

PHYSICAL HEALTH EDUCATION

FOR

Junior Secondary School

2



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PHYSICAL HEALTH EDUCATION JSS2

TABLE OF CONTENT

FIRST TERM

WEEK 1 TOPIC:	RECREATION, LEISURE AND DANCE ACTIVITIES
WEEK2 TOPIC:	HIGH JUMP FOR MEN AT OLYMPICS
WEEK 3 TOPIC:	EXPLANATION AND DEMONSTRATION OF CREATIVE AND DRAMATIC RHYTHM
WEEK 4 TOPIC:	TYPES OF DANCES AND ACTIVITY
WEEK 5 TOPIC:	FIRST- AID AND SAFETY EDUCATION
WEEK 6 TOPIC:	DOMESTIC ACCIDENT
WEEK 7 & 8 TOPIC:	SPORT INJURIES

SECOND TERM

WEEK 1 TOPIC:	THE STRIKING GAMES (TABLE TENNIS AND LAWN TENNIS)
WEEK 2 TOPIC:	TABLE TENNIS
WEEK 3 TOPIC:	BASIC SKILLS AND TECHNIQUES OF TENNIS
WEEK 4 TOPIC:	EQUIPMENT AND FACILITIES OF TENNIS
WEEK 5 TOPIC:	PERSONAL, SCHOOL AND COMMUNITY HEALTH
WEEK 6 TOPIC:	POLLUTION
WEEK 7 & 8 TOPIC:	EFFECTS OF POLLUTION ON THE ENVIRONMENT AND PERSONAL HEALTH
WEEK 9 TOPIC:	PREVENTIVE MEASURES AGAINST ENVIRONMENTAL POLLUTION
WEEK 10 TOPIC:	FRESH APPROACH TO SCHOOL HEALTH PROGRAMMES

THIRD TERM

WEEK 1 & 2 TOPIC: NON-COMMUNICABLE DISEASES AND THEIR PREVENTION

WEEK 3 TOPIC: POSTURE

WEEK 4 & 5 TOPIC: POSTURAL DEFECTS AND CAUSES

WEEK 6 TOPIC: SPORT AND THE SOCIETY

WEEK 7 TOPIC: ISSUES AND CHALLENGES IN PHYSICAL HEALTH EDUCATION

WEEK 8 TOPIC: HUMAN TRAFFICKING

WEEK 9 TOPIC: HEALTH IMPLICATIONS OF HUMAN TRAFFICKING ON VICTIMS

WEEK 10 TOPIC: SPORT LAWS

FIRST TERM NOTES ON PHYSICAL HEALTH EDUCATION

WEEK 1

Topic: Recreation, leisure and dance activities

What is recreation?

Recreation can be defined as participation in sporting activities during our leisure time through which one may better develop physically, mentally, emotionally and socially .It is a voluntary effort in which we don't expect monetary gain. It is done for enjoyment at ones free time after the day's work. Recreation is for fun, enjoyment, mental and physical benefits. Recreation is voluntary participation in leisure activities that are meaningful and enjoyable to the person involved.

What is leisure?

Dictionary Definition: The condition of having one's time free from the demands of work or duty. Macquarie Dictionary

- Freedom or spare time provided by the cessation of activities;
- Free time as a result of temporary exemption from work or duties;
- A time at one's own command that is free of engagements or responsibilities;
- A period of unemployed time;
- Opportunity provided by free time

Webster's Third New International Dictionary Free time that can be used for rest, recreation e. t. c

What is dance?

Dance is a recreational activity mostly done at leisure, aside for people who decide to take it as a profession. Dance involves the movements of body parts e. g arms, legs, thighs etc in a quick and lively manner. It could be an up and down movement or a side by side movement. Dance however involves the movement of the body which is a means to achieve physical fitness through the five fundamental movements of walking, running, jumping, leaping and hopping .There are different dance steps to different beats, songs and sounds .Since the beginning of time people have danced to celebrate important events in their lives. Dance is an expressive movement of turning, twisting and rolling of the body (parts) to conform with the rhythm of a sound,beat or music .It is a way of expressing our inner feeling of joy and happiness.

Differences between leisure, dance and recreation

Leisure is the spare or rest time in the daily life of a person when he is not occupied by work, studies, sleep etc.

- Recreation is indulging in thrilling and exciting activities, to derive some pleasure and have fun in one's leisure time.
- While some people just take rest, sleep, watch TV, or play video games on computer in their leisure time, there are many who like to go out for recreation and indulge in activities like cycling, hiking, sailing, surfing, swimming, fishing, etc to have some fun.

Recreation is doing activities that recharge and freshens up in one's leisure time.

Dance on the other hand is a physical activity that is done with the parts of the body .The difference between recreation, leisure and dance, is that dancing apart from it being physical it is also a mental activity that is done during leisure, and the leisure is referred to as the time that one sets out to relax himself after work. Dance is specific in relation to leisure and recreation, because those ones refer to general time and also general activities done for the purpose for enjoyment and fun, and dance refer to the particular form of body movement done during leisure and for recreation.

Benefits of recreation and dance

- Refreshment of both body and mind
- Create room for fun and enjoyment
- Carry over values of skills learnt during physical and health education exercise.
- Promotion of mental alertness, social and emotional stability
- It helps one relax
- Take one mind of daily strains and demands
- Helps eliminate stress
- helps revitalize a person
- Gives a sense of fulfillment
- Increases blood circulation
- Helps to burn calories
- Manage weight

The activities altogether help one keep fit and consequently one will not be prone to lifestyle related diseases.

ASSESSMENT

1. Define Recreation?
2. What is dance?
3. List SIX benefits of recreation and dance?

WEEK 2

Topic: High Jump for Men at Olympics

High Jump for Men at Olympics

High jump is a field event included in the track and field athletics discipline. The aim of the athletes competing in high jump event is to jump over a horizontal bar without using any other device. The horizontal bar is generally set at a predetermined height. Since the early days of the event, athletes have been improving the jumping technique again and again. In the event, athletes have to possess good flexibility and speed.

High Jump for Men in Summer Olympics

High jump was an event competed at the ancient Summer Games. The event was included in the modern Olympic schedule at the 1896 Games. Since then, high jump has been contested at every Summer Olympics.

Rules for High Jump for Men at Olympics

The rules followed in all international track and field athletics competitions are set by the International Association of Athletics Federations or IAAF. The rules vital for high jump at the international level are–

- An athlete is disqualified from the competition if he misses in all the three attempts allowed to clear any height.
- The height, with which the jump has to be started, is determined by the organizing committee of the competition who are authorized by the IAAF.
- At every stage the horizontal bar has to be raised at a minimum height of 2 centimeter.
- The measurements of the jumps taken by the athletes should be taken perpendicularly from the ground.
- The weight of the crossbar used during the high jump competition is determined by the IAAF. Generally the bar is made of fibre-glass.
- An athlete is liable to be disqualified if after his jump the bar is displaced from the supports.
- The minimum length of the runway has to be 15 meter. However, in some competitions, 20 meter or 25 meter long runway is also used.

- The IAAF has recommended the length and breadth of the landing area in the high jump event.

ASSESSMENT

List FIVE rules of High Jump in Olympics for men?

WEEK 3

Topic: Explanation and demonstration of creative and dramatic rhythm

Rhythm is a term which denotes an aspect or quality of movements that is sometimes thought of as a dance. When an individual moves in response to a particular rhythm or music, we call the movement a rhythmic movement or rhythm. Structured form which starts creative rhythm movements are called rhythm.

Rhythm is the basics of music and dance. The purpose is to provide a variety of fundamental movement experience, so one can develop a sense of rhythm.

Rhythmic activities

Rhythmic activities are physical manifestations of mental and emotional response of the individual to rhythm. They are activities which one responds to physically, socially and mentally to regular patterns of sounds.

Creative rhythm

Creative rhythms are sometimes called fundamental rhythm or natural dance. A creative rhythm is an end product of exploration and improvisation of movement, as one learns to move the parts of their body and to use this as an instrument of expression.

Dramatic rhythm

Dramatic rhythm has to do with a movement with calculated steps which has a message or a story line, they are referred to as dramatic because they often require movements and steps that are very dramatic as they require muscular strength and vigor.

Objectives of rhythmic exercises

- Develop skills necessary for recreational enjoyment
- Maintain good posture and physical efficiency
- Promotes emotional freedom
- Develop a balance and well coordinated body

Gymnastics; explanation

Gymnastics is a men and women's sport that requires balance, strength, flexibility, agility, coordination, endurance and control. The movements involved in gymnastics contribute to the development contributes to the arm, legs, shoulder, back, chest and abdominal muscle group. Alertness, precision, daring, self confidence and self disciplines are mental traits that can also be developed through gymnastics.

Gymnastics cover a range of activities which includes;

- The stunts
- The tumbling
- The activity on rope
- The activity on bear
- The activities on bars
- The vaulting activity

ASSESSMENT

1. Differentiate between creative Rhythm and Dramatic Rhythm?

Week 4

Topic: Types of Dances and Activity

What is a Dance?

Dance is an expressive movement of turning, twisting, and rolling of the body parts to conform to the rhythm of a sound, beat or music. It is a way of expressing the inner feeling of joy and happiness.

Type of dance and activities

1. **Foreign dance:** foreign dance steps are the imitation of the dance rhythms from other countries due to civilization. The music and dance from other countries are mostly played for social dances by the younger generation. These music includes reggae, pop jazz, high life, rock-'n'-roll, calypso, rumba, waltz, conga and makossa.
2. **Traditional music/dance:** Traditional music and dance are of folk and ethnic origin, ethnic dances have a race /cultural bound which tie them to a race or tribe. In Nigeria context, they are now referred to as our cultural heritage. Ethnic dance maybe based upon;
 - Religious belief
 - Cultural development
 - Racial heroes
 - Gods or other ideas

Example of native dance includes:

- Ekiti dance
- Obitun dance
- Agemo dance
- Sango dance
- Egungun dance
- Apepe dance
- Eyo dance
- Gunda dance
- Atilogwu dance

- Oyoyo dance
- Mayango dance
- Fuji dance
- Bata dance
- Oponda dance
- Tsough dance
- Mbonbo
- Epo dance etc

Conclusion: Dance demonstration

ASSESSMENT

1. What is dance?
2. List FIVE example of native dance?

Week 5

Topic: First- aid and Safety education

What is First-aid?

First- aid is the first and temporary care given to an injured person or a person who is sick, before the arrival of the doctor or before he is taken to the hospital.

What is Safety? Safety can be defined as the freedom from hazards. Freedom from hazards can only be achieved if the hazards are identified and removed.

What is Safety education? Safety education is the acquisition of knowledge and skills for dealing with emergencies resulting from accidents and knowing where to obtain help.

What is an Accident? An accident is unintended and an unforeseen event, usually resulting in person injury or property damage.

Classification of accidents

- Home accidents/ domestic accidents
- School accident
- Transportation accident
- Work place
- Vehicle

Home accidents

These are accidents that occur in the home, surrounding and neighborhood. Home accidents are usually minor, but could be fatal in some cases. Most of the accidents from home are in form of cuts, falls, poison, scalds and sprains. Home accidents are common among young children and the aged.

Causes of home accidents

- Poor lighting
- Poor ventilation
- Ignorance or lack of awareness
- Haste
- Tiredness
- Slippery floor
- Defective house hold utensils
- Poor home design
- Congestion/poor property arrangement

Prevention of home accident

- Discard defective house hold utensils.
- Good structural design
- Clean environment
- Take adequate rest when necessary
- Avoid being in haste
- Always maintain proper at home
- Always keep drugs and other dangerous materials out of reach of children
- Avoid slippery floor

School accidents

School accidents are accidents that occur within the school compound in area like laboratory, the field, gymnasium, classroom, school farm, canteen, play grounds and halls. They occur mostly to school children and other school workers. School accidents are seldom fatal but may result in serious injury. The accident occurs in form of falls, cuts, burns from corrosive chemicals, sprains, strains, dislocation and fractures.

