

**DEPARTMENT OF HUMAN KINETICS AND SPORTS SCIENCE  
FACULTY OF EDUCATION  
UNIVERSITY OF BENIN**

**DEPARTMENTAL PROFILE**



**Dr. Gabriel E. Arainru**  
**Ag. Head, Department of Human Kinetics and Sports Science**

**HOD Welcome Address**

Welcome to the Department of Human Kinetics and Sports Science, Faculty of Education, University of Benin, Benin City, Nigeria.

The Department's undergraduate programme is fully accredited in line with regulations contained in the Benchmark Minimum Academic Standard (BMAS) of the National Universities Commission (NUC). All programmes are run within the academic framework and calendar of the University of Benin. However, the Department is also due for another session of accreditation which is scheduled to take place in October/November, 2024.

The Department currently runs three levels of academic degrees viz: Bachelor's, Master's, and Doctorate degrees. The Bachelor's degree programme is also offered on a part-time basis as part of the part-time programme of Faculty of Education. At the undergraduate level, the Department currently offers Bachelor's degree in Human Kinetics. Although, richer and more robust undergraduate programmes are being designed for approval. The proposed new programmes are:

- i. Human Kinetics and Sports Development
- ii. Sports Coaching and Management
- iii. Sports Science and Exercise Physiology

At the postgraduate level, the Department currently offers the following programmes:  
Master's degree

- i. M.Sc. (Ed) in Human Kinetics Curriculum.
- ii. M.Sc. (Ed) in Sports Management.
- iii. M.Sc. (Ed) in Exercise Physiology.
- iv. M.Sc. (Ed) in Recreation Education Leisure and Tourism Science.

Doctorate degree

- i. Ph.D. in Human Kinetics and Sport Curriculum
- ii. Ph.D. in Sports Management
- iii. Ph.D. in Exercise Physiology
- iv. Ph.D. in Recreation Education, Leisure and Tourism Science

**Brief History of the Department**

The Department of Human Kinetics and Sports Science (HKS) started in the 1977/78 academic session as a division of Physical and Health Education in the Faculty of Education. In that year, Physical and Health Education (PHE) was offered as an elective course in the Faculty of Education. During the 1978/79 academic year, the division of Physical and Health Education started a B.Sc. (Ed) degree programme in Physical and Health Education. Physical and Health Education became a full-fledged academic department in the 1979/80 academic year. Postgraduate curricular in PHE were established in the Department in the 1980/81 academic session, while the sub-degree diploma programme in Physical Education (1982/83) and School Health (1985/86) came on stream. These sub-degree programmes were discontinued and transferred to the Institute of Education, University of Benin in the 1989/90 academic session.

The Department of Physical and Health Education started single honours B.Sc. (Ed.) degree programmes in Physical Education and Health Education in the 1991/92 academic session in line with the approved Minimum Standard in Education issued by the National Universities Commission (NUC) in 1989. The Minimum Standard stipulated separate degree programmes for Physical Education and Health Education as against the old double-major programme known as Physical and Health Education (PHE).

In recognition of the need to meet global best practices and to maintain currency in trends, the name Physical and Health Education (PHE) was changed to Health Environmental Education and Human Kinetics (HEK) in 2005/2006. Following the growth and development of the two major programmes in HEK, there came the need in 2013/2014 academic session to split the department of HEK into two separate departments with Health and Environmental Education on one hand, and Human Kinetics and Sports Science on the other.

**Vision of the Department**

To be a foremost centre of excellence for the training and education of competent and competitive manpower for social service delivery in human kinetics, sports science and sport coaching.

**Mission of the Department**

Our mission is to deploy knowledgeable and technically sound leadership, infrastructure and appropriately designed and supervised programmes and experiences to produce functional and effective personnel for needed social services in the field of sports science, education, sports development, sports coaching and Human Kinetics.

**Staff List**

**Academic Staff**

S/N	Name of Academic Staff	Phone No. & Email	Area of Specialization	Qualification	Rank
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1.	Dr. G. E. Arainru	07051877468 arainru@gmail.com	Physical Education	B. Ed, M. Ed, Ph. D	Senior Lecturer / HOD
2.	Prof. S.O. Aibueku	08068940914 samuel.aibueku@uniben.edu	Sports Sociology & Policy Analysis	B. Ed, M. Ed, Ph. D	Professor
3.	Prof. (Mrs.) A. Efe-Aigbovo	08033663132 Agharese2016@gmail.com	Exercise Physiology	B. Sc (Ed), M. Ed Ph.D	Professor
4.	Prof. E.I. Agbonlahor	08056942200 elvisagbons@yahoo.com	Exercise Physiology, Biomechanics & Performance	B. Ed M. Ed, Ph. D	Professor
5.	Dr. S. Ogbouma	08035023354 solomon.ogbouma@uniben.edu	Exercise Physiology, Biokinesiology & Special Performance	B. Sc (Ed), M.Ed, PhD	Assoc. Professor
6.	Dr. U. A. Oriakhi	08134842666 unity.oriakhi@uniben.edu	Sports Psychology	NCE, B. Sc (Ed) M. Ed, Ph. D	Senior Lecturer
7.	Dr. C. Lator	08067557354 chukwuma.lator@uniben.edu	Human Kinetics Curriculum	B. Sc (Ed), M. Sc. (Ed)	Senior Lecturer
8.	Mr. C.O. Aluya	08033842562 chrisosas444@yahoo.com	Sports Management	B. Sc (Ed), M. Sc. (Ed)	Lecturer I
9.	Miss. C. Y. Abayomi	08135192151 celina.abayomi@uniben.edu	Sports Psychology	B. Sc (Ed), M. Sc. (Ed)	Lecturer I
10.	Dr. V.O. Ighodaro	+2348033775742 vincent.ighodaro@uniben.edu	Exercise Physiology	Ph.D, M.Sc(Ed) B.Sc(Ed)	Lecturer II
11.	Dr. R. Ani	+2348035818432 raphael.ani@uniben.edu	Recreation, Tourism and Leisure Studies	Ph.D, M.Sc(Ed) B.Sc(Ed)	Lecturer II

#### Associate Staff

S/N	Name of Academic Staff	Area of Specialization	Discipline	Qualification	Rank
1.	Prof. P. O. Uadia	Biochemistry	Biochemistry	B. Sc, M. Sc, Ph. D	Professor
2.	Prof. A.C. Ugwu	Exercise Physiology	Medicine	B. Sc, M. Sc, Ph. D	Professor
3.	Prof. V.I. Iyawe	Exercise Physiology/ Sports Medicine	Medicine	MBBS, M. Sc, Ph.D	Professor

4.	Prof. O. J. Ilaboya	Financial Reporting & Taxation	Accounting	B. Sc, M. Sc, MBA, Ph. D, FCA, FCTI	Professor
5.	Prof. J. O. Odion	Sports Law	Law	U.B.(Hons) U.M. Ph. D	Professor
6.	Prof. Oke Kayode	Musculoskeletal Physiotherapy, Health Promotion & Biokinesiology	Physiotherapy	B. Sc, M. Sc, Ph.D	Professor
7.	Prof. Kehinde Aluko	Curriculum in Physical Education & Sports Management	Human Kinetics & Sports Science	NCE, B. Ed, M.Ed, Ph.D	Professor

### **Courses offered with Description**

#### **HKS111: Fundamentals and Techniques of Athletic (Track and Field) (3 credits)**

This course will expose students to basic skills in athletics. Components of athletics, nature of athletics, strategies and condition of athletic skills learning, understanding and practice of skills are areas of coverage. The course will also enable students understand the rules and regulations as well as implements used in different aspects of athletics.

#### **HKS112: Introduction to Human Kinetics and Sports Development (3 credits)**

This course examines the knowledge, structure and principles of human kinetics and undertakes a conceptual analysis and study of sports development in order to enable course participants visualize and understand how human kinetics contributes to sports development.

#### **HKS113: Introduction to Human Biology (3 credits)**

A study of the basic structural and functional organization of the human body, with special emphasis on the cellular units and the body system organization. The framework of the body (Muscular – skeletal) reproduction and genetic evolution, the respiration, cardiovascular, excretory neuroendocrine and enzymatic activities and their relationship to human movement experiences and performance will be discussed.

#### **HKS114: History and Philosophy of Human Kinetics and Sports Development (3 credits)**

This course examines the historical and philosophical evolution of human kinetics and sports in the light of the social, scientific and philosophical forces as well as values that influenced this development.

