



**NATIONAL DIPLOMA
IN
SPORTS COACHING AND TRAINING
2022**

GENERAL INFORMATION

1.0 TITLE OF THE PROGRAMME

National Diploma in **Sports Coaching and Training**

2.0 PROGRAMME GOAL

The goal of the National Diploma (ND) in **Sports Coaching and Training** programme is to produce knowledgeable, skilled, creative, and competent diplomates who will *support* coaches in training athletes and promote wellness.

3.0 PROGRAMME OBJECTIVES

On completion of the programme, the Diplomates should be able to:

- (a) Motivate and *support* the coach
- (b) Support the coach in planning, organizing and coordinating training programmes
- (c) Demonstrate basic knowledge and skills in sports sciences for effective athlete preparation
- (d) Display competence in physical fitness promotion as a pre-requisite for excellence in sports
- (e) Promote health in the sports ecosystem for sustainable wellness
- (f) Use the knowledge of sports facilities design, maintenance and equipment handling in athletes training
- (g) Assist in proper athlete nutrition and dieting, essential for sport performance enhancement
- (h) Understand the dynamics of physiological adaptations of athletes under different competitive environment
- (i) Understand multi-various approaches to athlete's mental and psychological composure required for sports performance excellence
- (j) Assist with the technical know-how of coaching and training
- (k) Assist with tactics and contemporary coaching techniques

4.0 ENTRY REQUIREMENTS INTO THE PROGRAMME

NATIONAL DIPLOMA (ND)

The academic requirements for admission into the ND **Sports Coaching and Training** programme are:

- I. Five credit passes in Senior Secondary Certificate Examination (SSCE), WASC, GCE, NECO, NABTEB or Equivalent in not more than two sittings. The Subjects must include: English Language, Mathematics, One Science subject (Chemistry, Biology/Agricultural Science/Geography, Physics), and any other two from Physical Education, Health Science, Health Education, Food and Nutrition and Civic Education.
- II. Admission will be through the Joint Admission and Matriculation Board (JAMB) having met condition in I above and scored up to the requisite cut-off point.

5.0 PROGRAMME DURATION:

The ND programme runs for two academic sessions of two semesters each (four semesters)

6.0 CURRICULUM

6.1 The curriculum is structured into four semesters of classroom, laboratories, studio, gymnasium, courts, pool and other field activities. Each semester of institutional based activities shall be for a duration of 17 weeks distributed as follows:

- (i.) 15 contact weeks of teaching, i.e. theory, practical, quizzes, tests, etc.; and
- (ii.) 2 weeks for registration and examination.

6.2 The curriculum of the programme consists of four main components viz:

- i) General Studies Courses
- ii) Foundation Courses
- iii) Professional Courses
- iv) Supervised Industrial Work Experience Scheme (SIWES)

The General Studies component includes courses in General Sciences, English Language/Communication, Entrepreneurship Development and Computer Studies.

The General Education Courses shall account for not more than 10-15% of the total contact hours for the programme.

Foundation Courses: Research Methods, Law courses etc. The number of hours for the foundation courses shall be between 10-15% of the total contact hours for the programme.

Professional Courses are specialized core courses, which give the student the theory and practical skills he/she needs to practice in his/her field of specialization at the technical level.

Those specialized core courses account for between 60-70% of the total contact hours of the programme.

7.0 PROJECT

Every ND student is required to successfully complete a project in the field of **Sports Coaching and Training** during his/her final year on the programme. Adequate project supervision/assessment should be done by qualified lecturers.

8.0 EVALUATION

For the purpose of awarding the National Diploma (ND) in **Sports Coaching and Training** evaluation of the student's work shall include: examinations, project and course work (tests, quizzes, practical etc.). The weighting of each of the components of the evaluation system shall be prescribed by the National Board for Technical Education and the institutions running the programme.

9.0 CONDITIONS FOR THE AWARD OF THE NATIONAL DIPLOMA

9.1 The National Board for Technical Education (NBTE) shall accredit the ND programme in **Sports Coaching and Training** before the award of the diploma certificate. Details about the process of accrediting programmes for the award of National Diploma shall be in line with guidelines from the Executive Secretary, (NBTE), Plot B, Bida Road, P.M.B 2239, Kaduna Nigeria or www.nbte.gov.ng.

9.2 The Institution will award the National Diploma to candidates who successfully complete the programme after passing the prescribed coursework, examination, and diploma project. Such candidates should have completed between 72-80 semester credit units as prescribed in the programme.

9.3 The National Diploma (ND) **Sports Coaching and Training** shall be awarded to only persons who have satisfied all conditions for the award of the certificate as laid down by the National Board for Technical Education (NBTE) and the Institution in which the programme is offered.

10.0 CLASSIFICATION/GRADING SYSTEM OF DIPLOMAS:

National Diploma (ND) shall be based on a total scale of 4 points classified into the following categories:

Distinction	-	CGPA of 3.50 and above
Upper Credit	-	CGPA of 3.00 – 3.49
Lower Credit	-	CGPA of 2.50 – 2.99

Pass

- CGPA of 2.00 – 2.49

MARKED RANGE	LETTER GRADE	WEIGHTING
75% and Above	A	4.00
70% - 74%	AB	3.50
65% - 69%	B	3.25
60% - 64%	BC	3.00
55% - 59%	C	2.75
50% - 54%	CD	2.50
45% - 49%	D	2.25
40% - 44%	E	2.00
Below 40%	F	0.00

11.0 ACCREDITATION OF PROGRAMMES

This programme shall be accredited by the National Board for Technical Education (NBTE).

12.0 GUIDANCE NOTES FOR TEACHERS OF THE PROGRAMME

12.1 The curriculum is drawn in course units. This is in keeping with the provision of the National Policy on Education, which stresses the need to introduce semester credit unit to enable a student who wishes to transfer the units already completed in an institution of similar standard from which he is transferring.

12.2 In designing the units, the principles of the modular system by product has been adopted, thus making each of the professional modules, when completed, provide the student with technical operative skills, which can be used for employment purposes.

12.3 As the success of the credit unit system depends on the articulation of programmes in the institutions and industry, the curriculum content has been written in behavioural objectives, so that it is clear to all, the expected performance of the student who successfully completes the programme.

12.4 The teaching of the theory and practical work should, as much as possible, be integrated. Practical exercises especially those in professional courses and laboratory work should, as much as possible, be integrated to a ratio of 70:30.

Qualification Requirements in ND Sports Coaching and Training

1. Physical and Health Education
2. Exercise Physiology
3. Exercise and Sports Psychology
4. Sports Management
5. Coaching

Minimum Core Lecturers for ND

- 4 lecturers for one stream (40 students)

Minimum Core Lecturers of HND

- 4+2 (6) lecturers for one stream (40 students)

Head of Department (HOD)

Should have the following requirements:

- Not less than Master's degree
- At least 10-12 industrial/teaching experience
- Member of relevant professional body
- Not less than the rank of Senior Lecturer
- The HOD should have the qualification in the relevant field

CURRICULUM TABLE

NATIONAL DIPLOMA IN SPORTS COACHING AND TRAINING

YEAR: ONE

SEMESTER: ONE

COURSE CODE	COURSE TITLE	L	T	P	CU	CH	CH/SEM
SCT 111	History of Sports	1	-	-	1	1	15
SCT 112	Sociology of Sports	2	-	-	2	2	30
SCT 113	Human Anatomy & Physiology of Sports I	1	-	2	3	3	45
SCT 114	Sports Strength & Conditioning	1	-	2	3	3	45
SCT 115	Specific Theory & Officiating (Football, Tennis and Karate)	3	-	-	3	3	45
SCT 116	Skill Practice in Football, Tennis and Karate	-	-	4	4	4	60
SCT 117	Fitness & Massage	1	-	1	2	2	30
GSF 100	Use of French	1	-	-	1	1	15
GNS 101	Use of English	2	-	-	2	2	30
LIS 111	Foundation of Information And Library Science	2	-	-	2	2	30
GNS 111	Citizenship Education 1	2	-	-	2	2	30
ICT 101	Introduction to Computing	2	-	2	4	4	60
	TOTAL	18	-	11	29	29	435

Key: L= Lecture, T=Tutorial, P=Practical, CU=Cumulative Unit, CH=Cumulative Hour

YEAR: ONE**SEMESTER: TWO**

COURSE CODE	COURSE TITLE	L	T	P	CU	CH	CH/SEM
SCT 121	Sports Coaching Methodology	2	-	-	2	2	30
SCT 122	Technology in Sports	1	-	1	2	2	30
SCT 123	Sports Psychology	2	-	-	2	2	30
SCT 124	Sports Nutrition	2	-	-	2	2	30
SCT 125	Fundamentals of Coaching	2	-	-	2	2	30
SCT 126	Seminar on Sports Medicine	1	-	1	2	2	30
SCT 127	Specific Theory & Officiating (Athletics, Table Tennis & Basketball)	3	-	-	3	3	45
SCT 128	Skill Practice (Athletics, Table Tennis & Basketball)	-	-	4	4	4	60
SCT 129	Coaching Practicum	-	-	2	2	2	30
EED 126	Introduction to Entrepreneurship	1	-	2	3	3	45
GNS 102	Communication in English I	1	-	1	2	2	30
GNS 121	Citizenship Education II	1	-	1	2	2	30
	TOTAL	16	-	12	28	28	420

Key: L= Lecture, T=Tutorial, P=Practical, CU=Cumulative Unit, CH=Cumulative Hour

YEAR: TWO**SEMESTER: ONE**

COURSE CODE	COURSE TITLE	L	T	P	CU	CH	CH/SEM
SCT 211	Statistics in Sports	2	-	-	2	2	30
SCT 212	Human Anatomy and Physiology of Sports II	1	-	2	3	3	45
SCT 213	Specific Theory & Officiating (Handball, Badminton & Taekwondo)	3	-	-	3	3	45
SCT 214	Skill Practice (Handball, Badminton & Taekwondo)	-	-	4	4	4	60
SCT 215	Coaching Practicum	1	-	1	2	2	30
SCT 216	Research Methodology	2	-	-	2	2	30
SPM 126	Introduction to Sports Event Management	2	-	-	2	2	30
EED 216	Practice of Entrepreneurship	1	-	2	3	3	45
GNS 202	Communication in English II	1	-	1	2	2	30
BAM 224	Elements of Human Capital Management	2	-	1	3	3	45
	TOTAL	15	-	11	26	26	390

Key: L= Lecture, T=Tutorial, P=Practical, CU=Cumulative Unit, CH=Cumulative Hour

YEAR: TWO**SEMESTER: TWO**

COURSE CODE	COURSE TITLE	L	T	P	CU	CH	CH/SEM
SCT 221	Sports Performance Enhancement	2	-	-	2	2	30
SCT 222	Coaching Internship	-	-	2	2	2	30
SCT 223	Specific Theory & Officiating (Swimming, Hockey & Chess)	3	-	-	3	3	45
SCT 224	Skill Practice (Swimming, Hockey & Chess)	-	-	4	4	4	60
SCT 225	Research Project	-	-	6	6	6	90
SPM 111	Sports Administration	2	-	-	2	2	30
SPM 225	Legal Aspects in Sports	2	-	-	2	2	30
	TOTAL	9	-	12	21	21	315

Key: L= Lecture, T=Tutorial, P=Practical, CU=Cumulative Unit, CH=Cumulative Hour

YEAR 1 SEMESTER I

PROGRAMME: NATIONAL DIPLOMA IN SPORTS COACHING AND TRAINING			
COURSE: HISTORY OF SPORTS			
CODE: SCT 111			
DURATION (Hours / Week) Lecture: 1 hrs	Tutorial: 0	Practical: 0	Total: 1hr. (15hrs/semester)
UNITS: 1CU			
GOAL: This course is designed to enable students acquire knowledge in History of Sports			
GENERAL OBJECTIVES: On completion of this course, the students should be able to:			
1.0 Understand the meaning and importance of history of sport 2.0 Understand the history of sports in the World 3.0 Know the history of Sports in Nigeria 4.0 Understand the history of Sports Ministry and Federations in Nigeria 5.0 Know the history of Nigeria Olympic Committee (NOC) 6.0 Know the history of State Sports Councils 7.0 Know the history of National Sports Festival			

PROGRAMME: NATIONAL DIPLOMA IN SPORTS COACHING AND TRAINING						
COURSE TITLE: HISTORY OF SPORTS			Course Code: SCT 111		Contact Hours: 1Hrs/Wk (15Hrs/Sem.)	
Theoretical content:			Practical Content:			
General Objective: 1.0 Understand the meaning and importance of history of sports						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
1.1 Define history of sports 1.2 Describe the nature of history of sports 1.3 Explain the scope of history of sports 1.4 Explain the aims and objectives of history of sports 1.5 Explain the relevance of history of sports to National development	Discuss history of sports, the nature, scope, aims and objectives, as well as, the relevance of history of sports to National development	-Textbooks - Sports Encyclopedia -Lecture Notes -Charts				-Quizzes -Test -Assignment
General Objective: 2.0 Understand the history of sports in the World						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
2.1 Trace the origin of sports in the	Discuss the origin of sports and the	-Textbooks - Sports				-Quizzes -Test

<p>world</p> <p>2.2 Explain history of sports in selected countries in Europe, America and Asia</p> <p>2.3 Explain the history of sports in selected African countries</p> <p>2.4 Explain the progression of sports development from the origin to modern day</p>	<p>history of sports in selected countries of the world</p>	<p>Encyclopedia</p> <p>-Lecture Notes</p> <p>-Charts</p>				<p>-Assignment</p>
General Objective: 3.0 Understand the history of sports in Nigeria						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
<p>3.1 Explain the</p> <ul style="list-style-type: none"> -nature - scope of sports in ancient times in Nigeria <p>3.2 Explain</p> <ul style="list-style-type: none"> - the nature - scope 	<p>Explain the nature and scope of sports in Nigeria before and after independence</p>	<p>-Textbooks</p> <p>- Sports Encyclopedia</p> <p>-Lecture Notes</p> <p>-Sports Documentary</p> <p>-Videos</p> <p>- Charts</p>				<p>-Quizzes</p> <p>-Test</p> <p>-Assignment</p>

of sports before and during the colonial period in Nigeria 3.3 Discuss the modern sports history in Nigeria 3.4 Relay significant events in Nigeria's sports development						
General Objective: 4.0 Understand the history of Sports Ministry and Federations in Nigeria						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
4.1 Explain the history of the Federal Ministry of Sports 4.2 Discuss the history of sports federations in Nigeria 4.3 Explain the objectives of Sports ministry and federations in Nigeria	Discuss the history of sports ministry and federations in Nigeria Highlight the objectives of Sports ministry and federations in Nigeria	-Textbooks -Resource materials from the Ministry of sports -Resource materials from the federations				-Quizzes -Test -Assignment

4.4 List popular sports personalities in Nigeria	Point out popular sports personalities in Nigeria					
General Objective: 5.0 Know the history of Nigeria Olympic Committee (NOC)						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
5.1 Define Nigeria Olympic Committee (NOC)	Discuss the acronym NOC and trace the history of NOC	-Textbooks -IOC and NOC resource materials -Charts				-Quizzes -Test -Assignment
5.2 Explain the broad history of NOC	Elaborate on the objectives, values, organogram and mode of operation of NOC					
5.3 Explain the objectives for the establishment NOC						
5.4 State the contributions of NOC in Nigerian sports activities	Highlight the contributions of NOC in Nigerian sports activities					
General Objective: 6.0 Know the history of State Sports Councils						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
6.1 Explain the broad history of State Sports	Discuss the nature, goals and objectives of state	-Textbooks -IOC and NOC resource materials				-Quizzes -Test -Assignment

Councils	sports councils	-Charts				
6.2 Explain the objectives of establishing State Sports Councils	Elaborate their values to the society and sports development in Nigeria					
6.3 State the value of State sports Councils in sports development in Nigeria	Explain their mode of operation					
6.3 Describe the mode of operation of State Sports Councils						
General Objective: 7.0 Understand the history of National Sports Festival						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
7.1 Explain the broad history of National Sports Festival	Trace the history of National Sports Festival	-Textbooks -Federal Ministry of Sports resource materials				-Quizzes -Test -Assignment
7.2 Explain the objectives of establishing National Sports Festival	Discuss the objectives of forming National Sports Festival and elaborate its values to sports development in	-Charts				

7.3 State the value of National Sports Festival to sports development in Nigeria	Nigeria					
7.4 Describe the mode of operation of the National Sports Festival	Highlight the mode of operation of National Sports Festival					

SCT 112: SOCIOLOGY OF SPORTS

YEAR ONE

FIRST SEMESTER

PROGRAMME: NATIONAL DIPLOMA IN SPORTS COACHING AND TRAINING			
COURSE: SOCIOLOGY OF SPORTS			
CODE: SCT 112			
DURATION (Hours / Week) Lecture: 2hrs	Tutorial: 0	Practical: 0	Total: 2 (30hrs/semester)
UNITS: 2CU			
GOAL: This course is designed to enable students acquire knowledge in Sociology of Sports			
GENERAL OBJECTIVES: On completion of this course, the students should be able to:			
1.0 Understand the concept of Sociology of Sports			
2.0 Understand the concept of Socialization in sports			
3.0 Understand the nature of human behavior in Sport			
4.0 Understand the natural phenomenon affecting individual athletes and their performance in Sports			
5.0 Understand the roles of societal factors in sports performance			

PROGRAMME: NATIONAL DIPLOMA IN SPORTS COACHING AND TRAINING						
COURSE TITLE: SOCIOLOGY OF SPORTS			Course Code: SCT 112	Contact Hours: 2Hrs/Wk (30Hrs/Sem.)		
Theoretical content:			Practical Content:			
General Objective: 1.0 Understand the concept of Sociology of Sports						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
1.1 Define Sociology of sports	Discuss sociology and sociology of sports.	-Textbooks -Encyclopedia -Lecture Notes				-Quizzes -Test -Assignment
1.2 Explain the major theories of sociology: -Structural Functionalism -Conflict Theory -Symbolic Interactionism -Role theory etc.	Discuss the major theories of sociology and the various sociological concepts. Discuss the various sociological concepts i.e. -Social Stratification -Social class -Social Mobility -Religion -Secularization -Law					
1.3 Explain the various sociological concepts						

1.4 Explain the importance of sociology in the human society and how social system work	-Sexuality -Gender and -Deviance in societies. Highlight the importance of sociology to a society					
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General Objective: 2.0 Understand the concept of Socialization in Sports						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
2.1 Define Socialization in Sports. 2.2 Explain Socialization process and its significance in sports. 2.3 Explain the theories of socialization and their adaptability in Sports. 2.3 Explain the Socializing institutions and their specific roles in the socialization process as related to sports	Discuss the Socialization and Socialization process in relation to Sports. Discuss the theories of socialization, socializing institutions and their roles in the sports and the society	-Textbooks -Encyclopedia -Lecture Notes				-Quizzes -Test -Assignment

General Objective: 3.0 Understand the nature of human behavior in Sport

Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
3.1 Describe human behaviour in Sports	Describe human behavior in sport.	-Textbooks - Sports Encyclopedia - Lecture Notes -Videos on socialization process and values				-Quizzes -Test -Assignment
3.2 Identify different types of socializing institutions peculiar to sports	Explain different sports socializing institutions.					
3.3 Explain human behaviours through analysis and examination	Describe human behaviors in sports settings.					
3.4 Explain the effect of social organizations on human behavior	Discuss the effect of social organizations on human behaviour in sports					
3.5 Explain effect of sports on social behavior in the Society	Discuss the effect of sports on social behavior in the Society					
3.6 Describe positive behaviour management in sports	Discuss positive behaviour management in sports					

General Objective 4.0: Understand the natural phenomenon affecting individual athletes and their performance in Sports						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
<p>4.1 Define play , game, and sports and their contributions to societal development.</p> <p>4.2 Explain the common denominators among culture and sports in societies at National and Global levels. e.g family, religion, etc</p> <p>4.3 Explain social factors that affects athletes behaviour and performance in sports e.g. spectators, fans abuse, racism etc.</p> <p>4.4 Explain how team building in sports can be used in teaching and imbibing lifelong skills in athletes for the overall benefits of the society</p>	<p>Discuss games, play, sociological factors and their relationship to athletes behaviour and performance in sports.</p> <p>Discuss the common denominators among culture and sports in societies at National and Global levels. e.g. family, religion, etc.</p> <p>Enumerate social factors that affects athletes behaviour and performance in sports e.g. spectators, fans abuse, racism etc.</p> <p>Discuss how team building in sports can be used in teaching and imbibing lifelong skills in athletes for the overall benefits</p>	<p>-Textbooks</p> <p>-Lecture notes</p> <p>-Online videos on athletes behaviour and performance</p>				<p>-Quizzes</p> <p>-Test</p> <p>-Assignment</p>

General Objective: 5.0 Understand the roles of societal factors in sports performance						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
5.1 Explain the concepts of sports in politics and politics in sports 5.2 Explain the roles of: - media - modern technology -Religion -etc in sports performance and activities	Explain sports in politics and politics in sports Discuss roles of politics, religion and technology in sports	-Textbooks -Lecture notes -Periodicals				-Quizzes -Test -Assignment

SCT 113: HUMAN ANATOMY AND PHYSIOLOGY OF SPORTS I

YEAR ONE

FIRST SEMESTER

PROGRAMME: NATIONAL DIPLOMA IN COACHING AND TRAINING			
COURSE: Human Anatomy and Physiology of Sports 1			
CODE: SCT 113			
DURATION (Hours / Week) Lecture: 1hr	Tutorial: 0	Practical:2hrs	Total: 3Hrs/Wk.(45hrs/semester)
UNITS: 2			
GOAL: This course is designed to enable students acquire knowledge in Human Anatomy and Physiology in Sport			
GENERAL OBJECTIVES: On completion of this course, the students should be able to:			
1.0 Understand the meaning of Anatomy and physiology 2.0 Understand the structures and functions of Cell, Tissue and blood 3.0 Know the structures and functions of the skeletal system 4.0 Understand the structure and functions of the muscular system 5.0 Understand the structure and functions of the digestive system			

PROGRAMME: NATIONAL DIPLOMA IN SPORTS COACHING AND TRAINING						
COURSE TITLE: HUMAN ANATOMY AND PHYSIOLOGY OF SPORTS 1			Course Code: SCT 113		Contact Hours: 1Hrs/Wk (15Hrs/Sem.)	
Theoretical content:			Practical Content:			
General Objective 1.0: Understand the meaning of Anatomy and physiology						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
1.1 Define Anatomy and Physiology	Explain Anatomy and Physiology.	-Textbooks - Reading materials -Charts - Drawings				- Quiz - Test - Assignment
1.2 Explain the relevance of Anatomy and physiology to sport activity	Highlight the differences between anatomy and physiology.					
1.4 Describe the regions of the human body	Explain the relevance of anatomy and physiology in sports.					

