developments as well as job satisfaction.

**2 Units**

**HKS 816      Leadership in Human Kinetics and Sports**

Leadership defined, Types of leadership, theories and principles of Leadership and processes of leadership in Human Kinetics and Sports.

**2 Units**

**HKS 821      Curriculum development in Human Kinetics**

A study of curriculum design in Human Kinetics in the light of modern principles and practices in curriculum construction with emphasis on the application to the field of Human Kinetics.

**2 Units**

**HKS 823      Curriculum Implementation in Human Kinetics**

Concept of Curriculum, Curriculum design, reforms and factors influencing Curriculum development and implementation. Others include principles of teaching, models of teaching as well as educational resources in HKS.

**2 Units**



**HKS 824      Teacher Education Programme in Human Kinetics**

Issues of teachers' education, trend and role of Human Kinetics in general education; settings for physical programmes; relations of Human Kinetics, professional organization; certification requirements and employment opportunities in Human Kinetics. Methods of teaching HKS at early childhood, Primary Education, Secondary Education Levels, Special Education, Adult and Non-Formal Education.

**2 Units**

**HKS 825      Curriculum Models in Human Kinetics**

Critical analysis of various proposals regarding models, theories and rationales to guide curriculum planning processes in Human Kinetics. Uses and bases of models and their significance; planning Human Kinetics programmes towards curriculum theories, status of theories in Human Kinetics.

**3 Units**

**HKS 826      Comparative Human Kinetics and sports**

Sports activities in different countries comparative overview on recent achievements in role of sports in national development policies sports in the modern world prospect problems.

**2 Units**

**HKS 830      Psychology of Behaviour modification in Sport and Human Kinetics Learning Environment**

Concepts, theories and application of psychological principles in the teaching and coaching of both Human Kinetics and sports respectively; Motivational processes; Personality in sports. **2 Units**

**HKS 831      Historical Perspectives and Development of Psychology of Sport**

Examination of historical development of the sub-discipline of Sport Psychology over time. Pioneers of Sport Psychology in western, eastern and African societies. **2 Units**

**HKS 832:      Issues and Challenges in Sport Psychology and Sport**

This course deals with critical considerations in the professional practice of Sport psychologist. It covers Professional accreditation, Professional consultation procedure; Legal issues; Codes of conduct; Ethical issues; Counselling; Professional behaviour and guidelines; Periodization.

**2 Units**

**HKS 834:      Psychological Assessment, evaluation and Counseling of Athletes**

This course exposes Students to the diverse Diagnostic tools for assessing psychological profile of athletes; their Application and Interpretation of result output from assessment.

**2 Units**

**HKS 836:      Psychological Preparation Strategies for Performance enhancement in sport**

A study of methods and application of psychological adjustment strategies in sport and Knowledge of mental preparation of athletes for competition. Examples include Psychological Skill Training (PST); Relaxation; Motivation, commitment and goal setting; Self-confidence and self-efficacy; Arousal and activation; Coping with injuries and self-healing; Focusing and improving concentration; Attention; Distraction control; Mental practice; Integration of skills.

**2 Units**

**HKS 837      Social Psychology of Sport**

A study of important social issues which significantly influence the outcome of sport performance. They include, Gender issues in sport and exercise; Socialization and group dynamics in sports; Group cohesion in sports; Communication; Adherence in sport and exercise; Social loafing;

Aggression and violence sports; The impact of sport on children's development; Withdrawal, dropout and burnout; Team building.

**2 Units**

**HKS 841 Sports and Society**

**2 Units**

The study of the relationship of sport to other social institutions and structures such as family, religion, education, economics, politics, gender, culture. Influence of mass media as well as the issues of deviance and violence in sports will be discussed.

**HKS 842 Sports as a Social Process and Social Roles**

The socialization process into sport of male and female athletes, sports as a means of gender identity, gender role conflicts, sports, social class and social mobility, the coach and role conflicts, gerontological theory and athletic retirement.

**3 Units**

**HKS 843 Sociology of Sports as a Field of Study**

Sport sociology as a research field, the diversity on theoretical perspectives such as sport and social exchange, hermeneutics and sport research, cultural analysis of sport.

**2 Units**

**HKS 844 Race, Politics and Sports**

Study of racism and ethnicity in sports, conflicts arising from racial discrimination in sport in multiracial and multiethnic nations, interplay between sports and politics in appointment of team officials and team selection, sport and conflict resolution.

**2 Units**

**HKS 845 Amateurism in and Professionalism in Sports**

Study of the developments of amateur and professional sports, the futility of the concepts of amateurism and professionalism in sports, discussions on the possibility of separating professional and amateur sports.

**2 Units**

**HKS 851 Philosophy and Principles of Recreational Services**

A study of the philosophical and historical foundations of recreation, leisure and tourism. Principles, standards and techniques of recreation, leisure and tourism services. Historical theories of recreation, leisure and tourism, current trends in recreation, leisure and tourism services.

**2 Units**

**HKS 852 Planning Recreational Programme**

Application of planning concepts and process in recreation programme planning. Understanding the procedures, theories and models underpinning planning of different types of recreation programme. The cultural, social, economic and ecological factors in recreation and leisure programme planning as well explored.

**2 Units**

**HKS 853 Leadership in Recreation**

Conceptual framework of leadership. A study of the principles and theories and of leadership and their relationships with recreation, leisure and tourism studies. Leadership methods and processes in recreation, leisure and tourism studies. Personnel leadership positions in recreation, leisure and tourism management.

**2 Units**

**HKS 844 Community Recreation**

Conceptualization of community and community recreation. Procedures for organized community, government sponsored and institutional recreation and leisure programmes, planning and administration of community recreation, leisure and tourism. Emerging recreation, leisure and tourism opportunities. International organizations and future of recreation, leisure and tourism.

**2 Units**

**HKS 855 Management of Recreational Facilities**

Practical approaches to issues and challenges regarding management of recreation, leisure and tourism facilities. This involves provision and maintenance of recreation, leisure and tourism facilities, playing areas, financial management. The role of clubs and group organizations in facilities management. Personnel management and public relations in facilities management.