#### **HKS115: Introduction to Recreation and Tourism (2 credits)**

This course involves the study of the philosophy of recreation and leisure. Emphasis will be placed on problems and challenges that have bedeviled tourism in recent times in Nigeria. Principles and factors involved in planning and developing recreation areas and facilities would also be treated. Program analysis of recreational activities, needs, interests and problems in Nigerian society will be emphasized. Examination of the roles and responsibilities of a recreation service provider will be addressed.

#### **HKS116: Introduction to Traditional Games (2 credits)**

This course involves an introduction to some traditional games selected from among those recognised by the Federation of Nigeria Traditional Sports and from those that are practiced within the local setting. The course is designed to equip the students with the rudiments of two selected traditional games that are necessary for practicing and teaching the course. Selection of traditional games will be done from among Ayo, Okhue, Abula, Langa, Aarin, Dambe, Kokawa,

#### **HKS121: Skills and Techniques of Gymnastics (2 credits)**

This course involves learning and performance of skills in gymnastics; students are expected to be drilled in the theoretical and practical skills and techniques of gymnastics in addition to mastery of the rules and regulations of gymnastics as well as the facilities and equipment for participation.

**HKS122: Introduction to Aquatics (2 credits)**

This course involves a study of human movement and sports in water. Aquatics will entail theoretical and practical knowledge of swimming, water polo and scuba. Emphasis will be on the skills, techniques and practical application of their rules and regulations. Safety in aquatics should be fully examined including knowledge of how to give resuscitation (artificial respiration).

**HKS123: Introduction to Sports Science (3 credits)**

The course participants will acquire knowledge of the scientific bases of sports and human movement activities.

**HKS124: Introduction to African and Modern Dance (2 credits)**

This is a study of Nigerian and other African rhythms and dance movements as an integral part of the subject matter and human movement. The cultural significance of various dances will be examined. The evolution of modern dance and its implications to human movement studies will be critically x – rayed.

**HKS125: Introduction to Board Games (2 credits)**

This course is aimed at providing students with fundamental knowledge and skills necessary for the development of aptitude in two selected board games. Such selection will be from among chess, scrabble, monopoly, and draughts.

**HKS211: Skills and Techniques of Individual and Dual Sports I (3 credits)**

A practical and theoretical experience and an in-depth study of selected individual and dual sports aimed at enhancing course participants psychomotor skills proficiency, competencies and participation in real sports situation, including analysis of their respective skills, strategies and conditions for skill learning, rules and the application of regulations of the respective games. The specific sports are table tennis and badminton.

**HKS212: Sociology of sports (2 credits)**

A study of sociological principles and forces that determine the development of sports in Nigeria and the global community. It also analyses the role and limitations of social institutions in Nigeria. The other aspect of this course will focus on sports economy and business opportunity in sports in Nigeria.

**HKS213: Psychology of Sports (2 credits)**

This course is designed to enable students understand the psychological theories and principles of acquisition of skills and sports performance. It would also examine issues such as personality factors, motivation intelligence, anxiety, stress, skill practice, training and sports performance.

**HKS214: Nutrition in Physical Activities, Health and Wellness (3 credits)**

A study of different classes of food; their functions and nutritional requirements in various human movement activities. It will examine and emphasize the importance of nutrition on the enhancement of human performance. It will also x-ray the prevention of nutrition related disorders such as overweight, obesity, diabetes, cardiovascular disorders and cancer. Students will acquire the ability to design nutritional programmes for athletes, apparently healthy individuals of various age brackets and special population.

**HKS215: Introduction to Sports Management (3 credits)**

This course will examine the concepts and principles of management with emphasis on sports programmes and opportunities in the management of sports will be analysed. Other aspects of the course will include programme planning, leadership qualities, human and material resources, financing and budgeting, maintenance of sports infrastructure. It would enable students to also understand the role of sports managers in sports development.

**HKS216: Sports Practicum (2 credits)**

This course is designed to provide extra sports skills practice and participation experiences and also extramural observation of sports service providers. It will serve to boost course participant's psychomotor competencies, sports attitudes and orientation.

**HKS221: Skills and Techniques of Team Sports (3 credits)**

Students should undertake practical skill and theoretical study of selected team sports with the goal of mastering the skills and techniques of the sports, rules of engagement, the requisite facilities and equipment. It is also expected that course participants understanding of the technical competence and participatory capacity will be enhanced.

**HKS222: Theory and Practice of Physical Fitness and conditioning (3 credits)**

This course is designed for students to acquire knowledge about the theories and opportunities of physical fitness and conditioning including the planning and management of conditioning programmes for all categories of clientele and special groups (athletes, aged, fitness aspirants, industrial workers, the physically impaired, pregnant women etc). Emphasis is on the principles of fitness, evaluation, calisthenics, jogging and fitness, health-related and performance-related components of fitness and their relationships to individual health, human movement and sports.

**HKS223: Human Anatomy & Physiology (3 credits)**

This course is aimed at exposing students to the organization of the body and its parts from the basic chemical building blocks to the more complex team work of organs, systems, the support and movement of the human body, the integration and co-ordination of the body and its functions. It will also address the transport of the various substances throughout the body, the absorption and excretion of essential substances, the human life cycle, and how it is determined, mainly through genetic expression. Particular emphasis will be laid on the relationship of these areas to human movement and performance.

**HKS224: Safety and Management of Sports Injuries (2 credits)**

This course examines the concepts, principles, challenges, strategies and skills related to society and sports injuries. Emphasis will be laid on the importance and significance of safe living and emergency management (at home, workplace, public disasters preparedness, method of safety practices, immediate and temporary care-giving in emergency situations involving accidents and sudden illness and symptoms in sports settings. It will also examine methods of appropriate treatment of wounds, injuries, assertion of breathing and bleeding, poisoning within schools, communities and industrial safety practices. This course also focuses on theories and epidemiology of accident as well as development of programmes for preventing accidents in sporting activities; host-agent-environment interaction as causative and preventive elements in sports injuries management would be emphasized. It will also examine sports injuries, illness management skills, practices and documentation.

**HKS225: Sports Practicum II (2 credits)**

This course exposes students to the introductory aspects of combat sports. It involves the composition, skills, principles, rules and practical experiences in two selected combat sports from among karate, kung-fu, boxing, kickboxing, taekwondo, and judo.

**300 LEVEL**

**HKS311: Skills and Techniques of Individual and Dual Sports II (3 credits)**

A practical and theoretical experience and also an in-depth study of selected individual and dual sports aimed at enhancing course participants psychomotor skills proficiency, competencies and participation in real sports situations, including analysis of their respective skills, strategies and conditions for skill learning, rules and the application of regulations of the respective games. The specific sports are tennis and squash.

**HKS312: Skills and Techniques of Cricket and Golf (3 credits)**

This course is designed to provide entry level information, fundamental principles and management which enables one who will coach and/or instruct basic cricket or golf skills. It

involves a practical and theoretical study of the skill, rules and techniques of cricket and golf. Emphasis is on development of proficiency in the skills and rules of the respective games.

**HKS313: Kinesiology (3 credits)**

This course is a study of the mechanics of human movement based on muscular-skeletal system. Emphasis will be on the application of the principles of mechanics and the associated laws as means of understanding the efficient use of the human body at rest and in motion. Topics will include scope and importance of kinesiology; nature of human motion; the actions of muscles at joint in different human movements and sports, mechanical factors affecting movements; anatomical analysis of motion, kinesiology of the shoulder girdle, knee joint; principles, concepts and mechanics of stability, force, motion. Newton's laws of motion and kinesiological analysis of selected human movement in relation to sports will be treated.

**HKS314: Motor Skill Practice (2 credits)**

This course is designed to provide supervised platforms for further motor skill practices and appreciation in order to improve students' psychomotor efficiency, effectiveness and application in real sports settings. It would assist human kinetics students to build capacities and competencies in sports participation and performance. Students would be required to spend some time in sports, fitness and stadium settings, government or private, under the supervision of personnel in the various agencies and lecturers assigned to them.

**HKS321: Skills and Techniques of Team Sports (3 credits)**

Students should undertake practical skill and theoretical study of selected team sports with the goal of mastering the skills and techniques of the sports, rules of engagement, the requisite facilities and equipment. It is also expected that course participants should understand the technical competency and participatory capacity will be enhanced:

**HKS322: Grass root and Elite Sports Development Strategies (3 credits)**

A study of the principles and practice of grass root and elite athletes' development in Nigeria and leading countries of the world.

**HKS323: Tests, Measurements and Evaluation in Sports (3 credits)**

An introductory course in tests, measurements and evaluation to enable students acquire basic concepts, skills and techniques of test construction, measurements and evaluation processes in the psychomotor domain, health behaviours and attitude assessment. Emphasis will be on the translation of theory of measurements and evaluation into practice as they affect human movements and sports.

