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School: STA

Subject: Physical and Health Education

Class: JSS 2

Topic: Careers and Branches in Physical and Health Education

Career is a chosen lifetime profession, work or job which someone has acquired skills to do as a means of livelihood.

Physical and Health Education involve the use of carefully selected activities and useful information in order to make an individual totally fit.

Branches of Physical and Health Education

1. Safety education- This consists of basic precautions to be observed in order to prevent sports.
2. Health education- This is passing useful information across to people about what to do, in order to maintain good health.
3. Physical education- This deals with the development of a totally fit person, through the use of carefully selected exercises.
4. Sports psychology- This is the study of human behavior, and how to enhance this behavior for both individual and team performance.
5. Sports medicine- This involves basic principles of preventing, diagnosing and management of injuries in sports.
6. Sports management and administration- This is the art of planning, directing and controlling both human and material resources to enhance sports development.
7. Sports science- This is the application of scientific principles for the improvement of performance in sports.
8. Sports marketing- This involves the use of all business strategies and ideas to promote sports, in order to obtain a lot of money from sports.
9. Sports sociology- This is the application of the scientific study of societies and behaviours of people in groups to achieve set goals in sports.
10. Exercise physiology- This is the application of scientific knowledge of using specific exercises for body development.
11. Recreation management- This is the overall process of using human and material to

develop some activities meant to be performed voluntarily during leisure for fun and enjoyment.

Career opportunities in Physical and Health Education

1. Teaching
2. Coaching
3. Sports marketing
4. Athletics trainer
5. Physiotherapy
6. Advertisement/ sponsorship
7. Equipment manufacturing
8. Officiating
9. Sports journalism
10. Administration and management
11. Consulting services
12. Sports psychology
13. Health education