Causes of school accidents

- Lack of skill
- Ignorance

- Poor ventilation
- Negligence
- Carelessness
- Lack of concentration
- Improper use of equipment and machines
- Dilapidated building /damaged facilities
- Slippery play ground

Prevention of school accidents

- Good mastery of skills
- Proper use of machines and equipment
- Clean environment/safe playground
- Prompt placement of facilities equipment and machines.
- Good supervision/accurate instruction
- Adequate facility and equipment
- Orderliness in furniture and sitting arrangement
- Proper arrangements of laboratory with laboratory attendants

Transportation accidents

- Poor condition of engine
- Over speeding
- Lack of concentration
- Sudden loss of contact
- Poor weather condition
- Carelessness/ Haste
- Lack of road/ route signs
- Sudden mechanical break down
- Dangerous over taking

Prevention of road accidents

- Avoid over confidence

- Take adequate rest when necessary
- Adequate enlightenment for drivers
- Avoid being in a hurry or over speeding
- The use of safety devices should be encouraged
- Compliance to traffic rules and regulations
- Avoiding driving or piloting under the influence of drugs
- Avoid unnecessary distraction
- Road or route signs should be appropriately placed
- Ensure accurate communication system

Safety education

The main aim of safety education includes:

- The development of appropriate attitudes and awareness that can deal with accidents
- The acquisition of knowledge and skills for dealing with emergencies
- Knowing when and how to obtain help
- The development of safety habits
- The prevention of preventable accidents

Safety measures

Home safety

Safety living is an example of being comfortable at home. This concept should be of concern to everybody because of the different factors that can constitute hazards in different homes. The home is no longer secured because of the various accidents that happen every time because of carelessness and personal factors. It is very important to promote home safety among people at home and inculcate in them the principle of safe living.

Home safety education program must be widely published through;

- Parents
- Fraternal organization
- Religious bodies
- Newspapers , TV, radio etc

- Safety organization

School safety

Since the children are required by law to attend school in Nigeria, it is then imperative for the government and the community to safeguard the children from various accidents in the school. The school has the responsibility to safeguard the students from various accidents in the school. The school has a responsibility to promote safety and well being of the children while in school premises or environment which includes the school building, laboratories and playgrounds.

The considerations that should guild in terms of safety are

- Adequate classroom
- Effective ventilation
- Sufficient toilet facility
- Adequate and proper lighting
- Avoidance of overcrowding
- Adequate supply of safe and drinking water
- Suitable and attractive furniture
- Laboratory should be safe for students

Road safety

Creating awareness on the following can control road accidents

- High way should be made wider
- Public awareness about drivers education
- Existence of federal road safety corps
- Driving test for the issuance of drivers license
- Intensified enforcement of traffic regulations by the road safety corps and more severe punishments for law breakers.
- More road signs that are clearly and boldly written should be installed in strategic places

Assessment

1. can be defined as the freedom from hazards
 - a. Safety education
 - b. Safety
 - c. Accident
 - d. First aid Treatment
2. The main aim of safety education is one of the following except
 - a. Knowing when and how to obtain help
 - b. The development of safety habits
 - c. The prevention of preventable accidents
 - d. Formation of blood clot
3. One of these is not a cause of School Accident
 - a. Good hygiene
 - b. Lack of skill
 - c. Ignorance
 - d. Poor ventilation
4. Home and safety education should be published through one of the following
 - a. Parents
 - b. Fraternal organization
 - c. Religious bodies
 - d. All of the above
5. is the acquisition of knowledge and skills for dealing with emergencies resulting from accidents and knowing where to obtain help.
 - a. Safety education
 - b. Safety
 - c. Accident
 - d. First aid Treatment

Answers

1. B
2. D
3. A
4. D
5. A

Week 6

TOPIC: Domestic Accident

Domestic accident – Causes and first-aid treatment

Home Accidents

These are accidents that occur in the home, surrounding and neighborhood. Home accidents are usually minor, but could be fatal in some cases. Most of the accidents from home are in form of cuts, falls, poison, scalds and sprains. Home accidents are common among young children and the aged.

Causes of home accidents

- Poor lighting
- Poor ventilation
- Ignorance or lack of awareness
- Haste
- Tiredness
- Slippery floor
- Defective house hood utensils
- Poor home design
- Congestion/poor property arrangement

Prevention of home accidents

- Discard defective house hold utensils.
- Good structural design
- Clean environment
- Take adequate rest when necessary
- Avoid being in haste
- Always maintain proper at home
- Always keep drugs and other dangerous materials out of reach of children

- Avoid slippery floor

School Accidents

School accidents are accidents that occur within the school compound in area like laboratory, the field, gymnasium, classroom, school farm, canteen, play grounds and halls. They occur mostly to school children and other school workers. School accidents are seldom fatal but may result in serious injury. The accident occurs in form of falls, cuts, burns from corrosive chemicals, sprains, strains, dislocation and fractures.

Causes of school accidents

- Lack of skill
- Ignorance
- Poor ventilation
- Negligence
- Carelessness
- Lack of concentration
- Improper use of equipment and machines
- Dilapidated building /damaged facilities
- Slippery play ground

Prevention of school accidents

- Good mastery of skills
- Proper use of machines and equipment
- Clean environment/safe playground
- Prompt placement of facilities equipment and machines.
- Good supervision/accurate instruction
- Adequate facility and equipment
- Orderliness in furniture and sitting arrangement
- Proper arrangements of laboratory with laboratory attendants

Transportation accidents

- Poor condition of engine
- Over speeding
- Lack of concentration
- Sudden loss of contact
- Poor weather condition
- Carelessness Haste
- Lack of road/ route signs
- Sudden mechanical break down
- Dangerous over taking

Prevention of Road accidents

- Avoid over confidence
- Take adequate rest when necessary
- Adequate enlightenment for drivers
- Avoid being in a hurry or over speeding
- The use of safety devices should be encouraged
- Compliance to traffic rules and regulations
- Avoiding driving or piloting under the influence of drugs
- Avoid unnecessary distraction
- Road or route signs should be appropriately placed
- Ensure accurate communication system

Assessment

1. Mention 4 causes of School accidents
2. Mention 3 ways in which Road accidents can be prevented.

Week 7 & 8

Topic: Sport Injuries

What are Sport injuries?

Sport injuries are injuries that occur during participation in sports and games due to accident.

Common sport injuries

Accidents during sports can lead to injuries such as

- Wounds
- Dislocation
- Sprain
- Fracture
- Drowning
- Muscle cramp and
- Bleeding and haemorrhage

Description of common sport injuries

Wounds – A wound is a cut in the skin that allows the escape of blood

Types of wound

There are about six types of wound, they include

- Bruises
- Abrasion or mat burn
- Incised wound
- Lacerated wound
- Punctured wound
- Avulsion wound

(1) Bruises or Contusion

Causes

A bruise occurs when the body is hit against a hard object and a lump is formed under the skin. The lumps contain escaped blood from blood capillaries.

Signs and symptoms of bruises

- Pain
- Swelling
- Tenderness
- Discoloration
- Mild bleeding

Assistance

- Apply cold compress-massage
- Arrest bleeding by applying pressure to the part
- Seek medical attention

(B) Abrasion and mat burn

Causes

Abrasion occurs when the skin is rubbed against a hard object and a portion of the skin is scraped (removed).

Signs and symptoms

- Mild bleeding
- Pain
- Loss of skin
- Tenderness

Assistance

- Clean the surface with antiseptics
- Apply iodine
- Cover with sterile gauze
- Seek medical attention

(C) Incised wound

Causes

Incised wounds occur when a sharp object like knife, cutlass, glass, cuts deeply into the body tissue. Bleeding is profuse but it heals quickly if properly handled.

Signs and symptoms of incisions

- Pain
- Heavy bleeding
- Swelling
- Tenderness

Assistance

- Wash with antiseptics
- Control bleeding
- Cover with sterile bandage
- Seek medical attention

(D) Lacerated wound

Causes

Lacerated wounds occur when sharp and irregular object like saw cuts deeply into the skin. The cut looks rough and irregular. There may be less bleeding, but healing is slow.

Signs and symptoms of laceration

- Pain

- Bleeding
- Swelling
- Tenderness

Assistance

- Wash with antiseptics
- Control bleeding
- Cover with sterile bandage
- Seek medical attention

(E) Puncture wound

Causes

Puncture wound occur when pinpointed object makes a deep hole in the tissue of the body. It is caused by object such as nail, needle, spike, javelin, arrow, pin etc. There is little or no bleeding but inner organs may be damaged.

Signs and symptoms of puncture

- Object may be buried in the tissue
- Pain
- Swelling
- Bleeding
- Tenderness

Assistance

- Arrest bleeding
- Do not attempt to remove the object
- Seek medical attention

(F) Avulsion

Causes

An avulsion wound occurs when tissues are torn away from the body, this is usually caused by gunshot bullets from gun characterized by small inlet and elaborate outlets, it can occur during shooting game.

Signs and symptoms of avulsion

- Pain
- Heavy bleeding
- Loss of flesh

Assistance

- Arrest bleeding
- Seek medical attention
- If possible take along the torn flesh

Sprain, Strain and Dislocation

A sprain happens as a result of over stretching or over twisting the ligament of a joint. Common site of sprain is the knee joint , elbow joint , ankle joint, and wrist joint.

Signs and symptoms of sprain

- Mild pain
- Tenderness
- Swelling
- Dislocation
- Restricted mobility
- Severe pain when touched

Assistance

- Rest the affected joint
- Cold compress dressing
- Crepe support
- Immobilize the joint
- Seek medical attention

Strain

A strain is an injury to the muscle. It occurs in the muscle. It occurs in the muscle when a group of muscle is over stretched, the fibres may over tear thereby causing internal bleeding.

Causes

- Lifting of weight
- Forceful stretching of the muscles
- Action of antagonizing muscle
- Lack of adequate warm up before activity

Signs and symptoms of strains

- Sharp pain
- Muscle tenderness
- Inability
- Swelling of muscle

Assistance

- Position the victim comfortal
- Apply a cold compress
- Bandage the affected part
- Seek medical attention

Dislocation

Dislocation is the displacement of one or more bones at the joint as a result of injury to the joint. Common sites of dislocation are elbow, shoulder, ankle, hip, wrist, toe, and finger joints.

Signs and symptoms of dislocation

- Pain
- Swelling
- Discoloration
- Tenderness

- High temperature at the area
- Subluxation (out of alignment)
- Loss of movement
- Bone displacement
- Deformity

Fractures

Fracture is a break in the bone of the body. It may be simple, complicated or otherwise called compound.

Signs and symptoms of fracture

- Pains
- Deformity
- Abnormal mobility
- Crepitus
- Bone tenderness
- Discoloration of skin
- Bleeding

First-aid material for fracture

- Splints
- Slings
- Bandage
- Pad/cotton wool
- Tourniquet

Bleeding and haemorrhage

Bleeding or haemorrhage is the escape of blood from the blood vessels. It may be internal, external or both. If external, blood is displayed on skin, if internal, there is blood around the site.