**HKS324: Physiological Basis of Physical Activities and Sports Performance (3 credits)**

This is the study of the relationship between the functioning of the organs and systems of the human body and human movement and sports performance. The focus will be on organism, mechanics of muscular contraction, bio-energetic, nerve impulse conduction, circulatory, efficiency and adjustment, anthropometry and work out-put and assessment of fitness in sports.

**HKS325: Management of Recreation and Tourism Facilities, Programmes and Services (2 credits)**

The course is designed to acquaint students with the philosophy and principles involved in leisure and the development and management of recreational activities, facilities, programmes and services. Also included in this course are purchasing, supervision, maintenance and inventory of tourism and recreational facilities. Exposure to major recreation and tourist centers in the society will be encouraged.

**HKS326: Human Kinetics and Sports Performance Analysis (2 credits)**

A clinical movement and performance analysis of man in motion skill acquisition and performance situation with the goal of providing critical feed backs for movement efficiency and performance enhancement, using technology and multimedia tools.

**400 LEVEL**

**HKS411: Design, Construction and Maintenance of Sports Facilities (3 credits)**

Students are expected to be exposed to the theoretical and practical in-depth knowledge of the skills, roles and techniques of the design and construction of some sports facilities such as track and field, soccer, volleyball, basketball, handball, hockey, tennis and cricket

**HKS412: Human Movement and Sports Curriculum Studies (3 credits)**

This course is designed to provide learning experiences and opportunities that would enable students develop knowledge and skills about the meaning, scope, structure, workings and developmental strategies, of the human movement and sports curriculum for effective implementation of human movement and sports studies curriculum in primary and secondary schools.

**HKS413: Biomechanics (3 credits)**

This is the study of the laws and principles of mechanics and human motion and their applications to variety of movement activities and sports. The goal is to improve prospective practitioners capacity to undertake scientific analysis of human motion in order to enhance performance.

**HKS414: Policy, Legal and political issues in Sports (3 credits)**

This course is designed to present the essentials of the national sports policy and the regulations governing them. It also examines the legal aspect of sports participation involving but not limited to negligence, sexual harassment, corporal punishment, product liability, antidiscrimination, contracting, buying, hiring and termination and politics involve in various sports.

**HKS415: Specialized Sports Skill Practice (2 credits)**

This course is designed to facilitate students advanced practice in sports skill, develop techniques and tactics as a means of improving their motor skill competencies and participation in selected key sports.

**HKS421: Coaching and officiating in Sports (3 credits)**

This course is designed to provide an indepth knowledge and principles of coaching and officiating in selected individual, dual and team sports. It will expose students to the fundamental in the development of sports skills and competence in coaching and/or instructing in various sports.

**HKS422: Motor Learning and Human Performance (3 credits)**

A study of the theories and principles of motor skill acquisition and performance. Course participants are expected to be able to apply knowledge in improving their own motor skill competences as well as help others who seek motor skill development and desire to modify their motor learning and performance. These will be examined with their implications to students, teachers and coaches.

**HKS423: Organization and Administration of Sports Programmes (3 credits)**

This course will examine the concepts and principles of management with emphasis on sports program and opportunities in the management of sports will be analyzed. Other aspects of the course include programme planning, leadership qualities, financing, scheduling of tournaments, equipment and facilities provision and maintenance, class/squad management, evaluation and related elements..

**HKS424: Adapted Human Kinetics and Sports (3 credits)**

This course is designed to acquaint students with knowledge of common disabilities and the role of human kinetics in the education and rehabilitation of challenged people. Problems related to emotional maladjustment, mental retardation and physically gifted children will be given appropriation attention. It is also expected to highlight different types of mainstreaming as well as planning, organization and administration of adaptation in human kinetics programmes.

**HKS425: Career Opportunities in Human Kinetics and Sports (2 credits)**

This course deals with an exploration of a broad scope of career opportunities in the world of human kinetics and sports in addition to teaching. Students will develop awareness about those alternative careers and the requisite knowledge and competencies.

**HKS426: Contemporary Issues in Human Kinetics and Sports (2 credits)**



This course will provide a platform for sharing of ideas, discussion of issues that affect the study of human kinetics, sports and physical education in Nigeria and the global community so as to enrich thoughts and practices in the local operating environment.

### **Entry Requirements for Undergraduate Programmes**

#### **UME Entry Requirements:**

Candidates seeking admission into the programme should possess any of the following qualifications: At least five ordinary level credit passes in WAEC, SSCE/GCE, NECO, SSCE/GCE, NABTEB or at least five merit level passes in the Teachers Grade II Certificate Examination (TC II) or any other recognized equivalent obtained at not more than two sittings. They should include English Language, Mathematics, one science subject and any other two subjects.

The University Matriculation Examination (UME) subjects are:

- a. Use of English
- b. One science subject
- c. And any other two subjects.

#### **Direct Entry Requirements:**

Holders of Diploma in Physical Education or Physical and Health Education or other related areas with at least a merit pass or lower credit or its equivalent are eligible. Holders of NCE in Physical Education or Physical and Health Education or other related areas at merit pass also qualify.

### **Entry Requirements for Postgraduate Programmes**

#### **1. M.Sc. (Ed) Degree Programmes in Human Kinetics and Sports Science**

##### **A candidate shall:**

- a) Possess at least a second class lower division degree from the University of Benin or any other recognized university in any aspects of Human Kinetics and Sports.
- b) For Exercise physiology, candidates with at least a second class lower division degree in Physiotherapy, Physiology, Anatomy, and B.Sc. Nursing or equivalent, and other allied, science-related disciplines are eligible. A candidate who is conditionally admitted into the M.Sc. (Ed) programme will be required to take make-up courses as may be determined by the Department.
- c) Candidates with third class Honours will be considered for admission after five years of cognate experience.

#### **2. PhD Programmes in Human Kinetics and Sports Science**

To be eligible for admission into the Ph.D. programmes in Human Kinetics and Sports Science, the candidate should possess a master's degree of the University of Benin or of other recognized universities in an area relevant to human kinetics and sports. For Exercise Physiology, candidates with a master's degree in Physiotherapy, Physiology or sports medicine are eligible for admission. A deficient candidate, that is, a candidate who is conditionally admitted into the Ph.D. programme shall be required to take and pass four (4) or more deficiency courses to be determined by the department.

### **Ongoing research, Journal, and Publications Domiciled in the Department**

#### **Journal of Human Kinetics and Sports Science (JOHKASS)**

The Journal of Human Kinetics and Sports Science (JOHKASS) is a peer-reviewed journal published bi-annually by the Department of Human Kinetics and Sports Science of the University of Benin, Benin City, Nigeria. The current edition of JOHKASS is the fourth edition since the establishment of the Department of Human Kinetics and Sports Science.

This edition contains scholarly articles contributed by authors in the field of human kinetics, health education, recreation, sports and exercise science, and allied fields from local,

national, and international academic institutions. The contributions are made up of experimental researches, survey articles, position papers, and literature reviews. Topical contemporary issues relating to health and sports, human performance, environmental education, sports policy analyses, special performance, and others have been exhaustively covered in this edition. These articles have been subjected to rigorous reviews to ensure that the publication meets acceptable global standards.

As part of our policy to support research efforts at the local, national, and international level, we are committed to ensuring that we publish at least one edition of the journal each year. Where articles are submitted in appreciable quantity, we can publish twice a year. On this note, I, on behalf of the editorial board of the journal, hereby invite scholarly and well researched theoretical, empirical, and reviewed original articles relating to current/contemporary issues in Human Kinetics, Health Education, Recreation, Leisure & Tourism, Sports, Exercise Physiology, Physiotherapy, Health Science, Nutrition and Sports, Pedagogy, and other allied fields for the next edition of the journal. All articles should be forwarded to the Editor-in-Chief or the Managing Editor. Refer to the guidelines for contribution of articles in the journal presented on page v



#### **PERSONAL PROFILE**

Name: Samuel Oveneri AIBUEKU, PhD  
Rank: Professor  
Designation: Academic Staff  
Department: Dept. of Human Kinetics and Sports Science,  
Faculty: Education  
Phone: +2348068940914  
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#### **ACADEMIC PROFILE**

**Qualification:** PhD (Physical Education)  
**Area of Specialization/Research Interest:**  
Sociology of Sports/Sports Policy Analysis

#### **Publications**

1. Ogbouma, S., & **Aibueku, S. O.** (2021). "Sports policy instruments and the challenges of sports development in Nigeria". *Journal of Research in Health and Sports Science*, 20(1), 65-78. Official Journal of the Department of Physical and Health Education, Bayero University, Kano
2. Ogbouma, S., Abhulimhen, E. A., & **Aibueku, S. O.** (2018). Factors influencing Edo State athletes' participation and performance in the 19th National Sports Festival: Implications for the 20th edition. *Journal of Human Kinetics and Sports Science*, 3(1), 125-134. Official Journal of the Department of Human Kinetics and Sports Science, University of Benin.
3. **Aibueku, . S. O.** & Acha, S. (2018). Towards effective organisation and administration of traditional sports and games in Nigeria: Issues and challenges. *Journal of Human Kinetics and Sports Science*, 3(1), 125-134. Official Journal of the Department of Human Kinetics and Sports Science, University of Benin.
4. **Aibueku, S. O.**, & Eraga Mary-Jennifer O. (2018). Administration of sports in Nigeria: The importance of the local structure in sports development. *Journal of Human Kinetics and Sports Science*, 3(1), 209-218. Official Journal of the Department of Human Kinetics and Sports Science, University of Benin.

