

# PHYSICAL AND HEALTH EDUCATION

## ATHLETICS: FIELD EVENTS.

### Definition of athletics

It can be defined as those track and field events which consist of running, jumping and throwing events.

### Meaning of Field Events.

It consists of all jumping events such as high jump, long jump, triple jump, pole vault and throwing events such as javelin, discuss, shot putting and hammer throw.

### Brief History of Athletics

Athletics originated from Ancient Greeks where these events were developed as competitive sports. Ancient Olympic Games started in 776BC while Modern Olympic Games started in 1896 in Athens as a result of the contributions of a French gentleman called, Baron Pierre DE Coubertin.

### Facilities and equipment in field events.

Facilities and equipment varies according to the sport or event. In general,

#### Facilities:

1. High jump pitch
2. Long jump pitch.

#### Equipment:

1. Vests
2. Canvas
3. Shorts
4. Bar
5. Pole
6. Shotput
7. Discus

## JUMPING EVENTS

This consists of:

1. High jump
2. Long jump
3. Pole vault
4. Triple jump

### High jump

It is a very popular sporting event. There are three accepted styles for this jump. They are:

1. Western roll
2. Straddle
3. Fosbury flop

NB: Fosbury flop is the most popular style but it can only be used by professionals.

### Long jump

Long jump has four stages. They are:

1. The run-up
2. The take off
3. The flight
4. The landing

The run-up has the length of 40m while the take-off is made of white wood about 1.2m long and 202mm wide.

Techniques involved in long jump are, the sail and the hang.

NB: A competitor's jump shall be disqualified if he jumps from outside either end of the take-off board.

## **Pole vault**

In pole vault a jumper uses a bamboo or fibre glass pole for jumping over a high bar. Pole vaulting must only be done where there is a master to supervise and direct the students during jumping.

## **Throwing events**

Throwing events consists of the following:

- a. Shotput      b. Discuss      c. Javelin      d. The hammer throw

### **Shotput**

It is a heavy round of metallic object used by shot-putters for throwing events. Shotputting is done from a circle which is 2.135m in diameter. The weight specification of shotput for men is 7.257m while for women is 4kg.

### **Discuss**

Discuss is a flat round metallic object just like shotput black in colour, used by discuss throwers in throwing events. The discuss circle is 2.50m in diameter from where the thrower throws the discuss.

The weight specification of discuss for men is 2kg and for women is 1kg.

## **JAVELIN**

Javelin is an ancient sports used as a means of defense and attack by throwing it as a spear. Javelin is made of aluminum and is a dangerous weapon as any spear used by a hunter, therefore it should not be thrown any direction. Now that man has developed his sporting activities and his gun for killing animals, javelin throwing is done as a sporting event.

The throw of javelin is made from an arc of a circle after a run up through the run way which must be between 30m and 36.5m in length. The javelin must be thrown with one hand and must be held at the grip before the throw.

Weight specification for men in javelin is 800gm and length 2.60 - 2.70m. For women is 600gm and length is 2.20m - 2.30m.

NB: Javelin requires speed, coordination and strength. These qualities must be developed by every thrower.

### **Rules and regulations in Javelin**

1. Order of throwing shall be determined by drawing lots.
2. Number of trials shall be determined by number of competitors as in long jump.
3. A competitor shall be credited with the best of all his throws.
4. The use of gloves is not permitted.
5. The javelin must be carried back to the next thrower and must not be thrown to him or her.
6. The competitor does not leave the runway before the javelin touches the ground.

### **Basic skills in Javelin**

They are: a. The grip. b. The carry. c. The approach run.

## **VIOLENCE IN SPORTS**

### **Definition of violence**

Violence can be defined as any interpersonal behaviour intended to cause physical harm or mental distress.

### **Violence in sports**

Violence in sports is defined as a physical assault or any other physical harmful actions by a player that takes place in a sports context and that is intended to cause physical pain or injury to another player whereby such actions bear no direct rules associated with the sports.

Violence in sports falls outside the rules of good sportsmanship. Violence in sports may include threats, verbal abuse or physical violence.

Examples of violence in sports:

1. Football: Francesco Totti of AS ROMA punched Mario Balotelli in a match in Italy.
2. Boxing: Mike Tyson bit Elvander Holyfield in WBC (World Boxing Champion) title defence.

### **Causes of violence in sports**

They are:

1. Intermediate explosive disorder
2. Violence is also caused by frustration as Ines effort to reach a goal is blocked.
3. Athletes sometimes resort to violence in hopes of injuring and intimidating opponents. Such incident may be part of a strategy developed by players or coaches.

### **Ways of Preventing Violence in Sports**

They are:

1. Emphasizing sportsmanship among young players.
2. Promoting positive sports role models.
3. Banning or restricting the consumption of alcohol.
4. Imposing tougher penalties for athletes who cause or aggravate an altar.
5. Banning unruly spectators from the stadium.

## **HIV/AIDS**

**Meaning of HIV:** Human Immune Deficiency Virus.

**Meaning of AIDS:** Acquired Immune Deficiency Syndrome.

### **Mode of transmission of HIV**

1. By sexual intercourse.
2. Anal sex as practiced by homosexuals.
3. By transfusion of blood of an infected HIV person.
4. By oral sex.
5. Using unsterilized infected needles.
6. From infected mother to her baby in the womb or during birth.