Causes of haemorrhage

- Direct injury or cutting of the blood vessel
- Infection of the blood vessel
- Blood disease
- High blood pressure

Means of Arresting bleeding

- Formation of clot
- Direct pressure
- Indirect pressure
- Use of tourniquet

Assessment

1. One of these is not a first aid material for fracture
 - a. Knife
 - b. Slings
 - c. Bandage
 - d. Pad/cotton wool
2. is the escape of blood from the blood vessels
 - a. Haemorrhage
 - b. Blood clotting
 - c. Shedding
 - d. Blood flow
3. is an injury to the muscle
 - a. Sprain
 - b. Dislocation
 - c. Strain
 - d. Fracture
4. One of this is a cause of haemorrhage except
 - a. Direct injury or cutting of the blood vessel
 - b. Infection of the body

- c. Blood disease
 - d. High blood pressure
5. is the displacement of one or more bones at the joint as a result of injury to the joint
- a. Sprain
 - b. Dislocation
 - c. Strain
 - d. Fracture

Answers

- 1. A
- 2. A
- 3. C
- 4. B
- 5. B

SECOND TERM NOTES ON PHYSICAL HEALTH EDUCATION

Week 1

TOPIC: The Striking Games (Table tennis and Lawn tennis)

Table Tennis

Requirements for table tennis player

- Agility
- Flexibility
- Coordination
- Concentration
- Knowledge of the rules of the game
- Dexterity
- Alertness
- Sportsmanship
- Physical strength

Values of Table tennis

- It develops physical fitness
- It develops skills
- For professionalism
- For fun and enjoyment
- For entertainment
- For recreation
- For winning medals in sports

The equipment

They are:

- The table
- The net
- The bats
- The nets support
- The ball
- The towel

The skills and techniques

The skills are;

- The grip
- The serve / service
- The foot walk/ stance
- The back and stroke/drive
- The fore hand stroke / drive
- The stop spin
- The lop
- The half volley
- The push shot
- The smash

ASSESSMENT

1. List FIVE requirements for a table tennis player?
2. Mention FIVE values of table tennis?

Week 2

Topic: Table Tennis

Equipment used in playing Table Tennis

The Table: Matches are usually played on wooden ply wood, or aluminum table which will provide the correct bounce. The correct bounce is when the ball is dropped from 30.5cm above the table; it must bounce 22.0cm and 25.0cm.

The Net

- The net shall be separated by cord; and attach at each end to an upright post
- The net is hung over the table at the centre.
- The main tension must be at the top of the line
- It is 15.25m high at the centre of the table
- It must extend 15.25m high outside each line

The Racket

- The racket/ bat may be of any size, shape or weight
- The surface shall be dark colored and matt;
- The blade shall be of wood , continuous of even thickness flat and rigid.

The Ball

- The ball must be of celluloid or similar material not shining;
- It is locally called eggs;
- The color may be white, orange, yellow or matt
- It has a guaranteed diameter of 40mm;
- And a guaranteed weight of 2.7g
- It should easily on a smooth surface.

Rules and Regulation of Table Tennis

Your Equipment

- while there are fewer restrictions in a friendly match, the ITTF carefully regulates the equipment used during a tournament
- The table, or playing surface, should be 2.74m long and 1.525m wide, on a platform 76cm above the floor.
- The top of the net, along its whole length, must also be 15.25cm above the playing surface
- in a tournament; the ball used must have a diameter of 40mm and weigh exactly 2.7g.
- Additionally, the ball can only be made out of celluloid or similar plastics material and be either white or orange, and matt, in colour .
- Finally, the racket can be of any size, shape or weight but the blade must be flat and rigid and be made out of 85% natural wood. Before the start of a match, a player must allow his/her opponent and the umpire to inspect the racket he/she is about to use.

Playing The Game

A game is started when one player (server) makes a service before the receiver makes the return.

The Server should:

- start with the ball resting freely on an open palm.
- project the ball near vertically upwards, without imparting spin, so that it rises at least 16cm.
- strike the ball so that it touches first his/her court and then, after passing over the net assembly, touches directly the receiver's court. In doubles, the ball must touch successively the right half court of server and receiver.
- Once the ball has been served, both players are to make returns until a point is scored. In doubles, each player on the same team must take turns to make the return.
- After 2 points have been scored, the receiving player/pair shall become the serving player/pair and so on until the end of the game.

Scoring

A set is when one of the players or pairs first scores 11 points. In the event that both players/pairs score 10 points, a set is won by the first player/pair to gain a 2-point lead. A full match is won when a player or pair wins the best of any odd number of sets (3,5,7

A point is scored when:

1. an opponent fails to make a correct service,

2. an opponent fails to make a return,
3. the ball touches any part of an opponent's body,
4. an opponent strikes the ball twice in succession there will be a penalty

Officials and their Duties

The officials are:

- The referee
- The umpire
- The recorder

Duties of the Umpire

- Shall check to ensure that playing activities and equipment conform with the rules
- Shall toss for choice of ends/ right to serve first
- Shall count the scores
- Shall decide when it is a point or not
- Shall refer appeal to the referee

The Duties of the Recorder

- The recorder shall record the scores
- Shall display the scores

Assessment

1. Mention 2 officials and their duties
2. List 2 rules of Table Tennis

Week 3

Topic: Basic Skills and Techniques of tennis

The fundamental skills are

- The grip
- The serve
- The court positioning and stance
- The foot work

There are different types of strokes they include;

The forehand drive/ stroke

The back hand drive /stroke

The volley

The lobs

The half volley

The drop shot

The spin

The net shot

The smash

Description of Basic Skills

The grip

There are about three types of grip:

The continental grip

The eastern grip; and

The western grip

Basic grip skills

Grip with flexible wrist

Grip firmly

Fingers slightly apart and wrapped round the racket

Handle of the racket rests on the base of the finger

“V” shaped formed on the racket by fore finger and the thumb

The serve

The first point of the game is started with the server standing behind the baseline between the imaginary extension of the centre mark and the right-hand single line.

The receiver takes up any position he most suitable on his side of the net.

A service stroke is completed when the racket touches the ball or the server attempts to strike it. A service is in play if it passes over the net without bouncing and falls within the service court diagonally opposite the server.

The stance

The posture at start should;

- Have the weight on the toes;
- The feet moderately apart
- The body slightly bent forward

He foot work

Good foot work is important, the left foot must always be in the lead for easy movement (for right handed player).

Officials of tennis

The officials are;

- The referee
- The umpire
- The net-cord judge
- The lines men

- The ball boys

ASSESSMENT

1. There are different types of strokes they include; List EIGHT?

Week 4

Topic: Equipment and Facilities of Tennis

Requirements for the Tennis Player

- Agility
- Flexibility
- Coordination
- Stamina
- Knowledge of the rules
- Alertness
- Sportsmanship
- Accuracy

Facilities and Equipment

They are

- The playing court
- The net
- The balls
- The white “T” shirts over white shorts
- The canvas shoes;
- The racket
- The towel.

The Racket

There are no rules affecting the specification of the racket. Racket were original made of wood, but now all racket are made of materials made of aluminum, graphite, and carbon fiber, which ate stronger and lighter than wood.

The Ball

- The ball must be hairy and should bounce well;
- It shall be white or yellow in color;
- The outer surface should be in uniform
- The circumference should be between 0.0637m and 0.0667m;
- It should weigh between 56g to 59g.

The Net

- The net is suspended between two poles that are firmly fixed to the ground
- The cord is covered by a tape of about 5cm to 6.3 cm

Types of Net

- The steel net
- The cotton net
- The hemp net

The Costumes/Dress

Because of the fast and athletic nature of the game, the clothing should be the one that allows unrestricted movements..

Also

- It should be sweat absorbing
- It should be predominantly white
- Men wear short and short-sleeved shirts
- Ladies wear shorts or shirts with "T" shirts or blouses
- Special tennis shorts and tennis shoes.

Rules and Regulations of Tennis

The rules of tennis extend from court rules all the way to the tennis rules of the game during play. Below is a relatively cropped-up list of tennis rules and regulations, some general and some game related. We will not go into the details of the rules governing the tennis court dimensions, the fixtures on court and the sizes and lengths of various things. We will just get to business and see the rules that you should know as a tennis player.

Tennis Gear

As with most sports, when playing professional tennis, the tennis players are expected to **wear proper tennis shoes**. This rule was made to protect the tennis court from blemishes and tread marks. Black-soled shoes are not allowed on the court, as they may leave blemishes on the court.

Tennis Rackets

A tennis racket is only legal if it has all the **stitches attached and unbroken**, does not have any energy source attached that can affect the play and does not have more than one set of stringed patterns on it. Vibration dampening devices are only allowed if they are placed outside the criss-crossed string pattern.

Service or Court

The player that wins the toss is expected to choose either the side from where he prefers playing or the serve. If the toss winner chooses to serve, the other player automatically gets the choice of court side. When a server is serving in a game, the receiver is allowed to stand outside the court lines if he wishes to do so. The players are supposed to change court sides on the completion of every odd game, i.e. the first, third, etc.

Service

All serves that fall in the opponent's service box and are served from behind the out-of-bounds lines are counted as good serves. In lawn tennis, a server is allowed to make underhanded serves. The service can only be counted as legal when the opponent is ready to receive it. The server loses the point if he makes a double fault on his serve (that is, he cannot get a good serve despite having two chances to do so).

Continuous Play

The game of tennis once started must be in continuous play till the match ends. **Twenty seconds** are allowed between points and **ninety seconds** are given for players to change ends at the end of a game. At the conclusion of each set, a maximum of **120 seconds** are given to the players.

Scoring

In a standard game of tennis, the scores are called out keeping the **server's scores first**. When both players are on zero, it is termed as a **love all** start. Having no points are referred to as **love** while the first, second, third and fourth points are called out as **15, 30 40** and **Game** respectively. When both the players have won three points, the score is termed as a **Deuce** and a deuce extends the game by one additional point. That is, after a deuce comes **Advantage** (awarded to whichever player wins the points) and after advantage comes **Game**. An advantage game reverts back to deuce if the player fails to convert his

advantage into a game. In other words, a player must win two consecutive points after a deuce to win a game.

Other Miscellaneous Rules

There are many other rules and regulations, but mentioning all of them is impossible for the scope of an article. Some miscellaneous tennis rules are listed below:

All tennis players must show courtesy and respect towards all the on-court and off-court judges. If this rule is found to be breached, the player can be punished with anything ranging from a fine to a suspension, depending on the severity of the breach.

All players are expected to empty their pockets before the game begins, so that anything left in the pockets does not serve as a distraction for either of the players.

Before the start of each tour season, all tennis players are asked to submit to a drug test. During the season though, any player can be asked to submit to a random drug test, despite having been cleared in the 'start of the season' drug test.

Officials of Tennis

The officials are

- The referee
- The umpire
- The net-cord judge
- The linesmen
- The ball boys

Assessment

1. List 4 requirements of a Tennis player
2. Mention 3 officials involved in Tennis

Week 5

Topic: Personal, School and Community Health

Meaning and Components of School Health Programme

School Health

The school health is an integral part of community health, but it mainly refers to all the health activities and measures that are carried out within the community to promote and protect the health of children of school age and also the school personnel. These activities may take place both within and outside the school compound.

Components of School Health Programme

The school health has been divided into four different areas;

- Healthful school environment
- Health services
- School health education
- School community relationship

Healthful School Environment

Healthful school environment is phrase that encompasses the physical, emotional, and social aspect of the school, and the measures provided is to ensure the health and safety of the children and staff.

The method includes the provision of a healthful physical environment. Such as the school buildings, the organization of the healthful school day, and the establishment of inter-personal relationship, which are favorable to positive and mental health.

School Health Services

Health education is, in its technical sense the science of health behaviours. It is concerned with people's health behaviors towards common diseases and other health problems as well as with educational processes used to bring about positive health behaviours.

In school health services, activities involved include:

- Communicating scientific health information in a manner understandable to the learner, so that it may yield the anticipated health actions or habits.
- Developing favorable health attitudes and encouraging positive response towards health intervention.
- Bringing about the target populations involvement, cooperation and participation in identifying their health needs and problems
- Planning for meeting the needs and solving the problems and organizing health services in the consumer's local environment so that they may be acceptable, available and accessible in order to encourage and motivate the target population to use maximally the available services.
- Helping to promote voluntary health habits based on values attached to health as a way of life among the health consumers.