5. Lator, C. S., **Aibueku, S. O.** & Aluya, O. C. (2016). Influence of Qualification of Physical Education Teachers on the Academic Performance of Secondary School Students in Edo State. Nigerian Journal of Educational Management (NJEM), 1(2), 113-119. An Official Journal of the Department of Educational Management, Faculty of Education, university of Benin, Benin City
6. **Aibueku, S. O.** & Ogbouma, S. (2014). 'Investment promotion in sports and the private sector initiative: Challenges and prospects'. Nigeria Journal of Education, Health and Technology Research. The Official Journal of the Association for the Promotion of Education, Health, Environment and Technology Research.
7. Oriakhi, U., Onobumeh, M., & **Aibueku, S. O.** (2014). 'Promoting healthy aging through recreational exercise'. Nigeria Journal of Education, Health and Technology Research. The Official Journal of the Association for the Promotion of Education, Health, Environment and Technology Research.
- Oriakhi, U., **Aibueku, S. O.**, & Aideyan, D. (2014). 'Management of obesity: Implication for aging athletes'. Asia Pacific Journal of Multidisciplinary Research, 2(1):243-246. The official publication of Lyceum of the Phillipines University, Batangas City, Philippines.
8. Oriakhi, U., **Aibueku, S. O.**, & Agbonlahor, E. I. (2014). 'Exercise as a rehabilitation therapy for the management of stroke'. African Journal of Allied Education. The Official Journal of the Department of Education Foundation, Enugu State University of Science and Technology, Enugu.
9. Oriakhi, U., Oronsaye, R. O., & **Aibueku, S. O.** (2014). 'Impact of poverty on school readiness and learning outcomes'. Journal of Adult Education and Life Long Learning, 2(1):124-134. The Official Journal of the Department of Adult and Non-Formal Education. University of Benin.
10. **Aibueku, S. O.** & Ogbouma, S. (2014). 'Historical Analysis of Nigeria's Sports Development Policy'. Asia Pacific Journal of Education, Arts and Sciences 1 (1): 70-72. The official publication of Lyceum of the Phillipines University, Batangas City, Philippines.
11. Ogbouma, S., **Aibueku, S. O.**, & Agwubike, E. O. (2013). 'Litigations in Fitness Programmes: How Prepared are Fitness Centres in Edo and Delta States of Nigeria?' Academic Research International 4(2)550-557.
12. **Aibueku, S. O.** & Ogbouma, S. (2013). 'Extent of implementation of the 2009 national sports policy of Nigeria: Implications for sports science, exercise science, and sport medicine'. Academic Research International 4(2)541-549.
13. **Aibueku, S. O.** & Ogbouma, S. (2013). 'The growing urge to win and the question of competition ethics in the Nigerian sports delivery system'. Ozean Journal of Social Sciences. 6(1): 13-16. A publication of Dumlupinar University, Istanbul, Turkey.
14. Oriakhi, U., **Aibueku, S. O.**, & Olikiabo, S. O. (2013). 'Cardiovascular diseases: Physical activities as a remedy'. Nigeria Journal of Education, Health and Technology Research 4:87-93. The Official Journal of the Association for the Promotion of Education, Health, Environment and Technology Research.
15. **Aibueku, S. O.** & Nwadiani, O. F. (2011). 'Institutional sports as a means of achieving sustainable sports development in Nigeria'. In Mon Nwadiani & B.O. Ogonor (Eds) Strengthening and Refocusing Education in Nigeria: A Book of Reading.
16. Nwadiani O. F. & **Aibueku, S. O.** (2011). Strategies for management of athletic injuries during major competitions. Journal of Nigerian Universities Games Association (JNUGA), 3(1):100-107.
17. **Aibueku, S. O.** (2011). 'A comparative analysis of Nigeria's sports development policies: 1989 and 2009'. Ozean Journal of Applied Sciences, 4(2):115-120. An official publication of Dumlupinar University, Istanbul, Turkey.
18. **Aibueku, S. O.** & Ogbouma, S. (2011). 'Content assessment of programmes in fitness centres in the Niger Delta region of Nigeria: Implications for sport development drive in Nigeria.'

- European Journal of Educational Studies 3(2): 235-243. An official publication of Dumlupinar University, Istanbul, Turkey.
19. **Aibueku, S. O.** & Nwadiani, O. F. (2010). 'Analysis of problems of teaching physical education in foundation institutions in Nigeria'. Journal of Health and Sports Science, 10 (1)142-146. The Official Journal of the Department of Physical and Health Education of Bayero University, Kano.
  20. **Aibueku, S. O.** (2009). 'Policy implementation and the problem of sports administration in Nigeria'. African Journal for Studies in Education, 4&5 (2&1): 95-103. The Official Journal of the Faculty of Education, University of Benin, Benin City.
  21. Aibueku, S. O. (2008). 'Effective curriculum delivery in physical education in schools: The Nigerian experience'. Indian Journal of Multidisciplinary Research, 4(4): 553-556.
  22. **Aibueku, S. O.** (2007). 'Catch them young: A philosophical justification for grassroot sports development in Nigeria'. Nigerian Journal for citizenship education, 5 (2), 47-53. Editor: Professor.
  23. **Aibueku, S. O.** & Okunbor, A. O. (2007). 'Motivation: A critical index in the preparation for major national and international sports competitions'. Journal of Sports Psychology Association of Nigeria (JOSPAN) 3: 11-18. Official journal of Sports Psychology Association of Nigeria.
  24. **Aibueku, S. O.** & Okunbor, A. O. (2007). 'Factors inhibiting tertiary institutions' participation in recreational activities'. Journal of Sports Psychology Association of Nigeria (JOSPAN) 3: 83-103. Official journal of Sports Psychology Association of Nigeria.
  25. **Aibueku, S. O.** & Okunbor, A. O. (2007). 'Towards effective organization of traditional sports and games in Nigeria: issues and challenges'. Journal of Kinetics and Health Education Perspectives 1(2): 13-26. The Official Journal of the Department of Human Kinetics and Health Education, University of Port Harcourt, Port Harcourt.
  26. **Aibueku, S. O.** (2006). 'Eliminating barriers to women participation in sports and physical education.' Journal of Human Kinetics, Health & Environmental Education,(Special Edition) 12-22. The Official Journal of the Dept of Human Kinetics, Health & Environmental Education, University of Benin, Benin City.
  27. **Aibueku, S. O.** (2006). 'Observable problems of implementation of sports development policy in grassroot institutions in Nigeria.' Journal of Nigerian Association for Physical, Health Education, Recreation, Sports and Dance, 3 (1) 209 – 217. The Official Journal of Nigerian Association for Physical, Health Education, Recreation, Sports and Dance.
  28. **Aibueku, S. O.** & Okunbor, A. O. (2006). 'An overview of measurement and research techniques in leisure studies.' Journal of Nigerian Association for Physical, Health Education, Recreation, Sports and Dance, 3 (1) 244–257. The Official Journal of Nigerian Association for Physical, Health Education, Recreation, Sports and Dance.
  29. **Aibueku, S. O.** & Okunbor, A. O. (2005). 'Achieving sustainable recreational sports development: a Challenge to policy formulation and implementation.' Journal of Nigerian Association for Physical, Health Education, Recreation, Sports and Dance, 2 (1) 81 – 87. The Official Journal of Nigerian Association for Physical, Health Education, Recreation, Sports and Dance.
  30. **Aibueku, S. O.** (2000). 'Re-Defining physical education to meet the challenges of the 21st century.' African Journal of Education, 5 (1) 188 – 197. The Official Journal of the Faculty of Education, University of Benin, Benin City.
  31. **Aibueku, S. O.** (2000). 'A critical assessment of the sports development policy for Nigeria (1989).' African Journal of Education, 5 (2) 123 – 134. The Official Journal of the Faculty of Education, University of Benin, Benin City.
  32. **Aibueku, S. O.** (1999). 'The relevance of physical education and sports in the promotion of citizenship education'. Nigerian Journal for Citizenship Education (1&2), 29-34.

