



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:			
<ol style="list-style-type: none"> 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	Discuss history of sports, the nature, scope, aims and objectives, as well as, the relevance of history of sports to National development	<ul style="list-style-type: none"> -Textbooks - Sports Encyclopedia -Lecture Notes -Charts 				<ul style="list-style-type: none"> -Quizzes -Test -Assignment 		
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								
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	<ul style="list-style-type: none"> -Textbooks - Sports 				<ul style="list-style-type: none"> -Quizzes -Test 		

world	history of sports in selected countries of the world	Encyclopedia -Lecture Notes -Charts				-Assignment
2.2 Explain history of sports in selected countries in Europe, America and Asia						
2.3 Explain the history of sports in selected African countries						
2.4 Explain the progression of sports development from the origin to modern day						

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
3.1 Explain the -nature - scope of sports in ancient times in Nigeria	Explain the nature and scope of sports in Nigeria before and after independence	-Textbooks - Sports Encyclopedia -Lecture Notes -Sports Documentary -Videos - Charts				-Quizzes -Test -Assignment
3.2 Explain - the nature - scope						

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	Discuss the history of sports ministry and federations in Nigeria	-Textbooks -Resource materials from the Ministry of sports				-Quizzes -Test -Assignment
4.2 Discuss the history of sports federations in Nigeria		Highlight the objectives of Sports ministry and federations in Nigeria				
4.3 Explain the objectives of Sports ministry and federations in Nigeria						

4.4 List popular sports personalities in Nigeria	Point out popular sports personalities in Nigeria					
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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	Highlight the contributions of NOC in Nigerian sports activities					
5.4 State 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 -Charts				-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					

<p>7.3 State the value of National Sports Festival to sports development in Nigeria</p> <p>7.4 Describe the mode of operation of the National Sports Festival</p>	<p>Nigeria</p> <p>Highlight the mode of operation of National Sports Festival</p>					
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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:			
<ol style="list-style-type: none">1.0 Understand the concept of Sociology of Sports2.0 Understand the concept of Socialization in sports3.0 Understand the nature of human behavior in Sport4.0 Understand the natural phenomenon affecting individual athletes and their performance in Sports5.0 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.								
1.3 Explain the various sociological concepts	Discuss the various sociological concepts i.e. -Social Stratification -Social class -Social Mobility -Religion -Secularization -Law								

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.	Discuss the Socialization and Socialization process in relation to Sports.	-Textbooks -Encyclopedia -Lecture Notes				-Quizzes -Test -Assignment
2.2 Explain Socialization process and its significance in sports.		Discuss the theories of socialization, socializing institutions and their roles in the sports and the society				
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						

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

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
4.1 Define play , game, and sports and their contributions to societal development.	Discuss games, play, sociological factors and their relationship to athletes behaviour and performance in sports.	-Textbooks -Lecture notes -Online videos on athletes behaviour and performance				-Quizzes -Test -Assignment

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				- Quiz - Test - Assignment		
1.2 Explain the relevance of Anatomy and physiology to sport activity	Highlight the differences between anatomy and physiology.	-Charts - Drawings						
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.					
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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
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<p>2.1 Describe the organizational structure of the human body.</p> <p>2.2 Define cell and tissue</p> <p>2.3 Describe the human cells and tissues</p> <p>2.4 Explain major organ systems in the human body.</p>	<p>Define cells, tissues and organs in the body.</p> <p>Explain the human cell.</p> <p>Explain the organization of the human body parts.</p> <p>List and Explain the major organ systems in the body</p>	<p>-Textbooks</p> <p>- Reading materials</p> <p>-Charts</p> <p>- Drawings</p>	<p>2.1 Draw and label a cell.</p> <p>2.2 Identify different organs of the body.</p>	<p>-Sketches</p> <p>-Illustrates</p> <p>-Draws</p> <p>-Points out</p>	<p>- Model of the human cell and organs</p> <p>-Computer</p> <p>-Charts</p> <p>-Drawing books</p> <p>-Pencils</p> <p>- Pictorials</p> <p>- Microscope</p>	<p>- Quizzes</p> <p>-Test</p> <p>- Assignment</p> <p>- Identification of structures learned.</p>
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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	Outline the functions of the skeletal system.	materials, Charts, Projector, CD, Films	skeleton. 3.2 Identify and Draw a long bone.	Illustrate Points out.	skeletal system -Charts -Drawing books -Pencils - Pictorials	-Test - Assignment - Identification of structures learned.
3.3 Describe the functions of the skeletal system	Explain bones, bone development and the internal structure of long bone.	Google search.	3.3 Draw the internal structures of a long bone.			
3.4 List the different types of bones.	development and the internal structure of long bone.	YouTube	Draw different types of joint.			
3.5 Explain bone development.	Define joint, explain different types of joint in relation to sports.					
3.6 Describe the internal structure of long bone.						
3.7 Define Joint.						
3.8 State types of joints in relation to exercise.						

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	Explain the muscular system, the three	Textbooks, reading materials,	4.1 Draw the muscle types.	Sketches	-Charts -Drawing books	- Quizzes -Test
4.2 Discuss the three types			4.2 Draw and label	Illustrates		

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.
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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	List and explain the enzymes in the digestive system and their functions.					
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SCT 114: SPORTS STRENGTH AND CONDITIONING

YEAR ONE**FIRST SEMESTER**

PROGRAMME: NATIONAL DIPLOMA IN SPORTS COACHING AND TRAINING			
COURSE: Sports Strength and Conditioning			
CODE: SCT 114			
DURATION (Hours / Week)	Tutorial: 0	Practical: 2	Total: 3 (45hrs/semester)
Lecture: 1hr			
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:			
<p>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</p>			

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.	Enumerate the aims 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: - Strength - Power - Agility - etc.	Discuss strength power and agility as components of physical fitness.	- 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 - Reading materials</p>			<p>-Questions -Test -Assignment -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 <ul style="list-style-type: none">1.0 Understand the concepts of football2.0 Understand the historical foundation of football3.0 Understand the basic skill techniques in football4.0 Know the tactics in football5.0 Understand formation and organization in football6.0 Understand the basic concepts of football drills and skills7.0 Know the rules and regulation in football8.0 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	Describe football.	- Textbooks				-Quizzes
1.2 Explain the nature of football	State the dimensions of a football field	- Video				-Test
1.3 List: - facilities in football - the dimensions		- Documentary on football facilities & equipment				-Assignment
1.4 List the various equipment needed in football	itemize football equipment					
General Objective 2.0: Understand Historical Foundation of Football						
Specific Learning	Teachers	Learning Resources	Specific	Teachers	Learning	Evaluation

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

2.6. Explain the major challenges facing football development in Nigeria	football development in Nigeria					
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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 • Dribbling, • kicking, • throw-in, • running with the ball • heading • Goal keeping • Feinting • Tackling etc.	Highlights and explain the nine techniques in football	- Textbooks - Online football resource materials				• Quizzes • Test • Assignment
3.2 Discuss the techniques in 3.1						

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	Discuss tactic in football State the importance of tactic in football Explain different tactics in football	- Textbooks - Online football resource materials				- 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	- Textbooks				- Quizzes

formation in football	formation in football	- Online football resource materials				- Test - Assignment
5.2 Highlight the importance of formation and organization in football	Discuss the importance of formation and organization in football					
5.3. Explain the 4-4-2 formation in football	in football					
5.4 Explain the 3-4-3 formation in football	Discuss the types of formation in football					
5.5. Explain other types of formation in football						

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

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					
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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
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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.	Explain officiating.	-Textbooks -IFAB law book	7.1 Apply the rules of football in game situation to describe officiating signals 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
8.2 State the importance of officiating in football	List the importance of officiating in football					
8.3 Outline the various officials in football	List the various officials in football					
8.4 Explain the roles of various officials in football	Describe the roles of officials in football					

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	- 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	- Computer - Projector	- 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				
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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.	- Textbooks - -Reading materials - Net - Racket - Ball - Slides - Projector - Magic				-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.</p> <p>ITTF, NTTF.</p> <p>Highlight roles of various National and International bodies.</p>	<p>Markers</p>				
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	Explain the challenges and proffer possible solution					
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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	<ul style="list-style-type: none"> - Textbooks - Reading materials 				<ul style="list-style-type: none"> - Questions - Test - Assignment - Examination
13.2 Outline the importance of tactics in Tennis	Discuss the importance of tactics.	<ul style="list-style-type: none"> - Net - Racket - Ball 				
13.3 Identify the different types of tactics in Tennis	Explain the different types of tactics	<ul style="list-style-type: none"> - 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	<ul style="list-style-type: none"> - Textbooks - Reading 				<ul style="list-style-type: none"> - Questions - 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 - Board and Markers				- Assignment - Examination
14.3. Explain the terms: -Tennis lob -Tennis overhead -etc	Discuss Tennis Lob. And Tenni s overhead play					