	Explain the region of the human body.					
General Objective 2.0: Understand the structures and functions of Cell, Tissue and blood						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation

2.1 Describe the organizational structure of the human body.	Define cells, tissues and organs in the body.	-Textbooks - Reading materials	2.1 Draw and label a cell.	-Sketches -Illustrates	- Model of the human cell and organs	- Quizzes
2.2 Define cell and tissue		-Charts	2.2 Identify different organs of the body.	-Draws -Points out	-Computer	-Test
2.3 Describe the human cells and tissues	Explain the human cell.	- Drawings			-Charts -Drawing books	- Assignment
2.4 Explain major organ systems in the human body.	Explain the organization of the human body parts.				-Pencils - Pictorials - Microscope	- Identification of structures learned.
	List and Explain the major organ systems in the body					

General Objective 3.0: Know the structures and functions of the skeletal system						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
3.1 Describe the skeletal system.	Explain the skeletal system.	Textbooks, reading	3.1 Identify the different components of the	Sketch	- Models of the human	- Quizzes

3.2 Explain the two components of skeleton. -axial -appendicular 3.3 Describe the functions of the skeletal system 3.4 List the different types of bones. 3.5 Explain bone development. 3.6 Describe the internal structure of long bone. 3.7 Define Joint. 3.8 State types of joints in relation to exercise.	Outline the functions of the skeletal system. Explain bones, bone development and the internal structure of long bone. Define joint, explain different types of joint in relation to sports.	materials, Charts, Projector, CD, Films Google search. YouTube	skeleton. 3.2 Identify and Draw a long bone. 3.3 Draw the internal structures of a long bone. Draw different types of joint.	Illustrate Points out.	skeletal system -Charts -Drawing books -Pencils - Pictorials	-Test - Assignment - Identification of structures learned.
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General Objective 4.0: Understand the structure and functions of the muscular system

Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
4.1 Describe the muscular system 4.2 Discuss the three types	Explain the muscular system, the three	Textbooks, reading materials,	4.1 Draw the muscle types. 4.2 Draw and label	Sketches Illustrates	-Charts -Drawing books	- Quizzes -Test

of muscle tissue 4.3 Describe the functions of muscular system 4.5 Describe the structure of the muscle.	muscle tissue and functions of the muscular system. Explain the structure of the muscle.	Charts, Projector, CD, Films	muscle structure		-Pencils - Pictorials	- Assignment - Identification of structures learned.
General Objective 5.0: Understand the structure and functions of the digestive system						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
5.1. State the Organs that make up the digestive system. 5.2 Explain the structure and functions of the human digestive system. 5.3 Outline the various enzymes in the digestive system and their functions 5.4 Discuss the common	List and Explain the digestive system. Explain the structures and functions of the digestive system.	Textbooks, reading materials, Charts, Projector, CD, Films	5.1 Draw the Digestive system	Sketches Illustrates	- Model of the digestive system -Charts -Drawing books -Pencils - Pictorials	- Quizzes -Test - Assignment - Identification of structures learned.

diseases of digestive system	<p>List and explain the enzymes in the digestive system and their functions.</p> <p>Explain the common diseases of the digestive system.</p>					
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YEAR ONE**FIRST SEMESTER**

PROGRAMME: NATIONAL DIPLOMA IN SPORTS COACHING AND TRAINING			
COURSE: Sports Strength and Conditioning			
CODE: SCT 114			
DURATION (Hours / Week) Lecture: 1hr	Tutorial: 0	Practical: 2	Total: 3 (45hrs/semester)
UNITS: 3CU			
GOAL: This course is designed to enable students acquire knowledge in sports strength and conditioning			
GENERAL OBJECTIVES: On completion of this course, the students should be able to:			
1.0 Understand the concept of sport strength and conditioning 2.0 Know the fundamental principles of training 3.0 Understand the importance of nutrition in sports and exercise 4.0 Know conditioning as it relates to Anatomical and Physiological systems 5.0 Understand the development of physical fitness components (strength, power, speed, agility, etc.) 6.0 Understand training and fitness programme			

PROGRAMME: NATIONAL DIPLOMA IN SPORTS COACHING AND TRAINING
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COURSE TITLE: Sports Strength and Conditioning			Course Code: SCT 114		Contact Hours: : 3hrs/week (45hrs/semester)	
COURSE SPECIFICATION: Theoretical content				Practical Content:		
General Objective 1.0: Understand the concept of sport strength and conditioning						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
1.1 Define -strength -conditioning 1.2 Explain the importance of strength and conditioning to athletes 1.3 Explain strength training in sports. 1.4 Explain conditioning in sports. 1.5 Explain various sport conditioning exercises	Discuss strength and conditioning Outlines the importance of strength training in sports. Discuss conditioning in sport. States the importance strength training to athletes Discuss the various sport conditioning exercises.	-Textbooks -Reading materials -Videos -Visuals				-Questions -Test -Assignment -Examination

General Objective 2.0: Explain fundamental principles of training						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
2.1 Explain the aims of sports training. 2.2 Explain general principles of sport training i.e -Individuality -Specificity -overload -Reversibility -etc	Enumerate the aims of sports training. Outlines general principles of sports training States the characteristics of sports training	-Textbooks -Reading materials				-Questions -Test -Assignment -Examination
General Objective 3.0: Understand the importance of nutrition in sports and exercise						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation

3.1.Explain the importance of Nutrition in; -fitness -conditioning	Discuss nutrition. Differentiates between nutrition and sports nutrition.	Textbooks and reading materials				-Questions -Test -Assignment
3.2 Explain the role of sports nutritionist	Highlight the roles of nutrition in sports. States the role of a sports nutritionist.					

General Objective 4.0: Know conditioning as it relates to Anatomical and Physiological systems

Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
4.1 Explain the importance of exercise to the heart.	Explain the important of exercise to the heart.	-Textbooks -Reading materials				-Questions -Test -Assignment -Examination
4.2 Explain the effect of exercise to the various systems of the body.	Enumerates the effects of exercise to the various system of the body.					

General Objective 5.0: Understand the development of physical fitness components (strength, power, speed, agility, etc.)						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
5.1 Explain the physical fitness components: <ul style="list-style-type: none"> - Strength - Power - Agility - etc. 5.2. Describe the roles of physical exercise on strength, power and agility development	Discuss strength power and agility as components of physical fitness. States the role of physical exercise in strength, power and agility development.	- Textbooks - Reading materials				- Questions - Test - Assignment - Examination
General Objective 6.0: Understand training and fitness programme						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation

<p>6.1 Define:</p> <ul style="list-style-type: none"> - fitness - training - fitness programme 	<p>Explains fitness, training and fitness programme</p>	<p>-Textbooks</p> <p>- Reading materials</p>				<p>-Questions</p> <p>-Test</p> <p>-Assignment</p> <p>-Examination</p>
<p>6.2 Explain the importance of training and fitness to athletes</p>	<p>Highlight the importance of fitness to athletes.</p>					
<p>6.3 Discuss the components of fitness programme.</p>	<p>Lists the types of training and fitness programme.</p> <p>Identify the components of training and fitness programme</p>					

SCT 115: SPECIFIC THEORY AND OFFICIATING (FOOTBALL, TENNIS & KARATE)

YEAR ONE

FIRST SEMESTER

PROGRAMME: NATIONAL DIPLOMA IN SPORTS COACHING AND TRAINING			
COURSE: Specific Theory And Officiating (Football, Tennis & Karate)			
CODE: SCT 115			
DURATION (Hours / Week) Lecture: 3hrs.	Tutorial: 0	Practical: 0	Total: 3 (45hrs/semester)
UNITS: 3CU			
GOAL: This course is designed to enable students acquire knowledge in Specific Theory and Officiating in Football			
GENERAL OBJECTIVES: On completion of this course, the students should be able to:			
FOOTBALL 1.0 Understand the concepts of football 2.0 Understand the historical foundation of football 3.0 Understand the basic skill techniques in football 4.0 Know the tactics in football 5.0 Understand formation and organization in football 6.0 Understand the basic concepts of football drills and skills 7.0 Know the rules and regulation in football 8.0 Understand officiating in football			

9.0 Understand scoring system and evaluation in football

TENNIS

10.0 Understand the concept of Tennis

11.0 Understand the historical foundation of Tennis

12.0 Know the basic skill techniques in Tennis

13.0 Know the tactics in Tennis

14.0 Understand formation and organization in tennis

15.0 Know rules and regulations in Tennis

16.0 Understand officiating in Tennis

17.0 Understand scoring system and evaluation in Tennis

KARATE

18.0 Understand the concept of Karate

19.0 Know the Historical foundation of Karate

20.0 Understand the basic skills and techniques in Karate

21.0 Know the tactics in Karate

22.0 Understand Karate as a sport (Athletic value)

23.0 Understand formation in Karate

24.0 Know the rules and regulations of Karate competition

25.0 Know the officiating officials in Karate

26.0 Understand scoring system and evaluation in Karate

27.0 Understand the judging panel for Karate

PROGRAMME: NATIONAL DIPLOMA IN SPORTS COACHING AND TRAINING						
COURSE TITLE: Specific Theory And Officiating (Football, Tennis & Karate)			Course Code: SCT 115		Contact Hours: : 3hrs/week (45hrs/semester)	
COURSE SPECIFICATION: Theoretical content			Practical Content:			
General Objective: 1.0 Understand the Concepts of Football						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
1.1 Define football 1.2 Explain the nature of football 1.3 List: - facilities in football - the dimensions 1.4 List the various equipment needed in football	Describe football. State the dimensions of a football field itemize football equipment	- Textbooks - Video - Documentary on football facilities & equipment				-Quizzes -Test -Assignment
General Objective 2.0: Understand Historical Foundation of Football						
Specific Learning	Teachers	Learning Resources	Specific	Teachers	Learning	Evaluation

Objectives	Activities		Learning Objectives	Activities	Resources	
2.1 Trace the historical development of Football in the World 2.2 Trace the historical development of Football in Nigeria 2.3 Describe football trends in Nigeria 2.4. List various national and international football bodies 2.5. Describe the roles of various national and international football bodies	Trace the historical development of football in the world and in Nigeria. List various National and International football bodies and discuss their roles. Highlight the major challenges facing	-Textbooks -FIFA, CAF and NFF online resources materials -Documentary video on history of football and current trends				-Quizzes -Test -Assignment

2.6. Explain the major challenges facing football development in Nigeria	football development in Nigeria					
General Objective 3.0: Understand the Basic Techniques in Football						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
3.1 List the nine technique in football <ul style="list-style-type: none"> • Dribbling, • kicking, • throw-in, • running with the ball • heading • Goal keeping • Feinting • Tackling etc. 3.2 Discuss the techniques in 3.1	Highlights and explain the nine techniques in football	<ul style="list-style-type: none"> - Textbooks - Online football resource materials 				<ul style="list-style-type: none"> • Quizzes • Test • Assignment

above						
General Objective: 4.0 Know the Tactics in Football						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
4.1 Define tactics in football 4.2 Outline the importance of tactics in football 4.3 Explain the different types of tactics in football	Discus tactic in football State the importance of tactic in football Explain different tactics in football	<ul style="list-style-type: none"> - Textbooks - Online football resource materials 				<ul style="list-style-type: none"> - Quizzes - Test - Assignment

General Objective 5.0: Understand Formation and Organization in Football						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
5.1 Explain	Explain	<ul style="list-style-type: none"> - Textbooks 				<ul style="list-style-type: none"> - Quizzes

Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
6.1 Outline the football workout drills for beginners 6.2. Explain 5 ways to improve core football skills 6.3. Outline the aims and goals of skill practice in football 6.4 Explain the benefit of skill practice in football 6.5. Outline the role	Explain the football workout drills for beginners Discuss 5 ways to improve core football skills State the aims and goals of skill practice in football State the	<ul style="list-style-type: none"> - Textbooks - Reading materials 				<ul style="list-style-type: none"> - Quizzes - Test - Assignment

of players in engaging skill practice in football	benefit of skill practice in football Discuss the role of players in engaging skill practice in football					
General Objective 7.0: Know the rules and regulations in football						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation

7.1 Define: - Rules - Regulation	Explain Rules and Regulation	- Textbooks - IFAB law book				- Quizzes - Test - Assignment
7.2 State the importance of rules and regulation in football	Explain the importance of rules and regulation in football					
7.3 List the basic rules in football						
7.4. List the 17 laws of soccer	Highlight the basic rules in football State the 17 laws of soccer					
General Objective 8.0: Understand Officiating in Football						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation

8.1 Define officiating. 8.2 State the importance of officiating in football 8.3 Outline the various officials in football 8.4 Explain the roles of various officials in football	Explain officiating. List the importance of officiating in football List the various officials in football Describe the roles of officials in football	-Textbooks -IFAB law book	7.1 Apply the rules of football in game situation 7.2 Demonstrate the signals of officiating in football	Simulates game situation to describe officiating signals	- IFAB Law - Book - Charts - Cones - Balls - Whistle	- Quizzes - Test - Assignment
General Objective: 9.0 Understand scoring system and evaluation in football						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
9.1 Explain the terminologies used	Discuss the various	- Textbooks - IFAB law	8.4 Display the scoring	Displays the	- Electronic scoring	- Quizzes - Test

in football 9.2 Explain evaluation systems in football; -players -officials -game -etc	terminologies used in football Discuss evaluation systems in football	book	system in football	scoring systems	system - Computer system	- Assignment
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General Objective 10.0: Understand the concept of Tennis

Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
10.1 Define Tennis 10.2 Explain the nature of Tennis 10.3 List the facilities in Tennis 10.4 Describe the dimensions of a Tennis court	Explain Tennis Describe the nature of Tennis Enumerate the facilities	<ul style="list-style-type: none"> - Textbooks - Reading materials - Net - Racket - Ball - Slides - Projector - Magic 	Demonstrate using slides and the various equipment needed in Tennis	Display the identified facilities and equipment	<ul style="list-style-type: none"> - Computer - Projector 	<ul style="list-style-type: none"> - Questions - Test - Assignment - Examination

10.5 List the various equipment needed in Tennis	and their dimensions Itemize the equipment needed in tennis	Board and Markers				
General Objective 11.0: Understand the Historical Foundation of Tennis						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
11.1 Trace the historical development of Tennis in the World 11.2 Describe the historical development of Tennis in Nigeria 11.3 Describe Tennis trends in Nigeria.	Track Tennis history in the world Recount the history in Nigeria.	<ul style="list-style-type: none"> - Textbooks - -Reading materials - Net - Racket - Ball - Slides - Projector - Magic Board and 				<ul style="list-style-type: none"> -Questions -Test -Assignment -Examination

<p>11.4. List International and National Tennis Bodies eg International Table Tennis Federation (ITTF) , National Table Tennis Federation (NTTF)</p> <p>11.5. Describe the roles of various National and International Tennis bodies.</p> <p>11.6. Explain the major challenges facing Tennis development in Nigeria</p>	<p>Establish its trend locally.</p> <p>List the International and National Tennis bodies e.g. ITTF, NTTF.</p> <p>Highlight roles of various National and International bodies.</p>	Markers				
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	Explain the challenges and proffer possible solution					
General Objective 12.0: Know the basic skill techniques in Tennis						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
12.1 List basic skill and technique in Tennis: <ul style="list-style-type: none"> • The serve • Forehand strokes • Backhand strokes • Footwork • Volleying • Overhead 	Explain game skills and techniques in Tennis	<ul style="list-style-type: none"> - Textbooks - Reading materials - Net - Racket - Ball - Slides - Projector - Magic Board and Markers 				<ul style="list-style-type: none"> - Questions - Test - Assignment - Examination

General Objective 13.0: Know Tactics in Tennis						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
13.1 Define tactics	Explain tactics	- Textbooks				- Questions
13.2 Outline the importance of tactics in Tennis	Discuss the importance of tactics.	- Reading materials				- Test
13.3 Identify the different types of tactics in Tennis	Explain the different types of tactics	- Net				- Assignment
		- Racket				- Examination
		- Ball				
		- Slides				
		- Projector				
		- Magic				
		- Board and Markers				
General Objective 14.0: Understand Formation and Organization in Tennis						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
14.1 Explain formation in Tennis	Discuss formation in	- Textbooks				- Questions
		- Reading				- Test

14.2 Explain the importance of formation and organization in Tennis	tennis. Discuss the different types of formation and their importance.	materials - Net - Racket - Ball - Slides - Projector - Magic				- Assignment - Examination
14.3. Explain the terms: -Tennis lob -Tennis overhead -etc	Discuss Tennis Lob. And Tenni s overhead play	- Board and Markers				
General Objective 15.0: Know the rules and regulation of Tennis						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
15.1 Define: -Rules -Regulations In Tennis 15.2 Highlight the basic rules and	Explains the rules and regulation of Tennis. Explain the	- Textbooks - Reading materials - Net - Racket - Ball				- Questions - Test - Assignment - Examination

regulations in Tennis	rules and regulations in tennis.	<ul style="list-style-type: none"> - Slides - Projector - Magic - Board and Markers 				
15.3 Outline the importance of rules and regulation in Tennis	Discuss the importance of rules and regulation in Tennis.					
General Objective 16.0: Understand Officiating in Tennis						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
16.1 Define officiating.	Explain officiating	<ul style="list-style-type: none"> - Textbooks - Reading materials - Net 				<ul style="list-style-type: none"> - Questions - Test - Assignment - Examination
16.2 State the importance of officiating in Tennis	<p>Discuss the importance of officiating in Tennis.</p> <p>List the officials in</p>	<ul style="list-style-type: none"> - Racket - Ball - Slides - Projector - Magic - Board and Markers 				

16.3 Outline the various officials in Tennis	Tennis					
16.4 Define the roles of various officials in Tennis	Describe the roles of the officials in Tennis.					
General Objective 17.0: Understand Scoring System and Evaluation in Tennis						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
17.1 Explain the scoring system in Tennis	Explain the scoring system in Tennis	<ul style="list-style-type: none"> - Textbooks - Reading materials - Net 				<ul style="list-style-type: none"> - Questions - Test - Assignment - Examination
17.2 Explain the evaluation systems of: -officials -Tennis players	Discuss the evaluation. -officials -Tennis players	<ul style="list-style-type: none"> - Racket - Ball - Slides - Projector - Magic 				

-game -etc	-game -etc	- Board and Markers				
General Objective 18.0: Understand the concepts of Karate						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
18.1 Define Karate 18.2 Explain the nature of Karate 18.3 State the different styles of Karate. 18.4 List the facilities used in Karate 18.5 Itemize the various equipment and kits needed in Karate	Define karate Describe the nature of Karate Explain the different styles of karate. Discuss the facilities used in the practice of karate and their dimensions List the equipment	- Notes - Journals - Video - White board/marker - Images				- Questions - Test - Assignments - Demonstration - Examination

	used and the kitting of karate					
General Objective 19.0: Know the historical foundation of Karate						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
19.1 Trace the history of Buddha Shakyamuni and Boddhihama	Highlight the history of karate from the days of Buddha	<ul style="list-style-type: none"> - Pictorials - Video - White Board/Marker - Images - Charts - Tables - Google - YouTube 				<ul style="list-style-type: none"> - Questions - Test - Assignments - Demonstration - Examination
19.2 Explain the Masters from China and their influences on Karate	Highlight the contribution of Chinese masters to Karate					
19.3 Trace the development of modern Karate.	Explain the role of Master Funakoshi to					

19.4. Explain the development of Karate in Nigeria	the development of modern karate					
19.5. Relates the trend of Karate in Nigeria	Explain the evolution of Karate in Nigeria over the years since its first contact with the people of Nigeria					
19.6. Describe the roles of National and International Karate Federations	State the roles of National and International Karate					
19.7 Highlight the	bodies.					

major challenges facing Karate development in Nigeria	Enumerate the factors mitigating against the development of Karate in Nigeria.					
General Objective 20.0: Understand the basic skill and techniques in Karate						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
20.1 Identify the fundamental elements of Karate (Kata and Kumite)	Describe the basic elements of Modern Karate.	<ul style="list-style-type: none"> - Pictorials - Video - White Board/Marker 				<ul style="list-style-type: none"> - Questions - Test - Assignments - Demonstration - Examination
20.2 Explain the Atemi wazas, stances	hat is atemi waza and stances.	<ul style="list-style-type: none"> - Images - Charts - Tables - Google - YouTube 				
20.3 Explain hand,	Explain					

foot, throw, sweep, grab techniques in Karate.	these techniques in karate and their advantages.					
20.4 Explain transitional movements in Karate	Explain the transitional movement					
20.5 State the relationship between, stances, postures, and hikite	Describe the relationship between stances, postures and hikite.					
General Objective: 21.0 Know tactics in Karate						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
21.1 Define Kata	Distinguish	- Pictorials				- Questions

and Kumite tactic.	between Kata and Kumite. State the importance of kihons, kata and kumite	<ul style="list-style-type: none"> - Video - White Board/Marker - Images - Charts - Tables - Google - YouTube 				<ul style="list-style-type: none"> - Test - Assignments - Demonstration - Examination
21.2. Outline the importance of Kihons Kata and Kumite.						
21.3 Explain the different types of tactics in Karate with reference to sen-no-sen, go-no-sen and ato-no-sen.	Discuss the different types of tactics in Karate.					
General Objective: 22.0 Understand Karate as a sport (Athletic Value)						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
22.1 Explain the Athletic values of Karate training: - space	State the athletic value of Karate	<ul style="list-style-type: none"> - Pictorials - Video - White Board/Marker 				<ul style="list-style-type: none"> - Questions - Test - Assignments - Demonstration

-time - age -sex -equipment -etc. 22.2 Compare Karate Athletic values with other sports.	Differentiate karate and other sports	- Images - Charts - Tables - Google - YouTube				- Examination
General Objective: 23.0 Understand formation in Karate						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
23.1 Explain the concept of formation in Karate with consideration to team Kata and Kumite. 23.2 Explain the various male and	Define team kata formation Distinguish between male and female	- Pictorials - Video - White Board/Marker - Images - Charts - Tables - Google - YouTube				- Questions - Test - Assignments - Demonstration - Examination

female formations.	formations in karate					
23.3 Discuss the Team Kata and Bunkai elements	Highlight the elements of team kata and bunkai.					
General Objective: 24.0 Know the Rules and Regulation of Karate Competition						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
24.1 Explain Karate Kumite Rules and Regulations 24.2 Evaluate the importance of Karate rule in Kumite for seniors, juniors/children or cadets	Explain kumite rules in Karate Different between karate rules in Kumite for senior karateka, Juniors and cadets.	<ul style="list-style-type: none"> - Pictorials - Video - White Board/Marker - Images - Charts - Tables - Google - YouTube 				<ul style="list-style-type: none"> - Questions - Test - Assignments - Demonstration - Examination

24.3 outline scoring and non-scoring areas in Kumite	Describe scoring and non-scoring areas in Kumite.					
24.4 Explain the prohibited behaviors in Karate	Describe the prohibited behaviors in Karate					
24.5 Highlight penalties in Karate Kumite	Explain penalties in Karate Kumite					
General Objective: 25.0 Know the officiating officials in Karate						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
25.1 Explain Kumite officiating and its importance	Describe Kumite officiating and state its	<ul style="list-style-type: none"> - Pictorials - Video - White Board/Marker 				<ul style="list-style-type: none"> - Questions - Test - Assignments - Demonstration

25.2 Describe the duties of; - Karate Referees - Judges	important Enumerate the duties of Karate referees and judges.	- Images - Charts - Tables - Google - YouTube				- Examination
25.3 Describe the Referee Panel	Explain a karate referee panel and their functions					
25.4 Highlight the procedure for starting and ending a karate match.	Explain starting, suspension and ending of a match					
General Objective: 26.0 Understand scoring system and evaluation in Karate						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
26.1 Explain Kata	Disc the	- Pictorials				- Questions

Rules and Regulation 26.2 Describe the organization of Kata Competition 26.3 Explain the operation of Matches	rules of kata and its regulation Describe the organization of kata competition. Describe the judging panel and their functions Discuss the operation of karate match.	<ul style="list-style-type: none"> - Video - White Board/Marker - Images - Charts - Tables - Google - YouTube 				<ul style="list-style-type: none"> - Test - Assignments - Demonstration - Examination
General Objective: 27.0 Understand the judging panel for Karate						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
27.1 Describe the Judging Panel in Karate. 27.2 Illustrate the	Explain the Judging Panel in Karate. Explain how	<ul style="list-style-type: none"> - Pictorials - Video - White Board/Marker - Images - Charts 				<ul style="list-style-type: none"> - Questions - Test - Assignments - Demonstration - Examination

<p>scores for Kumite</p> <p>27.3 Describe the criteria for evaluation in Kata</p> <p>27.4 Describe the terminologies used in Kata</p> <p>27.5 Describe announcement and gestures used by Referees</p> <p>27.6 Identify gestures and flat signals of judges</p> <p>27.7 Outline the operational guideline for Referees and Judges</p>	<p>Kumite scores are computed</p> <p>Show how to evaluate kata.</p> <p>Explain terminologies used in kata.</p> <p>Explain the gestures used by referees.</p> <p>Demonstrate the gestures and signals made by judges.</p> <p>Describe the operational guidelines of referees</p>	<ul style="list-style-type: none"> - Tables - Google - YouTube 				
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SCT 116: SKILL PRACTICE IN FOOTBAL, TENNIS AND KARATE

YEAR ONE

FIRST SEMESTER

PROGRAMME: NATIONAL DIPLOMA IN SPORT COACHING AND TRAINING			
COURSE: Skill Practice (Football, Tennis & Karate)			
CODE: SCT 116			
DURATION (Hours / Week) Lecture: 0hr	Tutorial: 0	Practical: 4hrs	Total: 4 (60hrs/semester)
UNITS: 4CU			
GOAL: This course is designed to enable students acquire knowledge in Skill Practice in Football			
GENERAL OBJECTIVES: On completion of this course, the students should be able to:			
FOOTBALL			
1.0 Know the techniques of field players			
2.0 Understand techniques in Goalkeeping			
3.0 Know the tactics of the game of football			
4.0 Understand the basic concepts of football drills and skills			
5.0 Understand the 10 football training drills			
6.0 Understand Football attacking drills			
7.0 Understand Football defending drills			
TENNIS			
8.0 Know the strategy and tactics of Tennis			
9.0 Understand Class organization in Tennis			

10.0 Understand elements of the basic stroke

11.0 Understand types of shot variations

12.0 Know types of grip

13.0 Understand fitness for Tennis

KARATE

14.0 Understand the concept of Karate skill practice

15.0 Understand the basic Atemis in Karate

16.0 Understand the basic stances in Karate

17.0 Perform the basic transitional Karate moves

18.0 Understand the Karate Kihones

19.0 Know Karate Kihon Kata (Tarkyoku Shodan)

20.0 Know Karate KumiteLTeno Kata Omote

21.0 Understand Gohon, Sanbon, Ippon Kynite

22.0 Understand Karate Competition Sparing (Jiyu Kumite)

23.0 Understand the duties and responsibilities of a coach in skill practice

PROGRAMME: NATIONAL DIPLOMA IN SPORTS COACHING AND TRAINING						
COURSE TITLE: Skill Practice (Football, Tennis & Karate)			Course Code: SCT 116		Contact Hours: : 4hrs/week (60hrs/semester)	
COURSE SPECIFICATION: Theoretical content				Practical Content:		
General Objective: 1.0 Know the techniques of field players						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
			Demonstrate <ul style="list-style-type: none">- Instep kick- Full step kick- Out step kick- Inside dropkick- Full step dropkick- Inside volley- Full step volley- Heading while standing- Heading while jumping with two legs- Heading while jumping with one leg	Demonstrate s different techniques in field play Emphasize the coaching points Oversee the skill practice, corrects wrong skill execution & offer	<ul style="list-style-type: none">- Small Goals cones- B all s- Fl ag s- Fl at co ne s- - M	<ul style="list-style-type: none">- Personal performance- Inter-group competition- Coaching practicum- Preparation and presentation of training programme.