**Level of Teaching and Supervision:** Undergraduate and Postgraduate  
**Conferences Attended**

- i. 22<sup>nd</sup> National Conference of Sports Psychology Association of Nigeria (SPAN); 17<sup>th</sup> – 20<sup>th</sup> October, 2007, University of Benin,  
**Papers Presented**
  - a) Motivation: A Critical Index in the Preparation for Major National and International Sports Competitions
  - b) Factors inhibiting tertiary institutions' participation in recreational activities.
- ii. 38<sup>th</sup> National Conference of the Nigeria Association for Physical, Health Education, Recreation, Sports and Dance (NAPHER-SD), November, 2007. Benin City,  
**Paper Presented**
  - a) Policy Formulation as an Index of Nigeria's Sports Development Initiative.
- iii. Science Teachers Association of Nigeria (STAN) National PHE Panel Workshop, April, 2008, Kano.  
**Paper Presented**
  - a) Effective Curriculum Delivery in Physical Education in Schools: The Nigerian Experience.
- iv. 2010 International Conference of the Faculty of Education on Strengthening and Refocusing Education in Nigeria, University of Benin, Benin City.  
**Paper Presented**
  - a) Institutional sports as a means of Achieving sustainable sports development in Nigeria
- v. 2011 Nigerian Universities Games Association (NUGA) Forum, University of Benin, Benin City.
- vi. 19<sup>th</sup> Annual National Conference of the Nigerian Association of Health Educators 2014. University of Benin, Benin City.  
**Paper Presented**
  - a) Promoting healthy aging through recreational exercise

**ADMINISTRATIVE PROFILE**

- i. Chairman, Joint Universities Preliminary Examination Board [JUPEB] (2018 - 2020)
- ii. Head, Department of Health, Environmental Education & Human Kinetics (2012 - 2015)
- iii. Departmental Part-time Coordinator (2000-2007)
- iv. Congregation Rep. Junior Staff Disciplinary Committee (2002-2004)
- v. Elected Councilor Oredo Local Government Council 1987-1989.
- vi. Appointed Supervisory Councilor for Education Oredo Local Government Council 1988-1989
- vii. Appointed Special Adviser to the Executive Governor on Sports and Rural Development 1992-1993
- viii. Appointed Honourable Commissioner for Agriculture and Natural Resources and Member of the Edo State Executive Council (1993)
- ix. Appointed Special Adviser to the Governor of Edo State on Sports, January 2009 – 2012

**RECOGNITIONS**

**Membership of Learned Societies**

Member, Nigeria Association for Physical, Health Education, Recreation, Sport & Dance  
NAPHER: SD

**Prizes/Honours/Awards/Distinction**

Best Lecturer in the Department of Health, Environmental Education & Human Kinetics  
2006/2007 session



### PERSONAL PROFILE

Name: Prof. (Mrs.) Agharese EFE-AIGBOVO

Rank: Professor

Designation: Academic Staff

Department: Human Kinetics and Sports Science

Faculty: Education

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### ACADEMIC PROFILE

**Qualification:** PhD, Exercise Physiology

**Area of Specialization/Research Interest:**

Exercise Physiology Nutrition/Pharmacological ergogenic in Sports Performance

### Publications

#### International

1. **Efe-Aigbovo, A., & Agwubike, E.O** (2006). Comparing risks of low back pain among officers and men of the 6 Nigerian Divisional Police Headquarters, Edo State, Nigeria.

*Journal of International Council for Health, Physical Education. Recreation Sports and dance.*

1(1):23-26. An Official Journal of International Council for Health, Physical Education, Recreation Sports and dance. (ICHPER.SD) African Region.

2. Agwubike E. O. & **Efe-Aigbovo, A.** (2006). Relative Impact of two Modes of Anaerobic training on leg of male Volleyball players. Indian Journal of Multidisciplinary Research. An official Quarterly International Journal of Centre for Multidisciplinary Research and Action (CMRA), Thodupuzha, kerala, Indian, 4(1), 99-106.

3. Agwubike, E.O., Okunbor, A.O., & **Efe-Aigbovo, A.** (2007). Evaluation of Nigerian Coaches' participation in Physical Fitness activities as the basis for promoting the New Millennium Sports Development Goals.

*Journal of International Council for Health, Physical Education, Recreation, Sports and Dance.* 2 (2):122-127. An Official Journal of International Council for Health, Physical Education,

Recreation Sports and dance. (ICHPER.SD) African Region.

4. Adodo, S.M., **Efe-Aigbovo, A., & Ogunleye A.V** (2014). Anthropometric Characteristics of Nigerian Junior Male Hand Ball Players According to Playing Proficiency. *African Journal of Sports Science.* 5, 171 -188. An Official Journal of the Potchefstroom University for Christian Higher Education (C.H.E), Potchefstroom, South Africa.

5. Oluwaseun Kubeyinje & **Efe-Aigbovo, A.** (2020). Anthropometric Changes Following Aerobic and Resistance Training Programs Among HIV-Seropositive Female Patients. **Turkish Journal of Kinesiology.** 6(3):101 -108. An official Journal of Kinesiology. Faculty of Sports Sciences, Selcuk University, Turkey.

6. **Efe-Aigbovo, A. & Vincent Imagbovomwan Iyawe** (2021). Effects of varying doses of caffeine intake on physiological responses among university hockey players in Edo State, Nigeria. *International Journal of Exercise and Quality of Life (EQOL).* An Official Journal of Faculty of Sport and Physical Education, University of Novi Sad, Serbia. (Acceptance Letter) dated 1 1 th October 2021. Faculty of Sport and Physical Education, University of Novisad, Serbia.

## NATIONAL

7. **Efe-Aigbovo, A., & Agwubike, E.O.** (2006). Violence in sports among secondary School Students in Edo state, Nigeria. *Anambra State Journal of Physical, Health Education, Recreation, Sports and Dance (ANJOPHER)*. 2(1):31-45. An Official Journal of Nigerian Association of Physical, Health Education, Recreation, Sports and Dance.(NAPHER-SD), Anambra Chapter. Department of Health and Physical Education, Nnamdi Azikiwe University, Akwa
8. Okunbor, A.O, Agwubike, E.O., & **Efe-Aigbovo, A.** (2007). Assessing University of Benin Staff Participation Levels in a Structural Fitness/Recreation Programme. *Proceedings of the 38<sup>th</sup> & 39<sup>th</sup> Conference of Nigerian Association of Physical, Health Education, Recreation, Sports and Dance*. 66-72. An Official Journal of the Nigerian Association of Physical, Health Education, Recreation, Sports and Dance (NAPHER.SD).
9. Okoro, **F.I., & Efe-Aigbovo. A.** (2010). Prevention and Control of Hypertension through Nutrition Education and Exercise. *Journal of Research in Health and Sports Science*. 10(1):147-152. An Official Journal of the Department of Physical and Health Education of Bayero University, Kano- Nigeria. Department of Physical and Health Education, Bayero University, Kano, Nigeria.
10. Osayande, E.I., & **Efe-Aigbovo. A.** (2010). Scheduling International Tennis Competition in the Low Latitude. *Proceedings of the 41<sup>st</sup> Conference of Nigerian Association of Physical, Health Education, Recreation, Sports and Dance*. 112120. An Official Journal of the Nigerian Association of Physical, Health Education, Recreation, Sports and Dance (NAPHER.SD).
11. **Efe-Aigbovo, A.,** Alagbu, C.E., & Osayande, E.I. (2011). Cardiovascular Fitness: Its Health Benefits and Implication for Motor Performance. *Nigeria Journal of Education, Health and Technology Research*. 2(1):210-215. An Official Journal of Association for the Promotion of Education, Health, Environmental and Technology Research (NJEHETR).
12. **Efe-Aigbovo, A., & Agwubike, E.O.** (2013). Perception of University of Benin Male and Female Athletes on the use of Performance enhancing Drugs for Sports Performance in Nigeria University Games (NUGA). *Nigeria Journal of Education, Health and Technology Research*. 4, 57-64. An Official Journal of Association for the Promotion of Education, Health, Environmental and Technology Research (NJEHETR).
13. **Efe-Aigbovo,A., & Agwubike, E.O.** (2015). Assessing Female Undergraduate Students' Body Weight Problems through Body Mass Index (BMI). *Benue State University Journal of Education*. 14, 1-7. An Official Journal of the Faculty of Education, Benue State University, Makurdi. Faculty of Education, Benue State University, Makurdi.
14. Oriakhi, U., Ighile, J.E., & **Efe-Aigbovo, A.** (2016). Body Composition Changes Following A 12- Week Rope Skipping Programme Among Male Secondary School Basket ballers in Benin Metropolis. *Journal of Sports Science & Medicine*. (NASSM). XVII, 244-250. An Official Journal of the Nigeria Association of Sports Science & Medicine.
15. **Efe-Aigbovo, A.,** Agwubike, E.O Oriakhi, U., & Ighile, J.E. (2016). Human Kinetics Undergraduates' Morpho-Anthropometric Profile in a Nigerian Tertiary Educational Institution. *Journal of Sports Science & Medicine*. (NASSM). XVII, 270-275. An Official Journal of the Nigeria Association of Sports Science & Medicine.
16. **Efe-Aigbovo, A., & Okafor, F. U.** (2016). Ebola as an Emerging and Re-Emerging Disease in Africa: Its Conceptual Frame Work and the Missing Link. *Nigerian Journal of Health Promotion*. 9, 62-66. An Official Journal of Health Promotion Research Association of Nigeria (HEPRAN). Department of Human Kinetics and Health Education, Nnamdi Azikiwe University, Akwa, Nigeria.
17. Agwubike, E.O., Eimuhi, K.E., & **Efe-Aigbovo, A.** (2016). Prediction of Risk of Abdominal Obesity Based on Anthropometric Measurements in Male Secondary School Students in Benin Metropolis. *JEDA University of Port Harcourt Journal of Education in Developing Areas*. 24(1):216-222. An Official Journal of the Faculty of Education, University of Port Harcourt, Port Harcourt, Nigeria. Faculty of Education, University of Port Harcourt, Port Harcourt, Nigeria.

