

# PHYSICAL AND HEALTH EDUCATION (BST 3)

## BASKETBALL

(History and Development, Basic Skills)

### *Brief history and development of basketball.*

The game originated from United States America in 1891 and was introduced by Dr. James Naismith at Springfield Massachusetts U.S.A.

The game became an Olympic sport in 1936. As the game developed, rules and regulations were established. It came to Nigeria through the American Peace Corps.

### **Nature of the game**

The game is played by two teams of five players each. The objective of the ball is to throw the ball into the opponent's basket while stopping the opponent from doing the same. The game is started in the centre with a jump from two players from the opposite teams after they have taken a toss to choose ends.

The game lasts for 40 minutes and it is divided into 20 minutes each half, with an interval of 10 to 15 minutes.

### **Facilities and equipment.**

The court is the facility with 28m long and 15m wide. The court is rectangular, flat and hard surfaced.

*Equipment includes:* basketball, uniforms, pants, shoes with good sole, stockings, knee pads, ankle lengths, basket, blackboard etc.

### **Basic skills in basketball**

There are many skills and techniques in basketball, the major ones are:

1. *Catching:* the player catching the ball should

have: a. eyes on the ball

b. watch the ball until it is firmly on the hands etc.

2. *Passing:* this is the combination of two skills namely, throwing and catching. The different types of passes are; chest pass, bounce pass, under hand pass, two hand overhead pass, hand-off pass.

3. *Shooting:* it is the most important fundamental in the game of basketball. Accurate shooting is necessary to win a match. If a team performs well but fails to shoot accurately, the team will never win a match.

4. *Footwork:* this skill requires a great speed. A good footwork requires; ability to start and stop, ability to change direction, ability to change pace or speed.

5. *Feinting or faking:* it is an action of a player to mislead or deceive an opponent and put him off balance.

## **RULES AND REGULATIONS IN BASKETBALL.**

They include:

1. The ball must not be kicked.
2. A player is not permitted to run with the ball.
3. There should be no double dribbling.
4. A team with the ball must move from its back court to the front court within ten seconds.
5. A ball must not be passed from the front court to the back court.
6. A player should not disrespect an official.
7. Unnecessary delay of the game is not permitted.
8. A team forfeits a game if they refuse to play after being instructed to do so by the referee.

## **Officials and their functions.**

The officials in basketball are:

1. Referee
2. An umpire
3. A time keeper
4. A scorer
5. A 30 second operator

**Referee:** the referee inspects and approves all equipment to be used in a match. He tosses the ball at the centre to start the game. He officiates the game and his decisions is final.

**Umpire:** he assists the referee in conducting the game according to the rule.

**Scorer:** he keeps the summary of the points scored by each team. He records the field goals and free throws. He records the personal foul called on each player. He records the names and numbers of the players.

**Time keeper:** he notes when each half is to start. He also keeps record of the playing time and time of stopping.

## **JUDO**

**(History and Development, Importance and Skills).**

### ***Brief history and development of Judo***

Judo originated in Japan. The sport was created in 1882, by professional Kano Jigaro at the Kodokan Judo College in Tokyo. Since this period, Judo has spread for boys and girls and has become popular in Nigeria.

Judo gained official support in 1972 in Nigeria with the 2nd All African Games held in Lagos Nigeria.

**NAJA:** National Amateur Judo Association (1972).

**IJE:** International Judo Federation (1972).

**NFF:** Nigeria Judo Federation (1963).

## **Basic skills in Judo.**

1. Falling skill: in tackling the fall from a throw, the judoka should lie on the mat with his back.
2. Throwing skill: there are three types of throwing namely:
  - a. Ostogari: the judoka grasps the opponent's jacket and pulls on his right shoulder, using the left hand.
  - b. Taithoshi: or pulling: the judoka who intends to use this technique should grasp the opponent's jacket and break his balance by pulling him to the left.
  - c. Ippon-seoinage: the judoka should grasp the opponent's jacket and break his balance by pulling him to the right.

## **Basis Judo rules**

1. The judo match takes between 3-10 minutes' duration.
2. The two contesting judokas must bow to each other just as two captains of a football match shake hands before starting a match.
3. Points can be scored in two ways:
  - a. by using a judo technique to expertly throw the opponent to the floor, a full point is scored.
  - b. half point is scored if the opponent is thrown by using a judo technique which in the opinion of the judges, was not perfectly or skillfully performed.
4. The judokas should be properly dressed by wearing a loose jacket and baggy trousers, without any shoe.
5. The judokas must be bare footed with the finger nails clearly cut.

## **Benefits or importance of Judo.**

*Importance of Judo is vast as people benefit from multiple ways including:*

1. Developing physical fitness
2. Growth in strength and flexibility
3. Increased speed and agility
4. Greater endurance
5. Excellent co-ordination
6. Increased self confidence

## **Officials and their functions**

The officials are:

1. The referee: he ensures fair play, he breaks the opponent's when there is a foul or skills misuse, he regulates the flow of the game.
2. The judges: they check for poor usage of skills and award points either half point or full point, they look for falls and throws and award points, they decide who wins the match.
3. Announcer: he regulates the beginning and end of the game.
4. Time keeper: he regulates the beginning and end of the game.