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	Explains the rules and regulation of Tennis.	- Textbooks - Reading materials - Net - Racket - Ball				- Questions - Test - Assignment - Examination
15.2 Highlight the basic rules and	Explain the					

regulations in Tennis	rules and regulations in tennis.	- 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	- Textbooks - Reading materials - Net - Racket				- Questions - Test - Assignment - Examination
16.2 State the importance of officiating in Tennis	Discuss the importance of officiating in Tennis. List the officials in	- Ball - Slides - Projector - Magic - Board and Markers				

16.3 Outline the various officials in Tennis	Tennis	Describe the roles of the officials in Tennis.				
16.4 Define the roles of various 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	<p>Discuss the evaluation.</p> <p>-officials</p> <p>-Tennis players</p>	<ul style="list-style-type: none"> - Racket - Ball - Slides - Projector - Magic 				

-game -etc	-game -etc	- Board and Markers				
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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	Define karate	- Notes				- Questions
18.2 Explain the nature of Karate	Describe the nature of Karate	- Journals - Video - White board/marker - Images				- Test - Assignments - Demonstration - Examination
18.3 State the different styles of Karate.	Explain the different styles of karate.					
18.4 List the facilities used in Karate	Discuss the facilities used in the practice of karate and their dimensions					
18.5 Itemize the various equipment and kits needed in Karate	List the equipment					

	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 Boddhishama	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					

<p>19.4. Explain the development of Karate in Nigeria</p> <p>19.5. Relates the trend of Karate in Nigeria</p> <p>19.6. Describe the roles of National and International Karate Federations</p> <p>19.7 Highlight the</p>	<p>the development of modern karate</p> <p>Explain the evolution of Karate in Nigeria over the years since its first contact with the people of Nigeria</p> <p>State the roles of National and International Karate bodies.</p>					
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major challenges facing Karate development in Nigeria	Enumerate the factors mitigating against the development of Karate in Nigeria.					
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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

<p>and Kumite tactic.</p> <p>21.2. Outline the importance of Kihons Kata and Kumite.</p> <p>21.3 Explain the different types of tactics in Karate with reference to sen-no-sen, go-no-sen and ato-no-sen.</p>	<p>between Kata and Kumite.</p> <p>State the importance of kihons, kata and kumite</p> <p>Discuss the different types of tactics in Karate.</p>	<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
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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
<p>22.1 Explain the Athletic values of Karate training:</p> <p>- space</p>	<p>State the athletic value of Karate</p>	<ul style="list-style-type: none"> - Pictorials - Video - White Board/Marker 				<ul style="list-style-type: none"> - Questions - Test - Assignments - Demonstration

<ul style="list-style-type: none"> -time - age -sex -equipment -etc. <p>22.2 Compare Karate Athletic values with other sports.</p>	<p>Differentiate karate and other sports</p>	<ul style="list-style-type: none"> - Images - Charts - Tables - Google - YouTube 				<ul style="list-style-type: none"> - Examination
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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.	Define team kata formation	<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
23.2 Explain the various male and	Distinguish between male and female					

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	Explain kumite rules in Karate	<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
24.2 Evaluate the importance of Karate rule in Kumite for seniors, juniors/children or cadets	Different between karate rules in Kumite for senior karateka, Juniors and cadets.					

<p>24.3 outline scoring and non-scoring areas in Kumite</p> <p>24.4 Explain the prohibited behaviors in Karate</p> <p>24.5 Highlight penalties in Karate Kumite</p>	<p>Describe scoring and non-scoring areas in Kumite.</p> <p>Describe the prohibited behaviors in Karate</p> <p>Explain penalties in Karate Kumite</p>					
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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
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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.	Explain the Judging Panel in Karate.	<ul style="list-style-type: none"> - Pictorials - Video - White Board/Marker 				<ul style="list-style-type: none"> - Questions - Test - Assignments - Demonstration - Examination
27.2 Illustrate the	Explain how	<ul style="list-style-type: none"> - Images - Charts 				

<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 KumiteTeno Kata Omote

21.0 Understand Gohon, Sanbon, Ippon Kynite

22.0 Understand Karate Competition Sparring (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		
			<p>Demonstrate</p> <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 	<p>Demonstrate</p> <ul style="list-style-type: none"> s different techniques in field play <p>Emphasize the coaching points</p> <p>Oversee the skill practice, corrects wrong skill execution & offer</p>	<ul style="list-style-type: none"> - Small Goals cones - B all - Fl ag - Fl at co ne - - M 	<p>- Personal performance</p> <p>- Inter-group competition</p> <p>- Coaching practicum</p> <p>- Preparation and presentation of training programme.</p>		

			<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
			<p>Demonstrate Handling the ball</p> <ul style="list-style-type: none"> - Ball along the ground - Ball at stomach level - Ball at face level or above head <p>Diving for the ball</p> <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 <p>Punching the ball</p> <p>Throwing the ball</p> <ul style="list-style-type: none"> - Underarm throw - Over arm throw 	<p>Demonstrate different techniques of goal keeping</p> <p>Emphasize the coaching points</p> <p>Oversee the skill practice, corrects wrong skill execution & offers motivation</p>	<p>Small goal posts, Cones, Balls,</p>	<p>Personal performance, Inter-group competition, Coaching practicum, preparation and presentation of training programme.</p>

			<ul style="list-style-type: none"> - Round arm throw <p>Punching the ball</p>			
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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
<p>3.1 Define Tactics.</p> <p>3.2 List fundamental football tactics.</p> <p>Stationery tactics</p> <ul style="list-style-type: none"> - Free kick - Corner kick <p>Individual tactics</p> <ul style="list-style-type: none"> - Goalkeeper - Sweeper defenders - Midfield players - Wingers - Center forwards <p>Team tactics</p> <ul style="list-style-type: none"> - Attack - Defense <p>Running clear</p> <p>Supporting</p> <p>Dribbling</p> <p>Feinting</p> <p>Covering</p> <p>Combating</p> <p>Tackling</p> <p>Man to Man and space marking</p>	Discuss and differentiate fundamental tactics in football	White board and Marker. Multimedia projector, Television	<p>Demonstrate different tactics</p> <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, $\frac{1}{2}$ field - Midfield player + 3 	<p>Demonstrates different tactics in football</p> <p>Emphasize the strategies for organization and positioning of players on and off the ball</p> <p>Oversees the skill practice sessions and</p>	<p>Balls, Cones, Field of play Hurdles, Pegs, Medicine balls, Bibs, Small goal cones</p>	<p>Personal performance, Inter-group competition, Coaching practicum, preparation and presentation of training programme</p>

			<p>forwards.</p> <ul style="list-style-type: none"> - 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		
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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	Lectures	Textbooks and reading materials				Questions
4.2. Explain 5 ways to improve core football skills	Explain and discuss the concepts covered					Test
4.3. Outline the aims and goals of skill practice in football						Assignment
4.4 understand the benefit of skill practice in football						
4.5. outline the role of players in engaging skill practice in						

football						
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General Objective: 5 Understand the 10 football training drills							
Specific Learning Objectives	Learning Activities	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
5.1 Explain training drills	Lectures	Textbooks					Questions
5.2 Explain training drills in relevance to football	Explain and discuss the concepts covered	and reading materials					Test
5.3 discuss the benefit of training drills to the 10 basic skills in football							Assignment
5.4. Discuss outline the role of coaches in teaching skill practice in football							
General Objective: 6.0 Understand football attacking drills							
Specific Learning Objectives	Learning Activities	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
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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 <p>8.4 Exhibit Shot selection:</p> <ul style="list-style-type: none"> - Easy shot - Moderately difficult shots - Difficult 			
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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. 	<p>-One-on-one practical</p> <p>-Group practical</p> <ul style="list-style-type: none"> - 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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<p>students can see the demonstration clearly</p> <ul style="list-style-type: none"> - Repeat demonstration several times - Let student see demonstration from different angles <p>9.5 Explain Feeding:</p> <ul style="list-style-type: none"> - Underhand toss/drop ball - Racket feed from a dropped ball <p>Racket feed without bouncing the ball</p> <ul style="list-style-type: none"> - Valley feed from the net in a rally situation - Ground stroke feed in a rally situation 			<p>several times</p> <ul style="list-style-type: none"> - Let student see demonstration from different angles. <p>9.5 Demonstrate Feeding of balls;</p> <ul style="list-style-type: none"> - Underhand toss/drop ball - Racket feed from a dropped ball <p>Racket feed without bouncing the ball</p> <ul style="list-style-type: none"> - Valley feed from the net in a rally situation - Ground stroke feed in a rally situation 			
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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
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<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>	<p>-Coaches manual -Video Compact Disk (VCD) -Marker and White Board - Computer</p>	<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>	<p>-Ball basket -Rackets -Skipping ropes -Balls -Tennis Court -First Aid Box -Target cones.</p>	<p>- One-on-one practical -Group practical -Examination, - Assignment</p>
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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	Learning Activities	Teachers Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
11.1 Explain Approach shots	Explain the	-Coaches manual -Video	11.1 Demonstrate approach shots	Demonstrate	-Ball	-One-on-one
11.2.Explain Passing shots	various	Compact Disk (VCD)		the outlined shot	basket	practical
11.3.Explain Drop shots	shots		11.2 Demonstrate Passing shots	variations	-Rackets	-Group practical
11.4 Explain Half volley	variations				-Skipping	-Examination, -