18. Ani, R.F., **Efe-Aigbovo, A.**, & Agwubike, E.O. (2016). Effects of a 10-week Structure Training Programme on Chest pass and Bounce pass among Female Secondary School Basketball Players in Benin Metropolis. *Institute Journal of Studies in Education*. 5(1&2):39-52. An Official Journal of the Institute of Education, University of Ilorin, Ilorin, Nigeria. Institute of Education, University of Ilorin, Ilorin, Nigeria.
19. Hammed, A.I., & **Efe-Aigbovo, A.** (2017). Age, Gender and Health in the Quality of Life of Patients with Low Back Pain in Kano Metropolis. *JEDA University of Port Harcourt Journal of Education in Developing Areas*. 25(1):51- 56. An Official Journal of the Faculty of Education, University of Port Harcourt, Port Harcourt, Nigeria. Faculty of Education, University of Port Harcourt, Port Harcourt, Nigeria.
20. Ani, R.F., Ehobhayi, A.F., Agwubike, E.O.& **Efe-Aigbovo, A.** (2017). Influence of Age on Selected Anthropometric Parameters on the Fitness Levels of Nigerian University Staff Athletes. *Institute Journal of Studies in Education*. 7(1):66-74. An Official Journal of the Institute of Education, University of Ilorin, Ilorin, Nigeria. Institute of Education, University of Ilorin, Ilorin, Nigeria.
- 21 . Leghemo, T.S., Agwubike, E.O., & **Efe-Aigbovo. A.** (2017). Body Weight Profile Categorization of Uniben Early Morning Fitness Promotion Club Members. *Institute Journal of Studies in Education*. 7(1) 37-42. An Official Journal of the Institute of Education, University of Ilorin, Ilorin, Nigeria. Institute of Education, University of Ilorin, Ilorin, Nigeria.
22. **Efe-Aigbovo, A.**, & Agwubike, E. O. (2006). Violence in sports among secondary school students in Edo state, Nigeria. *Anambra State Journal of Physical, Health Education, Recreation, Sports and Dance*. 2(1):31-45 **LOCAL**
23. Agwubike, E.O., & **Efe-Aigbovo, A.** (2006). Muscular Strength of Nigerian Male Tae Kwondo Combatants after a structured interval weight training programme. *Journal of Human Kinetics, Health and Environmental Education. 2006 Special Edition*. 106-115. An Official Journal of the Department of Human Kinetics, Health and Environmental Education, University of Benin, Benin City, Nigeria. Department of Human Kinetics, Health and Environmental Education, Faculty of Education, University of Benin, Benin City.
24. **Efe-Aigbovo, A.** (2007). Promoting Physical Fitness Activities for Controlling Non-Communicable Disease in Nigeria. *Journal of Human kinetics, Health and Education. (JOHKHEE)*. 2(1): 206-216. An Official Journal of the Department of Human Kinetics, Health and Environmental Education, University of Benin, Benin City, Nigeria. Department of Human Kinetics, Health and Environmental Education, Faculty of Education, University of Benin, Benin City.
25. **Efe-Aigbovo, A.** & Osayande, E.I. (2011). Nutrition for Athletes Towards High Performance: The Need for Nutrition Education. **Strengthening and Refocusing Education in Nigeria: Book of Reading**. 575-583. Faculty of Education, University of Benin, Benin City.
26. Alagbu, C.E., **Efe-Aigbovo, A** & Agwubike, E.O. (2013). Education through the physical: Implications to Administration of Physical Education in Youths Empowerment and Sustainable Development *UNIZIK Orient Journal of Education*. 7(1):38-42. An Official Journal of Faculty of Education, Nnamdi Azikiwe University Awka, Anambra State. Faculty of Education, Nnamdi Azikiwe University Awka, Anambra State.
27. Teinmotei, S.L & **Efe-Aigbovo, A.** (2014). Management Approaches to Drugs Use and Abuse among University Students in Nigeria. *Journal of Educational Studies and Management*. 2(2):103-112. An Official Journal of the Department of Educational Studies and Management, University of Benin, Benin City. Faculty of Education, University of Benin, Benin City.
28. Agwubike, E.O., Okunbor, A.O. & **Efe-Aigbovo, A.** (2015). Participation in Recreation, Fitness and Physical Activities in Contemporary Nigeria: Matters Arising. *Journal of Educational Studies and Management* 3(1&2): 318-330. An Official Journal of the Department of Educational



Studies and Management, University of Benin, Benin City. Faculty of Education, University of Benin, Benin City.

29. Arainru, G.E., **Efe-Aigbovo, A.**, & Agwubike, E.O. (2016). The Imperatives for Participation in Fitness and Recreational Activities for Education and Effective Service Delivery in Contemporary Nigeria. *Journal of Educational Foundations and Development*. 01(04): 22-36. An Official Journal of the Department of Educational Foundations, Faculty of Education, University of Benin, Benin City. Faculty of Education, University of Benin, Benin City.

30. **Efe-Aigbovo, A.**, & Agwubike, E. O. (2017). Leadership and Mentorship in Physical Education, Health Education, Recreation, Sports and dance in Nigeria. A Book of Reading in Honour of Professor Michael Oluwafemi Ajisafe. 228-238.

31. **Efe-Aigbovo, A.**, & Kelley Osasehia Eghosa (2021). The Dynamics of Drug Education in Society. A Book of Reading in Honour of Professor Osayuki Godwin Osayuki Oshodin. An Official Journal of the Department of Health, Safety and Environmental Education, University of Benin, Benin City, Nigeria 386-398.

### **Level of Teaching and Supervision:** Undergraduate and Postgraduate

#### **Conferences Attended:**

1. 2nd International Conference for Association of Physical, Health Education, Recreation, Sports and Dance SD (Africa Region, Ibadan, Nigeria) 2005.

2. Annual Conference of the Nigeria Association for Physical, Health Education, Recreation, Sports and Dance SD, Awka, Anambra State, 15th — 18th June 2005.

3. 3<sup>rd</sup> International Conference for Association of Physical, Health Education, Recreation, Sports and Dance SD (Africa Region, University of Education, Winneba, Ghana 7th — 12th August, 2006. NAPHER — SD

5. 38th National Conference, Benin City, 27th — 30th November, 2007.

6. Faculty of Education 2010 International Conference. Benin City, 26th — 29th September, 2010.  
6. NAPHER — SD

7. 41<sup>st</sup> Annual National Conference. Benin City, 1st—4th December, 2010.

8. International Conference of Association for the Promotion of Education, Health, Environment and Technology Research (APREHET). Benin City, 5<sup>th</sup>-8th July, 2011.

8. International Conference of Sports Science and Health Promotion (ICSSHP, 2011) Ibadan, 22' - 26th November, 2011.

9. Nigeria Association of Health Educators (NAHE) Annual National Conference. Benin City, 4th - 7th June, 2014.

10. Faculty of Education 1<sup>st</sup> International Conference, Faculty of Education, University of Benin, Benin City, 2015.