School Health Education

The world health organization (WHO) defines health education as “all those experiences of an individual, group or community that influences beliefs, attitudes and behaviours with respect to health as well as the processes and efforts of producing change, when this is necessary for optimal health.

Health education is an integral part of health programmes. The goal of health education is health practice or action and opportunities in the areas of health promotion and health protection. The learning experience and opportunity are provided through health instruction, school health services, healthful school environment and organized cooperation of home, school and community activities related to school health.

School Community Relationship

Community health is concerned with all the scientific measures for improving the value of life, so that people can enjoy long life and maximal productivity to the best of their abilities. The method includes productive and promotive services made available to the people in the form of preventive, curative and rehabilitative health programmes. They also include the provision of health related facility in the community such as portable water supply, sanitary disposal of refuse and excreta ; prevention of pollution of water, food , and air, the provision of hygienic houses; the prevention of noise and the control of vector of disease, rodents and pests.

The need for cordial and health relationship between the school and the health community where it is found cannot be over-emphasized. Indeed the school itself is a part of the community.

ASSESSMENT

1. List FOUR components of the School Health programme?

Week 6

Topic: Pollution

What is Pollution?

Pollution is the introduction of a contaminant into a natural environment, usually by humans. In other words, Pollution is the addition to the ecosystem of something which has a detrimental effect on it. One of the most important causes of pollution is the high rate of energy usage by modern, growing populations.

When some physical, chemical or biological changes occur in our physical environment it is known as pollution and the substances which brings these changes are known as pollutants. The sources for the pollution can be natural or man-made.

Types of Environmental Pollution

- Air pollution
- Water pollution
- Land pollution
- Noise pollution

Others include;

- Visual pollution
- Thermal pollution
- Radioactive pollution

Air Pollution

Air pollution can be defined as the addition of harmful substances to the atmosphere resulting in damage to the environment, human health and quality of life. Air pollution occurs inside homes, schools, and offices; in cities; across continents; and even globally.

Examples of Air Pollution

- Noise Pollution
Noise pollution or unwanted sounds that are carried by the air, have an irritating and detrimental effect on humans and other animals. Careful planning of streets and

buildings in towns and better control over noisy vehicles may add to the control of noise pollution.

- **Tobacco Smoke**
Tobacco smoke is one of the major forms of pollution in buildings. It is not only the smoker who is infected, but everyone who inhales the polluted air. There is a very strong connection between smoking and lung cancer. Bronchitis is common among smokers and unborn babies of mothers who smoke also suffer from the harmful effects of smoking.
- **Exhaust Gases of Vehicles**
Pollution from exhaust gases of vehicles is responsible for 60% of all air pollution and in cities up to 80%. There is a large variety of harmful chemicals present in these gases, with lead being one of the most dangerous.

Water Pollution

Contamination of streams, lakes, underground waters, bays or oceans by substance harmful to living things. Water is necessary for life on earth. All organisms contain it; some live in it; some drink it. Plant and animals require water that is moderately pure, and they cannot survive if the water is loaded with toxic chemicals or harmful microorganisms.

Examples of Water Pollution

- **Industrial effluents**
Water is discharged from after having been used in production processes. This waste water may contain acids, alkalis, salts, poisons, oils and in some cases harmful bacteria.
- **Mining and Agricultural Wastes**
Mines, especially gold and coal mines, are responsible for large quantities of acid water. Agricultural pesticides, fertilizers and herbicides may wash into rivers and stagnant water bodies.
- **Sewage Disposal and Domestic Wastes**
Sewage as well as domestic and farm wastes were often allowed to pollute rivers and dams.

Land Pollution

Land pollution involves the deposition on land of solid waste e.g., used cars, cans, bottles, plastic containers, paper that cannot be broken down easily by organic or inorganic forces.

- **Soil Pollution**
Soil pollution is mainly due to chemicals in herbicides (weed killers) and pesticides (poisons which kill insects and other invertebrate pests). Litter is waste material dumped in public places such as streets, parks, picnic areas, at bus stops and near shops.
- **Waste Disposal**
The accumulation of waste threatens the health of people in residential areas. Waste decays, encourages household pests and turns urban areas into unsightly, dirty and unhealthy places to live in.
- **Noise pollution**; unwanted sound, or noise such as that produced by air planes, traffic or industrial machinery.
- **Visual pollution**; This refers to presence of overhead power lines, motor way, bill board, scared land forms, etc.
- **Thermal pollution**; this is a temperature change in natural water bodies caused by human influence, such as use of water as coolant in a power plant.
- **Radioactive contamination**; this refers to elements such as nuclear power penetration, nuclear power search, etc.

Assessment

1. Mention 3 Air Pollutants and Land Pollutants
2. Explain Pollution
3. Mention the types of Pollution

Answers

1. Air pollutant – Noise, Acid Rain, Burning of Coal, Tobacco Smoke, Exhaust gases of vehicles
Land Pollutants – Used cars, Cans, Bottles, Plastic containers, paper, Soil pollutants such as – Insecticides, Pesticides
2. Pollution is the introduction of a contaminant into a natural environment, usually by humans
3. Land Pollution, Water Pollution, Air Pollution

Week 7 & 8

Topic: Effects of Pollution on the Environment and Personal Health

The effects of pollution are

- Natural disaster
- Respiratory disease
- Oil refineries
- Chest pain
- Depletion of the ozone layer
- Deadly effect of human and ecosystem
- Chronic respiratory and heart disease
- Lung cancer
- Acute respiratory infection
- Chronic bronchitis in adults
- Asthmatic attack

Environmental pollution also affects man as much as it affects the environment; for example looking at air pollution, we can see the effect of chlorofluoric carbons(CFC), released from refrigerators, air conditioners, deodorants and insect repellants cause severe damage to the earth's environment. This gas has slowly damaged the atmosphere and depleted the ozone layer leading to ozone layer.

BIOLOGICAL EFFECTS OF POLLUTION

It is widely said that environment is life and pollution is death. It is absolutely right. Wherever there is modicum of pollution the spread of diseases are obvious there.

Some of the pollution-caused diseases are so fatal which ultimately lead to the human beings to the deep trench of the death.

Effects of Pollution on Human Life

1. It weakens the lungs to function well
2. It causes irritation of eyes, nose, mouth and throat
3. It brings on asthma attacks
4. It causes respiratory symptoms such as coughing and wheezing
5. It increases the chances of respiratory diseases such as bronchitis
6. It reduces the energy levels
7. It is the main reason of headaches and dizziness
8. It causes disruption of endocrine, reproductive and immune systems
9. It is the cause of neuro behavioral disorders
10. It creates cardiovascular problems
11. It may cause cancer due to presence of carcinogenic contents in it
12. It causes premature death

Effects of Water Pollution on Human Life

Following are the main water-borne diseases due to presence of various pollutants in it beyond the permissible limits:

- Typhoid
- Amoebiasis
- Giardiasis
- Ascariasis
- Hookworm

Following are the biological disorders caused by beach-water pollution

1. Rashes, ear ache, pink eye
2. Infections in respiratory system
3. Hepatitis, encephalitis, gastroenteritis, diarrhea, vomiting, and stomach aches
4. The consumption or contact with polluted water by the hazardous chemicals causes following diseases
5. Cancer, including prostate cancer and non-Hodgkin's lymphoma
6. Hormonal problems which may hit reproductive and developmental processes

7. Harms to the nervous system
8. Damage to the liver and kidney
9. Impairment to the DNA
10. Parkinson's disease, multiple sclerosis, Alzheimer's disease, heart disease in adults owing to water pollution may lead to premature deaths

Effects of Land Pollution on Human Life

1. Direct contact with the polluted soil may cause cancer including leukemia
2. Lead in soil is especially hazardous for young children and retards brain growth
3. Mercury increases the risk of damage to the kidney
4. Polluted land causes neuro muscular blockage
5. It may depress the central nervous system of the human body
6. It also causes headaches, nausea, fatigue, eye irritation and skin rash

Effects of Noise Pollution on Human Life

1. Noise beyond the permissible limits damages hearing
2. It causes irritation in attitude
3. It reduces the tolerance level
4. It creates hypertension
5. It causes undue fatigue
6. It loosens confidence level
7. It affects mental sharpness
8. It weakens decision power

Effects of Air Pollution on Animal Life

- Formation of the acid rain in the air damages fish life in lakes and streams
- Rays from ozone layer with excessive ultraviolet radiation coming from the sun may cause skin cancer in animals
- Rays from ozone in the lower atmosphere may destroy lung tissues of the animals

Effects of Water Pollution on Animal Life

- Pollution nutrients cause excessive growth of toxic algae leading to the outbreak of diseases in fish
- Chemically contaminated water suppresses frog and tadpole biodiversity
- Oil pollution damages the growth of sea birds
- Polluted water retards the reproductive efficiency of animals
- Persistent organic pollutants contain the growth of fish and wipe out their breed
- Excessive quantity of sodium chloride in water may kill animals
- Stylish way to stay safe from the effects of air pollution

Effects of Land Pollution on Animal Life

- Polluted soil may affect metabolism of microorganisms and arthropods which may contain the primary food chain putting negative impact on predator species
- Insects may eat polluted soil which hits their biodiversity

Effects of Noise Pollution on Animal Life

- Like human beings, animals are also vulnerable to excessive noise and their nervous system may weaken
- Effects of noise on their nerves may make them quite unpredictable and they become so dangerous
- Animals loosen the grip over their mind because of noise beyond tolerable limits

Effects of Air Pollution on Plants

- Acid rains because of air pollution damages the trees and plants
- Ultraviolet radiation from the sun owing to the hole in ozone layer directly impacts the trees and plants and deprives them of their natural features

Effects of Water Pollution on Plants

- It causes disruption in photosynthesis in aquatic plants with eventual negative impact on ecosystem
- Contaminated water destroys flora and fauna in the water
- Excessive sodium chloride in water affects the growth of the plants in the water

Effects of Soil Pollution on Plants

- It reduce the crop yields owing to alteration in metabolism of plants
- Trees and plants may intake oil contaminants and transfer them into food produce

PHYSICAL EFFECTS OF POLLUTION

Effects of Pollution on the Ecosystem

- It weakens the ecosystem
- It shrinks the biodiversity
- It retards the growth of life

Effects of Pollution on Natural Environment

- It impairs the natural beauty
- It deprives the environment of its natural features
- It depletes the natural resources causing shortages

Effects of Pollution on Infrastructure

- It weakens the soundness of the infrastructure because of its gradual negative impacts.
- It causes slippage, rusting and various persistent depletion in the formation of infrastructure.

Effects of Pollution on Development

- It slows the process of development
- It impede the development cycle because of its negative impacts on each uplift activity
- It makes the process of development so difficult because of its hurdles at every stage

Assessment

1. Mention 3 effects of water pollution on human life
2. How does pollution affect development?
3. How can water pollution affect animal life?

Week 9

Topic: Preventive Measures against Environmental Pollution

Preventive Measures

- Incorporating pollution prevention into federal legislation
- Develop innovative pollution prevention programmes
- Educate the public about pollution prevention
- Train relevant groups in the relevant aspects of pollution prevention
- Integrate pollution prevention into departmental policy programmes.

When tap water tastes a bit acidic and the smog levels in your city create cause for concern, you are simply experiencing some of the many different kinds of pollution in the world responsible for the detrimental effects on our very basic necessities. In the long run, pollution has the command to seriously affect human health, and is already causing worldwide destruction, including an attack on our precious resources.