	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
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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 cones.	- One-on-one practical -Group practical - Examination, - Assignment

<ul style="list-style-type: none"> - Eastern grip - Semi-western grip b. Backhand (Single handed) - Eastern grip c. Serve - Continental grip d. Volley - Continental grip (forehand) - Continental/Eastern grip (Backhand) 			<ul style="list-style-type: none"> c. Serve - Continental grip d. Volley -Continental grip (forehand) -Continental/Eastern grip (Backhand) 		cones.	
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General Objective: 13.0 Understand Fitness for Tennis

Specific Learning Objectives	Learning Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
13.1 Outline Physical Fitness needed in the game: <ul style="list-style-type: none"> - Flexibility - Endurance - Speed - Strength - Power 		<ul style="list-style-type: none"> Coaches manual, Video Compact Disk (VCD), Marker, 	13.1 Demonstrate the physical Fitness: <ul style="list-style-type: none"> - Flexibility - Endurance - Speed - Strength - Power 	<ul style="list-style-type: none"> Demonstrate the outlined fitness activities in 6.1. 	<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 Barrai etc	Explanation of the technique analysis of individual basic skills.	Karate Gi: Karate belt Hand mints Shin Guards Instep protector Mouth Guard Chest Guard Groin Guard Focus Pads (Standing/hand held) Application of	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
			16.1 Practice 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
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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
			17.1 Practice 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
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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	Demonstarte (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 held)	- Questions - Tests - Assignments - Demonstration - Practical application

			Sandan	Show Kihon kata (No. 3) Taikyoku Sandan Demonstrate Helan Shodan	held) - Multimedia Images	
			19.4 Introduction to Helan Shodan			

General Objective: 20.0 Know Karate Kumite (Ten no Kata Omote)						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
			20.1 Practice of first Kumite Moves (Ten no Kata) 20.2 Show the relationship between stances blocks, punches and strikes in Ten no kata.	Demonstrate the first Kumite Moves (Ten no Kata) Show the relationship between stances blocks, punches and strikes in Ten no kata.	- 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

Specific Learning Objectives	Learning Resources	Teachers Activities	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 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 Sparing (Jiyu Kumite)

Specific Learning Objectives	Learning Resources	Teachers Activities	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

			<p>and two steps attack</p> <p>22.3 Practice Karate Jiyu Kumite: stepping in and stepping out</p> <p>22.4 Practice Karate Jiyu Kumite: blocking and punching</p>	<p>and two steps attack</p> <p>Exhibit Karate Jiyu Kumite: stepping in and stepping out</p> <p>Show the Karate Jiyu Kumite: blocking and punching</p>	<ul style="list-style-type: none"> - Mouth Guard - Chest Guard - Groin Guard - Focus Pads (Standing/hand held) - Mat - Training hall 	<ul style="list-style-type: none"> - Practical application
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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			
			<p>23.1 Practice with Focus pad and kick bag training for Athletes</p> <p>23.2 Practice good posture, stances and Hikite (to avoid injuries)</p> <p>23.3 Demonstrate basic scoring techniques</p>	<p>Demonstrate with Focus pad and kick bag training for Athletes</p> <p>Demonstrate good posture, stances and Hikite (to avoid injuries)</p> <p>Demonstrate basic</p>	<ul style="list-style-type: none"> -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 	<ul style="list-style-type: none"> -Questions -Tests -Assignments -Demonstration

				scoring techniques	- 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)	Tutorial: 0	Practical: 1hr.	Total: 2 (30hrs/semester)
Lecture: 1hr.			

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 - Reading materials	4.1 Know how to massage	Demonstrates how to massage	- Massage chair and tables - Massage oil, towels, stone and hitting devices - Music player - Candles -etc.	-Quiz -Test -Assignment - Examination
4.2. Outline the importance massage in sport	Explain the importance of massage in sport.	- Massage chair and tables				
4.3. Explain the effect of massage on the human body	Describe the effects of massage on the human body	- Massage oil, towels, stone and hitting devices				
4.4. Discuss the element of massage therapy	Enumerates the elements of massage therapy	- Music player				

		- 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	Explain the roles of massage in promoting sports performance	- Textbooks and reading materials. - Projector and visuals				-Quiz -Test -Assignment - Examination
5.2 Explain the application of massage therapy to human physiological activity	Explain the application of massage therapy to human physiological activity					
5.3 Discuss the limitation of massage therapy in sport performance	Enumerates the limitations in sports performance					
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. - Projector and visuals		6.1 Shows methods and techniques of massage		-Quiz -Test -Assignment - Examination
6.2 Outline the types of massage therapy	Differentiates between massages					
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
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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 -Online coaching resource materials				-Quiz -Test				
1.2 Differentiate between - coaching sport - teaching sport	Differentiate between coaching sport and teaching sport					-Assignment - Examination				
1.3 Define sports coaching methods	Explain sports coaching methods									
1.4 List sports coaching methods - Whole Practice method - Whole-part-whole method - Shaping method - Chaining method - etc.	Discuss sports coaching methods									
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
2.2 Explain the components of coaching philosophy	Explain the components of coaching philosophy					-Assignment - Examination
2.3 List coaching styles in sports - autocratic - democratic - holistic - etc.	Explain coaching styles in sports - autocratic - democratic - holistic - 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

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					
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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	Explain sports skills	- Textbooks				-Quiz
5.2 Explain the classes of sports skills e.g. - Simple and complex skills - Open and closed skills Etc.	Discuss the classes of sports skills e.g. - Simple and complex skills - Open and closed skills Etc.	- Online coaching resource materials				-Test -Assignment - Examination
5.3 Define - sport skills training - sports practice	Explains sport skills training and sports practice.					
5.4. Outline the importance	Explain the importance					

<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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<ul style="list-style-type: none"> - Mentor - etc. 						
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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	Discuss ethical concepts in coaching	- Textbooks - Online coaching resource materials				- Quiz -Test
6.2. Outline the importance of ethics in sport coaching	Explain the importance of ethics in sport coaching					-Assignment - Examination
6.3 Highlight the rules and regulation guiding coaching methodology	Discuss the rules and regulation guiding coaching methodology					
6.4 List the ethics needed for successful sport coaching	Define the ethics needed for successful sport coaching					
6.5. Explain the ethics needed for successful sport coaching in Nigeria	Explain the ethics needed for successful sport coaching in Nigeria					

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
7.1 Trace the history of coaching in sports 7.2. Explain the current trend in coaching in sport worldwide 7.3. Explain the current trend in coaching in Nigerian sport 7.4 Explain the contemporary issues facing successful coaching in Nigeria 7.5. Proffer solution to the contemporary issues facing successful coaching in Nigeria	Narrate the history of coaching in sports Discuss the current trend in coaching in sport worldwide Discuss the current trend in coaching in Nigerian sport Explain the contemporary issues facing successful coaching in Nigeria Discuss solutions to the contemporary issues facing successful coaching in Nigeria	- Textbooks - Online coaching resource materials				-Quiz -Test -Assignment - Examination