**2 Units**

**ARCHY 0521 Travel Management, Accommodation and Catering**

Travel information, travel requirements and travel management in Nigeria's tourism industry. The place of Accommodation and catering services in Tourism.

**2 Units**

**ARCHY 0523 Tourism and Development**

The contribution of tourism to the development of a nation with particular reference to economic, social and environmental factors that influence tourism development.

**2 Units**

**HKS 860 Physiological Basis of Muscular Activity**

A study of the immediate and long-range effects of muscular activity upon the circulatory and muscular systems. Effects of exercises and conditioning programme performance. **2 Units**

**HKS 861 Physical conditioning, Exercise and Health**

Objectives of conditioning exercise, misconceptions and concepts of physical fitness trends in health and fitness motor behavior and exercise prescription. **2 Units**

**HKS 862 Laboratory Research in Physical Performance**

Techniques and procedures employed in obtaining anthropometric, metabolic, cardio and other physiological data in the field. **2 Units**

**HKS 863 Exercise Therapy**

Nature and scope of therapeutic exercise including basic principles and evaluative physical fitness exercise designed for body conditioning, general fitness, weight or hospitalization rehabilitation. **2 Units**

**HKS 865 Nutritional Basis of Sports Performance**

Studies of the immediate and long-term effects of food; amino acids, carbohydrates, and fluids on sports performance, pre and post competition diet on and off-season conditions. **2 Units**

**HKS 867 Cardiovascular system and Muscular Activity**

Physiological functions of the heart, circulator and respiratory systems, physiology involved in cardiovascular adaptations, physiological effects of physical act cardiovascular system. **2 Units**

**HKS 870 Human Kinetics Programme for the Disabled**

Planning of programmes; developmental patterns, learning and perception evaluation devices, graded exercise programmes, individualized education plan, basic skill activities and body awareness, outdoor education and camping for disabled. **2 Units**

**HKS 871 Programme Development in Adapted Human Kinetics**

Adapted Human Kinetics service model, factors affecting programme design, individualized programme planning, group assessment and programme planning, activity analysis, its application and programme evaluation. **2 Units**

**HKS 872 Seminar and Research in Adapted Human Kinetics**

Grown and development, assessment of handicapped, perceptual motor assessment, therapeutic exercise for conditioning, indoor adapted sports and games, unit plans for adapted Human Kinetics programmes, class discussion and writing of research reports on handicapped. **2 Units**

**HKS 873 Human Kinetics Programme for the Mentally Disabled.**

Nature and causes of mental retardation, classification and prevalence, methods of teaching mental retardation, Human Kinetics curriculum goals in relation to mental disability. **2 Unit**

**HKS 874 Methods and Materials for Teaching Handicapped Children**

Etiological factors of various handicapping conditions, environmental and instructional concerns, nature and scope of curriculum, behavior modification and assessment. **3 Units**

**HKS 875 Surveys of Physical Defects and Etiology**

Survey of Human Physical disabilities, combined with adaptive and rehabilitative measures to promote better living for the individual, study of the diseases involved, methods of ameliorating the disabilities therapeutic exercise for conditioning. **2 Units**

**HKS 876 Human Kinetics programme for the Deaf**

Psychology of hearing, factors associated with hearing, classification of hearing, intervention procedures, scope of Human Kinetics programme for deaf. **2 Units**

**HKS 891 Research Project**

An independent research project on a topic approved by the department. Required courses in Adapted Human Kinetics. **6 Units**

**COURSES FOR DOCTOR OF PHILOSOPHY (Ph.D) DEGREE  
PROGRAMMES IN HUMAN KINETICS AND SPORTS STUDIES**

**Ph. D COURSES: SPORTS ADMINISTRATION AND MANAGEMENT**

		<b>Units</b>
PGC 701	Research Grant Writing and Synopsis Grant Writing	3
HKS 901	Advanced Research and Statistical Methods	3
HKS 902	Advanced Seminar in Human Kinetics and Sports I	3
HKS 903	Advanced Seminar in Human Kinetics and Sports II	3
HKS 911	Ethical Issues in Sports and Fitness Industries	3 Elective
HKS 912	Entrepreneurship Development in Sports	3 Elective
HKS 914	Theories and Models in Human Kinetics and Sports Administration and Management	3
HKS 915	Sports Event and Facility Management	3 Elective
HKS 990	Ph.D Thesis	<b>12</b>
<b>TOTAL</b>		<b>MIN. 30 – MAX. 33 Credit Units</b>

**Ph. D COURSES: PSYCHOLOGY OF SPORT**

		<b>Units</b>
PGC 701	Research Grant Writing and Synopsis Grant Writing	3
HKS 901	Advanced Research and Statistical Methods	3
HKS 902	Advanced Seminar in Human Kinetics and Sports I	3
HKS 903	Advanced Seminar in Human Kinetics and Sports II	3
HKS 931	Selected Topics in Sport Psychology	3 Elective
HKS 932	Professional Consultation Practice in Sport Psychology	3 Elective
HKS 930	Neurobiological and Psychological Basis of sports performance	3 Elective
HKS 933	Principles of Psychological profiling, Psychological Skill Prescription, and Application in Sports	3
HKS 990	Thesis/Dissertation	12
<b>TOTAL</b>		<b>MIN. 30 – MAX. 33 Credit Units</b>

**Ph. D COURSES: SOCIOLOGY OF HUMAN KINETICS**

		<b>Units</b>
PGC 701	Research Grant Writing and Synopsis Grant Writing	3
HKS 901	Advanced Research and Statistical Methods	3
HKS 902	Advanced Seminar in Human Kinetics and Sports I	3
HKS 903	Advanced Seminar in Human Kinetics and Sports II	3
HKS 943	Comparative Human Kinetics	3 Elective
HKS 944	The Female Athlete and Culture Conditioning for Competition	3
HKS 945	Social Experiences and Sports Participation	3 Elective
HKS 946	Social Psychology of the Superior Athlete	3 Elective
HKS 990	Research Project (Thesis/Dissertation)	12
<b>TOTAL</b>		<b>MIN. 30 – MAX. 33 Credit Units</b>

