

Subject: P.H.E

WK 1

Topic:- Personal school and community health (I)

Meaning of family life education

Family life education is the professional practice of equipping and empowering family members to develop knowledge and skills that enhance wellbeing and strengthen interpersonal relationship through an educational preventive and strength based approach.

Benefit of family life education

It aid in proper understanding of family life cycle

It aid in gaining insight into one self and others

It helps in understanding marital and family patterns and processes.etc

Types of family

Nuclear family

Extended family

Others types of family

Foster family

Adopted family

Broken family

Single family

Wk2

Topic: Personal school and community health (II)

Duties of members of the family

*Caring for your children

* Supervising the younger ones.etc

Importance of family in the society

Basic family values

Wk3

Topic: Personal school and community health

Puberty in boys and girls (changes or features)

Puberty is a time of natural development and maturation in humans life both physical and emotional changes takes place

Changes or features in boys during puberty

Facia, pubic and underarm hair starts to grow

The voice deepens

The sex organs increase in size.etc

Change or features in girls during puberty

The breast grow larger

Pubic and underarm hair starts to grow

The hips becomes wider.etc

Premarital sex and it's health consequences

Risk of STIs or STDs

Unwanted pregnancy

Regret, broken heart and guilt.etc

Wk4

Topic: Personal school and community health

Assertiveness and communication skill

Assertiveness is the ability to stand up for your own or other people's right in a calm and positive way without being either aggressive or passively accepting wrong

Means of assertiveness and communication skills

1. Communicating your wishes , thoughts and feelings openly and honestly and encouraging others to do the same

2. Listening to the views of others in an open and non judgemental way.etc

Meaning of communication skills

Communication skills are the abilities you use when giving and receiving different kinds of information.

Wk5

Topic: Personal school and community health

Career of specialization in Physical and Health Education

- Physiotherapy
- Teaching/Lecturing
- Health journalism
- Sport nutrition.etc

Qualifications in Physical and Health Education

- Diploma in physical and health education
- N.C.E in Physical and health education
- B.Ed/ B.A / B.Sc in physical education, health education and human kinetics

Areas of specialization in Physical and Health Education

- Exercise physiology
- Sport psychology
- Sport engineering
- Teaching and lecturing
- Health journalism
- Recreation management
- Health administration

WK 6

Topic: Personal school and community health education

Sports promotion agencies and bodies in Nigeria

- Sport association
- NPHER-SD
- Nigeria institutes of sports
- NASSM
- NAWS
- NSHA

Agencies/organization promoting health education in Nigeria

- NGO
- Ministry of health
- NAFDAC
- W.H.O
- NAHEL
- UNESCO. etc