

Postgraduate Diploma in Physical Education

1. PREAMBLE

The rapidly increasing demands for personnel in Physical Education in schools has attracted many interested non-Physical Education graduates to fill the gap. The postgraduate Diploma program is geared towards bridging the gap to provide these graduate teachers with specialized training and knowledge needed to teach Physical Education. This programme is therefore geared towards training Physical Education personnel in response to the ever-rising demand in Kenyan public and private schools as well as teacher training colleges.

2. VISION OF THE DEPARTMENT

The vision of the Department is to be the leading trainers of physical educators in Africa and beyond.

3. MISSION OF THE DEPARTMENT

The mission of the Department is to inculcate a solid theoretical and practical understanding, and appreciation of physical education in the society and amongst the graduates.

4. COURSE RATIONALE

The influx of non-physical education teachers in the field has led to deterioration in teaching and coaching standards. Hence, this programme seeks to alleviate the problem by equipping these and other interested non-Physical Education graduates with appropriate pedagogical and practical skills in order to offer up-dated and quality service. The programme also aims at addressing emerging issues and needs in Physical Education.

5. OBJECTIVES

- a) To equip trainees with enhanced skills in teaching physical education
- b) To equip trainees with sufficient skills in coaching, officiating and managing sports events
- c) To equip trainees with necessary skills and knowledge so as to embrace and promote physical activity for healthy living
- d) To provide the bridge for non-physical education graduates to become fully-fledged physical educators with ability to pursue Masters levels

6. ENTRY REQUIREMENTS

Candidates must satisfy the minimum entry requirement for Kenyatta University. Applicants for the Postgraduate Diploma in Physical Education course shall have attained a minimum academic qualification of Bachelor of Education or its equivalent from a recognized university. Applicants with any other Bachelor's degree and a Postgraduate Diploma in Education may be considered.

7. DURATION OF THE COURSE AND PROGRAMME OF STUDY

The duration of the course will be one and half academic years of two semesters during which 13 units of at least 35 contact hours each will be covered. Each candidate will also be expected to undertake a practicum of 3 months in an educational institution (14th unit).

Requirements for Award of a Postgraduate Diploma

In order to qualify for the award of Kenyatta University Postgraduate Diploma in Physical Education, a candidate will be expected to have passed all continuous assessment tests (CATs) and the final examination with a combined minimum score of 50% per unit; as well as successfully complete and pass the practicum.

8. MODE OF STUDY

Students admitted in the programme will study under one of the following modes:

- a) Full time residential (Regular)
- b) Institutional Based Programme (IBP)

9. EXAMINATIONS

University examination regulations shall apply.

10. COURSE STRUCTURE

UNITS

s/n	Unit Code and Title	Semester		
		1	2	3
1	HPE 700: Foundations and Pedagogy of Physical Education	*		
2	HPE 701: Anatomical and Physiological Rationale in Physical Activity and Sport	*		
3	HPE 702: Motor development and Adapted Sports	*		
4	HPE 703: Exercise Physiology and Fitness Evaluation	*		
5	HPE 704: Principles of Training and Conditioning	*		
6	HPE 705: Outdoor Education Pursuits and First Aid		*	
7	HPE 706: Sports Equipment, Facility Design and Management		*	
8	HPE 707: Skill Acquisition 1: Basketball and Volleyball	*		
9	HPE 708: Skill Acquisition 2: Athletics and Soccer	*		
10	HPE 709: Skill Acquisition 3: Badminton and Tennis		*	
11	HPE 710: Skill Acquisition 4: Softball and Swimming		*	
12	HPE 711: Research Methods in Physical Education		*	
13	HPE 712: Statistics in Physical Education		*	
14	HPE 713: Practicum			*

Total units loads =7+6=13 + Practicum