**Ph. D COURSES: RECREATION, LEISURE AND TOURISM STUDIES**

PGC 701	Research Grant Writing and Synopsis Grant Writing	3
HKS 901	Advanced Research and Statistical Methods	3
HKS 902	Advanced Seminar in Human Kinetics and Sports I	3
HKS 903	Advanced Seminar in Human Kinetics and Sports II	3
HKS 951	Recreation, Leisure and Society	3 Elective
HKS 952	Contemporary Issues and Challenges in Recreation, Leisure and Tourism	3 Elective
HKS 953	Independent Study in Recreation, Leisure and Tourism Service Delivery	3 Elective
HKS 954	Human Resources Management in Recreation, Leisure and Tourism Service Delivery	3
HKS 990	Ph.D Thesis	12
<b>TOTAL</b>		<b>MIN. 30 – MAX. 33 Credit Units</b>

**Ph. D COURSES: EXERCISE PHYSIOLOGY**

PGC 701	Research Grant Writing and Synopsis Grant Writing	3
HKS 901	Advanced Research and Statistical Methods	3
HKS 902	Advanced Seminar in Human Kinetics and Sports I	3
HKS 903	Advanced Seminar in Human Kinetics and Sports II	3
HKS 961	Selected Topics in Exercise Physiology	3 Elective
HKS 962	Analysis of Human Motion	3 Elective
HKS 960	Physiological Basis of Strength Development and Fitness	3
HKS 963	Advanced exercise prescription for health and Sports performance	3 Elective
HKS 990	Thesis/Dissertation	12
<b>TOTAL</b>		<b>MIN. 30 – MAX. 33 Credit Units</b>

## **COURSE DESCRIPTION FOR DOCTOR OF PHILOSOPHY (Ph.D) DEGREE PROGRAMMES IN HUMAN KINETICS AND SPORTS STUDIES**

### **PGC 701: Synopsis and Grant Writing**

Identification of types and nature of grant and grant writing; mining of grants application calls on the internet. Determining appropriate strategy for each grant application structures and contents and writing of concept notes, detailed project description, budgeting and budget defense. Study of sample grant writings in various forms and writing of mock research and other grants. Identification of University of Nigeria synopsis structure and requirements, (Introduction, Methodology and Results). Determining the content of each sub-unit of the synopsis. Steps in writing of synopsis from the Dissertation/Thesis document. Structural and language issues. Common errors in synopsis writing and strategies for avoiding them. The roles of the student and the supervisor in the production of a synopsis. Writing of mock synopsis. All registered Ph. D students must attend a solution-based interactive workshop to be organized by the School of Postgraduate Studies for a practical demonstration and application of the knowledge acquired from the course, conducted by selected experts.

**3 Units**

### **HKS 901 Advanced Research and Statistical Methods**

Concept and nature of research in Human Kinetics and Health education, scientific processes, problem identification, types of variables in health education research, theory, formulation of hypotheses. Review of literature, research design and methodology. Presentation of result using computer analysis. Candidates should be guided through practical orientation's and at the end present a research proposal and defend it individually in the class. Techniques of research reporting and research proposal writing. Description of in Human Kinetics and Health statistics and the various areas of application. Principal sources of vital Sports, exercise and health data. Pattern of measuring mortality, morbidity, fertility and other features in sports. The use of these data in practical situations such as in health care delivery system and sports are discussed. Practical steps in processing data including the use of descriptive and inferential statistical techniques for analyzing health data.

**3 Units**

### **HKS 902 Advanced Seminar in Human Kinetics and Sports I**

Articulation and presentation of in-depth research oriented paper on a topic related to the student's research topic at the beginning of the student's research programme. The Seminar should be presented in a formal academic session.

**3 Units**

### **HKS 903 Advanced Seminar in Human Kinetics and Sports II**

Articulation and presentation of the findings of in-depth research oriented paper on the student's research topic at the end of the student's research work before the final defense. The Seminar should be presented in a formal academic session.

**3 Units**

### **HKS 911 Ethical Issues in Sports and Fitness Industries**

An understanding of the moral principles in organising and managing sports and fitness industry. The core values and steps in achieving success in the sports industry. Ethical challenges in sports will be

explored. Negligence and legal liability issues in sports and fitness industries.

**2Units**

**HKS 912 Entrepreneurship Development in Sports**

Entrepreneurial theories; Interpersonal dynamics; Personal characteristics and behavioural traits of entrepreneurs and Entrepreneurship thoughts in sports. Financial aspects of entrepreneurship and steps to success in Entrepreneurial sports.

**2Units**

**HKS 914 Theories and Models in Human Kinetics and Sports Management**

An understanding of various management theories and models in Human Kinetics and Sports. Application of theories and models in administration and management of sports as well as pedagogy.

**2Units**

**HKS 915 Sports Event and Facility Management**

Principles of event management as they relate to sports and facilities. Sports event planning organisation and management (Planning, budgeting & execution). Policies and tools in event and facility management procurement and control.

**2Units**

**HKS 930 Neurobiological and Psychological Basis of sports performance**

Understanding the psychobiological, neurobiological basis of performance in Sport and Exercise. Exploration of the relationships between nervous make-up and psychological developments in humans.

**2 Units**

**HKS 931 Selected Topics in Sport Psychology**

An independent study on special topics in sport Psychology such as cognitive and behavioral interventions, Motivation, Amotivation, Emotion, Attentional Control focus, Anxiety and Models of anxiety such as, Butterfly catastrophe model, Catastrophe theory, Core flow, Cusp catastrophe model, Reversal theory, Multidimensional anxiety theory etc., Aggression, Assertiveness, Bracketed morality, Catharsis effect.

**2 Units**

**HKS 932 Professional Consultation Practice in Sport Psychology**

Explores models of Sport Psychology practice and delivery. Principles and procedures for the conduct psychological consulting with diverse clients such as athletes and their significant others. Developing life skills in athletes.