			<ul style="list-style-type: none">- Diving header- Running and dribbling with the ball- Tricks and feinting, simple and double feints- Controlling the ball with the inside- Controlling the ball with the full step- Controlling the ball with the thigh- Controlling the ball with the chest- Controlling the ball with the head- Throw-in	motivation	ed ici ne B all s	
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General Objective: 2.0 Understand techniques in Goalkeeping						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
			Demonstrate Handling the ball <ul style="list-style-type: none"> - Ball along the ground - Ball at stomach level - Ball at face level of above head Diving for the ball <ul style="list-style-type: none"> - Diving and catching the ball - Diving to turn the ball away round the post - Diving to turn the ball away over the bar - Diving at an attacker's feet Punching the ball Throwing the ball <ul style="list-style-type: none"> - Underarm throw - Over arm throw 	Demonstrate different techniques of goal keeping Emphasize the coaching points Oversee the skill practice, corrects wrong skill execution & offers motivation	Small goal posts, Cones, Balls,	Personal performance, Inter-group competition, Coaching practicum, preparation and presentation of training programme.

			- Round arm throw Punching the ball			
General Objective: 3:0 Know the tactics involved in the game of football.						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
3.1 Define Tactics. 3.2 List fundamental football tactics. Stationery tactics <ul style="list-style-type: none"> - Free kick - Corner kick Individual tactics <ul style="list-style-type: none"> - Goalkeeper - Sweeper defenders - Midfield players - Wingers - Center forwards Team tactics <ul style="list-style-type: none"> - Attack - Defense Running clear Supporting Dribbling Feinting Covering Combating Tackling Man to Man and space marking	Discuss and differentiate fundamental tactics in football	White board and Marker. Multimedia projector, Television	Demonstrate different tactics <ul style="list-style-type: none"> - Attacker: 1 defender + 1 goalkeeper on one goal - Attackers: 1 defender + 1 goalkeeper on one goal - Attackers: 1 defender + 1 goalkeeper on two small goals - Attackers: 2 defenders + 1 goalkeeper on one goal - Attackers: 3 defenders + 1 goalkeeper on one goal - Attackers: 3 defenders + 1 goalkeeper on two small goals - Attackers: 3 defenders + 1 goalkeeper on four goals, ½ field - Midfield player + 3 	Demonstrates different tactics in football Emphasize the strategies for organization and positioning of players on and off the ball Oversees the skill practice sessions and	Balls, Cones, Field of play Hurdles, Pegs, Medicine balls, Bibs, Small goal cones	Personal performance, Inter-group competition, Coaching practicum, preparation and presentation of training programme

			forwards. - 4 defenders + 1 goalkeeper on one goal. - 4 defenders + 1 goalkeeper on two small goals. - 1 midfield + 4 forwards - Free-kick for and against - Corner-kick	corrects wrong players positioning		
General Objective: 4. Understand the basic concepts of football drills and skills						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
4.1 Outline the football workout drills for beginners 4.2. Explain 5 ways to improve core football skills 4.3. Outline the aims and goals of skill practice in football 4.4 understand the benefit of skill practice in football 4.5. outline the role of players in engaging skill practice in	Lectures Explain and discuss the concepts covered	Textbooks and reading materials				Questions Test Assignment

football						
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General Objective: 5 Understand the 10 football training drills							
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation	
5.1 Explain training drills 5.2 Explain training drills in relevance to football 5.3 discuss the benefit of training drills to the 10 basic skills in football 5.4. Discuss outline the role of coaches in teaching skill practice in football	Lectures Explain and discuss the concepts covered	Textbooks and reading materials				Questions Test Assignment	
General Objective: 6.0 Understand football attacking drills							
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation	

6.1 Explain football attacking drills 6.2 list the skills needed to practice the football attacking drills 6.3 Discuss the importance of practicing the football attacking drills 6.4 Explain the training guide for football attacking drills	Lectures Explain and discuss the concepts covered	Textbooks and reading materials				Questions Test Assignment
General Objective: 7 .Understand the concept of football defending drills						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
7.1 Explain football defending drills 7.2 list the skills needed to practice the football defending drills 7.3 Discuss the importance of practicing the football defending drills 7.4 Explain the training guide for football defending drills	Lectures Explain and discuss the concepts covered	Textbooks and reading materials				Questions Test Assignment

General Objective: 8.0 Know the strategy and tactics of Tennis						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
8.1 List Simple Principles of Strategy and Tactics for Singles play: - Consistency and risk taking - Hit the Ball deep - Exploit your opponents weakness - Develop a high margin for error - Recovery for the next shot positioning 8.2 Enumerate the 5	Explain the strategies and tactics	-Coaches manual -Video Compact Disk (VCD) -Marker and white board -Charts -Computers	8.1 Demonstrate itemized simple Principles of Strategy and Tactics for singles play: - Consistency and risk taking - Hitting the Ball deep - Exploiting your opponents weakness - Developing a high margin for error in play - Recovery for the next shot positioning	Demonstrate the outlined strategies and tactics in 8.1	-Tennis Court -Balls -Racket -Target cones -Ball basket - First Aid Box -Skipping rope	-One-on-one practical -Group practical -Examination -Assignment

<p>game situations:</p> <ul style="list-style-type: none"> - When the player serves - When the player returns - When the player and opponent are both at the baseline - When the player is approaching the net - When the opponent is approaching the net <p>8.3 Enumerate zones of play:</p> <ul style="list-style-type: none"> - Baseline - $\frac{3}{4}$ Court - MID Court - The net <p>8.4 Itemize the phases of play:</p> <ul style="list-style-type: none"> - Defending - Attacking 			<p>8.2 Demonstrate the 5 game situations:</p> <ul style="list-style-type: none"> - When the player serves - When the player returns - When the player and opponent are both at the baseline - When the player is approaching the net - When the opponent is approaching the net <p>8.3 Illustrate the Zones of play:</p> <ul style="list-style-type: none"> - Baseline - $\frac{3}{4}$ Court - MID Court - The net <p>8.4 Demonstrate Phases of play:</p> <ul style="list-style-type: none"> - Defending 			
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<ul style="list-style-type: none"> - Racing <p>8.5 Explain Shot selection:</p> <ul style="list-style-type: none"> - Easy shot - Moderately difficult shots - Difficult 			<ul style="list-style-type: none"> - Attacking - Racing <p>8.4 Exhibit Shot selection:</p> <ul style="list-style-type: none"> - Easy shot - Moderately difficult shots - Difficult 			
General Objective: 9.0 Understand Class Organization in Tennis						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
<p>9.1 Itemize elements of group/individual lessons:</p> <ul style="list-style-type: none"> - Meeting/introduction - Warm-up/evaluation - Demonstration and explanation of skills - Performance of the exercise/drills to be used to practice the skills 	<p>Explain the concepts in 9.1- 9.5</p>	<ul style="list-style-type: none"> -Coaches manual -Video Compact Disk (VCD) -Marker and White Board -Charts -Computer 	<p>9.1 Demonstrate :</p> <ul style="list-style-type: none"> - Meeting/introduction - Warm-up/evaluation -The exercise/drills to be used to practice the skills - Game situation/fun game - Cool down and 	<p>Demonstrate the outlined actions in 9.1-9.5</p>	<ul style="list-style-type: none"> -Ball basket -Rackets -Skipping ropes -Balls -Tennis Court -First Aid Box -Target cones. 	<ul style="list-style-type: none"> -One-on-one practical -Group practical - Examination, - Assignment

<ul style="list-style-type: none"> - Observation and feedback on the quality of the skills - Game situation/fun game - Cool down and review <p>9.2 Explain Preparation:</p> <ul style="list-style-type: none"> - Number and age of pupils - Commitment and expectation of pupils - Number of Courts - Availability of space - Provision of nets, posts, rackets, balls etc. - Course length/duration of lesson - Changing 			<p>review</p> <p>9.2 Demonstrate how to:</p> <ul style="list-style-type: none"> - Number and group the pupils by ages to meet expectation of pupils. - Utilize courts - Maximize space - Assemble nets, posts, rackets, balls etc. <p>Application of course length/duration of lesson</p> <p>9.3 Illustrate Safety;</p> <ul style="list-style-type: none"> - Place balls baskets so students don't run into it - Place left hander 			
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<p>facilities/toilets/drinks etc.</p> <ul style="list-style-type: none"> - Personal equipment: pen, whistle, notepads, clipboard <p>9.3 Explain Safety;</p> <ul style="list-style-type: none"> - Place balls baskets so students don't run into it - Place left hander properly so they don't hit other students - Spread student out according to their sizes - Control wild swinging - Avoid drills and exercise - Remove Tennis balls regularly so that players do not step on 			<p>properly so they don't hit other students</p> <ul style="list-style-type: none"> - Spread student out according to their sizes - Control wild swinging - Avoid drills and exercise - Remove Tennis balls regularly so that players do not step on it - Clean water and dirt off the court to prevent slipping - Never leave the court while a class is in progress. <p>9.4 Perform</p>			
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<p>it</p> <ul style="list-style-type: none"> - Clean water and dirt off the court to prevent slipping - Never leave the court while a class is in progress <p>9.4 Explain demonstration of strokes</p> <ul style="list-style-type: none"> - Do all demonstration slowly - Use classical form to demonstrates strokes - Demonstrate the full stroke before breaking it down into parts - Identify and demonstrate the relationship of the ball the racket and the body - Ensure that all 			<p>Demonstration of strokes;</p> <ul style="list-style-type: none"> - Do all demonstration slowly - Use classical form to demonstrates strokes - Demonstrate the full stroke before breaking it down into part - Identify and demonstrate the relationship of the ball the racket and the body - Ensure that all students can see the demonstration clearly - Repeat demonstration 			
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students can see the demonstration clearly - Repeat demonstration several times - Let student see demonstration from different angles 9.5 Explain Feeding: - Underhand toss/drop ball - Racket feed from a dropped ball Racket feed without bouncing the ball - Valley feed from the net in a rally situation - Ground stroke feed in a rally situation			several times - Let student see demonstration from different angles. 9.5 Demonstrate Feeding of balls; - Underhand toss/drop ball - Racket feed from a dropped ball Racket feed without bouncing the ball - Valley feed from the net in a rally situation - Ground stroke feed in a rally situation			
General Objective: 10.0 Understand elements of the basic stroke						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation

<p>10.1 Outline the forehand drive:</p> <ul style="list-style-type: none"> - The Grip - The Ready Position - The preparation Phase - The hitting Phase - The follow through - The Stance <p>10.2 Explain the Backhand Drive (Single handed)</p> <ul style="list-style-type: none"> - The Grip - The Ready Position - The preparation Phase - The follow through - Stance <p>10.3 List the Backhand Drive (Double handed)</p> <ul style="list-style-type: none"> -- The Grip - The Ready Position - The preparation Phase - The hitting Phase - The follow through - The Stance <p>10.4 Explain:</p> <ul style="list-style-type: none"> - The Serve - The Grip - The position/stance - The backswing/toss - The power coop 	<p>Illustrate the basic stroke skills</p>	<ul style="list-style-type: none"> -Coaches manual -Video Compact Disk (VCD) -Marker and White Board - Computer 	<p>10.1 Demonstrate the forehand drive:</p> <ul style="list-style-type: none"> - The Grip - The Ready Position - The preparation Phase - The hitting Phase - The follow through - The Stance <p>10.2 Demonstrate the Backhand Drive (Single handed):</p> <ul style="list-style-type: none"> - The Grip - The Ready Position - The preparation Phase - The follow through - Stance <p>10.3 Demonstrate the Backhand Drive (Double handed):</p> <ul style="list-style-type: none"> -The Grip - The Ready Position - The preparation Phase - The hitting Phase - The follow through - The Stance <p>10.4 Demonstrate:</p> <ul style="list-style-type: none"> - The Serve - The Grip - The position/stance - The backswing/toss 	<p>Demonstrate the outlined basic stroke processes.</p>	<ul style="list-style-type: none"> -Ball basket -Rackets -Skipping ropes -Balls -Tennis Court -First Aid Box -Target cones. 	<ul style="list-style-type: none"> - One-on-one practical -Group practical -Examination, - Assignment
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<ul style="list-style-type: none"> - The contact point. <p>10.5 Explain:</p> <ul style="list-style-type: none"> - The Volley - The Grip - The ready position - The preparation - The contact point. <p>10.6 Explain:</p> <ul style="list-style-type: none"> - The Lob - The Grip - The position - The contact point. <p>10.7 Explain:</p> <ul style="list-style-type: none"> - The Smash - The Grip - The position - The preparation - The contact point - The follow through 			<ul style="list-style-type: none"> - The power coop - The contact point <p>10.5 Demonstrate:</p> <ul style="list-style-type: none"> - The Volley: - The Grip - The ready position - The preparation - The contact point <p>10.6 Demonstrate:</p> <ul style="list-style-type: none"> - The Lob - The Grip - The position - The contact point <p>10.7 Demonstrate:</p> <ul style="list-style-type: none"> - The Smash - The Grip - The position - The preparation - The contact point - The follow through 			
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General Objective: 11.0 Understand types of Shot variations

Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
11.1 ExplainApproach shots	Explain the	-Coaches manual	11.1 Demonstrate approach shots	Demonstrate the outlined	-Ball basket	-One-on-one practical
11.2.ExplainPassing shots	various	-Video	11.2 Demonstrate	shot	-Rackets	-Group practical
11.3.ExplainDrop shots	shots	Compact Disk	Passing shots	variations	-Skipping	-Examination, -
11.4 ExplainHalf volley	variations	(VCD)				

	with illustrations.	-Marker and White Board	11.3 Demonstrate Drop shots 11.4 Demonstrate Half volley		ropes -Balls -Tennis Court -First Aid Box -Target cones.	Assignment
General Objective: 12.0 Know types of grip						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
12.1 Explain Grips Analysis: - Eastern forehand - Eastern Backhand - Continental - Western forehand - Semi-western forehand 12.2 Explain the Basic Grip: a. Forehand	Explain the grip skills with illustrations covered	-Coaches manual -Video Compact Disk (VCD) -Marker and White Board -Computers	12.1 Demonstrate Grip analysis: - Eastern forehand - Eastern Backhand - Continental - Western forehand - Semi -western forehand 12.2 Demonstrate the basic grip: a. Forehand - Eastern grip - Semi-western grip b. Backhand (Single handed) - Eastern grip	Demonstrate the skills in 12.1-12.2	-Ball basket -Rackets -Skipping ropes -Balls -Tennis Court -First Aid Box -Target	- One-on-one practical -Group practical - Examination, - Assignment

<ul style="list-style-type: none"> - Eastern grip - Semi-western grip <p>b. Backhand (Single handed)</p> <ul style="list-style-type: none"> - Eastern grip <p>c. Serve</p> <ul style="list-style-type: none"> - Continental grip <p>d. Volley</p> <ul style="list-style-type: none"> - Continental grip (forehand) - Continental/Eastern grip (Backhand) 			<p>c. Serve</p> <ul style="list-style-type: none"> - Continental grip <p>d. Volley</p> <ul style="list-style-type: none"> -Continental grip (forehand) -Continental/Eastern grip (Backhand) 		cones.	
General Objective: 13.0 Understand Fitness for Tennis						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
<p>13.1 Outline Physical Fitness needed in the game:</p> <ul style="list-style-type: none"> - Flexibility - Endurance - Speed - Strength - Power 		<p>Coaches manual, Video Compact Disk (VCD), Marker,</p>	<p>13.1 Demonstrate the physical Fitness:</p> <ul style="list-style-type: none"> - Flexibility - Endurance - Speed - Strength - Power 	<p>Demonstrate the outlined fitness activities in 6.1.</p>	<ul style="list-style-type: none"> -Ball basket -Rackets -Skipping ropes -Balls -Tennis 	<ul style="list-style-type: none"> -One-on-one practical -Group practical -Examination-Assignment

-Rest Recovery -Specificity -Warm-up - Cool down		White Board	- Rest Recovery -Specificity -Warm-up - Cool down		Court -First Aid Box -Target cones.	
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General Objective: 14.0 Understand the concept of Karate skill practice						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
Theoretical content: 1			Practical content: 2			
			14.1 Demonstrate the various basic standing forms with Zuki waza. Uke waza, Uchi waza, Keri waza. 14.2 Practice Zenkutsu Dachi and its transition 14.3 Practice Zenkutsu Zenkutsu Dachi and Gedan Barraï etc	Explanation of the technique analysis of individual basic skills. Demonstration of the outlined skills. Application of	Karate Gi: Karate belt Hand mints Shin Guards Instep protector Mouth Guard Chest Guard Groin Guard Focus Pads (Standing/hand held)	Questions Tests Assignments Demonstration

				the outlined skills.		
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General Objective: 15.0 Understand the basic Atemi in Karate						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
			15.1 Practice Zenkutsu Dachi with zuki wazas	Demonstrate the Zenkutsu Dachi with zuki wazas	- Karate Gi: - Karate belt - Hand mints - Shin Guards -Instep protector - Mouth Guard - Chest Guard - Groin Guard - Focus Pads (Standing/hand held) - Mat - Training hall	- Questions - Tests - Assignments -Demonstration
General Objective: 16.0 Understand the basic stances in Karate						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
			16.1Practice the	Demonstrate the	- Karate Gi:	- Questions

			Zenkutsu dachi, Kiba Dachi, Kokutsu Dachi	Zenkutsu dachi, Kiba Dachi, Kokutsu Dachi	- Karate belt - Hand mints - Shin Guards -Instep protector - Mouth Guard - Chest Guard - Groin Guard - Focus Pads (Standing/hand held) - Mat - Training hall	- Tests - Assignments -Demonstration
General Objective: 17.0 Understand the basic transitional Karate moves						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
			17.1Practice Changing stances from zenkutsu to kiba dachi and kokutsu Dachi 17.2 Practice turning around (mawate) with the stances	Demonstrate Changing stances from zenkutsu to kiba dachi and kokutsu Dachi Demonstrate turning around (mawate) with the stances	- Karate Gi: - Karate belt - Hand mints - Shin Guards -Instep protector - Mouth Guard - Chest Guard - Groin Guard - Focus Pads (Standing/hand held) - Mat - Training hall	- Questions - Tests - Assignments -Demonstration
General Objective: 18 .0 Understand The Karate Kihons						
Specific Learning	Teachers	Learning	Specific Learning	Teachers	Learning	Evaluation

Objectives	Activities	Resources	Objectives	Activities	Resources	
Theoretical content: 1			Practical content: 2			
			18.1 Practice the combination of Gedan barai, Zenkutsu dachi and Oi zuki 18.2 Practice the Geri wazas in transition 18.3 Combine stances with Zuki, Uke, Uchi and Geri wazas	Demonstrate the combination of Gedan barai, Zenkutsu dachi and Oi zuki Demonstrate the Geri wazas in transition Display stances with Zuki, Uke, Uchi and Geri wazas	- Karate Gi: - Karate belt - Hand mints - Shin Guards - Instep protector - Mouth Guard - Chest Guard - Groin Guard - Focus Pads (Standing/hand held) - Mat - Training hall	- Questions - Tests - Assignments - Demonstration
General Objective: 19.0 Know Karate Kihon Kata (Taikyoku Shodan)						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
			19.1 Practice kata (First Course Taikyoku Shodan) 19.2 Practice Kihon Kata No. 2) Taikyoku Ndan 19.3 Practice Kihon kata (No. 3) Taikyoku	Demonstrate (First Course Taikyoku Shodan) Exhibit the Kihon Kata No. 2) Taikyoku Ndan	- Karate Gi - Karate belt - Hand mints - Shin Guards - Instep protector - Mouth Guard - Chest Guard - Groin Guard - Focus Pads (Standing/hand	- Questions - Tests - Assignments - Demonstration - Practical application

Specific Objectives	Learning	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
Theoretical content:				Practical content: 2			
			21.1 Demonstrate Gohon Kumite Practice (5 steps sparring) 21.2 Demonstrate Sanbon Kumite Practice (3 steps sparring) 21.3 Demonstrate Ippon Kumite Practice (1 step sparring)	Demonstration of the kumite and transition from one step to 5 steps. Demonstrate Sanbon Kumite Practice (3 steps sparring) Demonstrate Ippon Kumite Practice (1 step sparring)	- Karate Gi: - Karate belt - Hand mints - Shin Guards -Instep protector - Mouth Guard - Chest Guard - Groin Guard - Focus Pads (Standing/hand held) - Mat - Training hall	- Questions - Tests - Assignments - Demonstration - Practical application	
General Objective: 22.0 Understand Karate Competition Sparring (Jiyu Kumite)							
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation	
Theoretical content: 1			Practical content: 2				
			22.1 Practice Karate Jiyu Kumite (Basic Movement) 22.2 Practice Karate Jiyu Kumite: One	Demonstrate Karate Jiyu Kumite (Basic Movement) Demonstrate Karate Jiyu Kumite: One	- Karate Gi: - Karate belt - Hand mints - Shin Guards -Instep protector	- Questions - Tests - Assignments - Demonstration	

			and two steps attack 22.3 Practice Karate Jiyu Kumite: stepping in and stepping out 22.4 Practice Karate Jiyu Kumite: blocking and punching	and two steps attack Exhibit Karate Jiyu Kumite: stepping in and stepping out Show the Karate Jiyu Kumite: blocking and punching	- Mouth Guard - Chest Guard - Groin Guard - Focus Pads (Standing/hand held) - Mat - Training hall	- Practical application
General Objective: 23.0 Understand the duties and responsibilities of a coach in skill practice						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
Theoretical content: 1			Practical content: 2			
			23.1 Practice with Focus pad and kick bag training for Athletes 23.2 Practice good posture, stances and Hikite (to avoid injuries) 23.3 Demonstrate basic scoring techniques	Demonstrate with Focus pad and kick bag training for Athletes Demonstrate good posture, stances and Hikite (to avoid injuries) Demonstrate basic	-Karate Gi - Karate belt - Hand mints - Shin Guards - Instep Protector - Mouth Guard - Chest Guard - Groin Guard -Focus Pads (Standing/hand held) - Multimedia - Images - Hall - Mat	-Questions -Tests -Assignments -Demonstration

				scoring techniques	<ul style="list-style-type: none">- Mat- YouTube- Google	
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SCT 117: FITNESS AND MASSAGE

YEAR ONE

FIRST SEMESTER

PROGRAMME: NATIONAL DIPLOMA IN SPORTS COACHING AND TRAINING			
COURSE: Fitness And Massage			
CODE: SCT 117			
DURATION (Hours / Week) Lecture: 1hr.	Tutorial: 0	Practical: 1hr.	Total: 2 (30hrs/semester)
UNITS: 2CU			
GOAL: This course is designed to enable students acquire knowledge and skills in fitness and massage			
GENERAL OBJECTIVES: On completion of this course, the students should be able to:			
1.0 Understand the concept of Fitness 2.0 Know the component of fitness 3.0 Understand development of fitness attributes 4.0 Understand massage 5.0 Understand application and limitation of Massage 6.0 Know Massage techniques 7.0 Know the different massage equipment and facilities			

PROGRAMME: NATIONAL DIPLOMA IN SPORTS COACHING AND TRAINING

COURSE TITLE: Fitness and Massage			Course Code: SCT 117		Contact Hours : 2hrs/week (30hrs/semester)	
COURSE SPECIFICATION: Theoretical content			Practical Content:			
General Objective: 1.0 Understand the concept of Fitness						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
1.1.Define Fitness 1.2.State the importance of fitness in sport activities 1.3. State 3 types of fitness 1.4 Discuss the 3 types of fitness	Explain fitness Highlight the importance of fitness in sport activities. List types of fitness Discuss types of massage.	-Textbooks -Reading materials -Magic boards -Marker -Projector.				-Quiz -Test -Assignment - Examination
General Objective: 2.0 Know the components of fitness						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
2.1 Explain the various component of fitness 2.2. list the physical	Discuss fitness components Describe the	-Textbooks -Reading materials -Magic boards		Shows relevant images and videos		-Quiz -Test -Assignment - Examination

related fitness components	physical related fitness components	-Marker -Projector.				
2.3 List the various health related fitness components	Identifies and discuss health related components.					
General Objective: 3.0 Understand development of fitness attributes						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
3.1 State the importance of fitness to health	Lists importance of fitness to health.	-Textbooks -Reading materials				-Quiz -Test -Assignment - Examination
3.2 Explain the development of fitness component attribute in an individual	Explain fitness components developments.	-Magic boards -Marker -Projector.				
3.3 Explain the sustenance of fitness component attribute in	Highlights ways of sustaining fitness attributes.					

an individual						
3.4 Explain the role of players and coaches in maintaining fitness.	Identifies and lists athlete and coaches roles in fitness sustenance.					
General Objective: 4.0 Understand massage						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
4.1 Define massage	Discuss massage.	- Textbooks	4.1 Know how to massage	Demonstrates how to massage	- Massage chair and tables	-Quiz
4.2. Outline the importance massage in sport	Explain the importance of massage in sport.	- Reading materials			- Massage oil, towels, stone and hitting devices	-Test
4.3. Explain the effect of massage on the human body	Describe the effects of massage on the human body	- Massage chair and tables			- Music player	-Assignment
4.4. Discuss the element of massage therapy	Enumerates the elements of massage therapy	- Massage oil, towels, stone and hitting devices			- Candles	- Examination
		- Music player			-etc.	