11. Nigeria Association of Sports Science and Medicine (NASSM) Conference; Alfa Belgore Hall, Alfe Babalola University, Ado-Ekiti (ABUAD). 2015.

12. Faculty of Education 2nd International Conference, Faculty of Education, University of Benin, Benin City, 2016.

13. College of Physical Education Conference, College of Physical Education, Mosoga, 2016.

13. Nigeria Association of Sports Science and Medicine (NASSM 2016, 29TH August-2 September, 2016).

15. Book Launch in Honour of Prof. Michael Oluwafemi Ajisafe; Leadership grid Mentorship in Pat Afe Babalola University, Ado-Ekiti (ABUAD) 1 st April, 2017).

16. 3rd Annual Research Day (University of Benin Annual Research Day UBARD) Conference in University of Benin, Benin City. 25th-26<sup>th</sup> October, 2018.

17. 1st Faculty of Education Staff Development Seminar Series. Faculty of Education, University of Benin, Benin City. 21st June, 2019.

18. ICHPER-SD African Region Virtual Seminar on Post Covid-19, Business Continuity Plan in the Teaching of PHE in Africa. 16th June, 2020.

## **ADMINISTRATIVE PROFILE**

### **RECOGNITIONS**

**External Examinership:** B.Ed. Degree Delsu Affiliated Programme, Delta State University, Abraka, March, 2018.

### **Membership of Learned Societies**

i. Nigeria Association for Physical, Health Education, Recreation Sports and Dance (NAPHER-SD) - Member 1994 to date.

ii. International Council for Health, Physical Education, Recreation, Sports and Dance (ICHPER-SD) - Member 2005 to date.

iii. International Council for Health, Physical Education, Recreation, Sports and Dance (African Region). - Member 2005 to date.

iv. Teachers Registration Council of Nigeria. - Member 2018 to date.

### **Prizes/Honours/Awards/Distinctions (List and Date):**

Commendation Letter from the Head of Department, Human Kinetics (2011/2012)



## PERSONAL PROFILE

**Name:** Solomon Ogbouma, PhD  
**Designation:** Academic Staff  
**Rank:** Associate Professor  
**Department:** Dept. of Human Kinetics and Sports Science,  
**Faculty:** Education  
**Phone:** +2348035023354  
**Email:** [solomon.ogbouma@uniben.edu](mailto:solomon.ogbouma@uniben.edu)  
**Google Scholar:** <https://scholar.google.com/citations?user=JiibnGIAAAAJ&hl=en>

## ACADEMIC PROFILE

**Qualification:** B. Ed., M. Ed., PhD (Benin)  
**Area of Specialization/Interest:** Exercise Physiology, Biokinesiology, Special Performance

## Abridged Publications

1. **Ogbouma, S., & Abayomi, C. Y. (2023).** “Changes in grip strength of young adult females with intellectual disability following twelve weeks Pilates exercise programme”. **Educational Forum (EF), 12(1), 17-27** A publication of the Faculty of Education, University of Maiduguri.
2. **Ogbouma, S., & Abayomi, C. Y. (2023).** “Influence of sports and fitness programmes on the development of leadership qualities among special athletes”. **Educational Forum (EF), , 12(1), 248-259.** A publication of the Faculty of Education, University of Maiduguri.
3. **Ogbouma, S. (2022).** “Effect of structured exercise training programme on the cardiovascular efficiency of adolescent males with intellectually disability in Benin City”. **Journal of Research in Health and Sports Science, 20(3), 41-57.** Official Journal of the Department of Physical and Health Education, Bayero University, Kano
4. **Ogbouma, S. (2022).** “Impact of 11 weeks structured exercise training programme on the muscular fitness of adolescent males with intellectual disabilities”. **Journal of Research in Health and Sports Science, 20(3), 95-106.** Official Journal of the Department of Physical and Health Education, Bayero University, Kano
5. **Ogbouma, S., & Abayomi, C. Y. (2022).** “Research instrumentation in physical activities for special population”. **Journal of Human Kinetics and Sports Science, 6(1),43-60.** Official Journal of the Department of Human Kinetics and Sports Science, University of Benin
6. Ikekhua, Patricia Ikharelu, Olayanju, Olamide Abiodun, & **Ogbouma, S. (2022).** “Perception of stakeholders on the influence of sports facilities on sports development in Edo State Sports Commission”. **Journal of Human Kinetics and Sports Science, 6(1),75-86.** Official Journal of the Department of Human Kinetics and Sports Science, University of Benin

7. **Ogbouma, S.** (2022). “Exploring dimensions of intelligence for effective combat sports coaching in Nigeria”. **Journal of Human Kinetics and Health Education Pedagogy**, 4(2), 58-68. Official Journal of the Department of Human Kinetics and Health Education, Ekiti State University, Ado-Ekiti, Ekiti State.
8. **Ogbouma, S.** (2022). “Differences in muscular fitness between adolescents with physical disabilities and adolescents with moderate intellectual disabilities following eight weeks’ mixed training programme”. **Nigerian Journal of Human Kinetics and Sports Science**, 5, 11-25. Official Journal of the Department Human Kinetics, Sports and Health Education, Lagos State University, Ojo, Lagos
9. **Ogbouma, S., & Aibueku, S. O.** (2021). “Sports policy instruments and the challenges of sports development in Nigeria”. **Journal of Research in Health and Sports Science**, 20(1), 65-78. Official Journal of the Department of Physical and Health Education, Bayero University, Kano
10. Oke, K. I., Ogundiran, O. O., **Ogbouma, S.**, Mbad, C. E. (2021). “Effect of coronavirus disease lockdown on the physical and psychological attributes of Nigerian athletes”. **African Journal of Medicine and Medical Sciences**, 50(2), 237-243. Official Publication of the College of Medicine, University of Ibadan, Ibadan.
11. Oke, K. I. & **Ogbouma, S.** (2020). “Effects of basic tai chi exercise programme on elements of proprioception among elderly males”. Nigerian Journal of Physiotherapy and Rehabilitation, 1(1), 42-51. Official Journal of the Association of Clinical and Academic Physiotherapists of Nigeria (ACAPN)
12. **Ogbouma, S.**, Abayomi, C. Y. & Oke, K. I. (2020). “Structured exercise programmes in promoting healthy body composition in youths with intellectual disability”. **Journal of Basic and Applied Medical Sciences**, 1(1), 41-46. Official Journal of the School of Basic Medical Sciences, University of Benin.
13. Oke, K. I. & **Ogbouma, S.** (2020). “Effects of basic tai chi exercise programme on elements of proprioception among elderly males”. **Nigerian Journal of Physiotherapy and Rehabilitation**, 1(1), 42-51. Official Journal of the Association of Clinical and Academic Physiotherapists of Nigeria (ACAPN)

**Levels of Courses Taught and Supervision:** Undergraduate and Postgraduate

**Conferences Attended (with title, date, place and paper read)**

- i. Maiden IGP National Officiating Conference, 23rd – 24th May, 2022, Lagos.  
**Paper read:** Improving kickboxing coaching standards: Use of ergogenic aids
- ii. National Technical Conference for Officials. World Association of Kickboxing Organisations/Kickboxing Federation of Nigeria, 8th – 12th August, 2021, Asaba.  
**Paper read:** Exploring and applying levels of intelligence in coaching and officiating
- iii. Global Conference on Sport for Social Change. University of Georgia, April 3rd – 4th, 2018, Athens, GA.  
**Paper read:** Proprioceptive responses of developmentally disabled youths to combat-specific open kinetic chain exercise: Implication for youth development

- iv. 20th Annual Conference and Workshop of the Nigeria Association of Sports Science and Medicine, 4th – 7th December, 2017 National Stadium, Lagos.