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:			
<ul style="list-style-type: none">1.0 Understand the concept of sports technology2.0 Understand the ethical consideration in sports technology3.0 Know how to use different technology in sport4.0 Understand how different technology affects sports performance5.0 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	<ul style="list-style-type: none"> - Textbooks and reading materials - ICT Tools - Resource person 				<ul style="list-style-type: none"> -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	<ul style="list-style-type: none"> - Textbooks and reading materials - ICT Tools - Resource person 	<ul style="list-style-type: none"> 2.1 Identify technological tools used in sports 2.2 Practice the usage of the 	<ul style="list-style-type: none"> 2.1 Show technological tools used in sports 2.2 Demonstrate the usage of 	<ul style="list-style-type: none"> - Video camera - Electronic timing - Force platform - Hawk eye - Computer etc. 	<ul style="list-style-type: none"> - 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.		
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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 on 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				- 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)	Tutorial: 0	Practical: 0	Total: 2hrs/week
Lecture: 2hrs			(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:
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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 psychology	Videos				- Test			
1.3 Enumerate the importance of sports psychology	Outline the importance of sports psychology	Projector				- Assignment			
1.4 Describe a sports psychologist and his role in team performance	Describe a sports psychologist and his role in team performance					- Examination			
1.5 Outline the branches of sports psychology	Explain the branches of sports psychology								
1.6 Explain theories of sports psychology in relation to sports performance	Explain theories of sports psychology in relation to sports performance								
1.7 Describe psychological principles in relation to sports performance	Explain psychological principles in relation to sports performance								

<p>1.8 Explain stress and anxiety in sports</p> <p>1.9 Describe the effects of stress and anxiety on sports performance</p> <p>1.10 Explain the roles of -Imagery - attention on athletes' performance</p>	<p>performance</p> <p>Discuss psychological principles in relation to sports performance</p> <p>Explain stress and anxiety in sports</p> <p>Explain the effects of stress and anxiety on sports performance</p> <p>1.10 Explain the roles of Imagery and attention on athletes' performance</p>				
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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 -Videos - Projector				- Quiz - Test - Assignment
2.2 List the theories of personality:	Explain the theories of personality:					

<p>- Sigmund Freud's psychoanalytic theory of Personality</p> <p>-The Big 5 Model of Personality</p> <p>2.3 Explain each theory listed in 2.2 above.</p> <p>2.4 Enumerate the importance of athlete's personality in sports performance</p>	<p>- Sigmund Freud's psychoanalytic theory of Personality</p> <p>-The Big 5 Model of Personality</p> <p>2.4 Explain the importance of athlete's personality in sports performance</p>					<p>- Examination</p>
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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
<p>3.1 Define motivation</p> <p>3.2S State the importance of motivation in sports</p> <p>3.3 List the types of motivation</p> <p>3.4 Explain the theories of motivation</p>	<p>Explain motivation</p> <p>State the importance of motivation in sports</p> <p>Highlight the types of motivation</p> <p>Discuss the theories</p>	<p>- Textbooks</p> <p>-Videos</p> <p>- Projector</p>				<p>- Quiz</p> <p>- Test</p> <p>- Assignment</p> <p>- Examination</p>

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					
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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 - visualization	- 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)	Tutorial: 0	Practical: 0	Total: 2 (30hrs/semester)
Lecture: 2hrs			

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	Explain Nutrition and Sports Nutrition Narrate the history of sports nutrition	- Textbooks - Videos - Projector				- Quiz - Test - Assignment - Examination				
1.2 Trace the history of sports nutrition	Discuss the importance of sports nutrition									
1.3 Outline the importance of sports nutrition	Explain the relationship between nutrition and sport performance.									
1.4 Explain the relationship between nutrition and sport performance.	Explain nutrition diet for different sports Discuss eating disorder in athletes									
1.5 Explain nutrition diet for different sports	Explain hydration and rehydration in sports									
1.6 Explain eating disorder in										

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	Define food	- Textbooks				- Quiz
2.2 State the classes of food	Outline the classes of food	- Videos				- Test
2.3 Highlight the Importance of Food and water to athletes	Discuss Importance of Food and water to athletes	- Projector				- Assignment
2.4 Explain calories	Explain calories					- Examination
2.5 State the importance of calories to sports performance	Discuss the importance of calories to sports performance					
2.6 Explain the relationship between calories and performance in endurance sports	Explain the relationship between calories and performance in endurance sports					

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

<p>digestive system:</p> <ul style="list-style-type: none"> - Mouth 5.5-7.5 - Stomach 1.0 to less than 4.0 etc. 	<p>State typical pH values in digestive system:</p> <p>Mouth 5.5-7.5</p> <p>Stomach 1.0 to less than 4.0 etc.</p>					
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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	Define Enzymes	- Textbooks				- Quiz
5.2 Outline the functions of Enzymes in digestion	Explain the functions of Enzymes in digestion	and reading materials				- Test
5.3 Describe the Enzymes responsible for digestion of different classes of food:	Discuss Enzymes responsible for digestion of different classes of food	- Magic boards				- Assignment
		- Marker				- Examination
5.4 Explain absorption of food and nutrients into the body:	Explain absorption of food	- Projector.				

<ul style="list-style-type: none"> - Carbohydrates - Protein - Fats 	<p>and nutrients into the body:</p> <p>Carbohydrates</p> <p>Protein</p> <p>Fats</p>				
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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: <ul style="list-style-type: none"> Polarity Solvent Less dense etc. 	- Textbooks and reading materials <ul style="list-style-type: none"> - Magic boards - Marker - Projector. 				<ul style="list-style-type: none"> - Quiz - Test - Assignment - Examination
6.2 Outline functions of water						
6.3 Explain water distribution in athletes and non-athletes						
6.4 State where extracellular fluids can be located in the body	Explain water distribution in athletes and non-athletes					
6.5 Explain electrolytes balance						
6.6 State its importance to performance	State where extracellular					

	<p>fluids can be located in the body</p> <p>Explain electrolytes balance</p> <p>State its importance to performance</p>					
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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	Explain sports nutritional supplement	- Textbooks and reading materials				- Quiz
7.2 Explain sports dietary plan	Explain sports dietary plan	- Magic boards				- Test
7.3 Outline types of dietary supplement	Discuss types of dietary supplement	- Marker				- Assignment
7.4 Explain performance enhancing supplement	Explain performance enhancing supplement	- Projector.				- Examination
7.5 Explain:	supplement					

<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>					
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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
7.1 State factors influencing nutritional requirement in sports: - Aerobic - anaerobic etc.	Highlight factors influencing nutritional requirement in sports: Aerobic anaerobic etc	- Textbooks and reading materials - Magic boards - Marker - Projector.				- Quiz - Test - Assignment - Examination
7.2 Define: - Aerobic - anaerobic Exercises	Define aerobic and anaerobic Exercises					
7.3 State the importance of	Explain the					

aerobic and anaerobic exercises	importance of aerobic and anaerobic exercises					
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SCT 125: FUNDAMENTALS OF COACHING

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:			
<ul style="list-style-type: none">1.0 Understand the concept of Coaching2.0 Understand the basic roles and functions of a Coach3.0 Understand the principles of Coaching4.0 Understand the concept of Training5.0 Understand the principles of training6.0 Understand fundamental of Coaching techniques7.0 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	Discuss the concept of coaching,	-Textbooks				-Quizzes				
1.2 Explain coaching in sports	coaching, coaching styles and the qualities of a good coach and the coaching skills	-Reading materials				-Test				
1.3 Explain coaching styles in sports		-Relevant Sports equipment like cones, balls, whistle				-Assignment				
1.5 Enumerate the qualities of a good sports coach										
1.6 State the basic coaching skills in sports										

General Objective: 2.0 Understand the basic roles and functions of a coach						
Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
2.1 Define a coach 2.2 Explain the basic roles of coach. e.g. -teacher -mentor -counsellor -manager -etc 2.3 Describe the managerial skills needed for success in sports e.g -Patience -tolerance, -Motivator etc. 2.4 Explain managerial functions performed by	Explain who a coach is	-Textbooks				-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	Discuss the principles of coaching and their importance	-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
3.2 State the importance of coaching in Sports	Highlight five principles of reinforcement					
3.3 Outline five principles of reinforcement	Discuss the code of practice for sport coaches					
3.4. Explain the code of practice for sport coaches						

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	Discuss the principles of sport training and its importance in sports management.	-Textbooks -Online training resource materials				-Quizzes -Test -Assignment
5.2. Discuss the technical aspects of sport training						
5.3 Outline the importance of sport performance factors and training	Describe the technical aspects of sport training					
5.6. Explain the purpose of training in sport	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					

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	Discuss the coaching methodology	-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
7.2 Explain the importance of effective coaching in sport	Highlight the importance of effective coaching in sport					
7.3 Explain the GROW model of coaching	Discuss the GROW model of coaching					
7.4 Explain the effective coaching strategies in sport	State the effective coaching strategies in sport					

YEAR ONE**SECOND SEMESTER**

PROGRAMME: NATIONAL DIPLOMA IN SPORTS COACHING AND TRAINING
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COURSE: Seminar on Sports Medicine

CODE: SCT 126

DURATION (Hours / Week)	Tutorial: 0	Practical: 1hr	Total: 2hrs (30hrs/semester)
Lecture: 1hr			