		- Candles -etc.				
General Objective: 5.0 Understand the application and limitation of Massage						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
5.1 State the role of massaging in Promoting Sports performance 5.2 Explain the application of massage therapy to human physiological activity 5.3 Discuss the limitation of massage therapy in sport performance	Explain the roles of massage in promoting sports performance Explain the application of massage therapy to human physiological activity Enumerates the limitations in sports performance	- Textbooks and reading materials. - Projector and visuals				-Quiz -Test -Assignment - Examination
General Objective: 6.0 Know Massage techniques						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation

6.1 Explain the benefit of massage therapy to athletes	Lists benefits of Massage	- Textbooks and reading materials.		6.1 Shows methods and techniques of massage		-Quiz -Test -Assignment - Examination
6.2 Outline the types of massage therapy	Differentiates between massages	- Projector and visuals				
6.3 List the types of massage therapy	List the types of massage therapy					
6.4 Highlight methods and techniques in massage therapy	Explain methods and techniques in massage therapy					
6.5. Discuss the trends of massage therapy in Nigeria	Explains trends of massage nationally					
General Objective: 7.0 Know massage equipment and facilities						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
7.1 List the various equipment used in massage therapy	Describe the various equipment used in massage	- Textbooks and reading materials		7.1 Demonstrates how tools,		-Quiz -Test -Assignment

	therapy			equipment and supplies are used.		- Examination
7.2. List the various tools, supplies and equipment selection in massage	Explain the various tools, supplies and equipment selection in massage					
7.3. List the various sport massage products used for athlete	Describe the various sport massage products used for athlete					
7.4.Highlight the importance of various sport massage products used for athlete	State the importance of various sport massage products used for athlete					

YEAR 1 SEMESTER II

SCT 121: SPORTS COACHING METHODOLOGY

YEAR ONE**SECOND SEMESTER**

PROGRAMME: COACHING (NATIONAL DIPLOMA)			
COURSE: Sports Coaching Methodology			
CODE: SCT 121			
DURATION (Hours / Week) Lecture: 2hrs	Tutorial: 0	Practical: 0	Total: 2 (30hrs/semester)
UNITS: 2CU			
GOAL: This course is designed to enable students acquire knowledge of Sports Coaching Methodology			
GENERAL OBJECTIVES: On completion of this course, the students should be able to:			
<ul style="list-style-type: none">1.0 Understand the meaning of sports coaching methodology2.0 Understand sports coaching philosophy3.0 Discuss the theoretical basis for teaching sport skills4.0 Understand the principles of sport coaching5.0 Explain sport skills training and practice6.0 Understand Coaching ethics7.0 Contemporary trends and issues in coaching.			

PROGRAMME: NATIONAL DIPLOMA IN SPORTS COACHING AND TRAINING

COURSE TITLE: Sports Coaching Methodology		Course Code: SCT 121		Contact Hours: : 2hrs/week (30hrs/semester)		
COURSE SPECIFICATION: Theoretical content			Practical Content:			
General Objective: 1.0 Understand the meaning of sports coaching methodology						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
1.1 Define Coaching methodology	Explain Coaching methodology	- Textbooks				-Quiz
1.2 Differentiate between	Differentiate between	-Online				-Test
- coaching sport	coaching sport and	coaching				-Assignment
- teaching sport	teaching sport	resource				- Examination
1.3 Define sports coaching methods	Explain sports coaching methods	materials				
1.4 List sports coaching methods	Discuss sports coaching methods					
- Whole Practice method						
- Whole-part-whole method						
- Shaping method						
- Chaining method						
- etc.						
1.5 Explain the sports coaching methods	Explain the sports coaching methods					

listed in 1.4 above	listed in 1.4 above					
General Objective: 2.0 Understand sports coaching philosophy						
2.1 Explain sports coaching philosophy	Discuss sports coaching philosophy	- Textbooks -Online coaching resource materials				-Quiz -Test -Assignment - Examination
2.2 Explain the components of coaching philosophy	Explain the components of coaching philosophy					
2.3 List coaching styles in sports	Explain coaching styles in sports					
- autocratic	- autocratic					
- democratic	- democratic					
- holistic	- holistic					
- etc.	- etc.					
2.4 Explain the coaching styles listed under 1.2 above	Explain the coaching styles listed under 1.2 above					
2.5 Establish the relationship between coaching philosophy and coaching styles	Discuss the relationship between coaching philosophy and coaching styles					
2.6 Highlight the	Explain the challenges					

challenges facing sport coaching in Nigeria	facing sport coaching in Nigeria					
General Objective: 3.0 Discuss the theoretical basis for sport coaching						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
3.1 List the theories of sports coaching e.g. - Behaviourists and Social Cognitivist - Environmental Reinforcement - Humanist - constructivist - etc.	Explain the theories of sports coaching e.g. Behaviourists and Social Cognitivist, Environmental Reinforcement, Humanist, Constructivist, etc.	- Textbooks -Online coaching resource materials				-Quiz -Test -Assignment - Examination
3.2 Explain underlying principles of the theories of sports coaching listed in 3.1 above.	Explain underlying principles of the theories of sports coaching listed in 3.1 above.					
3.3 Explain how a coach	Discuss how a coach					

can use these principles to improve athletes performance in sports	can use these principles to improve athletes performance in sports					
General Objective: 4.0 Understand the principles of sport coaching						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
4.1 Explain the principles of sports coaching: - pedagogical (participation, periodization, overload etc) - methodical (globality, flexibility, variability etc) - Biological (specificity, overload, progression etc.)	Discuss the principles of sports coaching: - pedagogical (participation, periodization, overload etc.) - Methodical (globality, flexibility, variability etc.) - Biological (specificity, overload, progression etc.)	- Textbooks - Online coaching resource materials				-Quiz -Test -Assignment - Examination
4.2 State the importance of each principle of coaching in 2.2. above to successful coaching	Explain the importance of each principle of coaching in 2.2. above to successful coaching					

in sports. 4.3 Explain the element for successful coaching 4.4 Highlight the factors militating against successful coaching in Nigeria	in sports. Explain the element for successful coaching Discuss the factors militating against successful coaching in Nigeria					
General Objective: 5.0 Explain sport skills training and practice						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
5.1 Define sports skills 5.2 Explain the classes of sports skills e.g. - Simple and complex skills - Open and closed skills Etc. 5.3 Define - sport skills training - sports practice 5.4. Outline the importance	Explain sports skills Discuss the classes of sports skills e.g. - Simple and complex skills - Open and closed skills Etc. Explains sport skills training and sports practice. Explain the importance	- Textbooks - Online coaching resource materials				-Quiz -Test -Assignment - Examination

<p>of skills training and practice in sports.</p> <p>5.5 Explain the fundamental sports skills e.g.</p> <ul style="list-style-type: none"> - Balance - Coordination - Control - Movement - etc <p>5.6 Explain the types of practice in sports e.g.</p> <ul style="list-style-type: none"> - Variable - Fixe - Massed - Distributed <p>5.7 Highlight the role of a coach in sport skills training and practice e.g.</p> <ul style="list-style-type: none"> - Leadership - Coordination 	<p>of skills training and practice in sports.</p> <p>Explain the fundamental sports skills e.g.</p> <ul style="list-style-type: none"> - Balance - Coordination - Control - Movement - etc <p>Explain the types of practice in sports e.g.</p> <ul style="list-style-type: none"> - Variable - Fixe - Massed - Distributed <p>5.7 Discuss the role of a coach in sport skills training and practice e.g. Leadership, Coordination, Mentor, etc.</p>					
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- Mentor - etc.						
General Objective: 6.0 Understand ethics in Coaching						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
6.1 Define ethics 6.2. Outline the importance of ethics in sport coaching 6.3 Highlight the rules and regulation guiding coaching methodology 6.4 List the ethics needed for successful sport coaching 6.5. Explain the ethics needed for successful sport coaching in Nigeria	Discuss ethical concepts in coaching Explain the importance of ethics in sport coaching Discuss the rules and regulation guiding coaching methodology Define the ethics needed for successful sport coaching Explain the ethics needed for successful sport coaching in Nigeria	- Textbooks - Online coaching resource materials				- Quiz -Test -Assignment - Examination
General Objective: 7.0 Contemporary trends and issues in coaching						

Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
<p>7.1 Trace the history of coaching in sports</p> <p>7.2. Explain the current trend in coaching in sport worldwide</p> <p>7.3. Explain the current trend in coaching in Nigerian sport</p> <p>7.4 Explain the contemporary issues facing successful coaching in Nigeria</p> <p>7.5. Proffer solution to the contemporary issues facing successful coaching in Nigeria</p>	<p>Narrate the history of coaching in sports</p> <p>Discuss the current trend in coaching in sport worldwide</p> <p>Discuss the current trend in coaching in Nigerian sport</p> <p>Explain the contemporary issues facing successful coaching in Nigeria</p> <p>Discuss solutions to the contemporary issues facing successful coaching in Nigeria</p>	<p>- Textbooks</p> <p>- Online coaching resource materials</p>				<p>-Quiz</p> <p>-Test</p> <p>-Assignment</p> <p>- Examination</p>

SCT 122: TECHNOLOGY IN SPORT

YEAR TWO

SECOND SEMESTER

PROGRAMME: NATIONAL DIPLOMA IN SPORT COACHING AND TRAINING			
COURSE: Technology in Sport			
CODE: SCT 122			
DURATION (Hours / Week) Lecture: 1hr	Tutorial: 0	Practical: 1hr	Total: 2hrs/week.(30hrs/semester)
UNITS: 2CU			
GOAL: This course is designed to enable students acquire knowledge in Technology in Sports			
GENERAL OBJECTIVES: On completion of this course, the students should be able to:			
1.0 Understand the concept of sports technology 2.0 Understand the ethical consideration in sports technology 3.0 Know how to use different technology in sport 4.0 Understand how different technology affects sports performance 5.0 Know how to maintain sports facilities and equipment			

PROGRAMME: NATIONAL DIPLOMA IN SPORTS COACHING AND TRAINING

COURSE TITLE: Technology in Sport			Course Code: SCT 122		Contact Hours: : 2hrs/week (30hrs/semester)	
COURSE SPECIFICATION: Theoretical content			Practical Content:			
General Objective: 1.0 Understand the concept of sports technology						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
1.1 Explain sports technology	Give a general overview of sport technology	- Textbooks and reading materials				-Quiz -Test -Assignment - Examination
1.2 Highlight major historical events in sports technology	Describe major historical events in sport technology	- ICT Tools - Resource person				
1.3 Discuss the importance of technology to sport performance	State the importance of technology to sports performance					
1.4 Narrate major technological innovations in sport	Narrate major technological innovations in sport					

General Objective: 2.0. Understand the ethical consideration in sports technology

Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
2.1 Explain ethical issues related to sports technology <ul style="list-style-type: none"> • Performance enhancement • Equipment • Clothing • facilities 	Discuss the ethical issues associated with the use of technology in sport	- Textbooks and reading materials - ICT Tools - Resource person				-Quiz -Test -Assignment - Examination
General Objective: 3.0 Know how to use different technology in sport						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
2.1 Explain the categories of technology in sport: -Video camera -electronic timing -force platform -etc.	Identify and discuss the use of different technology in sport concepts covered	- Textbooks and reading materials - ICT Tools - Resource person	2.1 Identify technological tools used in sports 2.2 Practice the usage of the	2.1Show technological tools used in sports 2.2 Demonstrate the usage of	- Video camera - Electronic timing - Force platform - Hawk eye - Computer etc.	- Quiz - Test -Assignment - Examination

2.2 Highlight the usage of different technology in sports			technology Visit various sport facilities.	the various technologies used in sports.		
General Objective: 4.0 Understand how the different technology affects sports						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
4.0 Discuss specific areas of technology impacts in sport: <ul style="list-style-type: none"> • coaches and athletes • officiating • sports equipment and wears • fans and spectators • scoring and recording • Treatment and management of sports injury 	Explains various ways technology has impacted om coaching, athletes, training officiating etc.	- Textbooks and reading materials - ICT Tools - Resource person		Demonstrate skills	- Computers - Chess board - Demonstration board - Chess clock	- Quiz - Test - Assignment - Examination

General Objective: 5.0. Understand the maintenance of sports facilities and equipment

Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
4.1 Explain maintenance of sport technological equipment and facilities	Explain maintenance of sport technological equipment and facilities	- Textbooks and reading materials				<ul style="list-style-type: none"> - Questions - Test - Assignment - Practical
4.2 Outline the benefits of maintenance of sports facilities and equipment	Explain the benefits of maintenance of sports facilities and equipment					
4.3. Identify basic requirements for maintenance and repairs	Explain basic requirements for maintenance and repairs					

YEAR ONE**SECOND SEMESTER**

PROGRAMME: NATIONAL DIPLOMA IN SPORT COACHING AND TRAINING			
COURSE: Sports Psychology			
CODE: SCT123			
DURATION (Hours / Week) Lecture: 2hrs	Tutorial: 0	Practical: 0	Total: 2hrs/week (30hrs/semester)
UNITS: 2CU			
GOAL: This course is designed to enable students acquire knowledge in sport psychology			
GENERAL OBJECTIVES: On completion of this course, the students should be able to:			
1.0 Understand the basic concepts of sports psychology 2.0 Know the importance of personality in sports 3.0 Understand the motivational phenomena on athletes performance 4.0 Understand the common psychological skills in sport			

PROGRAMME: NATIONAL DIPLOMA IN SPORTS COACHING AND TRAINING						
COURSE TITLE: Sports Psychology			Course Code: SCT 123		Contact Hours: : 2hrs/week (30hrs/semester)	
COURSE SPECIFICATION: Theoretical content			Practical Content:			
General Objective: 1.0 Understand the basic concepts of sport psychology						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
1.1 Define Psychology	Explain Psychology	Textbooks				- Quiz
1.2 Describe sport psychology	Explain sport	Videos				- Test
1.3 Enumerate the importance of sports psychology	psychology	Projector				- Assignment
1.4 Describe a sports psychologist and his role in team performance	Outline the importance of sports psychology					- Examination
1.5 Outline the branches of sports psychology	Describe a sports psychologist and his role in team performance					
1.6 Explain theories of sports psychology in relation to sports performance	Explain the branches of sports psychology					
1.7 Describe psychological principles in relation to sports performance	Explain theories of sports psychology in relation to sports					

1.8 Explain stress and anxiety in sports	performance					
1.9 Describe the effects of stress and anxiety on sports performance	Discuss psychological principles in relation to sports performance					
1.10 Explain the roles of -Imagery - attention on athletes' performance	Explain stress and anxiety in sports Explain the effects of stress and anxiety on sports performance 1.10 Explain the roles of Imagery and attention on athletes' performance					
General Objective: 2.0 Know the importance of personality in sports						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
2.1 Define personality	Explain personality	- Textbooks				- Quiz
2.2 List the theories of personality:	Explain the theories of personality:	-Videos - Projector				- Test - Assignment

- Sigmund Freud's psychoanalytic theory of Personality -The Big 5 Model of Personality 2.3 Explain each theory listed in 2.2 above. 2.4 Enumerate the importance of athlete's personality in sports performance	- Sigmund Freud's psychoanalytic theory of Personality -The Big 5 Model of Personality 2.4 Explain the importance of athlete's personality in sports performance					- Examination
General Objective: 3.0 Understand the motivational phenomena on athletes performance						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
3.1 Define motivation 3.2S State the importance of motivation in sports 3.3 List the types of motivation 3.4 Explain the theories of motivation	Explain motivation State the importance of motivation in sports Highlight the types of motivation Discuss the theories	- Textbooks -Videos - Projector				- Quiz - Test - Assignment - Examination

3.5 Describe the concept of arousal as underlying factor for motivation of athletes	of motivation Describe the concept of arousal as underlying factor for motivation of athletes					
General Objective: 4.0 Understand psychological skills in sport						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
4.1. Define psychological skills 4.2. Describe psychological skills in sports 4.3 Describe the roles of - attention -goal setting - concentration in sports performance 4.4 Explain the contributions of - imagery - visualization	Explain psychological skills Describe psychological skills in sports Explain the roles of - attention -goal setting - concentration in sports performance Explain the contributions of Imagery,	- Textbooks -Videos - Projector				- Quiz - Test - Assignment - Examination

<ul style="list-style-type: none"> - feedback - self-talk - pep-talk - mental practice to athletes' performance <p>4.5 Explain energy management in sports</p> <p>4.6 Outline the importance of team building and group cohesion to sports performance</p>	<p>visualization, feedback, self-talk pep-talk and mental practice to athletes' performance</p> <p>Explain energy management in sports</p> <p>State the importance of team building and group cohesion to sports performance</p>					
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YEAR: ONE

SEMESTER: TWO

PROGRAMME: NATIONAL DIPLOMA IN SPORT COACHING AND TRAINING			
COURSE: Sports Nutrition			
CODE: SCT 124			
DURATION (Hours / Week) Lecture: 2hrs	Tutorial: 0	Practical: 0	Total: 2 (30hrs/semester)
GOAL: This course is designed to enable students acquire knowledge in sport nutrition			
GENERAL OBJECTIVES: On completion of this course, the students should be able to:			
1.0 Understand the concept of sports nutrition 2.0 Understand classification of food in sports 3.0 Understand digestion of food 4.0 Know the pH values of the digestive system 5.0 Understand enzymes and absorption of nutrients 6.0 Know importance of water and electrolytes to performance 7.0 Understand sports nutritional supplement and dietary plan for athletes 8.0 Understand factors influencing nutritional requirement in sports			

PROGRAMME: NATIONAL DIPLOMA IN SPORTS COACHING AND TRAINING

COURSE TITLE: Sports Nutrition			Course Code: SCT 124		Contact Hours: : 2hrs/week (30hrs/semester)		
COURSE SPECIFICATION: Theoretical content			Practical Content:				
General Objective: 1.0 Understand the Concept of Sports Nutrition							
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation	
1.1 Define: - Nutrition - Sports Nutrition 1.2 Trace the history of sports nutrition 1.3 Outline the importance of sports nutrition 1.4 Explain the relationship between nutrition and sport performance. 1.5 Explain nutrition diet for different sports 1.6 Explain eating disorder in	Explain Nutrition and Sports Nutrition Narrate the history of sports nutrition Discuss the importance of sports nutrition Explain the relationship between nutrition and sport performance. Explain nutrition diet for different sports Discuss eating disorder in athletes Explain hydration and rehydration in sports	- Textbooks -Videos - Projector				- Quiz - Test - Assignment - Examination	

athletes 1.7 Explain hydration and rehydration in sports						
General Objective: 2.0 Understand classification of food in sports						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
2.1 Define food 2.2 State the classes of food 2.3 Highlight the Importance of Food and water to athletes 2.4 Explain calories 2.5 State the importance of calories to sports performance 2.6 Explain the relationship between calories and performance in endurance sports	Define food Outline the classes of food Discuss Importance of Food and water to athletes Explain calories Discus the importance of calories to sports performance Explain the relationship between calories and performance in endurance sports	- Textbooks -Videos - Projector				- Quiz - Test - Assignment - Examination

General Objective: 3.0 Understand digestion of food						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
3.1 Define digestion 3.2 Outline components of digestive system: - Mouth - Esophagus - Small intestine etc. 3.3 State functions of each component of the digestive system	Define digestion Explain components of digestive system Mouth Esophagus Small intestine etc. Explain functions of each component of the digestive system	- Textbooks and reading materials - Magic boards - Marker - Projector.		Shows relevant images and videos		- Quiz - Test - Assignment - Examination
General Objective: 4.0 Know the pH values of the digestive system						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
4.1 Define pH 4.2 Outline the relationship between pH and food digestion 4.3 State typical pH values in	Explain pH Outline the relationship between pH and food digestion	- Textbooks and reading materials - Magic boards - Marker - Projector.		Shows relevant images and videos		- Quiz - Test - Assignment - Examination

digestive system: - Mouth 5.5-7.5 - Stomach 1.0 to less than 4.0 etc.	State typical pH values in digestive system: Mouth 5.5-7.5 Stomach 1.0 to less than 4.0 etc.					
General Objective: 5.0 Understand enzymes and absorption of nutrients						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
5.1 Define Enzymes 5.2 Outline the functions of Enzymes in digestion 5.3 Describe the Enzymes responsible for digestion of different classes of food: - Carbohydrates - Protein - Fats 5.4 Explain absorption of food and nutrients into the body:	Define Enzymes Explain the functions of Enzymes in digestion Discuss Enzymes responsible for digestion of different classes of food Explain absorption of food	- Textbooks and reading materials - Magic boards - Marker - Projector.				- Quiz - Test - Assignment - Examination

<ul style="list-style-type: none"> - Carbohydrates - Protein - Fats 	and nutrients into the body: Carbohydrates Protein Fats					
General Objective: 6.0 Know importance of water and electrolytes to performance						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
6.1 Explain properties of water in human body: <ul style="list-style-type: none"> - Polarity - Solvent - Less dense etc. 	Explain properties of water in human body: Polarity Solvent Less dense etc.	- Textbooks and reading materials - Magic boards - Marker - Projector.				- Quiz - Test - Assignment - Examination
6.2 Outline functions of water	Outline functions of water					
6.3 Explain water distribution in athletes and non-athletes	Explain water distribution in athletes and non-athletes					
6.4 State where extracellular fluids can be located in the body	State where extracellular fluids can be located in the body					
6.5 Explain electrolytes balance	Explain electrolytes balance					
6.6 State its importance to performance	State its importance to performance					

	fluids can be located in the body Explain electrolytes balance State its importance to performance					
General Objective: 7.0 Understand sport nutritional supplement and dietary plan						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
7.1 Explain sports nutritional supplement 7.2 Explain sports dietary plan 7.3 Outline types of dietary supplement 7.4 Explain performance enhancing supplement 7.5 Explain:	Explain sports nutritional supplement Explain sports dietary plan Discuss types of dietary supplement Explain performance enhancing supplement	- Textbooks and reading materials - Magic boards - Marker - Projector.				- Quiz - Test - Assignment - Examination

<ul style="list-style-type: none"> - Energy - Recovery supplements <p>7.6 Outline the effects of sports drinks on athletes</p>	<p>Explain energy and recovery supplements</p> <p>Outline the effects of sports drinks on athletes</p>					
General Objective 8.0 Understand factors influencing nutritional requirements in sports						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
<p>7.1 State factors influencing nutritional requirement in sports:</p> <ul style="list-style-type: none"> - Aerobic - anaerobic etc. <p>7.2 Define:</p> <ul style="list-style-type: none"> - Aerobic - anaerobic <p>Exercises</p> <p>7.3 State the importance of</p>	<p>Highlight factors influencing nutritional requirement in sports:</p> <p>Aerobic anaerobic etc</p> <p>Define aerobic and anaerobic Exercises</p> <p>Explain the</p>	<ul style="list-style-type: none"> - Textbooks and reading materials - Magic boards - Marker - Projector. 				<ul style="list-style-type: none"> - Quiz - Test - Assignment - Examination

aerobic and anaerobic exercises	importance of aerobic and anaerobic exercises					
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YEAR ONE**FIRST SEMESTER**