**2 Units**

**HKS 933 Principles of Psychological profiling, Psychological Skill Prescription, and Application in Sport**

Means for Assessment, Evaluation, Identification and Documentation of prospective talents in sports. Preparation in early phases of talent development in sports. Common psychological techniques and methods of administering the requisite psychological techniques, skills and training suitable for optimal sports performance.

**3 Units**

**HKS 941: Sports and Social Theories**

The application of social theories in the study of sports in society. Analyses of the contributions of sports in society, the economic power of sports, how people experience sports, gender and sports,



how change can be effected in sports and understanding sports in terms of historical and global perspectives.

**3 Units**

**HKS 942: Sports and Social Ideologies**

Study of interrelated ideas that people use to give meaning to the world of sports, make sense of the world of sports, and identify what is important, right and natural in the world of sports.

**3 Units**

**HKS 943: Sports and Gender Identity**

Sport as a means of reinforcing gender-specific roles. Gender identity conflicts.

**3 Units**

**HKS 944: Advanced Seminar in Contemporary Issues in Sociology of Sports**

In-depth analyses of some contemporary issues in sociology of sports to be presented by students.

**3 Units**

**HKS 945: Independent Study**

Students to carry out independent study on some sociological phenomena that impact sports. A written report to be submitted by students.

**3 Units**

**HKS 951 Recreation, Leisure and Society**

Recreation and Leisure in Social Context: Recreation and Leisure as a social institution, social situation and social occasion. A study of the social factors and social activities and their implications for recreation, leisure and tourism service delivery. The relationships of recreation leisure and tourism with various sub-systems of the society such as economics, politics, religion, culture etc.

**3 Units**

**HKS 952 Contemporary Issues and Challenges in Recreation, Leisure and Tourism**

A discussion of current issues and challenges arising from recreation, leisure and tourism service delivery. Connections of science and technology, government policies, wars, natural disasters, unemployment, restiveness, and other anti-social behaviours with recreation, leisure and tourism.

**2 Units**

**HKS 953 Independent Study in Recreation, Leisure and Tourism Service Delivery**

The student undertakes an in-depth exploration of a topical issue in recreation, leisure and tourism and presents same as a long essay.

**3 Units**

**HKS 954 Human Resources Management in Recreation, Leisure and Tourism Service Delivery**

Staff personnel management in recreation, leisure and tourism delivery is discussed. Personnel positions, recruitment, development, retention etc are critically examined. The general policies and principles of human resource development are explored.

**2 Units**

**HKS 960 Physiological Basis of Strength Development and Fitness**

Physiological and biochemical factors involved in strength development; immediate range effects components on body functions.

**3 Units**

**HKS 961 Selected Topics in Exercise Physiology**

The endocrine systems, principles as they relate to body movement, biochemical methods involved in analysis of motor activities, force equilibrium and motion.

**3 Units**

**HKS 962 Analysis of Human Motion**

Study of mechanical principles as they relate to body movement, biochemical concept analysis of motor activities, force, equilibrium and motion.

**3 Units**

**HKS 963 Advanced exercise prescription for health and Sports performance**

Principles for prescribing diverse exercises for different populations. Exercises for Physical fitness, Health Wellness and sports performance. Methods for exercise prescription including Dose-response, measuring of fitness and fatigue, monitoring exercise training and workload.

**3 Units**

**HKS 990 Thesis/Dissertation**

Candidates are expected to demonstrate research competencies by identifying a topic in his/her related area of specialization and carry out a thorough investigation into such areas of interest. Two Seminars from the thesis research programme are prerequisites to the main Thesis defense before an appropriately examination board with an external examiner as an overriding all other decisions.

**12 Units**

## COURSES FOR POSTGRADUATE DIPLOMA IN HEALTH EDUCATION

<b>First Semester</b>		<b>Units</b>
HED 701	Historical and Philosophical Perspective in Health Education	2
HED 703	Advanced Health Education Practicum	2
HED 705	Advanced Research Methods and Statistical Methods in Public Health Education	2
HED 711	Nature and Functions of Health Care Delivery in Nigeria and Field Work	2
HED 713	Administration, Organization, and Evaluation of School Health	2
HED 715	Theory and Practice of Emotional and Mental Health	2
HED 717	Occupational and Industrial Health Education	2
HED 719	Advanced Studies in Health Economics	1
<b>Total</b>		<b>15 Units</b>
<b>Second Semester</b>		
HED 702	Seminar in Health Education	2
HED 704	Contemporary Issues in National and International Health	2
HED 712	Environmental Health and Consumerism	2
HED 714	Course Designs and Instruction in School Health Education	2
HED 716	Anti- social Behaviour and Issues in Mental Health	1
HED 718	Personnel Management and Administration in Public Health Education	2
HED 790	Project in Health Education	4
<b>Total</b>		<b>15</b>

### COURSE DESCRIPTION FOR POSTGRADUATE DIPLOMA IN HEALTH EDUCATION

**HED 701: Historical and Philosophical Perspectives in Health Education**

Trace the history and philosophy of Health Education in Nigeria. Definition, goals, and rationale and philosophical basis of Health Education and the multi- disciplinary nature of the subject.

**2 Units**

**HED 702: Seminars in Health Education**

Presentation of academic seminars in health and health-related issues in Nigeria using statistical and analytical approach.

**2 Units**

**HED 703: Advanced Health Education Practicum**

Planned guided visits to educational institutions, health facilities and industrial establishments.

**2 Units**

**HED 704: Contemporary Issues in National and International Health**

Discuss issues and problems in National and International Health, highlighting major problems militating against Public Health developments and controversial issues in health e.g.. Female genital mutilation, sex education, family planning etc.