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:
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1. Understand Sport-related injuries
2. Understand the assessment and management of Sports injury
3. Know first aid treatments in sports injury
4. 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.	Discuss sport injury	- Textbooks and reading materials - Slides - Visuals				- Quiz - Test - Assignment - Examination			
1.2 Classify sports injury.	Classify sports injury								
1.3 Enumerate the types of sports injury.	Explains types of sports injury								
1.4 State the causes of sports injury.	Discuss causes of sports injury								
1.5 Identify ways to prevent sports injury.	Outlines ways of preventing sport injury								
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.	Discuss injury evaluation.	-Textbooks and reading materials - Videos - Projectors - Slides	2.1 Practice step by step injury management	Demonstrates step by step injury management	- First Aid Box - Stretcher	- Quiz - Test - Assignment - Examination			
2.2 Explain injury management in sports.	Explain injury management in sports.		2.2 Practice assessment of sports injury	Show how injuries are assessed					
2.3 Elaborate the concept:	Discuss the concept: PRICE, DRABC,								

<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.					
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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.	Define first aid in sports.	- Textbooks and reading materials	3.1 Identify the items found in a first aid box	Show the items found in a first aid box	- First Aid Box	- Quiz
3.2 Outline types of first aid treatment in sports.	Explain types of first aid treatment in sports.	- First Aid Box - Videos	3.1 Practice treatment of common minor injuries in sports	Demonstrate treatment of common minor injuries in sports	- Stretcher - Ice block	- Test - Assignment - Examination
3.3 State the aims of first aid in sports injury.	Outline the aims of first aid in sports injury.					
3.4 State the: - qualities of first aider.	Discuss the:					

<p>- duties of a sport first aider.</p> <p>3.5 List the items found in first aid box e.g. iodine, bandage scissors, razor etc.</p>	<p>- qualities of first aider.</p> <p>- duties of a sport first aider.</p> <p>List the items found in first aid box e.g. iodine, bandage scissors, razor etc.</p>					
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General Objective: 4. Understand the rehabilitation of injured athlete

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

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	Explain history of athletics from ancient to the modern day.	- Textbooks - Video - Lectures notes - Images - Charts - Youtube - Google - Handouts - Journals - Research work - Presentations				- Questions - Test - Assignment - Examination			
1.2 Describe the functions of athletics regulatory bodies: - World Athletics - Confederation of African Athletics - The Athletics Federation of Nigeria	Describe the history of world athletics, athletics in Africa, Africa Amateur Athletics Confederation and Athletics in Nigeria.								
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	Describe warm up in athletics.	- Textbooks - Video - Lectures notes - Images - Charts - Youtube				- Questions - Test - Assignment - Examination			
2.2 State importance of warm-up for injury prevention in skill learning	Explain the importance of proper warm up for injury prevention.								

2.3 Explain Fundamentals of running.	Explain the fundamentals of running.	- Google - Handouts - Journals - Research work - Presentations				
2.4 Outline the basic skills in: - Running - Jumping - Throwing in athletics.	Enumerate the basic skills in running, jumping and throwing in athletics.					
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.	Describe Tactical formation of relay race					
2.7 Examine the importance of Relay formation and tactics.	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 - Video - Lectures notes				- Questions - Test - Assignment - Examination
3.2 Outline track and field: - Officials - Duties.	Explain the roles of officials in athletics	- Images - Charts				

3.3 State laws of track and field	Discuss the laws of track and field.	<ul style="list-style-type: none"> - Youtube - Google - Handouts - Journals - Research work -Presentations 				
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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	Describe scoring system in track and field.	<ul style="list-style-type: none"> - Textbooks -Video - Lectures 				<ul style="list-style-type: none"> - Questions - Test - Assignment - Examination
4.2 Explain evaluation process in track and field	Discuss evaluation process in track and field	<ul style="list-style-type: none"> notes 				

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: <ul style="list-style-type: none"> - Internationally - Continentally - Locally 	Narrate the history of Table Tennis at International, Continental, and Local levels.	<ul style="list-style-type: none"> -Textbooks and reading materials -Pictorials - Lectures 				<ul style="list-style-type: none"> - Questions - Test - Assignment - Examination
5.2 Describe the functions of table tennis regulatory bodies: <ul style="list-style-type: none"> - International Table Tennis Federation (ITTF) - Africa Table Tennis Federation (ATTF) 	Explain the functions of table tennis regulatory bodies: <ul style="list-style-type: none"> - ITTF - ATT - NTTF 					

- 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 - Table tennis board - Video clips -Pictorials				- 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					
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>					
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General Objective: 10.0 Understand History of Basketball

Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
<p>10.1 Trace history of basketball</p> <ul style="list-style-type: none"> - Internationally - Continentally - Locally <p>10.2 Outline the functions of Basketball regulatory bodies:</p> <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:</p> <p>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
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11.1	Define warm up in Basketball	Describe warm up in Basketball	- Textbooks - Video - Lectures notes - Images - Charts - YouTube - Google - Handouts - Journals - Research work - Presentations				- Questions - Test - Assignment - Examination
11.2	Explain importance of warm-up for injury prevention in skill learning	Explain importance of warm-up for injury prevention in skill learning					
11.3	Outline the skills in Basketball: - dribbling - passing - jumping - shooting etc.	Explain the skills in Basketball: dribbling, passing, jumping and shooting, etc.					
11.4	Explain Fundamentals skills in Basketball.	Explain Fundamentals skills in Basketball.					
11.5	Explain tactical formation in Basketball.	Describe tactical formation in Basketball.					
11.6	Outline the importance of tactical formations: - Offensive - Defensive	Explain the importance of tactical formations: Offensive Defensive					

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: - Officiating - Officiating terms: • Traveling • Time out • Quarters etc.	Explain Officiating and officiating terms	- Textbooks - Video - Lectures notes - Images - Charts - YouTube - Google - Handouts - Journals - Research work - Presentations				- Questions - Test - Assignment - Examination
12.2 State the benefits of officiating in Basketball.	Outline benefits of officiating in Basketball.					
12.3 Describe the Dimensions of the Basketball Court	Describe the Dimensions of the Basketball Court					
12.4 List equipment in Basketball	List equipment in Basketball					
12.5 Explain the rules and regulations in basketball	Explain the rules and regulations in basketball					
12.6 Explain safety and prevention of injuries 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	Explain the rules governing officiating Official in Basketball	- Textbooks - Video - Lectures notes - Images - Charts				- Questions - Test - Assignment - Examination
13.2 Outline the rules and regulations of Basketball	Outline the rules and regulations of Basketball					

<p>13.3 Outline Basketball: - Officials - Duties</p> <p>13.4 State the importance of officials in Basketball.</p> <p>13.5 State the qualifications required of a Basketball official.</p>	<p>Outline Basketball: Officials Duties</p> <p>State the importance of officials in Basketball.</p> <p>State the qualifications required of a Basketball official.</p>	<p>Outline Basketball: Officials Duties</p> <p>State the importance of officials in Basketball.</p> <p>State the qualifications required of a Basketball official.</p>	<p>- YouTube</p> <ul style="list-style-type: none"> - Google - Handouts - Journals - Research work -Presentations 				
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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 flights etc. 	Demonstration running skills Demonstrate the right posture and running technique to students. Demonstrate Skills in jumping	<ul style="list-style-type: none"> - Starting blocks - Stop watches - Running spikes. - Whistles - Field of play - Images - Google - YouTube - Video - Handout 	<ul style="list-style-type: none"> - 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	<ul style="list-style-type: none"> - 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	- 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 <ul style="list-style-type: none"> (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	- 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: <ul style="list-style-type: none"> (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: - 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 : 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: - 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 	
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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 Tests Assignment</p>

			<p>Basketball:</p> <ul style="list-style-type: none"> - Hook shot - Slam dunk - Bank shot - Free throw <p>etc.</p>			
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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: <ul style="list-style-type: none"> - chest, - bounce - overhead - push etc. 8.2 Execute dribbling techniques in Basketball: <ul style="list-style-type: none"> - 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: <ul style="list-style-type: none"> - 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)	Tutorial: 0	Practical: 2hr	Total: 2 (30hrs/semester)
Lecture: 0			
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.					
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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.	- Textbooks - Reading materials - Video - YouTube - Google search - Images - Handouts				- 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.	Define coaching practicum.	- 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) **Tutorial: 0** **Practical: 0** **Total: 2 (30hrs/semester)**

Lecture: 2hrs

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	
<p>3.1 List the types of statistics</p> <p>3.2 Explain descriptive statistics and give examples</p> <p>3.3 Explain inferential statistics and give examples</p> <p>3.4 Differentiate between descriptive and inferential statistics</p>	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
<p>4.1 Define Data</p> <p>4.2 List the various types of data</p> <p>4.3 Explain the various types of data</p> <p>4.4 Define scale of measurement</p> <p>4.5 Explain the Radius scale of Measurement</p>	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
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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	Discuss 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		
1.2 Explain the central and peripheral nervous system and its components	Explain the components of the central and peripheral nervous system							
1.3 Outline the core function of the nervous system	Explain the functions of the nervous system.							
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				
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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	Explain structure and functions of the endocrine system.	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
4.2 Discuss how the endocrine system response to exercise	Explain the endocrine systems' response to exercise.					