PROGRAMME: NATIONAL DIPLOMA IN SPORT COACHING AND TRAINING			
COURSE: Fundamentals of Coaching			
CODE: SCT 115			
DURATION (Hours / Week) Lecture: 2hr	Tutorial: 0	Practical: 0	Total: 2 (30hrs/semester)
UNITS: 2CU			
GOAL: This course is designed to enable students acquire knowledge in the fundamentals of Coaching			
GENERAL OBJECTIVES: On completion of this course, the students should be able to:			
1.0 Understand the concept of Coaching 2.0 Understand the basic roles and functions of a Coach 3.0 Understand the principles of Coaching 4.0 Understand the concept of Training 5.0 Understand the principles of raining 6.0 Understand fundamental of Coaching techniques 7.0 Understand the methods of coaching			

PROGRAMME: NATIONAL DIPLOMA IN SPORTS COACHING AND TRAINING							
COURSE TITLE: Fundamentals of Coaching			Course Code: SCT 125		Contact Hours: : 2hrs/week (30hrs/semester)		
COURSE SPECIFICATION: Theoretical content				Practical Content:			
General Objective: 1.0 Understand the concept of coaching							
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation	
1.1 Define coaching 1.2 Explain coaching in sports 1.3 Explain coaching styles in sports 1.5 Enumerate the qualities of a good sports coach 1.6 State the basic coaching skills in sports	Discuss the concept of coaching, coaching styles and the qualities of a good coach and the coaching skills	-Textbooks -Reading materials -Relevant Sports equipment like cones, balls, whistle				-Quizzes -Test -Assignment	

coaches. 2.5 Explain the major challenges facing effective coaching in Nigeria						
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General Objective: 3.0 Understand the principles of coaching						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
3.1 Explain the philosophy of sport Coaching 3.2 State the importance of coaching in Sports 3.3 Outline five principles of reinforcement 3.4. Explain the code of practice for sport coaches	Discuss the principles of coaching and their importance Highlight five principles of reinforcement Discuss the code of practice for sport coaches	-Textbooks -Reading materials	3.1 Demonstrate the principles of reinforcement	Conduct a training session	-Mats -Barbells -Balls -Weights	-Quizzes -Tests -Preparation and presentation of training program

General Objective 4.0 Understand the concept of training						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
4.1 Explain sport training in physical education	Discuss the basics of sports training.	-Textbooks - Online training resource materials				-Quizzes -Test -Assignment
4.2 State the characteristics of sport training	Outline the characteristics of sport training					
4.3 Outline the objectives of sport training.	Explain the objectives of sport training.					
4.4 Explain the basics of sport training	Discuss the basics of sport training.					
4.4. State the importance of sport training	Enumerate the importance of sport training					

General Objective: 5.0 Understand the principles of sport training						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
5.1. Explain the principles of sport training 5.2. Discuss the technical aspects of sport training 5.3 Outline the importance of sport performance factors and training 5.6. Explain the purpose of training in sport	Discuss the principles of sport training and its importance in sports management. Describe the technical aspects of sport training Highlight the importance of sport performance factors and training Discuss the purpose of training in sport management Discuss the role of coaches in sport training	-Textbooks -Online training resource materials				-Quizzes -Test -Assignment

General Objective 6.0 Understand fundamental of Coaching techniques						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
6. 1 Define skills in sports 6.2 Define techniques in sports 6.3 Define abilities in sports 6.4 Explain the concept of organization in relation to sports training 6.5 Explain the basic sports skill to master in sport training 6.5 Explain the breathing technique in sport 6.6 Explain the psych-up techniques in sport	Discuss the concepts of skills & fundamental techniques in sports training	-Textbooks -Online resource materials				-Quizzes -Test -Assignment

General Objective: 7.0 Understand the methods of coaching						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
7.1 Define methodology in coaching 7.2 Explain the importance of effective coaching in sport 7.3 Explain the GROW model of coaching 7.4 Explain the effective coaching strategies in sport	Discuss the coaching methodology Highlight the importance of effective coaching in sport Discuss the GROW model of coaching State the effective coaching strategies in sport	-Textbooks -Reading materials	7.1 Apply the GROW model of coaching in sport	Conduct a training session	-Mats -Barbells -Balls -Weights	-Quizzes -Tests -Preparation and presentation of training program

YEAR ONE**SECOND SEMESTER**

PROGRAMME: NATIONAL DIPLOMA IN SPORTS COACHING AND TRAINING			
COURSE: Seminar on Sports Medicine			
CODE: SCT 126			
DURATION (Hours / Week) Lecture: 1hr	Tutorial: 0	Practical: 1hr	Total: 2hrs (30hrs/semester)
UNITS: 2CU			
GOAL: This course is designed to enable students acquire knowledge needed to examine sport-related injuries.			
GENERAL OBJECTIVES: On completion of this course, the students should be able to:			
<ol style="list-style-type: none">1. Understand Sport-related injuries2. Understand the assessment and management of Sports injury3. Know first aid treatments in sports injury4. Understand the rehabilitation of injured athlete			

PROGRAMME: NATIONAL DIPLOMA IN SPORTS COACHING AND TRAINING
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COURSE TITLE: Seminar on Sports Medicine			Course Code: SCT 126		Contact Hours: : 2hrs/week (30hrs/semester)	
COURSE SPECIFICATION: Theoretical content			Practical Content:			
General Objective: 1. Understand Sports injuries						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
1.1 Define sports injury. 1.2 Classify sports injury. 1.3 Enumerate the types of sports injury. 1.4 State the causes of sports injury. 1.5 Identify ways to prevent sports injury.	Discuss sport injury Classify sports injury Explains types of sports injury Discuss causes of sports injury Outlines ways of preventing sport injury	- Textbooks and reading materials - Slides - Visuals				- Quiz - Test - Assignment - Examination
General Objective: 2.0 Understand the assessment and management of Sports injury						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
2.1 Explain injury evaluation. 2.2 Explain injury management in sports. 2.3 Elaborate the concept:	Discus injury evaluation. Explain injury management in sports. Discuss the concept: PRICE, DRABC,	-Textbooks and reading materials - Videos - Projectors - Slides	2.1 Practice step by step injury management 2.2 Practice assessment of sports injury	Demonstrates step by step injury management Show how injuries are assessed	- First Aid Box - Stretcher	- Quiz - Test - Assignment - Examination

<ul style="list-style-type: none"> - Protection, Rest, Ice, Compression Elevation (PRICE) - Danger, Response, Airway, Breathing, Circulation (DRABC) - Heat, Alcohol, Running/exercise, Massage (HARM) - Talk, Observe, Touch, Active movement, Passive movement, Skill test (TOTAPS) in relation to injury management. 	HARM, and TOTAPS in relation to injury management.					
General Objective: 3.0 Know first aid treatments in sports injury						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
3.1 Define first aid in sports. 3.2 Outline types of first aid treatment in sports. 3.3 State the aims of first aid in sports injury. 3.4 State the: - qualities of first aider.	Define first aid in sports. Explain types of first aid treatment in sports. Outline the aims of first aid in sports injury. Discuss the:	- Textbooks and reading materials - First Aid Box - Videos	3.1 Identify the items found in a first aid box 3.1 Practice treatment of common minor injuries in sports	Show the items found in a first aid box Demonstrate treatment of common minor injuries in sports	- First Aid Box - Stretcher - Ice block	- Quiz - Test - Assignment - Examination

- duties of a sport first aider.	- qualities of first aider. - duties of a sport first aider.					
3.5 List the items found in first aid box e.g. iodine, bandage scissors, razor etc.	List the items found in first aid box e.g. iodine, bandage scissors, razor etc.					

General Objective: 4. Understand the rehabilitation of injured athlete

Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
4.1 Define sports injury rehabilitation.	Discuss sports injury rehabilitation.	- Textbooks and reading materials - Slides videos - Projector - Visuals				- Quiz - Test - Assignment - Examination
4.2 State the goals of injury rehabilitation.	Explain the goals of injury rehabilitation.					
4.3 Explain the rehabilitation principles in sports.	Explain the rehabilitation principles in sports.					
4.4 Outline the types of injury rehabilitation.	Describe the types of injury rehabilitation.					
4.5 Enumerate the stages of injury rehabilitation.	Describe the stages of injury rehabilitation.					
4.6 Enumerate injury rehabilitation care facilities in sports.	Enumerate injury rehabilitation care facilities in sports.					

SCT 127: SPECIFIC THEORY AND OFFICIATING (ATHLETICS, TABLE TENNIS AND BASKETBALL)

YEAR: ONE

SEMESTER: TWO

PROGRAMME: NATIONAL DIPLOMA IN SPORT COACHING AND TRAINING			
COURSE: Specific Theory And Officiating (Athletics, Table Tennis, Basketball)			
CODE: SCT 127			
DURATION (Hours / Week) Lecture: 3hrs	Tutorial: 0	Practical: 0	Total: 3hrs (45hrs/semester)
UNITS: 3CU			
GOAL: This course is designed for Students to understand the fundamentals of Athletics, Table Tennis And Basketball			
GENERAL OBJECTIVES: On completion, the students would be able to:			
ATHLETICS 1.0 Understand the historical foundation of track and field 2.0 Understand basic skills, techniques, tactics and formation in track and field 3.0 Understand laws of track and field 4.0 Understand scoring system and evaluation in track and field TABLE TENNIS 5.0 Know history of Table Tennis. 6.0 Understand fundamental skills in Table Tennis. 7.0 Know facilities and equipment in Table Tennis 8.0 Understand rules and regulations in Table Tennis 9.0 Understand officiating in Table Tennis BASKETBALL 10.0 Understand History of Basketball 11.0 Understand fundamentals Skills in Basketball 12.0 Understand officiating in Basketball 13.0 Know the rules and regulations in Basketball			

PROGRAMME: NATIONAL DIPLOMA IN SPORTS COACHING AND TRAINING						
COURSE TITLE: Specific Theory And Officiating (Athletics, Table Tennis, Basketball)		Course Code: SCT 127		Contact Hours: : 3hrs/week (45hrs/semester)		
COURSE SPECIFICATION: Theoretical content			Practical Content:			
General Objective: 1.0 Understand the historical foundation of track and field						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
1.1 Trace the history of athletics: - Internationally - Continentally - Locally 1.2 Describe the functions of athletics regulatory bodies: - World Athletics - Confederation of African Athletics - The Athletics Federation of Nigeria	Explain history of athletics from ancient to the modern day. Describe the history of world athletics, athletics in Africa, Africa Amateur Athletics Confederation and Athletics in Nigeria.	- Textbooks -Video - Lectures notes - Images - Charts - Youtube - Google - Handouts - Journals - Research work -Presentations				- Questions - Test - Assignment - Examination
General Objective: 2.0 Understand basic skills, techniques, tactics and formation in track and field						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
2.1 Define warm up in athletics 2.2 State importance of warm-up for injury prevention in skill learning	Describe warm up in athletics. Explain the importance of proper warm up for injury prevention.	- Textbooks -Video - Lectures notes - Images - Charts - Youtube				- Questions - Test - Assignment - Examination

2.3 Explain Fundamentals of running.	Explain the fundamentals of running.	- Google				
2.4 Outline the basic skills in: - Running - Jumping - Throwing in athletics.	Enumerate the basic skills in running, jumping and throwing in athletics.	- Handouts - Journals - Research work -Presentations				
2.5 Explain the Biomechanics of field events e.g. long jump, high jump, shot put etc.	Explain the Biomechanics of field events e.g. long jump, high jump, shot put etc.					
2.6 Explain tactical formation of relay race.						
2.7 Examine the importance of Relay formation and tactics.	Describe Tactical formation of relay race Discuss the importance of relay formation and tactics in athletics.					
General Objective: 3.0 Understand laws of track and field						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
3.1 Explain the rules governing officiating in track and field	Describe the rules governing officiating in track and fields.	- Textbooks				- Questions
3.2 Outline track and field: - Officials - Duties.	Explain the roles of officials in athletics	-Video - Lectures notes - Images - Charts				- Test - Assignment - Examination

3.3 State laws of track and field	Discuss the laws of track and field.	- Youtube - Google - Handouts - Journals - Research work -Presentations				
General Objective: 4. Understand scoring system and evaluation in track and field						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
4.1 Explain scoring systems in track and field 4.2 Explain evaluation process in track and field	Describe scoring system in track and field. Discuss evaluation process in track and field	- Textbooks -Video - Lectures notes				- Questions - Test - Assignment - Examination
General Objective: 5.0 Know history of Table Tennis						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
5.1 Trace the history of Table Tennis: - Internationally - Continentally - Locally 5.2 Describe the functions of table tennis regulatory bodies: - International Table Tennis Federation (ITTF) - Africa Table Tennis Federation (ATTF)	Narrate the history of Table Tennis at International, Continental, and Local levels. Explain the functions of table tennis regulatory bodies: - ITTF - ATTF - NTTF	-Textbooks and reading materials -Pictorials - Lectures notes				- Questions - Test - Assignment - Examination

- Nigeria Table Tennis Federation (NTTF)						
General Objective: 6.0 Understand fundamental skills in Table Tennis						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
6.1 Outline fundamental skills in Table Tennis: - Grip - Service - Stance - Footwork etc.	Explain the fundamental skills in Table Tennis	-Textbooks and reading materials - Rackets -Balls -Measuring gauze - Table tennis board - Video clips -Pictorials				- Questions - Test - Assignment - Examination
General Objective: 7.0 Know facilities and equipment in Table Tennis						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
7.1 List facilities and equipment in Table Tennis: - Indoor Hall - Score board - Racket - Balls etc.	Describe facilities and equipment in Table Tennis: Indoor Hall, Score board, Racket and balls, etc.	-Textbooks and reading materials - Rackets -Balls -Measuring gauze				- Questions - Test - Assignment - Examination
7.2 State the importance of facilities and equipment maintenance in Table Tennis	Outline importance of facilities and equipment maintenance in Table Tennis	- Table tennis board - Video clips -Pictorials				
7.3 Highlight the benefits of using standard equipment	Explain the benefits					

	of using standard equipment					
General Objective: 8.0 Understand rules and regulations in Table Tennis						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
8.1 Explain the rules governing officiating Officials in Table Tennis 8.2 Outline the rules and regulations of Table Tennis 8.3 Outline Table Tennis: - Officials - Duties 8.4 State the importance of officials in Table Tennis. 8.5 State the qualifications required of a Table Tennis official.	Explain the rules governing officiating Officials in Table Tennis Explain the rules and regulations of Table Tennis Outline Table Tennis Officials and their duties State the importance of officials in Table Tennis. Highlight the qualifications required of a Table Tennis official.	-Textbooks and reading materials - Rackets -Balls -Measuring gauze - Table tennis board - Video clips -Pictorials				- Questions - Test - Assignment - Examination
General Objective: 9.0 Understand the officiating terms in Table Tennis						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
5.1 Define: - Officiating - Officiating terms: - Let - Deuce	Discuss officiating. Explain the importance of the officials. Explain terms used	-Textbooks and reading materials - Video clips -Pictorials				- Questions - Test - Assignment - Examination

5.2	<ul style="list-style-type: none"> - Love - Foul etc. <p>Outline the benefits of officiating in Table Tennis.</p>	<p>in officiating.</p> <p>Discuss the benefits of officiating.</p> <p>Discuss the qualification needed to be an official.</p> <p>Explain the outlined rules.</p>					
General Objective: 10.0 Understand History of Basketball							
Specific Learning Objectives		Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
10.1 Trace history of basketball <ul style="list-style-type: none"> - Internationally - Continentally - Locally 10.2 Outline the functions of Basketball regulatory bodies: <ul style="list-style-type: none"> - Federation of International Basketball Association (FIBA) - Federation of International Basketball Association Africa (FIBAA) - Nigeria Basketball Federation (NBF) 		<p>Narrate the history of basketball at International, Continental and Local levels</p> <p>Describe the functions of Basketball regulatory bodies: FIBA, FIBAA and NBF</p>	<ul style="list-style-type: none"> - Textbooks - White board/Marker - Video 				<ul style="list-style-type: none"> - Questions - Test - Assignment - Examination
General Objective: 11.0 Understand fundamentals Skills in Basketball							
Specific Learning Objectives		Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation

11.1	Define warm up in Basketball	Describe warm up in Basketball	- Textbooks				- Questions
11.2	Explain importance of warm-up for injury prevention in skill learning	Explain importance of warm-up for injury prevention in skill learning	-Video				- Test
11.3	Outline the skills in Basketball: - dribbling - passing - jumping - shooting etc.	Explain the skills in Basketball: dribbling ,passing, jumping and shooting, etc.	- Lectures notes				- Assignment
11.4	Explain Fundamentals skills in Basketball.	Explain Fundamentals skills in Basketball.	- Images				- Examination
11.5	Explain tactical formation in Basketball.	Describe tactical formation in Basketball.	- Charts				
11.6	Outline the importance of tactical formations: - Offensive - Defensive	Explain the importance of tactical formations: Offensive Defensive	- YouTube				
			- Google				
			- Handouts				
			- Journals				
			- Research work				
			-Presentations				

General Objective: 12.0 Understand officiating in Basketball						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
12.1 Define: <ul style="list-style-type: none"> - Officiating - Officiating terms: <ul style="list-style-type: none"> • Traveling • Time out • Quarters etc. 12.2 State the benefits of officiating in Basketball.	Explain Officiating and officiating terms Outline benefits of officiating in Basketball.	- Textbooks - Video - Lectures notes - Images - Charts - YouTube - Google - Handouts - Journals - Research work - Presentations				- Questions - Test - Assignment - Examination
12.3 Describe the Dimensions of the Basketball Court 12.4 List equipment in Basketball 12.5 Explain the rules and regulations in basketball 12.6 Explain safety and prevention of injuries in Basketball	Describe the Dimensions of the Basketball Court List equipment in Basketball Explain the rules and regulations in basketball Explain safety and prevention of injuries in Basketball					
General Objective: 13.0 Know the rules and regulations of Basketball						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
13.1 Explain the rules governing officiating Official in Basketball 13.2 Outline the rules and regulations of Basketball	Explain the rules governing officiating Official in Basketball Outline the rules and regulations of Basketball	- Textbooks - Video - Lectures notes - Images - Charts				- Questions - Test - Assignment - Examination

13.3	Outline Basketball: - Officials - Duties	Outline Basketball: Officials Duties	- YouTube - Google - Handouts				
13.4	State the importance of officials in Basketball.	State the importance of officials in Basketball.	- Journals - Research work				
13.5	State the qualifications required of a Basketball official.	State the qualifications required of a Basketball official.	-Presentations				

SCT 128: SKILL PRACTICE (ATHLETICS, TABLE TENNIS AND BASKETBALL)

YEAR ONE

SECOND SEMESTER

PROGRAMME: NATIONAL DIPLOMA IN SPORT COACHING AND TRAINING			
COURSE: Skill Practice (Athletics, Table Tennis, Basketball)			
CODE: SCT 128			
DURATION (Hours / Week) Lecture: 0	Tutorial: 0	Practical: 4hrs	Total: 4 (60hrs/semester)
UNITS: 4CU			
GOAL: This course is designed to enable students acquire knowledge of skill practice in Athletics, Table Tennis, Basketball			
GENERAL OBJECTIVES: On completion of this course, the students should be able to:			
ATHLETICS 1.0 Demonstrate skills in Track and Field events 2.0 Demonstrate techniques in Track events 3.0 Demonstrate techniques in Field events 4.0 Demonstrate tactics and formations in Relay events 5.0 Demonstrate drills in track and field events TABLE TENNIS 6.0 Know the foundation/Basic skills in Table Tennis. BASKETBALL 7.0 Demonstrate basic skills in Basketball 8.0 Demonstrate techniques in basketball 9.0 Demonstrate offensive and defensive strategies in basketball 10.0 Demonstrate drills in Basketball			

PROGRAMME: NATIONAL DIPLOMA IN SPORTS COACHING AND TRAINING						
COURSE TITLE: Skill Practice (Athletics, Table Tennis, Basketball)			Course Code: SCT 128	Contact Hours: : 4hrs/week (60hrs/semester)		
COURSE SPECIFICATION: Theoretical content			Practical Content:			
General Objective: 1.0 Understand the historical foundation of track and field						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
			1.1 Execute running skills: <ul style="list-style-type: none">- High-kneel- Stride length- Stride frequency- Arm drive- Maximum extension of torso- Pawning of feet etc. 1.1 Perform skills in jumps: <ul style="list-style-type: none">(a) Horizontal jumps:<ul style="list-style-type: none">- flights of horizontal- sailing flight- hanging flight- hitch-kick flight(b) Vertical jumps:<ul style="list-style-type: none">- western roll flights- scissors flight- flop flightsetc.	Demonstration running skills Demonstrate the right posture and running technique to students. Demonstrate Skills in jumping	- Starting blocks - Stop watches -Running spikes. - Whistles - Field of play - Images - Google - YouTube - Video - Handout	- Track Practical - Questions - Test - Assignment - Examination
General Objective: 2.0 Demonstrate techniques in Track events						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
			2.1 Execute techniques in: <ul style="list-style-type: none">(a) Sprints:		High jump upright, high	- Track Practical - Questions

			<ul style="list-style-type: none"> - Start - Race phases - Running Mechanics <ul style="list-style-type: none"> • Arm action • Posture • Ground contact • Stride lengths - Running style - Finishing <p>(b) Hurdles (Long/Short):</p> <ul style="list-style-type: none"> - Start - Step to first hurdle - Space between hurdles - Hurdle techniques <p>(c) Relays:</p> <ul style="list-style-type: none"> - Personnel - Handoff etc. 		jump bar, long jump sand fill, calibrated tape, and jumps spikes Lecture notes, Images YouTube Google Handout Field of Play	<ul style="list-style-type: none"> - Test - Assignment - Examination
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General Objective: 3.0 Demonstrate techniques in Field events

Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
			3.1 Execute techniques in (a) Long Jump: <ul style="list-style-type: none"> - Acceleration - Maximum speed - Take off - Landing (b) High Jump: <ul style="list-style-type: none"> - Approach - Rhythm - Takeoff 		Textbooks Lectures notes Discus, javelin, shot- put and hammer implements. Calibrated tapes, waist belt, hand	<ul style="list-style-type: none"> - Track Practical - Questions - Test - Assignment - Examination

			<ul style="list-style-type: none"> - Bar clearance etc (c) Shot Put <ul style="list-style-type: none"> - Rotation - Glide - Power etc. (d) Discus: <ul style="list-style-type: none"> - Spin - Power etc. 		gloves, throwing shoes Images Video CD YouTube Field of Play Google	
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General Objective: 4.0 Demonstrate tactics and formations in Relay events

Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
			4.1 Execute tactics in relay events: (a) 4 x 100: <ul style="list-style-type: none"> - Personnel configuration - Baton Handling - Acceleration zone etc (b) 4 x 400 <ul style="list-style-type: none"> - Personnel configuration - Baton Handling - Visual Exchanges - Absence of Acceleration zone etc. 4:2 Execute relay race formation: <ul style="list-style-type: none"> - 1st leg (starter) - 2nd leg - 3rd leg - 4th leg (anchor) 		Whistles Rule book Starter block Baton Spike shoes Field of play	Questions Tests Assignments

General Objective: 5.0 Demonstrate drills in track and field events						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
			5.1 Execute drills in track and field events: <ul style="list-style-type: none"> - Sprints - Hurdle - High jump - Long distance - Pole vault - Shot put - Javelin etc. 		Rule book of track and field Field of play Note pad Whistles Pen Starter block	Questions Test Assignment
General Objective: 6.0 Know the foundation/Basic skills in Table Tennis.						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
			6.1 Demonstrate the following basic/fundamental skills : <ol style="list-style-type: none"> i. Grip ii. Service iii. Stance/footwork iv. Forehand drive v. Backhand drive vi. Smash vii. Forehand chop viii. Backhand chop ix. Blocking x. Loop 6.2 Demonstrate types of spins: <ul style="list-style-type: none"> - Top spin 	Demonstration of different skills as enumerated in 1.1-1.6 - Supervise the students' performances	-Table tennis board -Racket -Balls -Racket-case -Measuring gauze -Net and post -Face-towel -Kits bag - Glue -Jersey -Canvas shoes	-Questions -Test -Assignment -One-on-one practical examination