The common sources of pollution are also associated with many of the deaths in the world, as corrupted drinking water, harmful air pollution, and soil contamination lead to a higher incidence in wide-ranging cancers, health complications, and sickness. Today, the problem is so prevalent and damaging that pollution prevention has become an increasingly important issue concerning the fate of the world.

What is Pollution?

Pollution occurs when varied substances or energy is introduced into the environment, which results in changes in nature that endanger the welfare of human life, precious resources, ecosystems, and other living things. While pollution is responsible for attacking a wide-range of environmental concerns, the main types generally up for discussion focus on the negative effects on water and air. Additional ways in which natural occurrences and more often human actions that contribute to pollution involves oil, noise, radioactivity, and thermal energy.

The Negative Effects of Pollution

Pollution threatens human health in many different ways, as detrimental air quality has the capability to destroy and kill a variety of organisms on Earth. Ozone pollution wreaks havoc

on the respiratory and cardiovascular system, as well as plays a hand in causing chest pain, throat inflammation, and congestion.

Each day, water pollution is thought responsible for close to 14,000 deaths per day, which usually comes in the form of contaminated drinking water, is often caused by untreated sewage and mostly affects those living in developing countries.

Pollution caused by oil carries a variety of skin irritations and rashes, while noise pollution aids in increasing hearing loss, stress, high blood pressure, and sleep issues across the world.

How to Prevent Pollution

To make sure the environment stays protected and is able to provide a safe and healthy atmosphere for future generations, it is important that each individual does his or her part in preventing the kind of pollution that humans are most responsible for. Preventing pollution is an easy habit to incorporate within daily actions, as there are plenty of minor and more intense ways to stop pollution, save energy, and reduce waste. Below are a few pollution prevention suggestions to get you started:

a) Conservation:

Saving energy and modifying wasteful habits is a great way to prevent pollution. There are many different ways to approach this method of pollution prevention, as alternate fuel options, clean fuels, energy efficiency tactics, and fuel economy are just some of the options an individual may look into. To date, great strides have been made in the areas of geothermal energy, hydropower, renewable energy, solar energy, as well as wind power. Also, you can make a conscious effort to conserve energy by turning off televisions, video game systems, computers, VCRs, as well as CD and DVD players, when not in use.

b) Pollution Prevention Programs:

Every state possesses their own set of prevention programs geared towards lessening the damaging effects of pollution on a local and statewide level. This may include a wide-range of recycling methods and options, such as battery recycling centers, composting education, recyclable electronics, glass recycling, onsite and offsite paper recycling, the recycling of plastics, refrigerant recycling, tire salvaging, and used oil recycling

c) Alternatives in Transportation:

More and more people are preventing pollution by altering the way they travel from point A to point B. Carpooling, utilizing public transportation, purchasing eco-friendly cars, and utilizing electric scooters are just some of the voluntary transportation control measures some people undertake in the United States. Skateboards, biking, and in-line skates are also

popular eco-friendly transportation options that also present the additional benefit of healthy exercise. The slightest changes in transportation habits are known to decrease the amount of harmful exhaust that enters the environment.

d) Waste Reduction:

The minimization of waste helps to prevent the growth of the worldwide pollution problem. This may include switching to energy-saving products or minimizing the amount of time you leave your lights on in the house. You may also recycle your juice boxes, newspapers, milk cartons, and tin cans. Some people try bringing home products that use the least amount of packaging, which lowers the amount of waste they are responsible for discarding.

e) Choose Native Landscaping:

When planting trees, shrubs, flowers, and other plants, it is suggested to choose native options, which do not require the need for fertilizers and pesticides.

f) Rain Barrel Collection:

To conserve natural resources, set out a barrel during a heavy rain to collect water that later serves the purpose of watering the garden and other plants. It is quite important to keep the barrel covered to prevent the accumulation of mosquitoes.

g) Yard and Garden Care:

When watering the garden, choose the early morning (when it is cooler), where water is less likely to evaporate. When the need of fertilizer does arise, select a natural approach, such as bone meal or compost, which uses grass clippings, decaying leaves, and organic waste to create a nutrient-rich fertilizer.

h) Just Keep It Down:

When listening to your stereo system, car radio, or portable devices in the open, make sure you keep the volume to accommodating levels to prevent noise pollution in your neighborhood or community. When having get-togethers at your residence, make sure your guests respect your neighbors and keep volume levels under

Assessment

Mention 5 ways in which pollution can be controlled

Week 10

Topic: Fresh Approach to School Health Programmes

Introduction

The school health programme is defined as the school procedures that contribute to the maintenance and improvement on the health of the pupil and school personnel including health services healthy living and health education. In general school health education should be integrated with all the activities in the curriculum. It should be part and parcel of the child's daily life. It must include the whole life of the child taken into consideration his relationship with the school community as well as the community outside the school.

Objective of School Health Education

- The promotion of positive health
- The prevention of disease
- Early diagnosis, and early detection of diseases;
- Prevention of communicable diseases;
- Nutritional services;
- Psychological services
- Use of school health records
- Remedial methods and follow ups
- Health instructions

School Health

The school health is an integral part of community health, but it mainly refers to all the health activities and measures that are carried out within the community to promote and protect the health of children of school age and also the school personnel. These activities may take place both within and outside the school compound.

Components of School Health Programme

The school health has been divided into four different areas;

- Healthful school environment
- Health services
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Healthful School Environment

Healthful school environment is phrase that encompasses the physical, emotional, and social aspect of the school, and the measures provided is to ensure the health and safety of the children and staff. The method includes the provision of a healthful physical environment. Such as the school buildings , the organization of the healthful school day, and the establishment of inter-personal relationship, which are favorable to positive and mental health.

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Health education is, in its technical sense the science of health behaviours. It is concerned with people's health behaviors towards common diseases and other health problems as well as with educational processes used to bring about positive health behaviours.

In school health services, activities involved include:

- Communicating scientific health information in a manner understandable to the learner, so that it may yield the anticipated health actions or habits.
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The need for cordial and health relationship between the school and the health community where it is found cannot be over-emphasized. Indeed the school itself is a part of the community.

ASSESSMENT

1. List FIVE objectives of School health Education?

**PHYSICAL HEALTH
EDUCATION
THIRD TERM**

Week 1 & 2

Topic: Non-Communicable Diseases and their Prevention

Non-communicable Diseases

Non-communicable diseases are disease are disease that cannot be transmitted from one person to another. They have many causes but never caused by germs, bacteria, or other living organisms that attack the body.

They are caused by

- By atomic fall-out
- By chemical fall-out

Common Non-communicable Diseases

<u>Disease</u>	<u>Causes</u>
Rheumatism, heart attack, stroke, cancer, migraines, cataract	Physiological failure of the tissues
Snake bite, cough from smoke, stomach ulcer, alcoholism, allergies, asthma	Chemical or atomic fall-outs
Marasmus, pellagra, anaemia, goiter, kwashiorkor, cirrhosis	Malnutrition, dietary imbalance
Hare lip, crossed eye, epilepsy, retarded brain, birth mark, other deformities	Congenital problem or heredity
Paranoia, anxiety, neurosis, schizophrenia, phobias, psychosis, hypochondria	Brain damage or emotional disturbance

Non-communicable diseases also known as chronic diseases tend to be of long duration and are the result of a combination of genetic, physiological, environmental and behaviours factors.

The main types of communicable diseases are cardiovascular diseases (like heart attack and stroke), cancers, chronic respiratory diseases (such as chronic obstructive pulmonary disease) and diabetes.

Prevention of Non-communicable Disease

Government/Societal Responsibility

- Focus on reducing the risk factor associated with these diseases. Monitoring progress and trends of non-communicable diseases and their risk is important for guiding policies and priorities.
- To lessen the impact of non-communicable diseases and society, a comprehensive approach is needed requiring all sectors, including health, finance, etc.
- Management of non-communicable disease, which includes detecting, screening and treating these diseases and provide care for people in need, and this can be achieved through primary health care facilities.
- The government should provide health insurance to manage these diseases, it is essential for achieving a global target, and the prevention of the risk of mortality.

Personal Efforts

- Exercise every day, physical activities removes disease causing toxins through sweats. It also prevent cardiovascular disease, respiratory problems and reduces the risk of cancer and diabetes. It is recommended to perform at least 30 minutes of the exercise.
- Eat food high in lecithin is a potent substance that regulates cell nutrients. It also helps you

Maintain an ideal body weight and help prevent your body from accumulating unnecessary fat

- Consume food in high anti-oxidants. The active ingredient in high antioxidant are called flavournoids
- Train the brain. Playing video games and solving cross word puzzles everyday can help exercise the brain and prevent memory loss and deterioration
- Do yoga everyday yoga strengthens the mind and body. It prevents life style diseases, especially cardiovascular and respiratory illness.

Assessment

1. Non-communicable diseases are caused by and
2. Mention 3 non communicable diseases
3. How can the Government or society prevent non communicable diseases.

Answers

1. Atomic and chemical fall out
2. Rheumatism, Pellagra, Heart attack, Stroke – Check Table in Lesson note
3. Government should provide good health insurance
Focus on reducing the risk factor associated with these diseases
Management of non-communicable disease, which includes detecting, screening and treating these diseases and provide care for people in need

Week 3

Topic: Posture

Posture

Posture simply means way a person holds the body while sitting or standing. It is a term used to describe a position of the body or the arrangements of body parts relative to one another. Ideal postures are those assumed to perform an activity in the most efficient manner utilizing the least amount of energy.

Posture can also be defined as the bearing of the body at any time, in any direction easily and without strains and with minimum muscular effort. In other words good posture is habitual carriage of the body in the most effective position. Furthermore posture can be explained as the position the body assumes during the performance of any activity eg. Walking, running, dancing, jumping, standing and sitting.

Types of Posture

The posture are basically divided in to two types:

- Inactive
 - Active
1. Static
 2. Dynamic

Inactive postures– These are postures or attitudes adopted for resting or sleeping. They require theoretically minimal muscle activity, and are usually assumed in need of relaxation.

Active posture– The integrated action of many muscles is required to maintain active postures, they are basically divided in two types

1. Static postures – Body segments are aligned and maintained in a fixed positions. This is usually achieved by co-ordination and interaction of various muscle groups which are working statically to counteract gravity and other forces. Examples of static postures are standing, sitting, lying, and kneeling.
2. Dynamic postures – In this type of posture body segments are moving. it is usually required to form an efficient basis for movement. Muscles and non contractile structures have to work to adapt for changing circumstances. Examples are walking, running, jumping, throwing, and lifting.

We have all been told since childhood to “stand up straight”. But it’s easy to get into bad habits. Good body mechanics are based on good posture. Good posture means the spine is in a “neutral” position – not too rounded forward and not arched back too far. But what does good posture look like?

It’s easy, follow these few steps:

- Stand with your feet apart.
- Create a small hollow in your lower back by tucking the tailbone in and tilting your pelvic bone slightly forward. This is done by tightening the muscles of the buttocks and thus, rotating the pelvis into the neutral position. Be careful not to arch too much.
- Pull the shoulders back and lift your chest.
- Lift your chin until it is level and relax your jaw and mouth.

That’s it, proper posture! Feel how balanced the spine is? Very little energy is now required to keep it that way. Practice this position until it becomes second nature.

Being aware of your posture during all of your daily activities is the best way to ensure you are using good body mechanics. Here are a few exercises that can help improve your posture.

- Chin Tuck:
 - Sit or stand using proper posture.
 - Gently pull your chin back to a comfortable position
 - Perform this exercise in sets of ten, 2-3 times daily.
- Shoulder Squeeze
 - Sit or stand using proper posture.
 - Bring your elbows behind you while squeezing your shoulder blades together.
 - Hold for 5 seconds
 - Perform this exercise in sets of ten, 1-2 times daily.