**2 Units**

- HED 705: Advanced Research Methods and Statistical Methods in Health Education**  
Description of various types of research in Health Education. Identification of vital and health statistical data measuring morbidity, mortality and fertility. Include also are various steps in processing health data and descriptive and inferential statistical techniques for analyzing health data.  
**2 Units**
- HED 711: Nature and Functions of Health Care Delivery in Nigeria and Field Work**  
Types and functions of various Health Care Delivery System in Nigeria e.g.. Local, State and Federal Government Systems, stating the various roles of public health educators and other professional in the health care delivery system. Study of health care systems in other countries  
**2 Units**
- HED 712: Environmental Health and Consumerism**  
Description of major Environmental Health Problems, Consumer Protection Agency and their Functions. The dangers of quack and quackery.  
**2 Units**
- HED 713: Administration, Organization and Evaluation of School Health**  
Description of school health services, components and activities. Functions of Public health educators and other health professionals in the school health services.  
**2 Units**
- HED 714: Course Designs and Instruction in School Health Education**  
Planned course designs in School Health Education using systematic approach: identifying specific objectives, contents, methods and evaluation techniques. Each student is expected to design a course content in School Health Education at the end of a programme  
**2 Units**
- PHE715: Theory and Practice of Emotional and Mental Health**  
Description of various concepts relating to emotional and mental health, highlighting some misconceptions associated with mental illness. Discuss various theories and practices associated with emotional and mental health.  
**2 Units**
- PHE716: Anti-social Behaviour and Issues in Mental Health**  
Discussion of various anti-social behaviours e.g. misconduct, abnormal behaviour and anxiety behaviour etc. Identify and discuss emotional and mental health needs and problems. Advancing solutions to these needs and problems.  
**1 Unit**
- PHE717: Occupational and Industrial Health Education**  
Description of various occupational health hazards e.g.. physical. chemical, biological, psychological, social etc. Highlights problems encountered by both employees and employers in occupational organizations.  
**2 Units**
- PHE718: Personnel Management and Administration in Health Education**  
Description of various concepts in personnel management and principles of management. Organization and Administration of staff in personnel management. **2 Units**
- HED 719: Advanced Studies in Health Economics**  
A critical examination of economics of health care, different national health plans; Budgeting /allocations to health at the local, state and national levels. Comparative studies of budgetary allocations to health in developed and developing nations  
**1 Unit**
- HED 723: Mental Health Problems through Life Cycle**  
The problems of childhood, adolescence, adulthood and late adulthood are examined along strategies for reducing or eliminating them .  
**2 Units**

**PHE791: Project in Health Education**

Application of research process and development of skills in identifying problems in health related areas through investigation using systematic approach in research methodology. Such projects must demonstrate originality and contribute to knowledge and practice in Health Education. 4

**Units**

## MASTER'S (M.Sc) DEGREE AND Ph.D IN HEALTH EDUCATION

### M.Sc PUBLIC HEALTH EDUCATION

#### First semester

Course No.	Title	Units
PGC 601	Research Methodology and Application of ICT in Research	3
HED 801	Advanced Research Methods in Health Education	3
HED 803	Vital Statistics, Demographic Methods and Statistical Tools for Health Education	2
HED 851	History, Philosophy and Policies in Health Education	2
HED 852	Organization, Administration & Evaluation of Community Health	2
HED 853	Issues in Population Education and Population Science	2
HED 854	Nature and Functions of Healthcare Delivery Systems and Fieldwork	2
HED 855	Environmental Health and Consumer protection	2
HED 859	Advanced Studies in Tools and Techniques for Health Promotion	2
<b>Total</b>		<b>20 Units</b>

#### Second Semester

HED 802	Advanced Seminar in Health Education	3
HED 856	Course Designs in the Health Field (Self-Study)	2
HED 857	Health Care and Social Services for Mothers Children, the Elderly and Dying	2
HED 858	Epidemiology of Communicable Diseases and Health Problems	2
HED 886	Current Problems in Health Care	2
HED 888	Qualitative Techniques and Theories/Models in Health Education	2
HED 899	Research Project in Public Health Education	6
<b>Total</b>		<b>19 Units</b>

### M.Sc SCHOOL HEALTH EDUCATION

#### First Semester

Course No	Title	Units
PGC 601	Research Methodology and Application of ICT in Research	3
HED 801	Advanced Research Methods in Health Education	2
HED 803	Vital Statistics and Demographic Methods and Statistical Tools for Health Education	2
HED 859	Advanced Studies in Tools and Techniques for Health Promotion	2
HED 861	Organization, Administration, and Evaluation of School Health	2

HED 863	Curriculum Innovations and Instructions in School Health Education	2
HED 865	Advanced Studies in Growth and Health of the School Child	2
HED 867	History of School Health and Education Policies	2
HED 869	Problems and Issues in School Health	2
<b>Total</b>		<b>19 Units</b>

**Second Semester**

HED 802	Advanced Seminar in Health Education	3
HED 866	Health Science and Health Education Curriculum Guides (Self-Study)	2
HED 867	School Health Practice, University Students Health Services and Field work	2
HED 868	Evaluation of School Health Programmes	2
HED 886	Current Problems in Health Care	2
HED 888	Qualitative Techniques and Theories/Models in Health Education	2
HED 899	Project in School Health Education	6
<b>Total</b>		<b>19 Units</b>

**M.Sc EMOTIONAL AND MENTAL HEALTH EDUCATION**

**First Semester**

<b>Course No.</b>	<b>Title</b>	<b>Units</b>
PGC 601	Research Methodology and Application of ICT in Research	3
HED 801	Advanced Research Methods in Health Education	2
HED 803	Vital Statistics and Demographic Methods and Statistical Tools for Health Education	2
HED 861	Organization, Administration, and Evaluation of School Health	2
HED 863	Curriculum Innovations and Instructions in Health Education	2
HED 871	Emotional and Mental Health Theory and Practice	2
HED 872	Issues in Mental Health and Anti-Social Behaviour	2
HED 873	Social Process Skills in Health Education and Field work	2
HED 859	Advanced Studies in Tools and Techniques for Health Promotion	2
<b>Total</b>		<b>19 Units</b>

