

- Teaching in private and public secondary schools
- Physical Education lecturers in Teacher Training Colleges and Universities
- Managers of resort centers
- Sport coaches and trainers
- Sport journalists and marketers
- Sports psychologists, physiotherapists, occupational therapists etc.
- Team leadership in mountaineering and orienteering
- Team building in human resource management
- Sports consultancy e.g. sports nutrition, physiotherapy, masseurs, fitness instructors etc.
- Event and Sports Facility Managers.
- Sport Researchers and Practitioners.

For further information please contact us by

- Visitation to the P.E. and Sports Department.

Telephone Numbers;
Chairman – 0722790962



UNIVERSITY OF NAIROBI

COLLEGE OF EDUCATION AND EXTERNAL STUDIES

**DEPARTMENT OF PHYSICAL
EDUCATION & SPORT**



INTRODUCTION

The core business of Education is to develop a person in all the three domains of learning i.e Cognitive, Affective and Psychomotor. The uniqueness of Physical Education, is that it offers all the three domains in one.

1. Definition:

Physical Education is an educational process whose aim is to develop the Physical Social and Psychological growth and enhance human performance.

On the basis of the uniqueness of this course, the University of Nairobi established the department of physical education and sport as an academic unit in the year 2005.

2. Location

The Department is located at the College of Education and External Studies (Kikuyu Campus).

3. Objectives:

- To equip the learners with skills to plan and manage sports and leisure recreation activities.
- To equip learners with skills to plan and manage leisure, recreation and sports activities.
- To equip learners with skills of scholarship and research in the area of Physical Education and Sport.
- To equip learners with skills for recreation and leisure activities at difference levels of human development.
- To equip learners with skills to teach Physical Education and Sport.
- To provide a basics for further study and research in Physical Education, Health, Recreation, Dance and Sport.
- To equip learners with skills to organize and administer sports programme at different levels.

4. Course outline:

This is a four year course leading to the award

of a degree of Bachelor of Education (Physical Education and Sport Option).

The students are expected to take the following theory and practical units to qualify for the award of the degree.

THEORY (Each unit, 45 hrs)

Unit Code	Course
TPE 101	Foundations of PE and Sport
TPE 102	Functional Human Anatomy
TPE 107	Adapted Physical Activity
TPE 201	Functional Human Physiology for P.E
TPE 204	Nutritional and Sports Performance
TPE 301	Sports Administration and Management
TPE 302	Physiology of Exercise
TPE 303	Sports Psychology
TPE 307	Sports and Law
TPE 308	Sports Tourism
TPE 402	Management of Sports Facilities and Equipment
TPE 404	Research Methods and statistics

PRACTICALS (Each unit, 135 hrs)

TPE 103	Gymnastics I and Dance
TPE 104	Basketball, Volleyball and Netball
TPE 202	Track Athletics and Basic Swimming.
TPE 203	Rugby, Hockey and Soccer
TPE 205	Aerobics and Gymnastics II
TPE 304	Field Athletics and Advanced Swimming
TPE 306	Outdoor Pursuits
TPE 403	Tennis and Handball
TPE 407	Life Saving in Swimming

NB:

1. Physical Education and Sport can be taken as double, major or minor. It can combine with any other teaching subject
2. The Department is in the process of offering the following Degree programmes;
 - M.Ed (Physical Education and Sport)
 - BSc (Sports Coaching and Management).
 - BA (Leisure and Recreation Management)
 - BSc (Human Movement and Sports Sciences).

5. Career Opportunities

Graduates of Physical Education and Sports can find employment in any of the following areas:-

- Elite Athletes Performance evaluators.