### **Signs and symptoms of HIV/AIDS**

- a. Weight loss greater than 10%.
- b. Fever longer than one month.
- c. Chronic diarrhea longer than one month.
- d. Persistent severe fatigue.
- e. General skin irritation.
- f. Swelling of the glands.

## Prevention of HIV/AIDS

1. National mass campaigns to educate every one of the danger of HIV, how it is spread and how to avoid it.
2. Keep to one faithful sexual partner.
3. Use a condom when having sexual intercourse.
4. Blood must be screened to avoid transfusing blood of an infected person.
5. Before marriage, both partners should test the blood to make sure that they are both free from HIV.
6. Avoid anal sex and oral sex.

## Effects of HIV transmission on development of sports.

1. Reduces active participation in sports.
2. It leads to emotional and social imbalance.

## QUALIFICATIONS AND SPECIALIZATION IN P. H. E.

### Qualifications of specialists in physical and health education are:

- |                          |                   |                                   |
|--------------------------|-------------------|-----------------------------------|
| 1. J.S.C.E (upper basic) | 2. SSCE           | 3. Diploma in P.H.E               |
| 4. N.C.E in P.H.E        | 5. M.Sc. in P.H.E | 6. Post graduate diploma in P.H.E |

### Functions of Specialists

- |                     |                      |                      |
|---------------------|----------------------|----------------------|
| 1. Coaching         | 2. Physical training | 3. Sports psychology |
| 4. Sports marketing | 5. Sports science    | 6. Sports medicine   |

### Alternatives to Specialization

1. Ground men
2. Equipment operator
3. Assistant trainer
4. Statistician
5. Physiotherapist

**Physiotherapist:** This is a health worker who gives a health care treatment which bases its therapies on giving human physical activities for healing purpose and for numerous types of illness and injuries. They apply massage to our muscular skeletal system.

**Ground men:** They are people at sports ground whose job is to look after the grass and equipment used.

## NIGERIA SPORTS HEROES; PRESENT AND PAST.

**Mary - Onyali Omagbemi:** Mary Onyali also known as "The African Sprint Queen" was born February 3rd 1968. Over two decades Onyali went against the odds of being a female athlete involving in sports of track and field events.

She won bronze medal in the 4× 100m relay at the 1992 Summer Olympics and 200m in 1996 Summer Olympics. She performed at the All African Games winning a total of 7 individual medals in the short sprints. She also won three world cup medals, living by what she calls her three D's (discipline, dedication and determination) principles.

Onyali manufactured and produced the first sports apparel wear in Nigeria.

**Falilat Ogunkoya:** Born 12th may, 1968. He has won a number of championships, including a gold medal in 1996 at 400m and 200m in 1998, and again in 1999 and 2001 respectively. In 1996, he won bronze in 400m behind Marie Jose Percec and Cathy Freeman in a personal best and African record of 49.10 which is certainly the twelfth fastest of all time. Ogunkoya is a member of Athletic Federation of Nigeria (AFN).

**Chioma Ajunwa:** Born December 25th, 1970 in Ahairo Imo state. She is the first Nigerian and woman to win an Olympic gold medal in a field event. She was also an officer in the Nigerian Police Force at that time.

### **Other Nigerian sports heroes are:**

1. Hording Ekperigin: The father of physical and health education in Nigeria.
2. Jerry Enyeazu: He organized the first state festival in 1972.

## **BALL GAMES; HOCKEY.**

### **Brief History and Development**

Hockey originated from Greece. Originally, hockey was called Shorty in Scotland and Bandy in Wales.

The game was played by men only but in 1887 women joined in playing the game. The sports are governed by the Nigerian Hockey Association (NHA).

### **Nature of the Game**

The game is played by two teams of 11 players each usually consisting of 5 forwards, 3 left backs, 2 backs and one goal keeper. The game lasts for 70 minutes i.e. 35 minutes each duration. The team that scores more goals wins.

### **Facilities and Equipment**

1. **Hockey Field:** It is rectangular in shape. It is 90m long and 55m wide, but the width must not be less than 50m. For a goal to be valid, it must be scored from the 14.63m radius striking circle.
2. **Hockey stick:** Made of shaft and blade.
3. Ball
4. Shoe
5. Shin guards
6. Knee pads
7. Keeper pads
8. Hand gloves etc.

### **Basic Skills and Techniques**

1. The grip
2. The hit
3. The flick
4. Dribbling
5. Tackling
6. Push pass/ pushing etc.

### **Rules and regulations**

1. The game is started with a push pass.
2. It is a foul for a player to kick the ball.
3. It is a foul to hit an opponent's stick.
4. A player must not support the with the feet.

1. Passing the ball in between the legs is a foul.
2. The goal keeper is not allowed to kick the ball outside the striking circle.
3. In a free hit, the opponent must stay three meters away from the player.

### **Officials and their functions**

The officials are:

1. The umpires (two).
2. Time keeper
3. Recorder

### **The umpires**

There are two umpires, each controls the game in one half of the field. They apply all the rules and regulations of the game when officiating. Time keeper

He keeps the accurate time of the game.

Recorder

He keeps the accurate records of the goals scored by each team and the time the goal was scored.