**Second Semester**

HED 802	Advanced Seminar in Health Education	3
HED 812	Independent Study in Health Education	2
HED 874	Problems of Drugs, Alcohol and Tobacco	2
HED 875	Group Dynamics and Organization Theory	2
HED 886	Current Problems in Health Care	2
HED 888	Qualitative Techniques and Theories/Models in Health Education	2
HED 890	Therapeutic Skills in Mental and Emotional Health	2
HED 899	Project in Emotional and Mental Health Education	6
<b>Total</b>		<b>21 Units</b>

## **M.Sc OCCUPATIONAL AND INDUSTRIAL HEALTH EDUCATION**

### **First Semester**

<b>Course No.</b>	<b>Title</b>	<b>Units</b>
PGC 601	Research Methodology and Application of ICT in Research	3
HED 801	Advanced Research Methods in Health Education	2
HED 803	Vital Statistics and Demographic Methods and Statistical Tools for Health Education	2
HED 855	Environmental Health and Consumer Protection	2
HED 881	Communication Strategies in Health Education	2
HED 875	Group Dynamics and Organizational Theories	2
HED 883	Personnel Management and Job Satisfaction in Health Establishment	2
HED 885	Epidemiology of Industrial Accidents and Road Traffic Accidents in Nigeria	2
HED 859	Advanced Studies in Tools and Techniques for Health Promotion	2
<b>Total</b>		<b>19 Units</b>

### **Second Semester**

HED 802	Advanced Seminar in Health Education	3
HED 812	Independent Study in Health Education	2
HED 882	Health Problems in Occupational and Industrial Environment	2
HED 884	Occupational Diseases and Injuries and Management	2
HED 886	Current Problems in Health Care	2
HED 888	Qualitative Techniques and Theories/Models in Health Education	2
HED 899	Project in Occupational Health Education	6
<b>Total</b>		<b>19 Units</b>

## **COURSE DESCRIPTION**

### **PGC 601: Research Methodology and Application of ICT in Research**

In-depth research work aimed at acquiring full knowledge and presentation in scholarly writing of the concepts issues trends in the definition and development of the study area from Africa and Western perspectives. Major steps in research; Selection of problems, Literature review, Design, Data collection, analysis and interpretation, Conclusions. Study of various research designs Historical, Case studies, surveys, Descriptive, Cross sectional, Experimental, etc. Analysis, survey and synthetic of conceptual and philosophical foundations of different disciplines. Identification of research problems and development of research questions and or hypotheses. Detailed treatment of methods of collecting relevant research data and the format for presenting research results (from designing the table of contents of referencing, bibliography and appendix). Data analysis and result presentation in different disciplines using appropriate analytical tools. Methods of project/ dissertation writing. Application of appropriate advanced ICT tools relevant in every discipline for data gathering, analysis and result presentation. Essentials of Spreadsheets, internet technology, and Internet search engines. All registered Master's Degree students must attend a solution- based interactive workshop to be organized by the School of

Postgraduate Studies for a practical demonstration and application of the knowledge acquired from the course, conducted by selected experts.

**3 Units**

**HED 801: Advanced Research in Health Education**

Detailed description of types of research. Application of the research process in Health Education and methods of construction of research instrument appropriate for collecting data in Health Education research.

**2 Units**

**HED 802: Graduate Seminars in Health Education**

Major health issues and problems of Nigeria based on statistical data summarized in reports presented by students in seminar/discussion sessions. The course will also examine recent advances in health.

**2 Units**

**HED 803: Vital Statistics and Demographic Methods and Statistical Tools for Health Education**

Identification of principal sources of vital and health data. Ways of measuring mortality, morbidity, and fertility and projecting future population are presented, and the uses of these data in health care delivery are discussed. Include practical steps in processing and analyzing health data and in the use of descriptive and inferential statistical techniques for analyzing health data.

**2 Units**

**HED 812: Independent Study in Health Education**

Detailed library research or small scale study of health topics of students' choice to be submitted in a comprehensive report.

**2 Units**

**HED 851: History, Philosophy and Policies of Health Education**

The social context from which corporate responsibility for public health has emerged. Access to health system is examined. The National Health Policy and other public health policies and laws applied to social and commercial activities that have implications for health e.g. Sale of food, refuse and sewage disposal, etc are discussed.

**2 Units**

**HED 852: Organization, Administration and Evaluation of Community Health**

Review of the organization of community health and component of health and social services e.g. water supply, housing, refuse and sewage disposal etc. The extent to which these services meet community health needs and community health problems. Application of the principles of planning, administration and evaluation to initiating, implementing and evaluating community health services, organization alternatives to utilizing health resources are considered.

**2 Units**

**HED 853: Issues in Population Education and Population Science**

Issues in population education are examined e.g. Definition of population education and family planning objectives, ethical socio/economic and cultural questions, content, and legal aspects. Effects of advances in science and technology aimed at prevention and control of population increase, and their indirect effect on efforts to improve health and the conditions of life.

**2 Units**



### **HED 854: Nature and Functions of Health Care Delivery Systems and Field Work**

Analysis of health care systems and component institutional forms. Determinants and patterns of health care delivery systems specifically, traditional and modern health care systems, organization alternatives to utilizing health resources are considered. Students are attached to community health centers for a period for practical exposure to real public health practice.

**2 Units**

### **PHE855: Environmental Health and Consumer Protection**

Ecological approach to the study of Environmental Health. Discussion of major environmental problems in Nigeria and the world e.g.. Air and water pollution, radiation, noise, waste disposal, and other physical stresses. The concept of consumer health is reviewed along with the role of individuals and consumer protection agencies. The forms and dangers of quackery are discussed.

**2**

**Units**

### **HED 856: Course Designs in the Health Fields (Self-Study)**

A guided systematic approach to course design using a model which includes analysis of professional responsibilities or task involved in a position, formulating specific educational objectives, and evaluation procedures. Students will select any situation of their choice in community health practice.

**2 Units**

### **HED 857: Health Care and Social Services for Mothers, Children, the Elderly and Dying**

Objectives and components of MCH programme, planning and evaluation of health care services for mothers, children, and public health nursing in community health programme. It includes the concept and practice of safe motherhood. Emphasis is given to how the health needs of children and their families change with age. It also includes field visit and students' presentation of case studies or assigned readings.