# Karate

(Brief History and Development and Basic Skills).

## *Definition of Karate*

It is an ancient form of self-defense and exercise. It is a mixed martial art.

## **Brief history and development of Karate.**

Shotokan karate traces its roots to the islands of Okonowa, which now for part of Japan. Historically, Okonowa was an independent kingdom, but it was strongly influenced by *Chinese culture*.

Master Gichim Funakoshi is widely regarded as father of modern karate and is certainly regarded as the father of Japanese Karate. In 1936, funakoshi built his first dojo in Tokyo. He died on the 26th April 1957. The governing body is Japan karate association (J.K.A) which was founded in 1948 in Tokyo, japan.

## **Basic Skills in Karate**

*Basic karate skills include:*

1. The first and most essential thing you must learn is the stance. This is a fundamental stance in which the student positions himself facing forward with one side of the body in front of the other.
2. Blocks: the first block to learn is the gedan bamai, age uke, soto uke and uchi uke techniques.
3. Soto uke means "outside block" in Japanese.
4. Uchi uke also known or translated as inside block
5. Chudan zuki is a mid-level straight punch aimed at the centre of the chest. Remember: this punch uses both hands, one is pulled back into the chamber while the other is punching.

## **SPORTS LAWS**

**Definition of sports law:** it is an amalgam or joining of laws that apply to athletes and the sports they play. Sports law touches on a vicinity of matters including contracts, tort, agency, antitrust, constitutional, labour, trademark, sex discrimination, and tax issues.

**Negligence:** it involves the failure to act with prudence or of neglecting responsibilities and lacking concern which a responsible person would exercise under the same circumstances. Negligence in sports is not an excuse. Failure to obey a set down they warrants disqualification; the player or team will be disqualified.

**Assault in Sports:** Sports assault means a threat or attempted physical attack by someone who appears to be able to cause bodily harm is not stopped. Assault in sports is different from other forms of assault. Here it might also be done with bad usage of words like in sex discrimination.

## **TRAFFICKING**

### **(Definition and Preventive Measures).**

**Human trafficking** can be defined as recruitment, labouring, transportation, provision or obtaining of a person or services through the use of force, fraud or coercion for purpose of subjection to involuntary servitude, peonage, debt bondage or slavery.

### **Implications of Human Trafficking**

Human trafficking denies women, children and men basic freedom and good public health.

### **Implications of human trafficking includes:**

- A. Sexually transmitted infection, pelvic inflammatory disease, permanent damage to reproduction organs and HIV/AIDS are often the result of forced prostitution.
- B. Victims may be coerced or in desperation to escape their pain willingly succumb to drug use.
- C. Children denied social, moral and spiritual development may suffer growth and development problems.
- D The trafficker denies them access to health care.
- E. They may suffer feelings of helplessness, shame, humiliation, denial, disbelief or culture shock from being in a strange country.

### **Prevention or solution to human trafficking.**

- 1. Establishment of agencies that will help to fight against human trafficking by the government like (NAPTIP) National Agency for Prohibition of Trafficking in Persons.
- 2. Government should give free education to victims of trafficking
- 3. Victims protection is the current approach of human trafficking prevention and persecution. The protection of victims are based on support, security and safety.

## **CAREER AND BRANCHES OF CAREER IN P.H.E**

**Definition of career:** it is the series of jobs in a profession or occupation that a person has through his/her life career. It can also be defined as a part of a person's life based on a particular occupation or type of work or career it's a particular occupation for which you are trained.

### **Branches of career in P.H.E**

They are:

- A. Healthy Education
- B. Physical Education
- C. Sports management
- D. Sports physiology
- E. Sports Medicine
- F. Sports Marketing
- G. Recreational Management
- H. Sports Sociology

**Health Education**

It is a social science that draws from the biological, environmental, physiological, physical and medical sciences to promote good health, prevent diseases, disability and premature death through education.

**Physical Education**

This deals with development and maintaining human body through physical activities.

**Sports Psychology:** It is the study of people's behaviour in sports some of the important skills thought in sports psychology are goal setting relaxation, visualization, awareness and control etc.

**Sports Management:** It is a field of education and vocation concerning the business aspect of sports, managers, etc.

**Sports Medicine:** It specializes in preventing, diagnosing injuries related to participating in sports and/or exercise

**Sports Marketing:** It includes sports related advertising and venue signage, athlete endorsements, facility construction, sporting goods and licensed merchandise, event management and marketing services etc.

**Recreational Management:** It deals with promotion of recreational activities and improves recreational equipment, facilities and personnel.

**Sports Sociology:** It is an area of sociology that focuses on sports as a social phenomenon and on the social and cultural structures, patterns and organizations or groups engaged in sports.