			<ul style="list-style-type: none"> - Bottom spin - Mixed spin - Plain ball spin <p>6.3 Demonstrate types of push:</p> <ul style="list-style-type: none"> - Forehand push - Backhand push <p>6.4 Demonstrate types of chop:</p> <ul style="list-style-type: none"> - Forehand chop - Backhand chop <p>6.5 Demonstrate types of flick:</p> <ul style="list-style-type: none"> - Forehand flick - Backhand flick <p>6.6 Demonstrate types of drive:</p> <ul style="list-style-type: none"> - Forehand drive - Backhand drive 		<ul style="list-style-type: none"> - Rubber cleaner -Table cleaner -Score board -Ball picker -Head band -Wrist band 	
General Objective: 7.0 Demonstrate basic skills in Basketball						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
			<p>7.1 Execute basic skills in basketball:</p> <ul style="list-style-type: none"> - Dribbling - Shooting - Defense - Rebounding - Passing etc. <p>7.2 Perform types of dribbling in Basketball:</p> <ul style="list-style-type: none"> - speed dribble - low dribble - Pace dribble etc. <p>7.3 Perform types of Shooting in</p>			<p>Quiz</p> <p>Tests</p> <p>Assignment</p>

			Basketball: - Hook shot - Slam dunk - Bank shot - Free throw etc.			
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General Objective: 8.0 Demonstrate techniques in basketball

Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
			8.1 Execute passing techniques in Basketball: - chest, - bounce - overhead - push etc. 8.2 Execute dribbling techniques in Basketball: - Speed dribble - Low dribble - Pace dribble - High dribble etc. 8.3 Execute in sequence with hand without the ball 8.4 Execute techniques of the following shots: - set shot - jump shot - lay-up shot	Conduct skill practice sessions	Basketball court Balls Cones Whistles	Tests Quiz Individual performance

General Objective: 9.0 Demonstrate offensive and defensive strategies in basketball

Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
			9.1 Execute individual offensive	Conduct	Basketball	Quiz

			<p>skills:</p> <ul style="list-style-type: none"> - Stance: <ul style="list-style-type: none"> • Staggered • Triple Threat - Passing - Dribbling - Shooting <p>9.2 Execute:</p> <ul style="list-style-type: none"> - Motion offence - Set offence - Zone offence - Fast break offence <p>9.3 Execute individual defense skills:</p> <ul style="list-style-type: none"> - man to man defense to the players - zone defense 	training sessions	court Balls Image Stands Cones	Individuals Performances Tests Game situation
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General Objective: 10.0 Demonstrate drills in Basketball						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
			10.1 Execute drills in Basketball: <ul style="list-style-type: none"> - Dribbling <ul style="list-style-type: none"> • Ball handling • Full-court dribble move • Dribble tag etc. - Shooting <ul style="list-style-type: none"> • 2-Man • Lay-up • Free-throw etc. - Defense <ul style="list-style-type: none"> • Man-2-man • Positioning • Defense close out • Zone defense break down etc. - Rebounding: <ul style="list-style-type: none"> • War • 2 on 2 • Hustle, loose ball etc. - Passing: <ul style="list-style-type: none"> • Basic half Court • Weave • Press break etc. 	Conduct training sessions	Basketball court Balls Image Stands Cones	Quiz Individuals Performances Tests Game situation

SCT 129: COACHING PRACTICUM

YEAR ONE

SECOND SEMESTER

PROGRAMME: NATIONAL DIPLOMA IN SPORT COACHING AND TRAINING			
COURSE: Coaching Practicum			
CODE: SCT 129			
DURATION (Hours / Week) Lecture: 0	Tutorial: 0	Practical: 2hr	Total: 2 (30hrs/semester)
UNITS: 2CU			
GOAL: This course is designed to enable students acquire the knowledge to teach , coach and perform functions of a good coach and be able to practically demonstrate specific sports skills.			
GENERAL OBJECTIVES: On completion of this course, the students should be able to:			
1.0 Understand the fundamental principle of coaching. 2.0 Understand how to Teach, coach and perform certain sports skills 3.0 Know the importance of coaching practicum 3.0 Understand the basic skills techniques in coaching.			

PROGRAMME: NATIONAL DIPLOMA IN SPORTS COACHING AND TRAINING						
COURSE TITLE: Coaching Practicum			Course Code: SCT 129		Contact Hours: : 2hrs/week (30hrs/semester)	
COURSE SPECIFICATION: Theoretical content			Practical Content:			
General Objective: 1.0 Understand the fundamental principle of coaching						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
1.1 Explain the concept of coaching.	Define coaching.	- Textbooks - Reading materials - Video - YouTube - Google search - Images - Handouts				- Questions - Test - Assignment - Examination
1.2 Define practicum in relation to coaching.	Differentiate coaching from practicum					
1.3 Outline principles of effective coaching.	Define coaching principles and practices.					
1.4 Explain coaching philosophy	Define coaching philosophy					
1.5 State the purpose of coaching practicum.	Enumerate the importance and purpose of coaching Practicum.					

1.6 Enumerate the components of coaching.	Outline and describe these components for effective coaching.					
General Objective: 2.0 Understand how to Teach, coach and perform certain sports skills.						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
2.1 Outline the various coaching skills.	Define coaching skills.	<ul style="list-style-type: none"> - Textbooks - Reading materials - Video - YouTube - Google search - Images - Handouts 				<ul style="list-style-type: none"> - Questions - Test - Assignment - Examination
2.2 Outline each coaching skills.	Elaborate on each coaching skills.					
2.3 Outline the different coaching methods in sports.	Elaborate on each coaching method.					
2.4 Itemize the ideals of coaching.	Make more elaborate.					

General Objective: 3.0 Know the importance of coaching practicum						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
3.1 Explain the concept of practicum. 3.2 State the importance of practicum in relation to coaching. 3.3 Distinguish internship and practicum. 3.4 Enumerate the term practicum experience.	Define coaching practicum. Establish the importance of practicum in coaching. State the difference between internship and practicum. Define practicum experience.	- Textbooks - Reading materials - Video - YouTube - Google search - Images - Handouts				- Questions - Test - Assignment - Examination

YEAR 2 SEMESTER I

SCT 211: STATISTICAL MEASUREMENT IN SPORTS

YEAR TWO

SEMESTER: TWO

PROGRAMME: COACHING (NATIONAL DIPLOMA)			
COURSE: Statistical Measurement in sports			
CODE: SCT 211			
DURATION(Hours / Week) Lecture: 2hrs	Tutorial: 0	Practical: 0	Total: 2 (30hrs/semester)
UNITS: 2			
GOAL: This course is designed to enable students acquire knowledge in Statistical Measurement in Sports			
GENERAL OBJECTIVES: On completion of this course, the students should be able to:			
1.0 Understand the concept of statistics			
2.0 Explain parametric and non- parametric statistics, Distribution curve			
3.0 Understand the types of statistics (Descriptive & inferential statistics)			
4.0 Understand the scale of measurement			
5.0 Understand Mean, Median, Mode, range			
6.0 Understand T-test, chi square, Pearson moment correlation			

General Objective: 1.0 Understand the concept of statistics						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
1.1 Define statistics 1.2 State the importance of statistics in sport 1.3 Outline relevance of statistical measurement in sport 1.4 Explain the following statistical terms with example: <ul style="list-style-type: none"> • Sample • Population • Outliers • Data 	Lectures Explain and discuss the concepts covered	Textbooks and reading materials				Questions Tests Assignments
General Objective: 2.0 Explain parametric and non- parametric statistics, Distribution curve						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
2.1 Define parametric statistics 2.2 Define non-parametric statistics 2.3 Discuss Distribution curve 2.4 List the characteristics of normal distribution curve 2.5 Explain z- score and T'score	Lectures Explain and discuss the concepts covered	Textbooks and reading materials				Questions Tests Assignments
General Objective: 3.0 Understand the types of statistics (Descriptive & inferential statistics)						
Specific Learning	Teachers	Learning	Specific Learning	Teachers	Learning	Evaluation

Objectives	Activities	Resources	Objectives	Activities	Resources	
3.1 List the types of statistics 3.2 Explain descriptive statistics and give examples 3.3 Explain inferential statistics and give examples 3.4 Differentiate between descriptive and inferential statistics	Lectures Explain and discuss the concepts covered	Textbooks and reading materials				Questions Tests Assignments
General Objective: 4.0 Understand the scale of measurement						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
4.1 Define Data 4.2 List the various types of data 4.3 Explain the various types of data 4.4 Define scale of measurement 4.5 Explain the Radius scale of Measurement	Lectures Explain and discuss the concepts covered	Textbooks and reading materials				Questions Test Assignment
General Objective: 5.0 Understand Mean, Median, Mode, range						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
5.1 Define Mean, median and	Lectures Explain	Textbooks and				Questions Test

Mode 5.2 With example, understand 5.3 How to calculate mean, median and mode 5.4 Explain when to use mean, median and mode	and discuss the concepts covered	reading materials				Assignment
General Objective: 6.0 Understand T-test, chi square, Pearson moment correlation, ANOVA						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
6. 1 Understand the concept of T-test and its application in statistical calculation 6.2 Understand the concept of Chi-square and its application in statistical calculation 6.3 Understand the concept of PPMC and its application in statistical calculation 6.4 Understand the concept of ANOVA and its application in statistical calculation	Lectures Explain and discuss the concepts covered	Textbooks and reading materials				Questions Test Assignment

SCT 212: HUMAN ANATOMY AND PHYSIOLOGY OF SPORTS II

YEAR TWO

FIRST SEMESTER

PROGRAMME: NATIONAL DIPLOMA IN COACHING AND TRAINING			
COURSE: Human Anatomy and Physiology of Sports II			
CODE: SCT 212			
DURATION (Hours / Week) Lecture: 1hr	Tutorial: 0	Practical: 2hr	Total: 3 (45hrs/semester)
UNITS: 3CU			
GOAL: This course is designed to enable students acquire knowledge in Human Anatomy and Physiology in Sport			
GENERAL OBJECTIVES: On completion of this course, the students should be able to:			
1.0 Understand the structure and functions of nervous system			
2.0 Understand the structure and functions cardiovascular system			
3.0 Understand the structure and functions of the respiratory system			
4.0 Understand the structure and functions of the endocrine system			

PROGRAMME: NATIONAL DIPLOMA IN SPORTS COACHING AND TRAINING						
COURSE TITLE: Human Anatomy and Physiology of Sports II			Course Code: SCT 212		Contact Hours: : 3hrs/week (45hrs/semester)	
COURSE SPECIFICATION: Theoretical content			Practical Content:			
General Objective 1.0: Understand the basic concept and functions of nervous system						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
1.1.(a) Describe nervous system and structure of the nervous system 1.2 Explain the central and peripheral nervous system and its components 1.3 Outline the core function of the nervous system	Discuss the nervous system. Explain the components of the central and peripheral nervous system Explain the functions of the nervous system.	- Textbooks - Reading materials - Video - YouTube - Google search - Images - Handouts	1.1 Draw the Nervous system	Sketches Illustrates	-Charts -Drawing books -Pencils - Pictorials	Quiz Test Assignment Examination Identification of structures learned
General Objective: 2.0 Understand the concept and functions of the cardiovascular system						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
2.1 (a) Describe the cardiovascular -system (b) Discuss the	Explain cardiovascular system and	Textbooks, reading materials,	2.1 Draw and label the human heart. 2.2 Demonstrate how	Sketches Illustrates	- Model of the human heart -Sphygmomanometer	Quizzes Test Assignment

structure of the heart. (c) State the organs of the cardiovascular system. 2.2 Discuss blood pressure; systolic and diastolic pressure 2.3.List various cardiovascular diseases 2.4 State the importance of cardiovascular system	structures of the heart. Explain blood pressures. State various cardiovascular diseases. Explain the importance of cardiovascular system.	Charts, Projector, CD, Films	to use the different types of sphygmomanometer in measuring blood pressure (Systolic and Diastolic blood pressure)		-Charts -Drawing books -Pencils - Pictorials	Examination Identification of structures learned
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General Objective : 3.0 Understand the concept of the respiratory system

Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
3.1(a) Describe the structure of the respiratory system (b) List the functions of the respiratory system	Explain structure and functions of the respiratory system.	Textbooks, reading materials, Charts, Projector,	3.1 Draw and label the structure of the respiratory system.	Illustrate Sketches	Charts, Drawing books, Pencils, Textbooks	Quizzes Test Assignment Identification of structures learned

3.2 Discuss how the respiratory system response to exercise	Explain the respiratory systems' response to exercise.	CD, Films				
General Objective : 4.0 Understand the structure and functions of the endocrine system						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
4.1(a) Describe the structure of the endocrine system (b) List the functions of the endocrine system 4.2 Discuss how the endocrine system response to exercise	Explain structure and functions of the endocrine system. Explain the endocrine systems' response to exercise.	Textbooks, reading materials, Charts, Projector, CD, Films	4.1 Draw and label the structure of the endocrine system.	Illustrate Sketches	Charts, Drawing books, Pencils, Textbooks	Quizzes Test Assignment Identification of structures learned

SCT 213: SPECIFIC THEORY AND OFFICIATING (HANDBALL, BADMINTON AND TAEKWONDO)

YEAR TWO**SEMESTER: ONE**

PROGRAMME: NATIONAL DIPLOMA IN SPORT COACHING AND TRAINING			
COURSE: Specific Theory And Officiating (Handball, Badminton, Taekwondo)			
CODE: SCT 213			
DURATION(Hours/Week) Lecture: 3hrs	Tutorial: 0	Practical: 0	Total: 3 (45hrs/semester)
UNITS: 3CU			
GOAL: This course is designed to enable students acquire knowledge on theories and officiating in handball, badminton and taekwondo.			
GENERAL OBJECTIVES: On completion of this course, the students should be able to:			
HANDBALL 1.0 Know history of Handball 2.0 Understand Leadership in Handball 3.0 Understand planning in Handball 4.0 Know methodical build-up in Handball 5.0 Know theory and rules guiding Handball 6.0 Understand safety and prevention of injuries in badminton BADMINTON 7.0 Know history of Badminton. 8.0 Understand fundamental skills in Badminton. 9.0 Know facilities and equipment in Badminton 10.0 Understand rules and regulations in Badminton 11.0 Understand officiating in Badminton 12.0 Understand safety and prevention of injuries in badminton TAEKWONDO 13.0 Understand historical development of Taekwondo 14.0 Understand basic skills in Taekwondo 15.0 Know Taekwondo advance techniques and combination 16.0 Understand Taekwondo competition rules and interpretation 17.0 Understand fundamentals of Taekwondo Kyorugi 18.0 Understand fundamentals of Taekwondo Poomsae 19.0 Understanding hand signals for officiating rules and byelaws of Taekwondo			

20.0 Understand safety and prevention of injuries in taekwondo

PROGRAMME: NATIONAL DIPLOMA IN SPORTS COACHING AND TRAINING

COURSE TITLE: Specific Theory And Officiating (Handball, Badminton, Taekwondo)		Course Code: SCT 213		Contact Hours: : 3hrs/week (45hrs/semester)			
COURSE SPECIFICATION: Theoretical content			Practical Content:				
General Objective: 1.0 Know history of Handball							
Specific Learning Objectives		Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
1.1 Trace history of Handball: - International - Continental - Local 1.2 Describe the structure and functions of: - International Handball Federation (IHF) - African Handball Confederation (CAHB) - Handball Federation of Nigeria (HFN)		Discuss the history of handball Discuss the structure and functions of: - IHF - CAHB - HFN	Textbooks Online resource materials				Questions Test Assignment
General Objective: 2.0 Understand Leadership in Handball							
Specific Learning Objectives		Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
2.1 Explain principles of Leadership in a Team 2.2 Outline the duties of a Coach 2.3 Highlight methods of handling individual and team problems 2.4 Explain: - fair play - team		Discuss leadership in a handball team List the duties of a Coach Outline methods of handling individual and team problems Discuss fair play and team as a social group	Textbooks Charts				Quizzes Test Assignment

as a social group						
3.4 Explain team preparation and motivation	Discuss team preparation and motivation					
General Objective: 3.0 Understand planning in Handball						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
3.1 Explain single training unit 3.2 Explain training schedule in handball 3.3 Explain periodization of handball season 3.4 Explain an annual plan in Handball	Describe single training unit Discuss training schedule in handball Describe periodization of handball season Describe an annual plan in Handball	Textbooks Charts Projector Online resource material	3.1 Design an annual plan for a youth team	Illustrate an annual plan for a youth team	Textbooks Online resource materials	Quizzes Test Assignment
General Objective: 4.0 Know methodical build-up in Handball						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
4.1 Describe Offensive System in handball: - 2:2 - 3:2 - 4:4, - 5:5 etc. 4.2 Discuss: - Zone - Man-to-man - Mixed systems in defense. 4.3 Explain phases of Defense.	Discuss methodical build-up in the game of handball Discuss phases of Defense. Enumerate the importance of	Textbooks Video Projector				Questions Test Assignment

4.4 List the importance of goal Keeping	goal keeping Describe Goalkeeper’s Training Progression Enumerate guidelines to assist in recognizing and attacking the gap					
4.5 Explain Goalkeeper’s Training Progression						
4.6 State the guidelines to assist in recognizing and attacking the gap						
General Objective: 5.0 Know theory and rules guiding Handball						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
5.1 Explain passive play in Handball 5.2 Outline types of throws in Handball: - Throw off - Throw in - Goal Keeper Throw etc. 5.3 Explain: - fouls - unsportsmanlike conducts in Handball 5.4 Explain Handball sanctions - Warning - Suspension - Disqualification etc. 5.1 Outline Handball: - Officials - Duties 5.6 Explain Hand signals in	Discuss passive play in Handball State types of throws in Handball Discuss fouls and unsportsmanlike conducts in Handball Highlight Handball sanctions Describe Handball Officials and their duties Describe Hand signals	Textbooks Handball rules book Charts Online resource materials				Questions Test Assignment

Officiating in handball	in Officiating in handball					
General Objective: 6.0 Understand safety and prevention of injuries in handball						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
6.1 Explain safety in Handball 6.2 Explain common injuries in Handball 6.3 Explain causes of injury to stretching muscles 6.4 Outline injury prevention Principles	Discuss safety in Handball Describe common injuries in Handball Discuss causes of injury to stretching muscles Enumerate injury prevention Principles	Textbooks Videos Projector Charts				Quizzes Test Assignment
General Objective: 7.0 Know history of Badminton						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
7.1 Trace history of Badminton: - International - Continental - Local 7.2 Describe the structure and functions of Badminton regulatory bodies: - Badminton World Federation (BWF) - Badminton Confederation of Africa (BCA) - Badminton Federation of	Narrate the history of Badminton Discuss the structure and functions of Badminton regulatory bodies:	Textbooks Charts Videos Projector				Questions Test Assignment

Nigeria (BFN)						
General Objective: 8.0 Understand fundamental skills in Badminton.						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
8.1 Describe the fundamental skills in Badminton: <ul style="list-style-type: none"> • Grip • Service • Stance • Footwork etc. 	Describe the fundamental skills in Badminton	Textbooks Charts Videos Projector Badminton rule book				Questions Test Assignment
General Objective: 9.0 Know facilities and equipment in Badminton						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
9.1 Describe facilities and equipment in Badminton: <ul style="list-style-type: none"> - Indoor Hall - Outdoor court - Racket - Shuttle cork etc 9.2 Outline importance of facilities and equipment maintenance in Badminton 9.3 List benefits of standard equipment	Explain facilities and equipment in Badminton Explain the importance of facilities and equipment maintenance in Badminton State benefits of standard equipment	Textbooks Charts Videos Projector Badminton rule book				Questions Test Assignment
General Objective: 10.0 Understand rules and regulations in Badminton.						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning	Teachers Activities	Learning Resources	Evaluation

			Objectives			
10.1 Explain rules governing officiating officials in Badminton	Explain rules governing officiating officials in Badminton	Textbooks Charts Videos				
10.2 Outline rules and regulations of Badminton	Explain rules and regulations of Badminton	Projector				
10.3 Outline Badminton: - Officials - Duties	Describe Badminton Officials and their duties	Badminton rule book				
10.4 State importance of officials in Badminton	State importance of officials in Badminton					
10.5 State qualifications required of a Badminton official	Enumerate qualifications required of a Badminton official					
General Objective: 11.0 Understand officiating in Badminton						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
11.1 Define: - Officiating - Officiating terms: • Let • Deuce • Love • Shot etc.	Define officiating and officiating terms	Textbooks Charts Videos Projector Badminton rule book				
11.2 Enumerate technology in officiating badminton	Explain technology in officiating badminton					
11.3 Explain officiating dress code	Describe officiating dress code					
11.4 State reasons for officiating dress code	State reasons for officiating dress code					
General Objective: 12.0 Understand safety and prevention of injuries in badminton						
Specific Learning Objectives	Teachers Activities	Learning	Specific	Teachers	Learning	Evaluation

		Resources	Learning Objectives	Activities	Resources	
12.1 Explain safety in Badminton 12.2 Describe common injuries in Badminton 12.3 Explain causes of injury to stretching muscles 12.4 Outline injury prevention Principles	Describe safety in Badminton Enumerate common injuries in Badminton Explain causes of injury to stretching muscles Highlight injury prevention Principles	Textbooks Videos Projector Charts				Quizzes Test Assignment
General Objective: 13.0 Understand historical development of Taekwondo						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
13.1 Trace the history of martial arts 13.2 Trace history of Taekwondo: - International - Continental - Local 13.3 Describe the structure and functions of Taekwondo regulatory bodies: - World Taekwondo (WT) - African Taekwondo(AT) - Nigeria Taekwondo Federation (NTF) 13.4 Describe the nature of Taekwondo. 13.5 Describe the forms of Taekwondo 13.6 Explain: - Taekwondo and the spirit	Narrate the history of martial arts Trace history of Taekwondo: International, Continental and Local Explain the structure and functions of Taekwondo regulatory bodies: WT, AT and NTF Explain the nature of Taekwondo. Describe the forms of Taekwondo Describe:	Pictorials Video White board/marker Images Charts Tables Google YouTube				Questions Test Assignments Examination

<p>of amateurism in the Olympic Games.</p> <ul style="list-style-type: none"> - Taekwondo and the Olympic movement 	<ul style="list-style-type: none"> - Taekwondo and the spirit of amateurism in the Olympic Games. - Taekwondo and the Olympic movement 					
13.7 Enumerate rituals of Taekwondo	State the rituals of Taekwondo					
13.8 Highlight major influences of Taekwondo	Enumerate major influences of Taekwondo					
General Objective: 14.0 Understand basic skills in Taekwondo						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
14.1 Describe: <ul style="list-style-type: none"> - flexibility exercises - Skill and conditioning exercises - Basic attack and defense exercise 	<p>Explain:</p> <ul style="list-style-type: none"> - flexibility exercises - Skill and conditioning exercises - Basic attack and defense exercise 	Pictorials Video White board/marker Images Charts Tables Google YouTube				Questions Tests Assignments Examination
14.2 Enumerate Taekwondo Basic kicks: <ul style="list-style-type: none"> - Dan ap chagi - Ee dan dolleo chagi - Etc. 	<p>Outline Taekwondo Basic kicks</p>					
14.3 Outline basic Taekwondo stances:	Discuss basic Taekwondo stances					

<ul style="list-style-type: none"> - Back Stance - Closed Stance - Cross Stance - Etc. 						
General Objective: 15.0 Know Taekwondo advance techniques and combination						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
15.1 Explain Taekwondo techniques 15.2 State importance of advanced Taekwondo techniques 15.3 Outline conditioning exercises for Taekwondo advance techniques 15.4 Explain purpose of attack and defense exercises in Taekwondo	Discuss Taekwondo techniques Enumerate the importance of advanced Taekwondo techniques Highlight conditioning exercises for Taekwondo advance techniques Explain purpose of attack and defense exercises in Taekwondo	Pictorials Video White board/marker Images Charts Tables Google YouTube				Training Practical And Tests Examination
General Objective: 16.0 Understand Taekwondo competition rules and interpretation						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
16.1 Outline methods of Taekwondo competition 16.2 Explain Taekwondo competition rules 16.3 Enumerate Taekwondo weight divisions 16.4 Explain prohibited acts and penalties in Taekwondo competition	Describe the methods of Taekwondo Describe Taekwondo competition rules Discuss Taekwondo weight divisions Describe prohibited acts and penalties in Taekwondo competition	Pictorials Video White board/marker Images Charts Tables Google YouTube				Questions Tests and Application Examination