**2 Units**

### **HED 858: Epidemiology of Communicable Diseases and Health Problems**

A study of factors that precipitate and perpetuate communicable diseases and health problems e.g.. alcoholism, drug addiction, sexual perversion, etc. includes epidemiological concepts and methods and role of vital statistics in epidemiology.

**2 Units**

### **HED 859: Advanced Studies in Tools and Techniques for Health Promotion**

An examination and discussion on self-health care through risk appraisal and reduction; Nutrition and Exercise, Leisure and Recreation, effective stress management and assertiveness. A consideration of community mental health;, intervention in crisis violence and human abuse, and substance abuse.

**2 Units**

### **HED 861: Organization, Administration and Evaluation of School Health**

A review of divisions of school health programme. Description of the pattern and characteristics of school health programme as operated in Nigeria and other countries. Application of the principles of planning, administration and evaluation to initiating and implementing and

evaluating school health programme. It examines also the means or techniques of coordinating the activities of school health with those of community by the application of established principle of administration and organization. **2 Units**

**HED 862: History of School Health and Education Policies**

A study of the national policy on education as it relates to Health Education. The implication of education structure (6-3-3-4 system) for Health Education and health services. The implication of other education policies and regulation for school health.

**2 Units**

**HED 863: Curriculum Innovations and Instructions in Health Education**

Detailed discussion of organization and methods of instruction in Health Education innovative curricular patterns and approaches are discussed highlighting their respective advantages and limitations. **2 Units**

**HED 864: Problems and Issues in School Health**

Conceptual approach to the study of problems that militate against the effective teaching of Health Education and health science in school. Problems of teaching controversial issues e.g. sex education, drug addiction, family planning, and ways of coping with them. **2 Units**

**HED 865: Advanced Studies in Growth and Health of the School Child**

Studies dealing with various aspect of the school child's progress, background, and environment as well as physical growth development and maturation of children, examines also problems encountered in the nutritional aspects of growth and development. **2 Units**

**HED 866: Health Science and Health Education Curriculum Guides**

Using a model for curriculum design, the student develops a curriculum guide for a selected area or unit in the Health Education/ science curriculum for secondary school. The student designs an evaluation instrument for assessing the effectiveness of the guide. **2 Units**

**HED 867: School Health Practicum, University Students' Health Services and Field Work**

Students are assigned to work in rotation on limited participation in school health units or university health agencies, and take part in school health practice. A report describing the experience is to be submitted by each student at the end of the assignment. **2 Units**

**HED 868: Evaluation of School Health Programmes**

Purposes of evaluation, strategies, and methods are discussed. The course increase student understanding of the uses and limitation of evaluation methods, and affords them opportunity to apply evaluation steps in assessing the quality of selected health programmes. **2 Units**

**HED 871: Emotional and Mental Health Theory and Practice**

Review of different concepts of mental health and concept of emotional health mis-concepts and stigma associated with mental health and mental illness. Categories of mental illness and sources of help and management for the mental ill and emotional disturbance.

**2 Units**

**HED 872: Issues in Mental Health and Anti-Social Behaviour**

A survey of mental and emotional problems. Topics to include cultural relativity in definition of mental health, the role of stress in cultural, political and social transitions etc. indigenous management and modern services for the mentally ill are compared. Factors associated with juvenile delinquency, drug dependency and character disorder e.g. sexual perversion, suicide and rape are discussed.

**2**

**Units**

**HED 873: Social Process Skills in Health Education and Field Work**

Application of personal and human qualities and skills in interacting with individuals and groups requiring emotional support during a specified period of field experience. Methods of acquiring and developing social process skills which include awareness (perception), adaptation (in a variety of situations), communication and sympathy.

**2 Units**

**HED 874: Problems of Drug, Alcohol and Tobacco**

Knowledge and concepts of illicit drugs, alcohol and tobacco. Health problems associated with these drug, alcohol and tobacco, e.g. physical, social, emotional and mental problems. Health Education and preventive measures to prevent the effect of these illicit drugs

**2 Units**

**HED 875: Group Dynamics and Organizational Theory**

Role of group discussions and group approaches for identifying and solving health needs and problems. Analysis of leadership role and role of members in groups and the factors that contributes to effective group participation. Theories of organizing and mobilizing groups for health action are also discussed.

**2 Units**

**HED 881: Communication Strategies in Health Education**

Detailed study of the components of the communication process. Strategies and techniques currently utilized for communicating health information and ideas are examined. The role of language, advertisement, printed materials and mass media in transmitting health information is discussed. Methods/strategies for improving communication in Health Education are also discussed.

**2**

**Units**

**HED 882: Health Problems in Occupational and Industrial Environment**

Discussion and visits to industries and health agencies to study the relationship between working conditions and health with special reference to control of industrial hazards e.g. temperature, radiation, chemical and physical irritant. Emphasis is given to prevention, diagnosis, and treatment of industrial disability, and workmen's compensation. Problems encountered both by employers and employees in the two-way process of occupational health are also discussed.

**Units****HED 883: Personnel Management and Job Satisfaction in Health Establishment**

The concept of personnel management and job satisfaction are discussed and clarified. The importance in application of their respective principles in health establishments are examined. Policy issues related to training programmes and authority structure among categories of health manpower are critically analyzed.

**2 Units****HED 884: Epidemiology of Industrial and Road Traffic Accidents in Nigeria**

Industrial and road traffic accidents as contributors to morbidity and mortality in Nigeria. A study of factors associated with industrial /occupational and road traffic accidents. The role of employers and employees in accident prevention and management, and agencies and policies involved in road safety, included alsois the role of Health Education in their prevention.

**2 Units****HED 885: Occupational Diseases and Injuries**

Definition and classification of zoonosis, and the role of arthropods in disease transmission. Detailed examination of other infective agents and disease conditions, injuries and disability associated with occupations. The role of Health Education in their prevention, control and management is exhaustively discussed.