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	Discuss the history of handball	Textbooks Online resource materials				Questions Test Assignment				
1.2 Describe the structure and functions of: - International Handball Federation (IHF) - African Handball Confederation (CAHB) - Handball Federation of Nigeria (HFN)	Discuss the structure and functions of: - IHF - CAHB - HFN									
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	Discuss leadership in a handball team	Textbooks Charts				Quizzes Test Assignment				
2.2 Outline the duties of a Coach	List the duties of a Coach									
2.3 Highlight methods of handling individual and team problems	Outline methods of handling individual and team problems									
2.4 Explain: - fair play - team	Discuss fair play and team as a social group									

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	Describe single training unit	Textbooks	3.1 Design an annual plan for a youth team	Illustrate an annual plan for a youth team	Textbooks	Quizzes
3.2 Explain training schedule in handball	Discuss training schedule in handball	Charts			Online resource materials	Test
3.3 Explain periodization of handball season	Describe periodization of handball season	Projector				Assignment
3.4 Explain an annual plan in Handball	Describe an annual plan in Handball	Online resource material				

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.	Discuss methodical build-up in the game of handball	Textbooks Video Projector				Questions Test Assignment
4.2 Discuss: - Zone - Man-to-man - Mixed systems in defense.						
4.3 Explain phases of Defense.	Discuss phases of Defense. Enumerate the importance of					

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	Discuss passive play in Handball	Textbooks Handball rules book Charts Online resource materials				Questions Test Assignment
5.2 Outline types of throws in Handball: - Throw off - Throw in - Goal Keeper Throw etc.	State types of throws in Handball					
5.3 Explain: - fouls - unsportsmanlike conducts in Handball	Discuss fouls and unsportsmanlike conducts in Handball					
5.4 Explain Handball sanctions - Warning - Suspension - Disqualification etc.	Highlight Handball sanctions					
5.1 Outline Handball: - Officials - Duties	Describe Handball Officials and their duties					
5.6 Explain Hand signals in	Describe Hand signals					

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 	Explain facilities and equipment in Badminton	Textbooks Charts Videos Projector Badminton rule book				Questions Test Assignment
9.2 Outline importance of facilities and equipment maintenance in Badminton	Explain the importance of facilities and equipment maintenance in Badminton					
9.3 List benefits of standard equipment	State benefits of standard equipment					
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 Projector Badminton rule book				
10.2 Outline rules and regulations of Badminton	Explain rules and regulations of Badminton					
10.3 Outline Badminton: - Officials - Duties	Describe Badminton Officials and their duties					
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
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		Resources	Learning Objectives	Activities	Resources	
12.1 Explain safety in Badminton	Describe safety in Badminton	Textbooks Videos Projector Charts				Quizzes Test Assignment
12.2 Describe common injuries in Badminton	Enumerate common injuries in Badminton					
12.3 Explain causes of injury to stretching muscles	Explain causes of injury to stretching muscles					
12.4 Outline injury prevention Principles	Highlight injury prevention Principles					

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	Narrate the history of martial arts	Pictorials Video White board/marker				Questions Test Assignments Examination
13.2 Trace history of Taekwondo: - International - Continental - Local	Trace history of Taekwondo: International, Continental and Local	Images Charts Tables Google YouTube				
13.3 Describe the structure and functions of Taekwondo regulatory bodies: - World Taekwondo (WT) - African Taekwondo(AT) - Nigeria Taekwondo Federation (NTF)	Explain the structure and functions of Taekwondo regulatory bodies: WT, AT and NTF					
13.4 Describe the nature of Taekwondo.	Explain the nature of Taekwondo.					
13.5 Describe the forms of Taekwondo	Describe the forms of Taekwondo					
13.6 Explain: - Taekwondo and the spirit	Describe:					

<ul style="list-style-type: none"> - of amateurism in the Olympic Games. - Taekwondo and the Olympic movement <p>13.7 Enumerate rituals of Taekwondo</p> <p>13.8 Highlight major influences of Taekwondo</p>	<ul style="list-style-type: none"> - Taekwondo and the spirit of amateurism in the Olympic Games. - Taekwondo and the Olympic movement <p>State the rituals of Taekwondo</p> <p>Enumerate major influences of Taekwondo</p>					
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General Objective: 14.0 Understand basic skills in Taekwondo

Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
<p>14.1 Describe:</p> <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 	<p>Pictorials</p> <p>Video</p> <p>White board/marker</p> <p>Images</p> <p>Charts</p> <p>Tables</p> <p>Google</p> <p>YouTube</p>				<p>Questions</p> <p>Tests</p> <p>Assignments</p> <p>Examination</p>
<p>14.2 Enumerate Taekwondo Basic kicks:</p> <ul style="list-style-type: none"> - Dan ap chagi - Ee dan dolleo chagi - Etc. 	<p>Outline Taekwondo Basic kicks</p>					
<p>14.3 Outline basic Taekwondo stances:</p>	<p>Discuss basic Taekwondo stances</p>					

<ul style="list-style-type: none"> - Back Stance - Closed Stance - Cross Stance - Etc. 						
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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	Discuss Taekwondo techniques	Pictorials				Training
15.2 State importance of advanced Taekwondo techniques	Enumerate the importance of advanced Taekwondo techniques	Video				Practical
15.3 Outline conditioning exercises for Taekwondo advance techniques	Highlight conditioning exercises for Taekwondo advance techniques	White board/marker				And Tests
15.4 Explain purpose of attack and defense exercises in Taekwondo	Explain purpose of attack and defense exercises in Taekwondo	Images				Examination
		Charts				
		Tables				
		Google				
		YouTube				

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	Describe the methods of Taekwondo	Pictorials				Questions
16.2 Explain Taekwondo competition rules	Describe Taekwondo competition rules	Video				Tests and
16.3 Enumerate Taekwondo weight divisions	competition	White board/marker				Application
16.4 Explain prohibited acts and penalties in Taekwondo competition	Discuss Taekwondo weight divisions	Images				Examination
	Describe prohibited acts and penalties in Taekwondo competition	Charts				
		Tables				
		Google				
		YouTube				

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)	Tutorial: 0	Practical: 4hrs	Total: 4 (60hrs/semester)
Lecture: 0			

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 1.2 Execute overhead pass 1.3 Perform catching the ball: - Above - below the waist - While running	Demonstrate the variations in passing during a movement from position to position Illustrate overhead pass Demonstrate catching the ball above, below the waist and while running	Handball Court, Net, Ball, Whistle, Stop watch	Questions Test Assignment		
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 2.2 Perform running games 2.3 Perform passing and catching within team to maintain ball	Organize training sessions Demonstrate passing and catching within team to maintain ball possession	Handball Court Balls Whistle	Questions Test Assignment		

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

			retreat 4.4 Perform Collective defense: - 2:3 - 3:3	- 2:3 - 3:3		
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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	5.1 Execute fast and extended fast break 5.2 Perform man-to-man exercises and collective system 5.3 Execute elements of attack: - 1:1 - Wingers - pivots etc.	Demonstrate fast and extended fast break Show man-to-man exercises and collective system Show elements of attack: - 1:1 - Wingers pivots etc.	Balls Handball Court Cones Virtual platforms (Zoom, Google, Microsoft Teams)	Questions Demonstration

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	6.1. Perform individual defense skills: - Basic position - side step	Demonstrate individual defense Skills	Balls Handball Court Cones Virtual	Questions Test Assignment

	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: <ul style="list-style-type: none"> - High shots - Medium shots - Low shots - Wing shots etc. 8.4 Perform: <ul style="list-style-type: none"> - Ball recovery - fast-Break (initiate) 8.5 Execute Drills for Goalkeeper training	Conduct practice sessions to demonstrate: <ul style="list-style-type: none"> - 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 <ul style="list-style-type: none"> - 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

Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
			10.1 Perform racket griping techniques in Badminton 10.2 Perform methods of griping Badminton Racket: <ul style="list-style-type: none"> - Forehand grip - Back hand grip - hand shake grip 10.3 Perform skills in Badminton: <ul style="list-style-type: none"> - The grip - Back hand - Fore hand - The smash - The clear or lob - The drop shots - The serve - The footwork - The drive shot 10.4 Perform Back hand skill: <ul style="list-style-type: none"> - back hand drop - back smash - back clear etc. 10.5 Perform Fore hand skills: <ul style="list-style-type: none"> - back hand drop 	Show racket griping techniques in Badminton Exhibit skills in Badminton Illustrate: <ul style="list-style-type: none"> - Back hand skills - Forehand skills - Smash skills 	Badminton Rackets Video Images Charts Pictures	Quizzes Assignment Test Examination

			<ul style="list-style-type: none"> - back smash - back clear etc. <p>10.6 Perform Smash skills:</p> <ul style="list-style-type: none"> - Half smash - Flick smash - Slice smash 			
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General Objective:11.0 Demonstrate tactics in Badminton

Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
			<p>11.1 Demonstrate the tactics for:</p> <ul style="list-style-type: none"> - Foot work - Forward movement - Sideways movement - Backward movement <p>11.2 Demonstrate the tactics of:</p> <ul style="list-style-type: none"> - Singles - Double 	<p>Show the tactics for:</p> <ul style="list-style-type: none"> - Foot work - Forward movement - Sideways movement - Backward movement <p>Show the tactics of:</p> <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
			<p>12.1 Demonstrate the strategies for play</p> <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. <p>14.3 Perform conditioning exercises for Taekwondo skills</p>	<p>Taekwondo. Supervise students to perform one-step to five step blocks and variations.</p>	<p>First aid box Uniforms Focus pad</p>	
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General Objective: 15.0 Demonstrate tactics for taekwondo training

Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
			<p>15.1 Perform:</p> <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	<p>Hall Taekwondo Mat YouTube Journals Google Handouts Images Video Sketches First aid box Uniforms Focus pad</p>	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	Explain sport performance	Textbooks Online learning resource materials Videos				Questions Test Assignment
1.2 Explain sport performance enhancement	Discuss sport performance enhancement					
1.3 Highlight the Principles guiding sport Performance	Explain Principles guiding sport Performance					
1.4 Explain components of sports performance enhancement: - Aerobic conditioning, - Strength and stability - Skill proficiency etc.	Explain components of sports performance enhancement:					
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	Discuss performance enhancement techniques that coaches can adopt	Textbooks Online learning resource materials Videos				Questions Test Assignment
2.2 Describe stress management in enhancing athletic performance	Explain stress management in enhancing athletic Performance					
2.2 Explain diet and nutrition in	Explain diet and					

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 3.2 State purpose of mental training 3.3 Describe Mental training and athletic performance enhancement 3.4 Outline mental performance pyramid 3.5 Enumerate the principles guiding mental training 3.6 State exercises to increase mental training for athletes	Explain mental training Highlight purpose of mental training Describe Mental training and athletic performance enhancement Describe mental performance pyramid State the principles guiding mental training Discuss exercises to increase mental training for athletes	Textbooks Online resource materials Video Projector				Questions Test Assignment

General Objective: 4.0 Understand sports nutrition and dietary supplements for optimal performance

Specific Learning Objectives	Teachers	Learning	Specific Learning	Teachers	Learning	Evaluation
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	Activities	Resources	Objectives	Activities	Resources	
4.1 Describe: -The role of nutrition in sport performance - The role of dietary supplement in sport performance	Explain the role of nutrition and dietary supplement in sport performance	Textbooks Online resource materials Video Projector				Questions Test Assignment
4.2 State relationship between sport nutrition and dietary supplement in optimal performance	Highlight 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 how sports nutrition and dietary supplement can be used to enhance optimal performance in sports before, during and after competition.					

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	Define drugs	Textbooks and reading materials				Questions Test Assignment
5.2 Define performance enhancement drugs	Describe performance enhancement drugs					
5.3 State the usage of						

<p>performance enhancement drugs</p> <p>5.4 List types of performance enhancement drugs</p> <p>5.5 State implications of using performance enhancement drugs</p> <p>5.6 Explain functions of:</p> <ul style="list-style-type: none"> - World Anti-Doping Agency (WADA) - Nigerian National Anti-Doping Committee (NNADC) - US Anti-Doping Agency (USADA) etc. 	<p>Explain usage of performance enhancement drugs</p> <p>Outline types of performance enhancement drugs</p> <p>State implications of using performance enhancement drugs</p> <p>Describe functions of WADA, NNADC and USADA, etc.</p>				
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SCT 222 COACHING INTERNSHIP

**YEAR: TWO
TWO**

SEMESTER:

PROGRAMME: COACHING (NATIONAL DIPLOMA)

COURSE: INTERNSHIP

CODE: SCT 222

DURATION (Hours / Week)	Tutorial: 0	Practical: 2	Total: 2 (30hrs/semester)
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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: <ul style="list-style-type: none"> - 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)	Tutorial: 0	Practical: 0	Total: 3(45hrs/semester)
Lecture: 3			

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
<p>1.1 Describe the nature of swimming.</p> <p>1.2 Trace history of Swimming:</p> <ul style="list-style-type: none"> - International - Continental - Local <p>1.3 Highlight the functions of Swimming regulatory bodies:</p> <ul style="list-style-type: none"> - Federation Internationale de Natation (FINA) - Confederation Africaine de Natation (CANA) - Swimming Federation of Nigeria (SFN) <p>1.4 Outline challenges facing swimming development in Nigeria</p>	<p>Explain the nature of swimming.</p> <p>Narrate history of Swimming at International, Continental and Local levels</p> <p>Describe the functions of Swimming regulatory bodies FINA, CANA and SFN</p> <p>Enumerate challenges facing swimming development in Nigeria</p>	<ul style="list-style-type: none"> - Textbooks - Coaches manuals. - Video clips - Pictorials 				<ul style="list-style-type: none"> - 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.	Explain the basic skills in swimming	- Textbooks - Coaches manuals. - Video clips - Pictorials				- Questions - Test - Assignment - Examination
2.2 Outline styles of strokes and body positioning in swimming: - Freestyle/front crawl - Backstroke - Breaststroke etc.	Describe styles of strokes and body positioning in swimming					
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.	Describe facilities and equipment in swimming	- Textbooks - Coaches manuals. - Video clips - Pictorials				- Questions - Test - Assignment - Examination
3.2 Outline importance of facilities and equipment maintenance in Swimming	State the importance of facilities and equipment maintenance in Swimming					
3.3 List benefits of standard equipment	Enumerate benefits of					

	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	Explain rules governing officiating Official in Swimming	- Textbooks - Coaches manuals. - Video clips - Pictorials				- Questions - Test - Assignment - Examination

	<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>Officiating observations when</p> <p>Swimmers are on the block and on the Go etc.</p> <p>Explain the benefits of officiating in swimming.</p> <p>Explain technology in officiating Swimming.</p>	<ul style="list-style-type: none"> - Video clips - Pictorials 				<ul style="list-style-type: none"> - Examination
5.3	Explain technology in officiating Swimming.						

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
6.1 Define Record Keeping in swimming.	Discuss record keeping in swimming.	<ul style="list-style-type: none"> - Textbooks - Coaches manuals. 				<ul style="list-style-type: none"> - Questions - Test
6.2 Explain high point in swimming.	Discuss high point in swimming.	<ul style="list-style-type: none"> - Video clips 				<ul style="list-style-type: none"> - Assignment
6.3 State importance of scoring in swimming.	Explain the importance of scoring in swimming.	<ul style="list-style-type: none"> - Pictorials 				<ul style="list-style-type: none"> - Examination
6.4 Explain swim off in swimming						
6.5 List the entry qualifications in swimming	Explain Swim off in swimming Enumerate the entry qualifications in					

	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	Describe the nature of hockey	- Textbooks - Journals				- Questions
7.2 Trace history of Hockey: - International - Continental - Local	Narrate history of Hockey at International, Continental and Local levels	- Google - Handouts - Images - Video - Sketches				- Test - Assignment - Examination
7.3 Describe the functions of Hockey regulatory bodies: - Federation Internationale de Hockey (FIH) - African Hockey Federation (AfHF) - Nigeria Hockey Federation (NHF)	Describe the functions of Hockey regulatory bodies FIH, AHF and NHF					
7.4 Outline challenges facing Hockey development in Nigeria	Discuss challenges facing Hockey development in Nigeria					

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.	Describe the basic skills in hockey	- Textbooks - Journals - Google - Handouts - Images - Video - Sketches				- Questions - Test - Assignment - Examination
8.2 Outline techniques in hockey: - Push passing - Slap pass - Stick and ball etc.						
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.	Outline facilities and equipment in Hockey	- Textbooks - Journals - Google - Handouts - Images - Video - Sketches				- Questions - Test - Assignment - Examination
9.2 Outline importance of facilities and equipment maintenance in Hockey	State the importance of facilities and equipment maintenance in Hockey					
9.3 List benefits of standard equipment	Explain benefits of standard equipment					

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.	Explain formations in field 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	Explain rules governing officiating Officials in Hockey	- Textbooks - Journals - Google - Handouts - Images - Video - Sketches				- Questions - Test - Assignment - Examination
11.2 Explain rules and regulations of Hockey	Explain rules and regulations of Hockey					
11.3 Outline Hockey: - Officials - Duties	List Hockey officials and their duties					
11.4 Highlight importance of officials in Hockey.	State importance of officials in Hockey.					