Standing

Millions of people spend a good deal of their time on their feet. Standing work, including bending, lifting, carrying and reaching can be tough on the back – especially if proper body mechanics are not being used. Use the following guidelines to minimize the risk of injury to your back when doing standing work:

- Avoid standing in one position for prolonged periods of time. Change your position as often as you can. This will not only help relieve stress on your spine, it also helps increase circulation and decrease muscle fatigue. When you can, stretch. Gentle stretching exercises during a break can help ease muscle tightness.

- Be aware of your posture. Are you standing correctly? Check and double check throughout your day.
- Make sure the surface you are standing on is firm and level.
- If possible, lean on a solid support. This can help reduce fatigue during long periods of standing.

Other important tips to remember:

- When lifting an object, avoid bending and twisting at the same time. Instead, face the object and bend at the knees (not the back).
- Before lifting, move close to and directly in front of the object. Make sure your feet are flat on the floor and shoulders are apart. Bend the knees and lift smoothly. Use the same movement when putting the object down again.
- Avoid overreaching. If you have to reach up to a high level, make sure you are standing on a firm level surface. Avoid standing on tiptoes. Not only is this an unstable position to stand in, for prolonged periods of time it can place unnecessary strain on the back and neck.

Sitting

whether sitting at a desk or at home watching television, good body mechanics are still important to keep in mind. For deskwork, consider investing in an ergonomically enhanced chair. What does proper sitting look like?

- Place your buttocks at the back of the seat while maintaining a small space between the back of your knees and the seat of the chair.
- Place your feet flat on the floor with your knees bent at angle 90°
- Pull your shoulders back and lift your chest.
- Lift your chin until it is level and relax your jaw and mouth.

If your chair has armrests, make sure they are positioned to support the weight of your arms. Not too high to make you hunch or too low to make you reach. Footrests can also be a helpful way to maintain good posture while sitting. Make sure the footrest is positioned so that your knees are bent comfortably and are level with your hips.

For prolonged periods of sitting, make sure you have enough support for your lower back. Look for a chair that has adjustable lumbar support. If that is not possible, you can increase your back support by using a lumbar roll or even a rolled up towel or cushion placed behind your lower back.

Keep in mind that even sitting in the “correct” position for long periods of time will eventually become uncomfortable. Don’t forget to take breaks, get up, move around and stretch! This will reduce the stress on your spine and help prevent muscle fatigue and stiffness.

Sleeping

We spend about one-third of our time in bed, so we can't ignore how our bodies are positioned during sleep. As during our waking hours, the goal is to maintain a neutral spine even while we are in bed. Here's how:

- Make sure you are sleeping on a firm mattress.
- Avoid sleeping on your stomach or with your head elevated on an oversized pillow. These positions cause the back to arch and places stress on the spine.
- The side and back are the best positions for maintaining a neutral position and a must for anyone with back or neck problems.
- Place a pillow between your knees (for side sleeping) or behind your knees (for back sleeping). This will help keep your spine in the right position and help ease stress on the lower back.
- Use a pillow that allows you to keep your head aligned with the rest of your body. Numerous and/or oversized pillows may look great on a made bed but do not necessarily benefit your back while sleeping.

Lifting

the process of lifting places perhaps the greatest load on the low back and therefore, has the highest risk of injury. Use of proper lifting mechanics and posture is critical to prevent injury. In the end, it is more important how you lift than how heavy a weight you lift. Here are a few tips on how to lift safely:

- Place the load immediately in front of you.
- Bend the knees to a full squat or lunge position.
- Bring the load towards your chest.
- Assume a neutral position with your back.
- Tighten the lumbar and buttocks muscles to "lock" the back.
- Lift now from the legs to the standing position.
- DO NOT:
 - Lift from a twisted / sideways position.
 - Lift from a forward stooped / imbalanced position.

As you can see, proper body mechanics are vitally important for keeping your spine healthy. And it's easy to incorporate these principals into your daily life. It may seem unnatural at first, but if you keep at it, they will easily become routine. Your back will thank you for it!

Assessment

What do you understand by posture?

Mention the types of po

Week 4 & 5

Topic: Postural Defects and Causes

Introduction

The abnormal way of holding or carrying the body during the performance of various activities due to deviation from the normal axis of the bones, joint stiffening, loss of muscle tone, and disc degeneration leads to postural defects.

Aiding factors of Postural defects

1. **Heredity:** Some postural defects can be inherited from the father or mother.
2. **Muscular weakness:** When muscles are weak or the tone is lost, the body may become slouched.
3. **Occupation or bad habit:** An occupation that demands sitting always without exercise may cause the body to bend.
4. **Injury, diseases and infection:** Some injuries and diseases such as tuberculosis can lead to defect in posture.
5. **Defective sense organ:** Organs like the eye, the ear etc. This may cause the person to bend forward.
6. **Rapid growth:** Some growth may be so rapid that the bones become too tiny and curved due to the body weight
7. **Overweight:** When one is obese the weight may result in flat foot.
8. **Accident:** A ghastly accident can lead to the amputation of the limb.
9. **Poor diet:** When the diet is too poor some nutritional diseases such as kwashiorkor may develop
10. **Limitation:** This is especial common with children that are fond of putting their hand in their pockets always, this may lead to kyphosis.
11. Other factors may include; poor environmental conditions such as poor lighting, too low or too high seats (unsuitable furniture)
stress
obesity
pregnancy
weak postural muscles
abnormally tight muscles
high-heeled shoes.
poor work environment

incorrect working posture,
unhealthy sitting and standing habits

Types of Postural defects

- Scoliosis
- Kyphosis
- Sunken chest
- Genu valgum(k-leg)
- Lordosis
- Abdominal ptosis
- Flat foot
- Genu varum(bow-leg)

Kyphosis (round should)

Kyphosis is a defect of the spine due to deficiency of Vita min D which is essential for the building of strong bones. The upper spine due to deficiency of vitamin D which is essential for the building of strong bones. The upper spine become excessively curved as a result of squeezed chest muscle. When the soft part of the spine bone is weakened by lack of vitamin D, it falls back and the shoulders become bow-shaped due to the actions of the chest muscles. Kyphosis, or hunchback, is an unbalanced posture that can cause neck and back pain. The head is pushed forward, in front of your gravitational center. The upper back is rounded, accentuating the thoracic curve. According to the Maryland Spine Center (MSC), this condition can develop from unhealthy posture habits, bone and joint degeneration and spinal deformity. Severe cases diagnosed as Scheuermann's kyphosis create a noticeable hump in the upper back.

Causes of kyphosis

- Carrying heavy loads on the back
- Sitting an infant too early
- Weak chest/back muscles
- Accident
- Diseases
- Lack of physical exercise/activities

Lordosis

Lordosis refers to excessive lateral curvature of the lumbar region. This is due to exaggerated tilt of the pelvis in congenital hip dislocation. Also, weak abdominal muscles due to pressure exerted on it by the excess fat in the abdomen. Lordosis is a back posture that exaggerates the lumbar curve into a position often termed swayback. Standing with locked knees contributes to this unhealthy posture that aligns the head behind your center of gravity. Shoulders may also be pulled back too tightly. The MSC reports behavioral and developmental causes for this condition that may create neck or back pain.

Scoliosis

Scoliosis is the sideways curvature of the spine due to poor standing or sitting postural habit or malfunction of the vertebral. Scoliosis is common in children or adolescents that imitate or form the habit of their hand in the pocket always. Structural scoliosis may be grouped into congenital, neurological, muscular and thoracic. It is congenital when the bone is present at birth, thoracic scoliosis is due to damage to the tissues of the lung.

Flat Foot

Flat foot is a situation where the arc of the foot is lost. It is common among children, but get corrected as they grow. There are three types of flat foot –mobile, rigid and –spastic flat foot.

Other Abnormal Postures

Unhealthy, rigid back postures associated with head injuries are more extreme and require immediate medical attention. Decorticate posture is a body position in which the arms and hands are curled inward, and the legs are held straight outward.

Decerebrate posture leaves arms and legs extended, toes pointed downward and head pushed backward. The MSC relates that these may indicate a brain tumor or stroke.

Assessment

Explain 3 factors that aid postural defect.

Mention 4 postural defects.

Week 6

Topic: Sport and the Society

Introduction

Sport has been identified as part of the society in the sense that it provides opportunity for interaction with many social institutions. Sport plays a very vital role in the society. Sport has become a major part of the modern society with influence being felt in all areas of life to the extent that it has become a cohesive force and a symbol of national unity. Most government in the world seek legitimacy through sport, this account for the reason why extensive support is given to sports by many government.

What is Society?

Society can be defined as group of people living in an organized community, and an individual is in interaction or is communicating with others in the community.

Functions of Sports in the Society

The functions of sports can traced to the early times. The Early men utilized sports as means of gaining desired victory over foreseen and unforeseen and foreseen mysteries as well as promoting fertility in crops, cattle, or physical fitness and entertainment.

The benefits of sports to the society according to unified (1986) are numerous they include the following among others

- It is used to reduce tension
- It is used to divert aggressive behavior to an object instead of a friend or fellow man
- It is used as desire to compete with others and defend oneself, tribe and country
- The martial art or combative like sports like karate, judo, wrestling, and boxing are used to avoid defeat and to subdue opponents/attack.
- It is used to create excitement, amusement, fun, enjoyment, strength and physical fitness.
- It is used for both economic and political gains
- Countries use sport as a legitimate instrument of foreign policy and a medium of showing countries mood towards another
- Victory in sports has some national impact like prestige, enhanced status and respect.

- Limelight is brought to any country that record spectacular victory at an international competition.
- It serves as cohesive agent to bring about unity and national awareness.
- It serves as an avenue to unite various ethnic groups
- It boost the economy of the country that is awarded a hosting right of an international competition via the tourism centers and hotel industry.
- It affords the opportunity for individuals from different countries to exchange knowledge, which in turn would assist in the education of their people.
- It acts as a social institution, by helping in the teaching of societal beliefs, norms, values, and thereby assisting in socializing the athletes.
- It serves as safety value to dissipate excess energy, tension and hostile feeling in a socially acceptable manner.
- It serves as a means of livelihood and offers career opportunities in many areas such as becoming professional athletes, coaches, sports managers and administrators.
- It has an avenue to improve health and physical fitness level.

Ways Sports can be used to Control Youth's Restiveness

Sport and Social control

Social control is a means of promoting sport conformity with societal rules and regulations. Sports as a social control can either be internal or external. As an internal social control, sport would make it possible to for individuals to realize that some behaviors are wrong and unacceptable in the society while as an external social control, sports will provide the opportunity for punishment or rewards designed to control behaviors when individual exhibit acceptable behaviors, they become part of them and these behaviors are carried to the other areas of life in the society thus becoming a character.

Sports and character building

Character building can be explained as the acquisition and acceptance of behaviors and principles of life which can serve as a carry-over value to the larger society. In building character through sport, an individual is expected to behave in orderly and predictable manner during and after participation in sports. Sport as a social control ensures that the norms and values of society are, and when they are not following, the individual concerned is regarded as a deviant.

Assessment

Mention 10 ways in which sport is contributing to the society

Week 7

Topic: Issues and Challenges in Physical Health Education

- **Gambling** – This is the practice of playing games of chance or betting in the hope of winning money. Gambling is one of the most insidious of human vices, as it presents the illusion of easy money yet can quickly lead to financial ruin. The odds are never in your favor whether it is poker, blackjack or anything else; gambling is a successful industry because the house always wins. Read on to find out about the symptoms, causes and effects of gambling addiction.
- **Drug abuse** – Drug addiction is a chronic, often relapsing brain disease that causes compulsive drug seeking and use, despite harmful consequences to the drug addict and those around them. Drug addiction is a brain disease because the abuse of drugs leads to changes in the structure and function of the brain. Although it is true that for most people the initial decision to take drugs is voluntary, over time the changes in the brain caused by repeated drug abuse can impair a person's self-control and ability to make sound decisions, and at the same time create an intense impulse to take drugs.