16.5 State the importance of Instant Video Replay (IVR) in Taekwondo	Explain importance of IVR in Taekwondo					
General Objective: 17.0 Understand Fundamentals of Taekwondo Kyorugi						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
17.1 Define Taekwondo Kyorugi 17.2 State: - Elements - Skills in Kyorugi 17.3 Outline conditioning exercises in Kyorugi	Describe Taekwondo Kyorugi with illustration Highlight the elements and skills in Kyorugi Explain conditioning exercises in Kyorugi	Pictorials Video White board/marker Images Charts Tables Google YouTube				Training Practical and Tests Examination
General Objective: 18.0 Understand Fundamentals of Taekwondo Poomsae						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
18.1 Define Taekwondo Poomsae 18.2 List types of Poomsae 18.3 Outline classification of Poomsae: - Open - weapon regular etc. 18.4 Explain Poomsae competition rules	Describe Poomsae Enumerate the types of Poomsae Classify Poomsae according to belt grades Explain Poomsae competition rules	Pictorials Video White board/marker Images Charts Tables Google YouTube				Training Practical and Tests Examination

General Objective: 19.0 Understand hand signals for officiating rules and byelaws of Taekwondo						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
19.1 Explain hand signals for all penalties and offences 19.2 Describe officiating rules and byelaws of Taekwondo 19.3 Outline penalties in Taekwondo competition.	Describe hand signals for all penalties and offences Explain officiating rules and byelaws of Taekwondo Highlight penalties in Taekwondo competition.	Pictorials Video White board/marker Images Charts Tables Google YouTube				Training Practical and Tests Examination
General Objective: 20.0 Understand safety and prevention of injuries in Taekwondo						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
20.1 Explain safety in Taekwondo 20.2 Describe common injuries in Taekwondo 20.3 Highlight causes of injury to stretching muscles 20.4 Outline injury prevention Principles	Explain safety in Taekwondo Discuss common injuries in Taekwondo Explain causes of injury to stretching muscles Describe injury prevention Principles	Textbooks Videos Projector Charts				Quizzes Test Assignment

SCT 214: SKILL PRACTICE (HANDBALL, BADMINTON AND TAEKWONDO)

YEAR: TWO

SEMESTER: ONE

PROGRAMME: NATIONAL DIPLOMA SPORT COACHING AND TRAINING			
COURSE: Skill Practice (Handball, Badminton and Taekwondo)			
CODE: SCT 214			
DURATION (Hours/Week) Lecture: 0	Tutorial: 0	Practical: 4hrs	Total: 4 (60hrs/semester)
UNITS: 4			
GOAL: This course is designed to enable students acquire knowledge in Skill Practice (Handball)			
GENERAL OBJECTIVES: On completion of this course, the students should be able to:			
HANDBALL 1.0 Demonstrate passing and catching in Handball 2.0 Demonstrate minor games in handball 3.0 Demonstrate Exercises and Drills. 4.0 Perform methodical build-up techniques 5.0 Demonstrate tactical stages of Offense 6.0 Demonstrate tactical stages of Defense 7.0 Demonstrate technical-tactical elements in handball 8.0 Demonstrate skills of goal keeping. BADMINTON 9.0 Draw Badminton court (dimensions) 10.0 Demonstrate Skills in Badminton 11.0 Demonstrate tactics in Badminton 12.0 Demonstrate strategies of play in badminton TAEKWONDO 13.0 Demonstrate skills and techniques in Taekwondo 14.0 Demonstrate Taekwondo drills and skills 15.0 Demonstrate tactics for taekwondo training			

PROGRAMME: NATIONAL DIPLOMA IN SPORTS COACHING AND TRAINING						
COURSE TITLE: Skill Practice (Handball, Badminton and Taekwondo)			Course Code: SCT 214		Contact Hours: : 4hrs/week (60hrs/semester)	
COURSE SPECIFICATION: Theoretical content				Practical Content:		
General Objective: 1.0 Demonstrate passing and catching in Handball						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
			1.1 Perform variations in passing during a movement from position to position	Demonstrate the variations in passing during a movement from position to position	Handball Court, Net, Ball, Whistle, Stop watch	Questions Test Assignment
			1.2 Execute overhead pass	Illustrate overhead pass Demonstrate catching the ball above, below the waist and while running		
			1.3 Perform catching the ball: - Above - below the waist - While running			
General Objective: 2.0 Demonstrate minor games in handball						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
			2.1 Execute minor games	Organize training sessions Demonstrate passing and catching within team to maintain ball possession	Handball Court Balls Whistle	Questions Test Assignment
			2.2 Perform running games			
			2.3 Perform passing and catching within team to maintain ball			

			possession			
General Objective: 3.0 Demonstrate Exercises and Drills.						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
			3.1 Perform exercises and drills to improve: <ul style="list-style-type: none"> - speed and reaction time - Endurance - Cardiovascular endurance - strength in handball 3.2 Perform strength exercises for jumping and throwing power	Organize training sessions to improve student's: <ul style="list-style-type: none"> - Speed and reaction time - Endurance - Cardiovascular endurance - strength in handball Show strength exercises for jumping and throwing power	Handball Court, Balls Whistle cones Medicine Balls	Questions Test Assignment
General Objective: 4.0 Perform methodical build-up techniques						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
			4.1 Perform defense position 4.2 Execute: <ul style="list-style-type: none"> - Jump throw - Straight throw etc. 4.3 Perform: <ul style="list-style-type: none"> - 1:1 defense techniques - individual movement and 	Show defense position Demonstrate jump throw, straight throw, etc. Illustrate <ul style="list-style-type: none"> - 1:1 defense techniques - individual movement and retreat Demonstrate Collective defense:	Court Net Balls Cones	Questions Test Assignment

			<p>retreat</p> <p>4.4 Perform Collective defense:</p> <ul style="list-style-type: none"> - 2:3 - 3:3 	<ul style="list-style-type: none"> - 2:3 - 3:3 		
General Objective: 5.0 Demonstrate tactical stages of Offense						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
		Textbooks and reading materials	<p>5.1 Execute fast and extended fast break</p> <p>5.2 Perform man-to-man exercises and collective system</p> <p>5.3 Execute elements of attack:</p> <ul style="list-style-type: none"> - 1:1 - Wingers - pivots etc. 	<p>Demonstrate fast and extended fast break</p> <p>Show man-to-man exercises and collective system</p> <p>Show elements of attack:</p> <ul style="list-style-type: none"> - 1:1 - Wingers <p>pivots etc.</p>	<p>Balls</p> <p>Handball</p> <p>Court</p> <p>Cones</p> <p>Virtual platforms (Zoom, Google, Microsoft Teams)</p>	<p>Questions</p> <p>Demonstration</p>
General Objective: 6.0 Demonstrate tactical stages of Defense						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
	Lectures Explain and discuss the	Textbooks and reading materials	<p>6.1. Perform individual defense skills:</p> <ul style="list-style-type: none"> - Basic position - side step 	<p>Demonstrate individual defense</p> <p>Skills</p>	<p>Balls</p> <p>Handball</p> <p>Court</p> <p>Cones</p> <p>Virtual</p>	<p>Questions</p> <p>Test</p> <p>Assignment</p>

	concepts covered		<ul style="list-style-type: none"> - fall out - blocking <p>6.2. Perform stages of retreat: man-to-man covering</p> <p>6.3. Perform stages of defense</p> <p>6.4. Execute Defense system: <ul style="list-style-type: none"> - 6:0 - 5:0+1 - 3:2:1 etc </p> <p>6.5 Perform handball defense drills.</p>	<p>Illustrate stages of retreat: man-to-man covering</p> <p>Demonstrate stages of defense</p> <p>Illustrate Defense system</p> <p>Show handball defense drills.</p>	platforms (Zoom, Google, Microsoft Teams)	
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General Objective: 7.0 Demonstrate technical-tactical elements in handball

Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
			<p>7.1 Perform ball blocking: <ul style="list-style-type: none"> - 1:1 in small - Groups 2 – 3 - bigger groups - 3 – 5 </p> <p>7.2 Perform crossing in handball 2 vs1</p> <p>7.3. Perform attack the Gap and crossing 4vs3</p> <p>7.4. Perform feinting in Handball</p>	<p>Demonstrate ball blocking</p> <p>Illustrate crossing in handball 2 vs1</p> <p>Demonstrate attack the Gap and crossing 4vs3</p> <p>Show feinting in Handball</p>	<p>Balls</p> <p>Handball Court</p> <p>Cones</p> <p>Virtual platforms (Zoom, Google, Microsoft Teams)</p>	<p>Questions</p> <p>Test</p> <p>Assignment</p>

General Objective: 8.0 Demonstrate skills of goal keeping

Specific Learning	Teachers	Learning	Specific Learning	Teachers Activities	Learning	Evaluation
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Objectives	Activities	Resources	Objectives		Resources	
			8.1 Perform positioning in goal area 8.2 Perform protection steps in goalkeeping 8.3 Execute blocking shots: - High shots - Medium shots - Low shots - Wing shots etc. 8.4 Perform: - Ball recovery - fast-Break (initiate) 8.5 Execute Drills for Goalkeeper training	Conduct practice sessions to demonstrate: - Positioning in goal area - Protection steps in goal keeping - Blocking shots Demonstrate Ball recovery and fast break (initiate) Demonstrate Drills for Goalkeeper training	Handball Post Net Balls Ropes Virtual platforms (Zoom, Google, Microsoft Teams)	Questions Test Assignment
General Objective: 9.0 Show Badminton court dimensions						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
			9.1 Draw and label badminton court dimensions - Center line - Sideline left and right - Sideline for singles and doubles - Back boundary line, short service line etc.	Show the dimensions of the badminton court	Mark out court Charts Videos Pictures Images	Assignment Questions Quiz
General Objective: 10.0 Demonstrate Skills in Badminton						

			<ul style="list-style-type: none"> - back smash - back clear etc. 10.6 Perform Smash skills: <ul style="list-style-type: none"> - Half smash - Flick smash - Slice smash 			
General Objective:11.0 Demonstrate tactics in Badminton						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
			11.1 Demonstrate the tactics for: <ul style="list-style-type: none"> - Foot work - Forward movement - Sideways movement - Backward movement 11.2 Demonstrate the tactics of: <ul style="list-style-type: none"> - Singles - Double 	Show the tactics for: <ul style="list-style-type: none"> - Foot work - Forward movement - Sideways movement - Backward movement Show the tactics of: <ul style="list-style-type: none"> - Singles - Double 	Badminton Rackets Video Images Charts Pictures	Quizzes Assignment Test Examination
General Objective: 12.0 Demonstrate strategies of play in badminton						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
			12.1 Demonstrate the strategies for play <ul style="list-style-type: none"> - Stroke production - Coordination - Follow through 	Show the strategies for play	Badminton Rackets Video Images Charts	Quizzes Assignment Test Examination

					Pictures	
General Objective: 13.0 Demonstrate skills and techniques in Taekwondo						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
			13.1 Execute skills: <ul style="list-style-type: none"> - Punches - Blocks - Kyorugi - Stance - Poomsae 13.2 Execute techniques: <ul style="list-style-type: none"> • Hand attacks • Kick (chagi) • Blocks (makgi) • Self-defense (kinuo) etc. 13.3 Perform punching as an offensive and defensive action	Organize a training session to Demonstrate the different skills and techniques in taekwondo	Hall Taekwondo Mat YouTube Journals Google Handouts Images Video Sketches First aid box Uniforms Focus pad	Questions, Tests Assignments
General Objective: 14.0 Demonstrate Taekwondo drills and skills						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
			14.1 Perform drills in Taekwondo: <ul style="list-style-type: none"> - Point fighting distance - Hesitation - Timing - Reaction - Push and Kick etc. 14.2 Perform drills for: <ul style="list-style-type: none"> - Punches 	Show the different blocking areas, types and levels of blocks in Taekwondo. Demonstrate the application of blocks. Demonstrate the types of exercise to boost muscle strength to increase blocking capacity in	Hall Taekwondo Mat YouTube Journals Google Handouts Images Video Sketches	Questions, Tests and Assignments

			<ul style="list-style-type: none"> - Blocks - Kyorugi - Stance - Poomsae etc. 14.3 Perform conditioning exercises for Taekwondo skills	Taekwondo. Supervise students to perform one-step to five step blocks and variations.	First aid box Uniforms Focus pad	
General Objective: 15.0 Demonstrate tactics for taekwondo training						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
			15.1 Perform: <ul style="list-style-type: none"> - Stances e.g. Attention, walking, back, etc. - Footwork - Kicks e.g. straight rising, straight falling, round horse - Punches - Sparring drills 	Demonstrate Stances	Hall Taekwondo Mat YouTube Journals Google Handouts Images Video Sketches First aid box Uniforms Focus pad	Questions, Tests Assignment

SCT 215: COACHING PRACTICUM

YEAR: TWO

SEMESTER: ONE

PROGRAMME: COACHING IN SPORTS (NATIONAL DIPLOMA)			
COURSE: Coaching Practicum			
CODE: SCT 215			
DURATION (Hours/Week) Lecture: 1hr	Tutorial: 0	Practical: 1hr	Total: 2 (30hrs/semester)
UNITS: 2CU			
GOAL: This course is designed to enable students to exhibit acquired coaching knowledge in practical coaching sessions			
GENERAL OBJECTIVES: On completion of this course, the students should be able to:			
1.0 Teach and coach sports skills 2.0 Demonstrate fundamental skills in specific sports 3.0 Organize and coordinate training sessions			

PROGRAMME: NATIONAL DIPLOMA IN SPORTS COACHING AND TRAINING						
COURSE TITLE: Coaching Practicum			Course Code: SCT 215	Contact Hours: : 2hrs/week (30hrs/semester)		
General Objective: 1.0 Teach and coach sports skills						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
1.1 Teach fundamental skills in specific Sports	Explain fundamental skills in specific sports.	Textbooks and reading materials				Questions Test Assignment
General Objective: 2.0 Demonstrate fundamental skills in specific sports.						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
			2.1 Demonstrate fundamental skills in a specific Sports	Conduct a practice session	Field., courts, cones, whistle, stop watch Virtual Platforms YouTube Journals Google Handouts Images Video	Questions Test Game situation
General Objective: 3.0 Organize and coordinate training sessions						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
			3.1 Organize training sessions 3.2 Coordinate training sessions in specific sports	Conduct a training session	Field, courts, cones, whistle, stop watch	Questions Test Game situation

SCT 221: SPORTS PERFORMANCE ENHANCEMENT**YEAR: TWO****SEMESTER: TWO**

PROGRAMME: NATIONAL DIPLOMA IN SPORTS COACHING AND TRAINING			
COURSE: Sports Performance Enhancement			
CODE: SCT 221			
DURATION(Hours/ Week) Lecture: 2hrs	Tutorial: 0	Practical: 0	Total: 2 (30hrs/semester)
UNITS 2			
GOAL: This course is designed to enable students acquire knowledge in sport performance enhancement			
GENERAL OBJECTIVES: On completion of this course, the students should be able to:			
1.0 Understand Sport Performance Enhancement 2.0 Understand Sports performance enhancement techniques 3.0 Understand mental training and athletic performance enhancement 4.0 Understand sports nutrition and dietary supplements for optimal performance 5.0 Understand performance enhancing drugs and its effect on performance			

PROGRAMME: NATIONAL DIPLOMA IN SPORTS COACHING AND TRAINING						
COURSE TITLE: Sports Performance Enhancement		Course Code: SCT 221		Contact Hours: : 2hrs/week (30hrs/semester)		
General Objective: 1.0 Understand Sport Performance Enhancement						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
1.1 Define sport performance 1.2 Explain sport performance enhancement 1.3 Highlight the Principles guiding sport Performance 1.4 Explain components of sports performance enhancement: - Aerobic conditioning, - Strength and stability - Skill proficiency etc.	Explain sport performance Discuss sport performance enhancement Explain Principles guiding sport Performance Explain components of sports performance enhancement:	Textbooks Online learning resource materials Videos				Questions Test Assignment
General Objective: 2.0 Understand performance enhancement techniques						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
2.1 Explain performance enhancement techniques that coaches can adopt 2.2 Describe stress management in enhancing athletic performance 2.2 Explain diet and nutrition in	Discuss performance enhancement techniques that coaches can adopt Explain stress management in enhancing athletic Performance Explain diet and	Textbooks Online learning resource materials Videos				Questions Test Assignment

enhancing athletic performance	nutrition in enhancing athletic Performance					
2.3 Highlight aerobic conditioning in enhancing athletic performance	Explain aerobic conditioning in enhancing athletic performance					
General Objective: 3.0 Understand mental training and athletic performance enhancement						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
3.1 Define mental training	Explain mental training	Textbooks Online resource materials Video Projector				Questions Test Assignment
3.2 State purpose of mental training	Highlight purpose of mental training					
3.3 Describe Mental training and athletic performance enhancement	Describe Mental training and athletic performance enhancement					
3.4 Outline mental performance pyramid	Describe mental performance pyramid					
3.5 Enumerate the principles guiding mental training	State the principles guiding mental training					
3.6 State exercises to increase mental training for athletes	Discuss exercises to increase mental training for athletes					
General Objective: 4.0 Understand sports nutrition and dietary supplements for optimal performance						
Specific Learning Objectives	Teachers	Learning	Specific Learning	Teachers	Learning	Evaluation

	Activities	Resources	Objectives	Activities	Resources	
4.1 Describe: -The role of nutrition in sport performance - The role of dietary supplement in sport performance 4.2 State relationship between sport nutrition and dietary supplement in optimal performance 4.2 Explain how: - Sports nutrition - Dietary supplement can be used to enhance optimal performance in sports before, during and after competition.	Explain the role of nutrition and dietary supplement in sport performance Highlight relationship between sport nutrition and dietary supplement in optimal performance Explain how sports nutrition and dietary supplement can be used to enhance optimal performance in sports before, during and after competition.	Textbooks Online resource materials Video Projector				Questions Test Assignment
General Objective: 5.0 Understand performance enhancing drugs and its effect on performance						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
5.1 Define drugs 5.2 Define performance enhancement drugs 5.3 State the usage of	Define drugs Describe performance enhancement drugs	Textbooks and reading materials				Questions Test Assignment

performance enhancement drugs	Explain usage of performance enhancement drugs					
5.4 List types of performance enhancement drugs	Outline types of performance enhancement drugs					
5.5 State implications of using performance enhancement drugs	State implications of using performance enhancement drugs					
5.6 Explain functions of:	Describe functions of WADA, NNADC and USADA, etc.					
<ul style="list-style-type: none"> - World Anti-Doping Agency (WADA) - Nigerian National Anti-Doping Committee (NNADC) - US Anti-Doping Agency (USADA) etc. 						

SCT 222 COACHING INTERNSHIP

**YEAR: TWO
TWO**

SEMESTER:

PROGRAMME: COACHING (NATIONAL DIPLOMA)						
COURSE: INTERNSHIP						
CODE: SCT 222						
DURATION (Hours / Week) Lecture: 0	Tutorial: 0		Practical: 2		Total: 2 (30hrs/semester)	
UNITS 2						
GOAL: This course is designed to enable students to undertake an internship and write a report.						
GENERAL OBJECTIVES: On completion of this course, the students should be able to:						
1.0 Undertake a course based placement at institutions, sports clubs or private sports outfits.						
2.0 Work on attachment to teams or sports organization						
3.0 Produce a report on the internship experience						
General Objective: 1.0 Undertake a course based placement at institutions, sports clubs or private sports outfits						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
			1.1 Choose: - Institution - Sports club - Private sports outfit			
General Objective: 2.0 Work on attachment to teams or sports organization						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
			2.1 Work for a specified period of time with teams or sports organization			
General Objective: 3.0 Produce a report on the internship experience						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
			3.1 Produce and submit detailed report of the internship experience	Provide guidance in report writing		

SCT 223: SPECIFIC THEORY AND OFFICIATING (SWIMMING, HOCKEY AND CHESS)

YEAR: TWO

SEMESTER: TWO

PROGRAMME: NATIONAL DIPLOMA IN SPORT COACHING AND TRAINING			
COURSE: Specific Theory and Officiating (Swimming, Hockey And Chess)			
CODE: SCT 223			
DURATION(Hours /Week) Lecture: 3	Tutorial: 0	Practical: 0	Total: 3(45hrs/semester)
UNITS: 3CU			
GOAL: This course is designed to enable students acquire knowledge in Specific Theory and Officiating in Swimming			
GENERAL OBJECTIVES: On completion of this course, the students should be able to:			
SWIMMING 1.0 Know history of Swimming 2.0 Understand fundamental skills in swimming 3.0 Know facilities and equipment in swimming 4.0 Understand rules and regulations in swimming 5.0 Understand officiating in Swimming 6.0 Understand Record keeping and entry qualification in swimming HOCKEY 7.0 Know history of Hockey 8.0 Understand fundamental skills in Hockey 9.0 Know facilities and equipment in Hockey 10.0 Understand the formation and patterns in Hockey 11.0 Understand rules and regulations in Hockey 12.0 Understand officiating in Hockey 13.0 Understand the scoring system and evaluation in Hockey CHESS 14.0 Know history of Chess 15.0 Understand fundamental skills in Chess 16.0 Know facilities and equipment in Chess			

17.0 Understand rules and regulations in Chess
18.0 Know tactics in Chess
19.0 Understand officiating in Chess
20.0 Understand scoring system and evaluation in Chess

PROGRAMME: NATIONAL DIPLOMA IN SPORTS COACHING AND TRAINING						
COURSE TITLE: Specific Theory and Officiating (Swimming, Hockey And Chess)		Course Code: SCT 223		Contact Hours: : 3hrs/week (45hrs/semester)		
General Objective: 1.0 Know history of Swimming						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
1.1 Describe the nature of swimming. 1.2 Trace history of Swimming: - International - Continental - Local 1.3 Highlight the functions of Swimming regulatory bodies: - Federation Internationale de Natation (FINA) - Confederation Africaine de Natation (CANA) - Swimming Federation of Nigeria (SFN) 1.4 Outline challenges facing swimming development in Nigeria	Explain the nature of swimming. Narrate history of Swimming at International, Continental and Local levels Describe the functions of Swimming regulatory bodies FINA, CANA and SFN Enumerate challenges facing swimming development in Nigeria	- Textbooks - Coaches manuals. - Video clips - Pictorials				- Questions - Test - Assignment - Examination

General Objective: 2.0 Understand fundamental skills in swimming						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
2.1 State the basic skills in swimming: - Breathing - Floating - kicking etc. 2.2 Outline styles of strokes and body positioning in swimming: - Freestyle/front crawl - Backstroke - Breaststroke etc.	Explain the basic skills in swimming Describe styles of strokes and body positioning in swimming	- Textbooks - Coaches manuals. - Video clips - Pictorials				- Questions - Test - Assignment - Examination
General Objective: 3.0 Know facilities and equipment in swimming						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
3.1 List facilities and equipment in Swimming: - Indoor Swimming Pool - Outdoor Swimming Pool - Rope - Flag etc. 3.2 Outline importance of facilities and equipment maintenance in Swimming 3.3 List benefits of standard equipment	Describe facilities and equipment in swimming State the importance of facilities and equipment maintenance in Swimming Enumerate benefits of	- Textbooks - Coaches manuals. - Video clips - Pictorials				- Questions - Test - Assignment - Examination

	standard equipment					
General Objective 4.0 Understand rules and regulations in swimming						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
4.1 Highlight rules governing officiating Official in Swimming 4.2 Explain rules and regulations of Swimming 4.3 Outline Swimming: - Officials - Duties 4.4 State the importance of officials in Swimming. 4.5 State qualifications required of a Swimming official.	Explain rules governing officiating Official in Swimming Describe rules and regulations of Swimming List swimming officials and their duties State the importance of officials in Swimming. Enumerate qualifications required of a Swimming official.	- Textbooks - Coaches manuals. - Video clips - Pictorials				- Questions - Test - Assignment - Examination
General Objective: 5.0 Understand officiating in Swimming						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
5.1 (a) Define Officiating (b) Outline Officiating observations when:	Explain officiating. Describe	- Textbooks - Coaches manuals.				- Questions - Test - Assignment

<ul style="list-style-type: none"> - Swimmers are on the block - Are on the Go etc. <p>5.2 Outline the benefits of officiating in Swimming.</p> <p>5.3 Explain technology in officiating Swimming.</p>	<p>Officiating observations when Swimmers are on the block and on the Go etc. Explain the benefits of officiating in swimming. Explain technology in officiating Swimming.</p>	<ul style="list-style-type: none"> - Video clips - Pictorials 				<ul style="list-style-type: none"> - Examination
General Objective: 6.0 Understand Record keeping and entry qualification in swimming						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
<p>6.1 Define Record Keeping in swimming.</p> <p>6.2 Explain high point in swimming.</p> <p>6.3 State importance of scoring in swimming.</p> <p>6.4 Explain swim off in swimming</p> <p>6.5 List the entry qualifications in swimming</p>	<p>Discuss record keeping in swimming.</p> <p>Discuss high point in swimming.</p> <p>Explain the importance of scoring in swimming.</p> <p>Explain Swim off in swimming</p> <p>Enumerate the entry qualifications in</p>	<ul style="list-style-type: none"> - Textbooks - Coaches manuals. - Video clips - Pictorials 				<ul style="list-style-type: none"> - Questions - Test - Assignment - Examination

	swimming					
General Objective: 7.0 Know history of Hockey						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
7.1 Explain the nature of hockey 7.2 Trace history of Hockey: - International - Continental - Local 7.3 Describe the functions of Hockey regulatory bodies: - Federation Internationale de Hockey (FIH) - African Hockey Federation (AfHF) - Nigeria Hockey Federation (NHF) 7.4 Outline challenges facing Hockey development in Nigeria	Describe the nature of hockey Narrate history of Hockey at International, Continental and Local levels Describe the functions of Hockey regulatory bodies FIH, AHF and NHF Discuss challenges facing Hockey development in Nigeria	- Textbooks - Journals - Google - Handouts - Images - Video - Sketches				- Questions - Test - Assignment - Examination