11.5 State qualifications required of a Hockey official.	Describe qualifications required of a Hockey official.					
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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: - Officiating - Officiating terms: • Back checking • Break out • Chip • Dump etc.	Explain officiating and officiating terms	- Textbooks - - Journals - Google - Handouts - Images - Video - Sketches				- Questions - Test - Assignment - Examination
12.2 State importance of officiating in hockey.	Outline importance of officiating in hockey.					
12.3 Enumerate technology in officiating Hockey.	Describe technology in officiating Hockey.					

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.	Explain scoring system in hockey.	- Textbooks - - Journals - Google - Handouts - Images				- Questions - Test - Assignment - Examination
13.2 Highlight evaluation system in hockey	Explain evaluation system in hockey					

		<ul style="list-style-type: none"> - 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: <ul style="list-style-type: none"> - International - Continental - Local 14.3 State the functions of Chess regulatory bodies: <ul style="list-style-type: none"> - 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	<ul style="list-style-type: none"> -Textbooks and reading materials -Chess Board and pieces -Pictorials -Board & markers 				<ul style="list-style-type: none"> - 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 <p>15.2 Outline techniques in chess:</p> <ul style="list-style-type: none"> - Skewer - Pin - Fork - Double check etc. 	<p>and in Chess</p> <p>Explain the techniques in Chess</p>	<p>and reading materials</p> <ul style="list-style-type: none"> -Chess Board and pieces - Pictorials -Board & markers 				<ul style="list-style-type: none"> - Test - Assignment - Examination
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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. 	Describe facilities and equipment in chess	<ul style="list-style-type: none"> -Textbooks and reading materials -Chess Board and pieces - Pictorials -Board & markers 				<ul style="list-style-type: none"> - Questions - Test - Assignment - Examination
16.2 Outline importance of facilities and equipment maintenance in Chess	Enumerate the importance of facilities and equipment maintenance in Chess					
16.3 List benefits of standard equipment	State benefits of standard					

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

<p>governing officiating Official in Chess</p> <p>17.2 Explain rules and regulations of Chess</p> <p>17.3 Outline Chess:</p> <ul style="list-style-type: none"> - Officials - Duties <p>17.4 State importance of officials in Chess.</p> <p>17.5 List the qualifications required of a Chess official</p>	<p>governing officiating Official in Chess</p> <p>Explain rules and regulations of Chess</p> <p>Describe Chess officials and their duties</p> <p>Highlight importance of officials in Chess.</p> <p>State qualifications required of a Chess official</p>	<p>and reading materials</p> <ul style="list-style-type: none"> - Chess Board and pieces - Pictorials - Board & markers 				<ul style="list-style-type: none"> - Test - Assignment - Examination
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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	Explain tactics in Chess	-Textbooks and reading materials				- Questions
18.2 Outline the importance of tactics in Chess	State the importance of tactics in Chess	-Chess Board and pieces				- Test
18.3 Outline types of tactics in Chess:	Describe types of tactics in Chess	- Pictorials				- Assignment
<ul style="list-style-type: none"> - Fool's mate - Sacrifice - trapped pieces - X-ray attack/defense etc. 		- Board & markers				- Examination
18.4(a) Define Square (b) State its importance	Explain Square and state its importance in Chess					

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:			
SWIMMING			
1.0 Demonstrate skills in swimming			
2.0 Demonstrate swimming drills			
HOCKEY			
3.0 Demonstrate skills in Hockey			
4.0 Demonstrate types of drill in Hockey			
5.0 Demonstrate Goal keeping drills			
CHESS			
6.0 Demonstrate tactics and strategies in Chess			
7.0 Demonstrate skills and techniques in Chess			
8.0 Demonstrate Chess drills and skills.			

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

			<p>Hockey:</p> <ul style="list-style-type: none"> - Straight - Side - Dodging loose etc. - trap, - Close - Indian/reverse <p>3.3 Perform methods of pushing in Hockey:</p> <ul style="list-style-type: none"> - Straight - Side - Triangular - short <p>3.4 Execute:</p> <ul style="list-style-type: none"> - Grip - stick handling - positioning with the ball <p>3.5 Perform tackling in Hockey:</p> <ul style="list-style-type: none"> - Lunge tackle - Reverse stick tackle <p>3.6 Execute:</p> <ul style="list-style-type: none"> - Left dodge - right way dodge in Hockey <p>3.7 Execute Hockey pass styles:</p> <ul style="list-style-type: none"> - Wrong foot - Wall 	<p>methods of dribbling in Hockey.</p> <p>Execute types of pushing in hockey</p> <p>Demonstrate positioning, stick handling, dodging and tackling skills in hockey.</p> <p>Demonstrate</p>	<p>Sketches</p> <p>Balls</p> <p>Sticks</p> <p>Shingards</p> <p>Jessey</p> <p>Skirts</p> <p>Shorts</p> <p>Goal</p> <p>Keeper</p> <p>Paddings</p> <p>Cones</p> <p>Bits</p> <p>Whistle</p> <p>Cards</p> <p>First Aid</p> <p>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"> - Centre - Straight - push - Diagonal - reverse pass 	different types of passing skills.		
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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

			<ul style="list-style-type: none"> - dodge - 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 	Whistle Cards First Aid Box Goal Post and Nets Goal Board Corner flags Tooth guard Playing boots Writing materials	
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			<ul style="list-style-type: none"> - Trapping the ball - Scooping - Flicking 			
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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"> - Mixed tactics etc. <p>6.2 Execute different strategies in Chess</p> <ul style="list-style-type: none"> a. Castling - Kingside - Queenside b. En passant c. Check 	Demonstrate different strategies in Chess	Video clips	
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General Objective: 7.0 Demonstrate skills and techniques in Chess

Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
			<p>7.1 Execute skills in Chess:</p> <ul style="list-style-type: none"> - Visualization - Calculation - Openings - Endgames - Evaluation/analysis etc. <p>7.2 Execute techniques:</p> <ul style="list-style-type: none"> - Check - Checkmate - Stalemate - Perpetual check etc. 	<p>Demonstrate the skills in Chess</p> <p>Demonstrate the techniques in Chess</p>	<ul style="list-style-type: none"> -Computers -Chess board -Demonstration board -Chess clock Video clips 	<p>Questions</p> <p>Test</p> <p>Assignment</p> <p>One-on-one practical</p>

General Objective: 8.0 Demonstrate Chess drills and skills.

Specific Learning Objectives	Teachers Activities	Learning Resources	Specific Learning Objectives	Teachers Activities	Learning Resources	Evaluation
			<p>8.1 Perform chess drills:</p> <ul style="list-style-type: none"> - piece development - Mating patterns - Space advantage <p>8.2 Execute chess training drills:</p> <ul style="list-style-type: none"> - Pin 	<p>Demonstrate the different kinds of drills in chess</p>	<ul style="list-style-type: none"> Computers Chess board Demonstration board Chess clock Video clips 	<p>Questions</p> <p>Test</p> <p>Assignment</p> <p>One-on-one practical</p>

			<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 DIMESION
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, (Slalon 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, Discusses, Shot put, Harmers, 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

			yrs) and soft. Handball Net, Goal, Medicine balls, Post 2m X posts, Score Board Score Sheet, Electronic Score Board	
8	BADMINTON	Shoes, apparel, socks, Wristband and headband, towels, water bottle, head band, cards red, yellow and black.	Badminton racket, Shuttlecocks, Badminton net (1.55m high), bag grips, replacement, strings, poles, card board, score sheets, moveable mats, ,	Badminton court (13.4m X 6.1m doubles, and singles is13.4m X 5.18),
9	TAEKWONDO	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,	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,	Taekwondo mat, Training Hall,
10	SWIMMING	Goggle, swimsuit, Bathing caps, Kickboards, Pull buoys, Fins, Hand Paddles, Gloves, ear plugs, nose clips,	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.	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 stand Olympic size swimming pool.
11	CHESS	Clothing, shoes.	Chess clock, Travel Bag, A chess Score sheet, Chess pieces, Pens,	Basic chess board,

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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