It is because of these changes in the brain that it is so challenging for a person to stop abusing drugs. Fortunately, there are treatments that help people to counteract addiction's powerful disruptive effects and regain control of their lives. Research shows that combining addiction treatment medication, when appropriate; with behavioral therapy is the best way to ensure success for most patients. Treatment approaches that are tailored to each patient's drug abuse patterns and any concurrent medical, psychiatric, and social problems can help achieve sustained recovery and a life without drugs.

As with other chronic diseases, such as diabetes, asthma, or heart disease, drug addiction can be managed effectively. Yet, it is not uncommon for a person to relapse and begin abusing drugs again. Relapse does not signal failure; rather, it indicates that treatment should be reinstated or adjusted, or that alternate treatment is needed to help the person regain control and recover.

- Increasing salary
- Violence
- Burnout of young athletes
- Professionalization of collegiate athletics
- Racism
- Academic qualifications of athletes
- Emphasis of winning sports in youth sports

- Accountability of teachers
- Integrity of PE as a school subject
- Equity

Assessment

Explain one issue facing Physical health education

Week 8

Topic: Human Trafficking

Introduction

Human trafficking is the recruitment, transportation, harboring, or receipt of people for the purpose of slavery, forced labour and servitude.

Human trafficking can be defined as the act of recruiting, transporting, or receiving a person through force, coercion or through other means for the purpose of exploiting them.

Human trafficking is the trade in humans, most commonly for the purpose of sexual slavery, forced labor or commercial sexual exploitation for the traffickers.

Put simply

Human trafficking denotes exploitation which includes;

- Sexual exploitation
- Forced labour
- Slavery
- Removal of organ
- Trafficking for early marriage
- Child soldier recruitment
- Beggars

Causes of Human Trafficking

The following points below are causes of human trafficking,

1. **Poverty:** This is a situation where a person fall short of a level of economic welfare, where a person lacks the basic human want which are clothing, food and shelter. A person who is poor can easily be deceived to come over to another place with the promise of getting a good job and become a victim in the hands of the traffickers.
2. **Lack of employment opportunities:** Due to the bad economic situation of some countries that made some people jobless, some people therefore get lured and deceived by traffickers because they want to get out of the country and thereby using them as slaves and prostitutes in other countries.
3. **Profit:** Because of the profits the trafficker wants to make from doing trafficking business make them to engage themselves in such evil business all because of profit.

4. Low self-esteem: Many people because they do not know their worth and value, they see themselves as nobody thereby making them vulnerable and they fall into the hands of traffickers and because they have low self-esteem they allow any body to direct them to anywhere.
5. Illiterates: illiterates are those who are not able to read or write, illiteracy has made so many people to become a victim of trafficking, for instance, signing on a paper you do not have any knowledge about. They deceived them by telling them they will enroll them into school and teach them many things, because they want to be educated they then fall victim of trafficking.
6. The search for greener pastures: Some people believe that it is by travelling and relocating to another place before they can make it in all aspects of life.
7. Economic system: Because of poor economic system of some countries the citizens prefer to live somewhere else and would not mind to go anywhere and because of this they become a victim.
8. Greed: Some people are not satisfied with what they have, because of the love to earn more than what they can have they end up falling into the hands of traffickers.

Other causes are:

- social discrimination
- political instability
- lack of employment opportunity
- group deprivation and marginalization of the poor
- corruption in government
- profitability
- economic disparities
- insufficient penalty against traffickers
- regional imbalance
- armed conflict

The following are the basic reasons for human trafficking in many under developed countries:

1. Leaving a place of poverty to gain wealth

Many victims want to get out of their situation so they risk everything to leave the place that sees them mired in poverty. This gives the human traffickers bait to lure victims to move to a different country. Traffickers lie, promising jobs and stability in order to recruit their victims. Upon their arrival to another state or region, captors take control. More often than not, they are held in places where victims did not want to make their home. The practice of entrusting poor children to more affluent friends or relatives may create vulnerability. Some parents sell their children, not just for money, but in hope that their children may escape poverty and have a better life with more opportunities.

2. Political conditions

Political instability, militarism, generalized violence or civil unrest can result in an increase in trafficking as well. The destabilization and scattering of populations increase their vulnerability to unfair treatment and abuse via trafficking and forced labor.

3. War

Armed conflicts can lead to massive forced displacements of people. War creates large numbers of orphans and street children who are especially vulnerable to trafficking. Their families have either passed away or are fighting a war, complicating child-rearing.

4. Social and Cultural practices

Many societies and cultures devalue abuse and exploit women and girls, creating perilous living conditions for these women. With little opportunities of upward mobility and with little value placed on women and girls, they are more vulnerable to human trafficking.

Group or Human Trafficking Victim

A group of people can be taken for trafficking at once or an individual, when it involves more than one person it is referred to as group trafficking, but if it involves just one person it is referred to as human trafficking. The example below makes it clearer how a group of people can be victims of human trafficking.

- As bride
- In the sex industry
- Domestic servitude
- Of organ donor
- Forced labor in factories and restaurants

Assessment

Explain 4 causes of Human Trafficking?

Week 9

Topic: Health Implications of Human Trafficking on Victims

What is Human Trafficking?

Trafficking in human beings is a gross violation of human rights, a modern day form of slavery and an extremely profitable business for organized crime. 'Trafficking in persons' is defined as: 'the recruitment, transportation, transfer, harboring or receipt of persons, by means of threat or use of force or other forms of coercion, of abduction, of fraud, of deception, of the abuse of power or of a position of vulnerability or of the giving or receiving of payments or benefits to achieve the consent of a person having control over another person, for the purpose of exploitation. Exploitation shall include, at a minimum, the exploitation of the prostitution of others or other forms of sexual exploitation, forced labor or services, slavery or practices similar to slavery, servitude or the removal of organs.' This definition has three distinct elements, which must be fulfilled for a situation to be one of trafficking – there must be an act, a means and a purpose. The consent of the victim is irrelevant when any of the means have been used. Many victims of human trafficking are forced to work in prostitution or the commercial sex industry. However human trafficking also occurs in forms of labor exploitation such as domestic servitude or restaurant work, sweatshop factory work or migrant agricultural work. In the case of a child (anyone under 18 years of age) actions taken for the purpose of exploitation constitute trafficking even where the means have not been used. There is no requirement that a person must have crossed a border for trafficking to take place – it can and does take place within national borders. Identifying victims of Human Trafficking Victims of human trafficking may look like many of the patients coming to GP waiting rooms, health clinics or emergency rooms. Victims can be young children, teenagers, men and women. By looking beneath the surface and asking yourself questions such as the following, you can help identify potential victims:

- Is the patient accompanied by another person who seems controlling (possibly the trafficker)?
- Can you detect any physical or psychological abuse?
- Does the patient seem submissive or fearful?
- Does the patient have any identification?

Gaining the trust of a victim of human trafficking is an important step in providing assistance. Remember that this may be the first and only contact a victim of human

1. Article 3(a) of the United Nations Protocol to Prevent, Suppress and Punish Trafficking in Persons, Especially Women and Children, 2000 which supplements the United Nations Convention against Transnational Organized Crime (commonly known as the Palermo

Protocol). Trafficking has with someone apart from the trafficker or it may be their one and only opportunity to explain their situation or ask for help

2. Common Health Issues experienced by Victims of Human Trafficking

Trafficking victims may suffer from an array of physical and psychological health issues stemming from inhumane living conditions, poor sanitation, and inadequate nutrition, and poor personal hygiene, brutal physical and emotional attacks at the hands of their traffickers, dangerous workplace conditions, occupational hazards and general lack of quality health care. Preventive health care is virtually non-existent for these individuals. Health issues are typically not treated in their early stages, but tend to fester until they become critical, even life-endangering situations. In many cases, health care is administered at least initially by an unqualified individual hired by the trafficker with little, if any, regard for the well-being of their 'patients' – and even less regard for disease, infection or contamination control. Health issues seen in trafficking victims include the following:

- Sexually transmitted diseases, HIV/AIDS, pelvic pain, rectal trauma and urinary difficulties from working in the sex industry;
- Pregnancy, resulting from rape or prostitution;
- Infertility from chronic untreated sexually transmitted infections or botched or unsafe abortions;
- Infections or mutilations caused by unsanitary and dangerous medical procedures performed by the trafficker's so-called 'doctor';
- Chronic back, hearing, cardiovascular or respiratory problems from endless days toiling in dangerous agriculture, sweatshop or construction conditions;
- Weak eyes and other eye problems from working in dimly lit sweatshops;
- Malnourishment and serious dental problems. These are especially acute with child trafficking victims who often suffer from retarded growth and poorly formed or rotted teeth;
- Infectious diseases like tuberculosis;
- Undetected or untreated diseases, such as diabetes or cancer;
- Bruises, scars and other signs of physical abuse and torture. Sex-industry victims are often beaten in areas that won't damage their outward appearance, like their lower back;
- Substance abuse problems or addictions either from being coerced into drug use by their traffickers or by turning to substance abuse to help cope with or mentally escape their desperate situations.
- human trafficking results in physical and psychological abuse
- human trafficking results in physical and psychological health problems for the victims
- malnourishment, bruises and decayed teeth

- infectious diseases
- undetected and untreated diseases e.g. cancer
- sexually transmitted diseases
- unplanned pregnancy
- depression
- back pains
- stress related disorder
- death
- phobias and panic attacks

Consequences of Human Trafficking

- 1) Violation of Human Rights. The fundamental human rights of victims of human trafficking have been violated by their traffickers.
- 2) They are often treated as criminals by officials in countries of transit and destination because they are illegal aliens.
- 3) Vulnerable to diseases. Given the nature of work and conditions they are exposed, victims are often exposed to risk and dangers of serious diseases including sexually transmitted illnesses such as HIV/AIDS. Some even develop mental illness.
- 4) Many of the victims who return home are stigmatized and find it difficult to reintegrate.
- 5) Unwanted pregnancy. Some of the victims are faced with the problems of unwanted pregnancy. Some die in the process of abortion.
- 6) It could lead to untimely death. Some victims die from ill-health, frustration and violence. Some are killed because their organs need to be harvested.
- 7) The countries to which they are taken are faced with the burden of tackling the problems of illegal residents, illegal workers and social vices.
- 8) National disgrace. It is a national disgrace to their country of origin when traffickers are arrested, prosecuted and sentenced.

Government and Individual Efforts to stop Human Trafficking

- 1) Public enlightenment: Public enlightenment should be done to ensure the creation of awareness on the part of the public on the evils of human trafficking.
- 2) Education: Government should make education available, affordable and compulsory to all children of school age.

- 3) Legislation: Laws have been made prescribing different kinds of punishment ranging from 12 months (for an attempt to commit any of the offences) to life imprisonment for serious offences such as slavery and exploitation.
- 4) Advocacy: Advocacy is giving public support to an idea, a course of action or belief. The presence of an advocacy group, who work to protect and defend children and women against traffickers, could prevent criminal activities.
- 5) Parents should watch their children closely, regarding the kind of friends they keep.
- 6) There should be proper counselling at various levels. The children and women should be counseled at homes, schools and public places. Victims need counseling to be properly rehabilitated.
- 7) Government should provide employment opportunities for the youths, most especially to prevent women and children from becoming victims.
- 8) Improvement in standard of living: When the standard of living is made better, people will desist from partaking in illegal businesses.
- 9) Establishment of agency: Government established agencies such as the National Agency for Prohibition of Traffic in Persons and other Related Matters (NAPTIP). This agencies helps in stopping child trafficking

Solutions to Human Trafficking

- government actions
- activities of religious bodies
- provisions of employment
- non-governmental organizations such as WHO
- economic stability
- adequate punishment for traffickers
- awareness programmes
- strict immigration policies

Assessment

1. What effort has the Government put in place to curb Human Trafficking? Mention 5

2. List the Solutions to Human Trafficking
3. What are the effects of human trafficking on Victims? Mention 4

Week 10

Topic: Sport Laws

Introduction

Physical education has a lot of professional hazards, so it can be regarded as one of the most risky professions. Physical educators should be knowledgeable about many liability cases that has to do with sport organization e.g. negligence, tort, misfeasance, etc. Physical educators should be aware of what should be done to avoid legal liability.