General Objective: 8.0 Understand fundamental skills in Hockey						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
8.1 Itemize skills in Hockey: - Dribbling - Scooping - Stopping etc. 8.2 Outline techniques in hockey: - Push passing - Slap pass - Stick and ball etc.	Describe the basic skills in hockey Explain techniques in hockey	- Textbooks - Journals - Google - Handouts - Images - Video - Sketches				- Questions - Test - Assignment - Examination
General Objective: 9.0 Know facilities and equipment in Hockey						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
9.1 List facilities and equipment in Hockey: - Hockey pitch - Hockey ball - Hockey stick - Shin guard etc. 9.2 Outline importance of facilities and equipment maintenance in Hockey 9.3 List benefits of standard equipment	Outline facilities and equipment in Hockey State the importance of facilities and equipment maintenance in Hockey Explain benefits of standard equipment	- Textbooks - Journals - Google - Handouts - Images - Video - Sketches				- Questions - Test - Assignment - Examination

General Objective: 10.0 Understand the formation and patterns in Hockey						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
10.2 Explain: Formations in field hockey e.g. 1-2-3-5, 1-1-3-3-3, 1-3-5-2, etc. 10.3 Outline importance of formation in hockey 10.4 List different forms of tactics in hockey	Explain formations in field hockey State importance of formation in hockey Enumerate different forms of tactics in hockey	- Textbooks - Journals - Google - Handouts - Images - Video - Sketches				- Questions - Test - Assignment - Examination
General Objective: 11.0 Understand rules and regulations in Hockey						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
11.1 Highlight rules governing officiating Officials in Hockey 11.2 Explain rules and regulations of Hockey 11.3 Outline Hockey: - Officials - Duties 11.4 Highlight importance of officials in Hockey.	Explain rules governing officiating Officials in Hockey Explain rules and regulations of Hockey List Hockey officials and their duties State importance of officials in Hockey.	- Textbooks - Journals - Google - Handouts - Images - Video - Sketches				- Questions - Test - Assignment - Examination

11.5 State qualifications required of a Hockey official.	Describe qualifications required of a Hockey official.					
General Objective 12.0 Understand officiating in Hockey						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
12.1 Define: <ul style="list-style-type: none"> - Officiating - Officiating terms: <ul style="list-style-type: none"> • Back checking • Break out • Chip • Dump etc. 12.2 State importance of officiating in hockey. 12.3 Enumerate technology in officiating Hockey.	Explain officiating and officiating terms Outline importance of officiating in hockey. Describe technology in officiating Hockey.	- Textbooks - Journals - Google - Handouts - Images - Video - Sketches				- Questions - Test - Assignment - Examination
General Objective: 13.0 Understand the scoring system and evaluation in Hockey						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
13.1 Discuss scoring system in hockey. 13.2 Highlight evaluation system in hockey	Explain scoring system in hockey. Explain evaluation system in hockey	- Textbooks - Journals - Google - Handouts - Images				- Questions - Test - Assignment - Examination

		- Video - Sketches				
General Objective: 14.0 Know history of Chess						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
14.1 Explain the nature of Chess 14.2 Trace history of Chess: - International - Continental - Local 14.3 State the functions of Chess regulatory bodies: - International Chess Federation (FIDE) - African Chess Confederation (ACC) - Nigeria Chess Federation (NCF) 14.4 Outline challenges facing Chess development in Nigeria	Describe the nature of Chess Narrate history of Chess at International, Continental and Local levels Describe the functions of Chess regulatory bodies FIDE, ACC and NCF Discuss challenges facing Chess development in Nigeria	-Textbooks and reading materials -Chess Board and pieces - Pictorials -Board & markers				- Questions - Test - Assignment - Examination
General Objective: 15.0 Understand fundamental skills in Chess						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
15.1 State skills in Chess:	Explain the skills	-Textbooks				- Questions

<ul style="list-style-type: none"> - Visualization - Tactics - Calculation - Openings etc 15.2 Outline techniques in chess: <ul style="list-style-type: none"> - Skewer - Pin - Fork - Double check etc. 	and in Chess Explain the techniques in Chess	and reading materials -Chess Board and pieces - Pictorials -Board & markers				<ul style="list-style-type: none"> - Test - Assignment - Examination
General Objective: 16.0 Know facilities and equipment in Chess						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
16.1 List facilities and equipment in Chess: <ul style="list-style-type: none"> - Chess set - Chess Board - Chess Table - Chess clocks etc. 16.2 Outline importance of facilities and equipment maintenance in Chess 16.3 List benefits of standard equipment	Describe facilities and equipment in chess Enumerate the importance of facilities and equipment maintenance in Chess State benefits of standard	-Textbooks and reading materials -Chess Board and pieces - Pictorials -Board & markers				<ul style="list-style-type: none"> - Questions - Test - Assignment - Examination
General Objective: 17.0 Understand rules and regulations in Chess						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
17.1 Explain rules	Explain rules	-Textbooks				- Questions

governing officiating Official in Chess 17.2 Explain rules and regulations of Chess 17.3 Outline Chess: - Officials - Duties 17.4 State importance of officials in Chess. 17.5 List the qualifications required of a Chess official	governing officiating Official in Chess Explain rules and regulations of Chess Describe Chess officials and their duties Highlight importance of officials in Chess. State qualifications required of a Chess official	and reading materials - Chess Board and pieces - Pictorials - Board & markers				- Test - Assignment - Examination
General Objective: 18.0 Know the tactics in Chess						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
18.1 Define tactics 18.2 Outline the importance of tactics in Chess 18.3 Outline types of tactics in Chess: - Fool's mate - Sacrifice - trapped pieces - X-ray attack/defense etc. 18.4(a) Define Square (b) State its importance	Explain tactics in Chess State the importance of tactics in Chess Describe types of tactics in Chess Explain Square and state its importance in Chess	- Textbooks and reading materials - Chess Board and pieces - Pictorials - Board & markers				- Questions - Test - Assignment - Examination

in Chess						
General Objective 19.0 Understand officiating in Chess						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
19.1 (a) Define Officiating (b) Outline importance of officiating in Chess. 19.2 Highlight technology in officiating Chess.	Explain officiating Outline its importance in Chess. Enumerate technology in officiating Chess.	-Textbooks and reading materials -Chess Board and pieces - Pictorials -Board &markers				- Questions - Test - Assignment - Examination
General Objective: 20.0 Understand the scoring system and evaluation in Chess						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
20.1 Describe scoring system in chess. 20.2 Highlight evaluation system in Chess	Discuss scoring system in chess. Explain evaluation system in Chess	-Textbooks and reading materials -Chess Board and pieces - Pictorials -Board & markers				- Questions - Test - Assignment - Examination

SCT 224: SKILL PRACTICE (SWIMMING, HOCKEY AND CHESS)

YEAR TWO

SECOND SEMESTER

PROGRAMME: NATIONAL DIPLOMA IN SPORT COACHING AND TRAINING			
COURSE: Skill Practice (Swimming, Hockey And Chess)			
CODE: SCT 226			
DURATION (Hours/Week) Lecture: 0	Tutorial: 0	Practical: 4hrs	Total: 4 (60hrs/semester)
UNITS: 2			
GOAL: This course is designed to enable students acquire knowledge in Skill Practice.			
GENERAL OBJECTIVES: On completion of this course, the students should be able to:			
<p style="text-align: center;">SWIMMING</p> <p>1.0 Demonstrate skills in swimming</p> <p>2.0 Demonstrate swimming drills</p> <p style="text-align: center;">HOCKEY</p> <p>3.0 Demonstrate skills in Hockey</p> <p>4.0 Demonstrate types of drill in Hockey</p> <p>5.0 Demonstrate Goal keeping drills</p> <p style="text-align: center;">CHESS</p> <p>6.0 Demonstrate tactics and strategies in Chess</p> <p>7.0 Demonstrate skills and techniques in Chess</p> <p>8.0 Demonstrate Chess drills and skills.</p>			

PROGRAMME: NATIONAL DIPLOMA IN SPORTS COACHING AND TRAINING						
COURSE TITLE: Skill Practice (Swimming, Hockey And Chess)			Course Code: SCT 224		Contact Hours: : 4hrs/week (45hrs/semester)	
General Objective: 1.0 Demonstrate skills in swimming						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
			1.1 Execute skills in Swimming: - breathing - floating - kicking etc 1.2 Perform different strokes: - butterfly - front crawl - backstroke - breaststroke etc. 1.3 Perform different strokes in terms of - Arm Action - Leg Action - Streamlined body position - Breathing - Coordination	Demonstrate skills in Swimming: - breathing - floating - kicking etc Demonstrate different strokes: Butterfly front crawl backstroke breaststroke etc. Demonstrate different strokes in terms of - Arm Action - Leg Action -Streamlined body position - Breathing - Coordination	Swimming Pool Time clock Trials	Questions Tests Assignments One-on-one practical
General Objective: 2.0 Demonstrate swimming drills						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation

			<p>2.1 Perform ways of eliminating fear of water to beginners</p> <p>2.2 Perform freestyle drills:</p> <ul style="list-style-type: none"> - strokes + 6 kicks - Catch up drill - fist drill - zipper drill etc. <p>2.3 Execute back stroke drills:</p> <ul style="list-style-type: none"> - close fist - one arm - double arm etc. <p>2.4 Perform breast stroke drills:</p> <ul style="list-style-type: none"> - above water - arms with flutter kick - arms with dolphin kick etc. 	<p>Illustrate ways of eliminating fear of water to beginners</p> <p>Demonstrate freestyle drills:</p> <ul style="list-style-type: none"> - 3 strokes + 6 kicks - Catch up drill - fist drill - zipper drill etc. <p>Demonstrate back stroke drills:</p> <ul style="list-style-type: none"> - close fist - one arm - double arm etc. <p>Demonstrate breast stroke drills:</p> <ul style="list-style-type: none"> - above water - arms with flutter kick - arms with dolphin kick etc. 	<p>Swimming Pool</p> <p>Time clock</p> <p>Trials</p>	<p>Questions</p> <p>Tests</p> <p>Assignments</p> <p>One-on-one practical</p>
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General Objective: 3.0 Demonstrate skills in Hockey

Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
			3.1 Execute skills in hockey: <ul style="list-style-type: none"> - Scoop - Hit - Dribble - Tackling etc. 3.2 Perform methods of dribbling in	Perform skills in hockey Demonstrate	Field of play YouTube Journals Google Handouts Images Video	Questions Test Assignment One-on-one practical

			<ul style="list-style-type: none"> - Centre - Straight - push - Diagonal - reverse pass 	different types of passing skills.		
General Objective: 4.0 Demonstrate types of drills in Hockey						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
			4.1 Perform these drills: <ul style="list-style-type: none"> - Rolling - Marking - Channelling 4.2 Execute ball control drills: <ul style="list-style-type: none"> - Control zone - Stealing the bacon - Controlled - Loose - Indian etc. 4.3 Execute Tackling drills: <ul style="list-style-type: none"> - Lunge tackle - Reverse tackle 4.4 Execute ball dodge drills: <ul style="list-style-type: none"> - Change speed - Changed direction - Combo dribble 	Demonstrate training drills	Field of play YouTube Journals Google Handouts Images Video Sketches Balls Sticks Shingards Jessey Skirts Shorts Goal Keeper Padding Cones Bits	Questions Test Assignment One-on-one practical

			<p>dodge</p> <ul style="list-style-type: none"> - dodge and slide etc. <p>4.5 Execute hockey attacking drills:</p> <ul style="list-style-type: none"> - Forward line team play - Goal scoring - One on one play - Two vs two play - Out letting through right Wing - Out letting through left wing for goals - Penalty stroke scoring Drills - Penalty corner track flicks - Give and go - Triangular passing - Speed reverse <p>4.6 Execute defence Drill:</p> <ul style="list-style-type: none"> - Penalty corner - Marking - Guarding and channelling - Two vs one - Drive/Hits - Free Hits 		<p>Whistle</p> <p>Cards</p> <p>First Aid Box</p> <p>Goal Post and Nets</p> <p>Goal Board</p> <p>Corner flags</p> <p>Tooth guard</p> <p>Playing boots</p> <p>Writing materials</p>	
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			<ul style="list-style-type: none"> - Trapping the ball - Scooping - Flicking 			
General Objective: 5.0 Demonstrate Goal keeping drills						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
			5.1 Execute goal keeping drills in hockey: <ul style="list-style-type: none"> - Accuracy - Rebounds - Reflex training - Quick movement etc. 	Demonstrate goal keeping drills in hockey:	Sticks Balls playing Area Clothing and all protective gadgets Corner flags Cones Balls Sticks Video Handouts Images Sketches Youtube Google	Questions Test Assignment One-on-one practical
General Objective: 6.0 Demonstrate tactics and strategies in Chess						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
			6.1 Execute tactics: <ul style="list-style-type: none"> - Fool's mate - Forks - Pins - Skewers 	Demonstrate different tactics in Chess	Computers Chess board Demonstration board Chess clock	Questions Test Assignment One-on-one practical

			<ul style="list-style-type: none"> - Fork - Skewer - Discovered check etc. <p>8.3 Execute Chess attacking skills:</p> <ul style="list-style-type: none"> - Create a threat with your move - Exploit your opponent's weakness - Concentrate your piece before attack - Open files, ranks and diagonals - Exchange off key defenders - Avoid exchanges - Attack on both sides of the board - Moves to block attack. <p>8.4 Execute Chess defending skills:</p> <ul style="list-style-type: none"> - Counter threats - Keep the black rank protected - Keep all your pieces protected - when short in space - Exchange your opponent's best attacking piece - Avoid Pins and Skewers - Counter attack if in trouble. 			
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SPORTS, EQUIPMENT AND FACILITIES

S/N	NAMES OF SPORT	KITS REQUIRED	EQUIPMENT REQUIRED	FACILITY AND DIMENSION
1	FOOTBALL	Jersey (Pants And Hose), Soccer Boots, Socks, Shin Pads, Hand Gloves,	Whistles, Marker Cone, Huddles, Football Bibs, Traffic Cones, Agility Ladder, Speed And Agility Huddles (Adjustable Type), Bounce Back Huddles, Football Rebounder And Football Kick Trainer, Goal Target Sheets, Target Ball And Net, Corner Target, First Aid Box, Goal Post, Corner Flags, Centre Flags, Goal Post And Net, Medicine Ball, Pendulum Ball, Mini Goal Post, Training Pinnies, Soccer Poles, (Slalom Training Poles, Coaches Notepad, Ball Bag, Football Training Passing Arcs.	Football field – (68” x 105”) Medical room, Dressing and Changing rooms,
2	TABLE TENNIS	Jersey, Tennis Shoes, Socks Wrist Band, Face Caps, Head Band,	Tennis Balls, Racket, Net,	Tennis court. (the court is 23.77m long and for single matches, 8.23m wide. For double matches the is 10.97m wide.)
3	KARATE	Karate gi belts, chest protector, feet pads, hand guards, headgear, mouth guard, rib guard, shin pads, breast guard, groin guards.	Bag, focus mitts, gloves, hand conditioning bags, jockstrap, makiwara, target pads, Cones, ladder, huddles, mat.	10 X 10 meter Karate mat.
4	ATHLETICS	Running shoes, T-shirts, shorts, socks, and sports bra, spikes	Javelins, Discuses, Shot put, Hammers, throw, Pole Vault, Starting blocks, huddles, hammer gloves, jump boards, lap counters, markers, measuring tapes, megaphones, pit	Running track and open field for field events (400m).

			levelers and rakes, pole vault bags, pole vault grip tapes, race clocks, spandex, stop watches, throw cages, track shirts, track shoes, track shorts, jump boards, finish lines, cross bars, discus carts, finish lines, hammer and weight throwers. batons, high jump upright and bar with landing foam, upright pole vault and landing foam, throw ring, sector marker, triple chase obstacle with landing water, photo finish equipment, anklet, elbow guard, knee guard, wrist guard	
5	TENNIS	Kits bag, short and shirt, face towel, socks and table tennis flat and light canvas	Table 9 X 5", racket, balls 2.74 gram diameter 40mm plus either white orange or yellow in colour	Playing area (11 X 6) meters
6	BASKETBALL	Cooling Towels, Protective Mouth Guard, Head Bands, Wrist Band, Mouth Guards, Shoes, Jersey, Athletes Shorts, Socks, Knee Pads, Lace Guards, Wristband,	Basketball and needle, hoop, backboard, uniforms, shot clock, whistle, Wrings and rims, shooting sleeves, throwback basketball jersey, bench, pinnies, nets, hoop lights and LEDs, clipboard. Ball rack, ball pump, finger tape, knees pads, nose guard, cones, ladder, and hurdle.	Basketball court 91.86ft X 49.21ft, height 22.86ft or indoor 30 X 35" with ceiling height of 17" high. Changing room.
7	HANDBALL	Ankle Support, Arm Sleeves, Finger Tape, Goalkeeper Pants, , Goggles, Handballs, Jerseys, Knee Pads, Shoes, Shorts, Shoulder Support, , Wrist Support, Goal Keeper Pants,	Balls,Ball bags, ball pumps, bibs, clipboard, cones, courts, goal post 2m height X 3m width, whistle, hand wax, ball (58cm-60cm and 425g-475g for men and male Youth over 16 yrs, 54-56cm and 325-375 for women and female youth over 14 yrs; 50-52cm and 290-330g for female youth age 8 to 14 yrs and Male youth age 8-12	handball playing court (20m X 40m) (Outdoor or Indoor), Changing room

			<p>ys) and soft. Handball Net, Goal, Medicine balls, Post 2m X posts, Score Board Score Sheet, Electronic Score Board</p>	
8	BADMINTON	<p>Shoes, apparel, socks, Wristband and headband, towels, water bottle, head band, cards red, yellow and black.</p>	<p>Badminton racket, Shuttlecocks, Badminton net (1.55m high), bag grips, replacement, strings, poles, card board, score sheets, moveable mats, ,</p>	<p>Badminton court (13.4m X 6.1m doubles, and singles is 13.4m X 5.18),</p>
9	TAEKWONDO	<p>Kwon Shoes, Taekwondo Dubok, Taekwondo Belts, Electronic Head Guard, Electronic Chest Guard, Groin Guard, Arm Guard, Shin Guard, Mouth Guard, Breast Guard, Gen2 E-Foot Protector,</p>	<p>focus mitt, kicking pad, agility and speed cone, agility ladder, leg resistance band, agility training ring, foot target pads, arc-shaped kick pad, inflatable tumbler gym target, punching block target, sand bags, e-joystick for judge, Gen2 transmitter TK-strike (head), Gen2 transmitter TK-strike (body), Gen2 e-trunk protector, E-training Bag 150 cm and 120cm, e-shield, e-double electronic mitt, e-single electronic mitt, Gen2 receiver TK-strike, e-head gear, gen1 software, charger, e-trunk protector, weighing scale,</p>	<p>Taekwondo mat, Training Hall,</p>
10	SWIMMING	<p>Goggle, swimsuit, Bathing caps, Kickboards, Pull buoys, Fins, Hand Paddles, Gloves, ear plugs, nose clips,</p>	<p>Water dumbbells, Noodle, aqua jogger, water treadmill, Hand floats, kick boards, Lap counter, Life jackets, Men's bathing suit, Mesh bags, Pace clocks, Pool toys, Resistance gloves, Resistance Pulley, Rings, Swimming shirts, swim snorkels, tempo trainers, Towels, Training aids, Women bathing suits, ear phones.</p>	<p>Standard sized swimming pool from International swimming Federation: swimming pool (between 10 or 50m long, 2.0m 6ft 7") depth and 24m wide with 10 lanes. This is the standard Olympic size swimming pool.</p>
11	CHESS	<p>Clothing, shoes.</p>	<p>Chess clock, Travel Bag, A chess Score sheet, Chess pieces, Pens,</p>	<p>Basic chess board,</p>

12	HOCKEY	Shoulder Pad, Elbow Pads, Knee And Shin Guards, Hockey Pants, Gloves, Neck Protector, Mouth Guard, Socks And Rash Guards, Keepers Throat Protector, Keepers Chest Pad, Left And Right Hand Protector, Keepers Girdle, Groin/Pelvic Protector, Leg Guards, Kick, Jerseys, Masks,	Hockey stick, stick bag, Electrical tape, grip, hockey ball, Goal keepers Helmet, Cleats, Clones, Duct tape, Eye black, Upper body and arm protection,	Hockey field (91.4 X 55m)
13	KICK BOXING	Shin guard, Foot guard, Mouth guard, Breast guard, Groin Guard, hand wraps, clothing,	Fighting Glove, Fighting Bandage, Focus Pad, Breast Guard, Bodice (Body Protector) Foot Guard, Kick Pad, Punch Bags, Head Gear, Focus Mitt, Jump Rope, Gear Bag, Ankle Support, Athletic Tape, Kettlebell, Thigh Pads, and Ankle Support Wrap.	Kick boxing ring. (a standard ring is between 16 and 20 feet or 4.9 and 6.1m to a side between the ropes with another 2 feet or 0.61m outside/ the platform if the ring is generally 3 to 4 feet or 0.91 to 1.22m from the ground and is covered by about 1 inch or 25mm of padding topped by stretched canvas.
14	BOXING	Clothing, Mouth Guard shoes, socks,	Boxing Glove, Head Guard, Punching Bag, Wall Pad, Speed Ball, Top And Bottom Ball, Cup Protector, Medicine Ball, Rubber Pull, Crepe Bandage, weighing scale.	Boxing ring. (a standard ring is between 16 and 20 feet or 4.9 and 6.1m to a side between the ropes with another 2 feet or 0.61m outside/ the platform if the ring is generally 3 to 4 feet or 0.91 to 1.22m from the ground and is covered by about 1 inch or 25mm of padding topped by stretched canvas.
15	SHOOTING	Shooting Attire, Shooting Gloves,	Ammunition, Spotting Scopes And Telescopes, Binoculars And	shooting range

		Shooting Glasses, Sun Glasses, Towel, Shooting Shoes,	Monocular, Bipods And Resets, Ear Defenders, Decoys, Shooting Belt, Bullets, Chronograph, Clay Tiger Thrower, Clay Targets, Disappearing Targets, Earplugs, Gun Holster, Hat, Long Range, Mat, Monopod, Moving Targets, Noise-Cancelling Headphones, Pistols, Range Bag, Rifle, Scopes, Shotgun, Shotshell Caddies, Sights, Sling, Sling Swivel, Stabilizers And Mounts, Targets, Tripod, Cartridges, Eye Protection, Slide Binders,	
16	JUDO	white and blue g judo gi,	Timer, Score Board, Belt White And Blue, Dummy, Scale, Whistle, Stop Watch,	14m X 14m (72 pieces long and 144 for short mat.) and dojo.
17	WRESTLING	unitard or singlet, wrestling shoes, ,	bags, wrestling ear guards, wrestling headgear, wrestling kick pads, wrestling knee pads, mat tapes, wrestling mouth guards, handkerchief, mat tapes, masks, scale, wrestling bands,	Padded round-shaped mat, 7 meter round. Freestyle thickness is between 5 and 7cm, surface must be non-abrasive vinyl material; square shaped mats must be 12 X 12 meters; octagonal shaped mats must be 15 meters in diameter.
18	WEIGHT LIFTING	Swana, Lifting Boot, White T-Shirt, Waist Belt, Knee Cap Or Knee Rap	Weightlifting Bar Bell And Disc 195kg, Magnesium Powder, Powder Stand, Squatting, Rack, Timing Clock, Stopwatch.	Hall with a Platform or court 400cm X 400cm,
19	POWER LIFTING	Swana, Canvas, White T-Shirt, Waist Belt, Socks, Pull Belt.	Para IPC bench, Para IPC strap belt, Magnesium powder, Powder stands	Hall with a Platform or court 400cm X 400cm,
20	TRADITIONAL SPORTS	Abula Bag, Abula Ball, Boxing Gloves, Ayo, Ayo Feed, Booth, Stop Watch And Whistle.	Africa billiard board or feed. Junior mat.	Court

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