**2 Units****PHE886: Current Problems in Health Care**

Detailed description of current health problem in our health care delivery system eg. HIV and AIDs, STDs, infertility problems. The roles of public health educators and other health professional in providing remedies for these health problems. Also, government roles and functions in advancing solutions to these current problems.

**2 Units****HED 888: Qualitative Techniques in Public and Community Health**

Detail study of conceptual and operational dimensions of health, disease, illness and wellness, measurement of health in populations, paradigms of qualitative technique; measures associated with births and related population dynamics, mortality risk; screening and early detection of risks, with specific exposure to risks; measures associated with immunization and outcome of infections, assessing the availability and accessibility of health services, utilization of health services, impact and effectiveness of health services, and quality of health services.

**2 Units****HED 899: Project in Health Education**

Students should acquire skills in selecting researchable topics, and application of the principles of research design in analyzing individual research project.

**6****Units**

**MASTER’S/Ph.D PROGRAMME  
IN  
PUBLIC HEALTH EDUCATION, SCHOOL HEALTH EDUCATION,  
EMOTIONAL AND MENTAL HEALTH EDUCATION, AND  
OCCUPATIONAL HEALTH EDUCATION**

(AS DESCRIBED IN THE BROCHURE)

**DOCTOR OF PHILOSOPHY (Ph.D) IN HEALTH EDUCATION**

**Admission Requirements**

- (h) All candidates must have a master’s degree in any relevant area of specialty in Health Education with a minimum CGPA of 4.0 or 60 per cent.
- (i) Holders of M.Phil in Health Education or health fields.
- (j) Candidates may be expected to undergo a selection process involved and or interview.
- (k) The University matriculation requirement must be satisfied.

**Mode of Study**

The programme is by course work and a Ph.D thesis.

**Duration of the Programme**

- (d) **The full-time** Ph.D programme in Health Education runs for a minimum of six semesters or a maximum of ten semesters.
- (e) **The part-time** programme runs for a minimum of eight semesters or a maximum of twelve semesters.
- (f) For any extension beyond the maximum period, a special permission of the senate shall be required.

**Ph.D COURSES IN HEALTH EDUCATION**

<b>Core Courses</b>		<b>Unit</b>
PGC 701	Research Grant Writing and Synopsis Grant Writing	3
HED 901	Advanced Research and Statistical Methods	3
HED 902	Advanced Seminar in Health Education I	3
HED 903	Advanced Seminar in Health Education II	3
HED 951	Community Health and National Development	3
HED 952	Planning, Implementation and Evaluation of Health Programme	3
HED 961	Curriculum Design in Health Education /Health Science	3
HED 971	Health Education and Deathogenic Factors	3
HED 999	Ph.D Thesis	12
<b>Total</b>		<b>32 units</b>

## **DESCRIPTION OF COURSES in HEALTH EDUCATION**

### **PGC 701: Synopsis and Grant Writing**

Identification of types and nature of grant and grant writing; mining of grants application calls on the internet. Determining appropriate strategy for each grant application structures and contents and writing of concept notes, detailed project description, budgeting and budget defense. Study of sample grant writings in various forms and writing of mock research and other grants. Identification of University of Nigeria synopsis structure and requirements, (Introduction, Methodology and Results). Determining the content of each sub-unit of the synopsis. Steps in writing of synopsis from the Dissertation/Thesis document. Structural and language issues. Common errors in synopsis writing and strategies for avoiding them. The roles of the student and the supervisor in the production of a synopsis. Writing of mock synopsis. All registered Ph.D students must attend a solution-based interactive workshop to be organized by the School of Postgraduate Studies for a practical demonstration and application of the knowledge acquired from the course, conducted by selected experts.

**3 Units**

### **HED 901: Advanced Research and Statistical Methods**

Concept and nature of research in Human Kinetics and Health education, scientific processes, problem identification, types of variables in health education research, theory, formulation of hypotheses. Review of literature, research design and methodology. Presentation of result using computer analysis. Candidates should be guided through practical orientation's and at the end present a research proposal and defend it individually in the class. Techniques of research reporting and research proposal writing.

Description of in Human Kinetics and Health statistics and the various areas of application. Principal sources of vital Sports, exercise and health data. Pattern of measuring mortality, morbidity, fertility and other features in sports. The use of these data in practical situations such as in health care delivery system and sports are discussed. Practical steps in processing data including the use of descriptive and inferential statistical techniques for analyzing health data.

**3 Units**

### **HED 902 Advanced Seminar in Health Education I**

Articulation and presentation of in-depth research oriented paper on a topic related to the student's research topic at the beginning of the student's research programme. The Seminar should be presented in a formal academic session.

**3 Units**

### **HED 903 Advanced Seminar in Health Education II**

Articulation and presentation of the findings of in-depth research oriented paper on the student's research topic at the end of the student's research work before the final defense. The Seminar should be presented in a formal academic session.

**3 Units**

**HED 951: Community Health and National Development**

The role of health in national development, the political and bureaucratic conditions which affect health programmes. National health plan and national health policies are critically examined.

**3 Units**

**HED 952: Planning, Implementation and Evaluation of Health Programmes**

Principles of planning applied to existing health programmes and factors that affect implementation are discussed. Purposes of evaluation, strategies, methods and their relationship to the management process are covered in lectures sessions and case discussions.

**3 Units**

**HED 961: Curriculum Designs in Health Education/Health Science**

Application of the principles and steps in curriculum planning in designing curriculum in an area of candidate's choice related to health life skills e.g. Safe motherhood, safety in specific environments, etc.

**3 Units**

**HED 971: Health Education and Deathogenic Factors**

Political role of man-made factors in society that are detrimental to life and health that causes premature and tortuous death is examined. Accidents, sexual transmitted diseases, starvation, pollution of the physical environment etc. These factors have hitherto received minimal or no coverage in relation to death education. Suicide is also discussed. Dying and the dying processes are examined

**3 Units**

**HED 999: Ph.D Thesis**

Candidates are expected to demonstrate research competencies by identifying a topic in his/her related area of specialization and carry out an investigation in such areas, the thesis is defended before an appropriate examination board with an external examiner as an overriding all other decisions.

**12 Units**