Sports Law encompasses a multitude areas of law brought together in unique ways. Issues such as antitrust, contracts, and torts are quite common. For further information in these areas see:

- Antitrust
- Contracts
- Tort

Sports Law can be roughly divided into the areas of amateur, professional, and international sports. The distinction between a professional and amateur athlete is somewhat tenuous. So-called “amateur” student/athletes at universities often receive scholarships and other forms of compensation. Also, keep in mind that even though an athlete may be defined as an amateur by one organization, he or she may not be an amateur according to another. Of course, this leads to even more confusion. A simplistic, yet useful definition is that amateur athletes participate in sports as an avocation while professional athletes are involved in sports as a vocation.

Sports law refers to a specialized practice focused on legal issues pertaining to the sports industry. As with entertainment, arts, or hospitality law, sports law generally refers more to the target industry rather than a separate body of law, though there are a few unique legal issues only faced by professional sports leagues. Common sports law issues include labor law, contract issues, unfair competition and antitrust law, and torts.

Much of sports law is divided between amateur and professional sports. Amateur sports are often governed by collegiate athletic associations, like the National Collegiate Athletic Association (NCAA). The NCAA propagates various rules governing issues like ethical conduct, amateur eligibility, financial aid, recruiting, gender equity, championship events, and academic standards. Gender equality is one area of particular interest in amateur collegiate sports. While membership in the NCAA is voluntary, the NCAA has enforcement power and can introduce a series of punishments against both students athletes and member schools. These punishments even include the so-called “death penalty:” the full shut-down of a sporting activity at an offending college.

Unlike intercollegiate sports, international amateur sports are run by a variety of organizations, like the International Olympic Committee (IOC). International amateur sports can face many of the same legal issues as collegiate sports, and have had a recent spate of anti-doping issues.

Often disputes between national sports organizations can become both a proxy for political issues and a flash point for international tensions.

Professional sports leagues, on the other hand, have their own unique set of legal issues. For example, the National Labor Relations Board (NLRB) acknowledged in 1967 that professional athletes have the right to form unions, or “players associations.” It is now common for these professional players associations to call for work strikes in order to apply pressure to owners, usually while negotiating salary standards for the league.

Doping has also become an issue for professional sports in recent years. Player drug violations may lead to suspensions and loss of salary. The issues even became so pointed in the early part of the 2000’s that congressional hearings occurred to investigate the widespread use of performance enhancing drugs in professional sports.

Of course, some of the most famous issues related to sports law have to do with contract negotiations. Players hire agents to represent them in negotiations of multi-million dollar player contracts, trades, promotional deals, etc. Cities negotiate for franchise rights to have a resident team. Stadiums have a stream of commercial contracts with vendors for food and merchandise. Media companies contract for broadcast rights. Obviously, there are many other types of contracts involved in sports law, as well.

What is Legal Liability?

Legal means connected with in accordance with, authorized or required by the law. Liability means the state of being liable, that is responsible according to the law.

Precautions against liabilities

- The physical educator can take some precautions, in order to avoid possible legal suits. The following precautions are therefore recommended
- Every instructor or educator should be properly trained and qualified to perform specialized work.
- Be familiar with health status of each child
- Be sure that both equipment and facilities are safe to use
- Regular inspection should be made on equipment, apparatus and taking precautions to make sure they are safe
- Group students of equal ability on the same competitive level.

Tort, Negligence and Assault in Sport

Tort

A tort is defined as a legal wrong resulting direct or indirect injury to another individual or to property. A tortious is a wrongful act and damages can be claimed through court actions. A tort is a wrong arising from the violation of a *private duty*. Again, however, a crime can also constitute a tort. For example, assault is a tort, but it is also a crime. There are three types of torts: intentional torts; negligence; and strict liability. An *intentional tort* is a civil wrong that occurs when the wrongdoer engages in intentional conduct that results in damages to another. Striking another person in a fight is an intentional act that would be the tort of battery. Striking a person accidentally would not be an intentional tort since there was not intent to strike the person. This may, however, be a negligent act.

Negligence

Negligence is common legal system usually used to achieve compensation for injuries (not accidents). Careless conduct that results in damage to another is *negligence*. Negligence is the failure to follow the degree of care that would be followed by a reasonably prudent person in order to avoid foreseeable harm. A person can be negligent if he or she acts with less care than a reasonable person would use under similar circumstances.

Actions that can result in negligence

- Not taking appropriate care
- Allowing students to use gadgets which they are not capable of using or operating
- Not giving adequate warming exercise
- Acting without sufficient skill
- Not looking for pupil who are in danger
- Not making corrections
- Lack of progressive teaching
- Students are over worked to exhaustion

Assault in sports

- It occurs when a person commits the offence of assault to an opponent or official. The following therefore constitutes assault in sport;
- Purposely causing reasonable apprehension of bodily injuries in sports
- Knowingly making physical contact of an insulting or provoking nature with an official
- Negligently causing bodily injury to an official with a weapon.

Conduct that harms other people or their property is generally called a *tort*. It is a private wrong against a person for which the person may recover damages. The injured party may sue the wrongdoer to recover damages to compensate him for the harm or loss caused. The conduct that is a tort may also be a crime. A *crime* is a wrong arising from a violation of a *public duty*. A person who is assaulted may bring charges against the assailant and have him prosecuted criminally and may also sue the assailant for damages under tort law. An employee's theft of his employer's property that was entrusted to the employee constitutes the crime of embezzlement as well as the tort of conversion.

Generally, liability because of a tort only arises where the defendant either intended to cause harm to the plaintiff or in situations where the defendant is negligent. However, in some areas, liability can arise even when there is no intention to cause harm or negligence. For example, in most states, when a contractor uses dynamite which causes debris to be thrown onto the land of another, causing damages such as broken windows, the landowner may recover damages from the contractor even though the contractor may not have been negligent and did not intend to cause any harm. This is called *strict liability* or *absolute liability*. Basically, society is saying that the activity is so dangerous to the public that there must be liability. However, society is not going so far as to outlaw the activity.

Products liability is a major area of sports tort law. Participants use all different types of sports-related equipment. Products liability refers to the liability of any or all parties along the chain of manufacture of any product for damage caused by that product. This includes the manufacturer of component parts, an assembling manufacturer, the wholesaler, and the retail store owner. Product liability suits may be brought by the purchaser of the product or by someone to whom the product was loaned. Products liability claims can be based on negligence, strict liability, or breach of warranty of fitness. In a strict liability theory of liability, the degree of care exercised by the manufacturer is irrelevant. If the product is proven to be defective, the manufacturer may be held liable for the harm resulting from the defect.

Wrongful Death

When somebody dies in consequences of a wrongful act a person, either by negligence or by a deliberate act, such a death is called *wrongful death*. This is the civil equivalent of the criminal charge of one of the forms of homicide, including murder. Should a sports participant be held liable for the death of another athlete or a spectator? Virtually all sports involve an activity and an aspect of risk that could lead to the death of a participant. It is important for architects and administrators to provide protective screening and appropriate warnings for participants and spectators related to such concerns. What about fights? What about slugging someone in the face with a hockey stick?

Malpractice in Sports

Malpractice is a failure by a physician or other professional to use the care and skill that other members of their profession would use under similar circumstances. When an accountant, doctor, attorney, or some other professional contracts to perform services, there

is a duty to exercise skill and care as is common within the community for persons performing similar services. Failure to fulfill that duty is malpractice. What about team physicians and trainers. What if a trainer or doctor employed by a team rather than the player recommends that the injured player participate? To whom does the medical practitioner owe a duty of care, the player or the team? Sometimes this decision is not clear cut. Malpractice is a broad category and could involve anything from an improper diagnosis to the prescription of an inappropriate medication.

Sports Officials

Another area of sports torts involves the officials of games or other sports contests. Officials in sports can greatly affect the outcome of the sports contest. Professional sports such as football, basketball, and hockey have incorporated the use of the television replay to ensure that the often subjective regulation of the sports contest remains as objective as possible. Sports officials, however, are often subject to harassment, intimidation, and sometimes violent, physical or verbal abuse from fans, players, and coaches. Whether at the professional or amateur level, sports officials are often the targets of hostile emotions due to the extreme competitiveness in the sports arena. Due to numerous lawsuits against sports officials for alleged intentional misconduct, states have been forced to enact laws that protect officials and provide immunity from such lawsuits. Immunity from civil suits only applies to unintentional, negligent acts by the officials. This affords the sports official some protection against litigation.

Workers Compensation

For most kinds of employment, state **workers' compensation statutes** govern compensation for injuries. The statutes provide that the injured employee is entitled to compensation for accidents occurring in the course of employment. Every State has some form of workers' compensation legislation. The statutes vary widely from State to State. When an employee is covered by a workers' compensation statute, and when the injury is job connected, the employee's remedy is limited to what is provided in the worker's compensation statute.

Compensation for injuries to an athlete is a prime subject for any collective bargaining agreement in professional sports that involve a players association or union. When players are injured from an activity arising out of and in the course of their employment, the private agreement between the players, team, and league often avoid any necessity of filing a claim under the state's workers' compensation statute.

Insurance

Since any sports activity involves a degree of risk or injury, it is generally recognized that events and participants should purchase insurance to protect against a claim of negligence arising from that activity. Sports insurance policies do not relieve an individual or event from liability from negligent behavior. However, having insurance does ensure that if a judge or

jury believes that damages should be awarded for an injury arising from the activity, the insurance company stands in the shoes of the defendant and must therefore pay in accordance with terms of the insurance policy. Exceptional student-athletes and professional athletes are wise to purchase a policy that covers their own participation in the activity. Such insurance for the professional athlete may be referred to as a career-ending injury insurance and usually requires large premiums to maintain because of the potential for great financial loss, especially at the professional level.

Commercial Misappropriation

Though athletes may find that a successful suit under defamation standards is extremely difficult, an area that proves worthy of a lawsuit involves the use of the athlete's name, image, or likeness without the athlete's consent in order to make a profit or sale. Such non-approved use of an athlete's persona is referred to as commercial misappropriation. Since manufacturers and other sellers of products and services commonly use an athlete in marketing in the form of an endorsement contract, athletes must be cognizant to protect from the unauthorized misuse of their image. Establishing a trademark (including an Internet domain name) for one's name or image may be necessary for professional athletes (and certainly professional and amateur leagues and organizations) to prevent improper use of a name for profit.

Products Liability

Products liability in sports represents an area of negligence involving a sporting goods. When plaintiffs sue a manufacturer of sporting goods, the claimants allege that they suffered an injury due to the use of a product that was defective. Bats, gloves, shoes, helmets, pads and other goods used in a sport are subject to a lawsuit if there is a defect in the design or manufacturing process. This may be referred to as a manufacturing defect or design defect.

Manufacturers of goods may also be sued for failing to warn the user of potential dangers involving use of the product. Since goods are involved, the Uniform Commercial Code (UCC) is often called into play, and the user of the product alleges that there was a breach of the warranty of merchantability or a breach of the implied warranty of fitness for a particular purpose. UCC Article 2 governs the sales of goods and has been adopted in whole or in part by every state.

Assessment

- Explain the following terms; Sports law, Tort and Negligence