**Papers read**

1. Promoting healthy body composition among socially vulnerable youths through structured exercise programmes
2. Developing physical literacy through structured exercise training for the enhancement of sports-based practices among socially vulnerable youths

**ADMINISTRATIVE PROFILE**

1. Assistant Dean, Faculty of Education, University of Benin, Benin City (2024 - date)
2. Member, University of Benin Webometrics Committee (2023 - date)
3. Chairman, Faculty of Education ICT & Webometrics Committee (2022 - date)
4. Board Member Representing Nigerian Association for Physical, Health Education, Recreation, Sports and Dance (NAPHER-SD), Kickboxing Federation of Nigeria (2021 – date)
2. Ag. Head, Department of Human Kinetics and Sports Science (2020 – 2022)
3. Faculty Coordinator, Teachers Registration Council of Nigeria (2019 – 2020)

**RECOGNITIONS**

**Membership of Learned Societies**

1. **Member**, Nigeria Association of Sports Science and Medicine (NASSM), 2016 – date
2. **Member**, Nigeria Association for Physical, Health Education, Recreation, Sport & Dance (NAPHER-SD), 2009 – date
3. **Member**, International Council for Health, Physical Education, Recreation, Sports & Dance (ICHPER-SD), 2019 – date

**Prizes/Honours/Awards/Distinction (List and Date)**

1. Award of Excellence for Top Abstracts, Department of Kinesiology, University of Georgia, Athens, GA. [2018]
2. Dean’s Recognition/Award for diligence, Faculty of Education, University of Benin [2015]
3. Letter of commendation from the Dean, Faculty of Education, University of Benin [2012]
4. Letter of commendation from the Head, Dept of Health, Environmental Education & Human Kinetics, Faculty of Education, University of Benin [2012]
5. Letter of commendation from the Dean, Faculty of Education, University of Benin [2011]



### **PERSONAL PROFILE**

**Name:** Gabriel Ehiokenoya ARAINRU Ph.D.

**Rank:** Senior Lecturer

**Designation:** Academic Staff

**Department:** Human Kinetics and Sports Science

**Faculty:** Education

**Phone:** .....

**Email:** .....

### **ACADEMIC PROFILE**

**Qualification:** Ph.D (Ed) Physical Education

**Area of Specialization/Research Interest:**

#### **Publications**

1. **Arainru, G.E.** (2020) Assessing Physical Fitness Status of Students in Tertiary Institutions In Benin City Using University Sports. **Journal of Human Kinetics and Sports Science (JOHKASS)** 4 (1), 156 -163. Department of Human Kinetics and Sports Science, Faculty of Education, University of Benin, Benin City, Nigeria.
2. ODO, F.C. & **Arainru, G.E.** (2019). The effects of Tourism in Nigeria and The Attendant Challenges. **Journal of Education Foundations and Development** 5 (9), 1-10. Department of Educational Foundations, Faculty of Education University of Benin, Benin City, Nigeria.
3. **Arainru, G.E.**, Aluya, C.O. & Lator, C.S. (2017) Management, Procurement and Utilization of Sports Equipment in Schools in Delta State Nigeria. **In O.G. Oshodin (ed) (2017) Leadership and Mentorship in Physical Education, Health Education, Recreation, Sports and Dance in Nigeria. 438-439.**
4. **Arainru, G.E.** & Airende, A.S. (2017) Leadership Style as Sports Marketing Strategy for Development of Sports. **In O.G. Oshodin (ed) (2017) Leadership and Mentorship in Physical Education, Health Education, Recreation, Sports and Dance in Nigeria. 142-14-8.**
5. **Arainru, G. E.** & Awoma, C. (2017) The Level of Arms and Legs Muscle Strength of Security of the Three Tertiary Institutions in Edo State, **Journal of Nigeria Association**

- Of Sports Sciences and Medicines** (xviii): 15-19. Nigeria Association of Sports Science and Medicine (NASSM), Ibadan.
6. **Arainru, G.E.**, (2013) Health Related Physical Fitness Status among Students of Selected Tertiary Institution in Benin City. **Association for Promoting Academic Research and Developments in Nigeria** 17-29. Ekpoma, Edo State.
  7. Lator, S.C., **Arainru, G.E.** & Fatosin, B. (2017) Assessment of Undergraduate Physical Education Students' Occupational Choice in Universities in Edo and Delta States. **Educational Journal of Multi-Disciplinary Studies (EJMUDIS) University of Port-Harcourt**. 2 (6) 317-331. Faculty of Education, University of Port-Harcourt.
  8. **Arainru, G.E.**, Efe-Aigbovo, A & Agwubike, E.O. (2016) The Imperatives for Participation in Fitness and Recreational Activities for Education and Effective Services delivery in contemporary Nigeria. **Journal of Education Foundation and Development**, Faculty of Education, University of Benin, Benin city, Nigeria. 1 (4): 22-36.
  9. **Arainru, G.E.**, (2013) Quality Physical Education for Individual and National Development. **DELSU Journal of Educational Research and Development**. 1 (12) 148-154.
  10. **Arainru, G.E.** & Awoma, C. (2017) The Level of Arms and Legs Muscle Strength of Security of the Three Tertiary Institutions in Edo State, **Journal of Nigeria Association of Sports Sciences and Medicines**. (xviii): 15-19.
  11. Awoma, C. & **Arainru, G.E.** (2017) Sports, as Veritable Tool for Managing Youth Socialization among Secondary School Children in Edo South Senatorial District of Edo State Nigeria. **Saudi Journal of Humanities and Social Sciences**, Dubai, United Arab Emirates 850-855.
  12. Awoma, C.I., Okakah, R.O. & **Arainru, G.E.** (2015) Facilities As Predictor of Sports Development in Edo State, Nigeria. **European Journal of Research in Social Sciences**. UK. 3(3):61-67.
  13. Uadia, P.O., Orunmwensodia, **Arainru, G.E.**, Agwubike E.O. & Akpata, C.B.N. (2016) Effects of Physical and Flexibility Exercises on Plasma Levels of Some Liver Enzymes and Biomolecules of young Nigerian Adults. **Tropical Journal of Pharmaceutical Research**. 15(2):421-425.
  14. Uadia, P.O., Nwokolo, C.C., Orunmwensodia, K.O., **Arainru, G.E.**, Agwubike, E.O. & Akpata, C.B.N. (2017), Effect of Physical and Flexibility Exercise on Certain Hormones and Fasting Blood Sugar of Some Young Nigerian Adults. **Tropical Journal of Pharmaceutical Research** 16 (1): 245-250.
  15. Adebisi I Hammed, Elvis Agbonlahor, Solomon Ogbouma, **Arainru G.E.**, S M Adodo and Collins Ogbeivor (2022) Effectiveness of Cryokinetics on Functional Independence of Participants with Spinal Cord Injury **Biomedical Journal of Scientific & Technical Research**. Nairobi Kenya.
  16. Awoma, C.I & **Arainru, G. E.** (2017) Sports, As a Veritable Tool for Managing Youth Socialization among Secondary School Children in Edo South Senatorial District of Edo State, Nigeria. **Saudi Journal of Humanities and Social Sciences**. 2 (9), 850-855. Dubai, United Arab Emirates
  17. **Arainru, G.E.**, (2022) The Skill Related Physical Fitness Profile As Determinants Of Basketballers Playing At Different Levels. **International Journal of Business and Social Science** 1 (2), 29-35. Business and Social Science Association, Indonesia.
  18. **Arainru G.E.** (2022) Recreation and Leisure as Motivators for Stress and Health Control Measures. **Journal of the Department of Educational Foundations, Faculty of Education and Extension Services**, Usmanu Danfodiyo University, Sokoto. (See attached letter of Acceptance)
  19. **Arainru G.E.** (2022) Ball Passing Performance Skills Profile of Nigerian Elite Basketball Players Playing at Different Levels. **Journal of the Department of Educational**

**Foundations, Faculty of Education and Extension Services, Usmanu Danfodiyo University, Sokoto. (See attached letter of Acceptance)**

20. **Arainru, G.E. (2022) The Ball Dribbling Performance Skill Profile of Nigerian Elite Basketball Players Playing at Different Levels. Global Journal Kinetics Health, Ahmadu Bello University, Zaria.**
21. **Arainru, G.E. (2022) The Ball Rebound Performance Skill Profile of Nigerian Elite Basketball Players Playing at Different Levels. Association for Promotion of Research in Education, Health Environment and Technology (APREHET).**

**Level of Teaching and Supervision:** Undergraduate and Postgraduate  
**Conferences Attended**

1. Nigeria Association of Sports Science and Medicine (NASSM). 26<sup>th</sup> Annual National Conference 2016.

#### **ADMINISTRATIVE PROFILE**

1. Head, Department of Human Kinetics and Sports Science 2022-Till date.
2. Departmental part-time coordinator. 2016-2021.
3. 400 level Student course Adviser/coordinator 2017-2021.
4. Department Coordinator of Practical Classes 2018-2021.
5. Member, university of Benin Staff Sports Committee. 2018-Till date
6. Member, Faculty of Education B(Ed) part-time committee. 2017-2021.
7. Member, Committee on Student's Dress Code in the Faculty of Education. 2017-Till date.
8. Chairman, Departmental Students' Lecturer Assessment Scale Faculty of Education. 2018-Till date.
9. Secretary, Accommodation Sub-Committee, 23<sup>rd</sup> NUGA. 2010-2011.
10. Member, University of Benin Sport Committee. 2010-2014.
11. Public Relation Officer, University of Benin Alumni Association. 2015-2019.
12. University of Benin Senate Representative in Sports 2023-Till date.





#### **PERSONAL PROFILE**

**Name:** Gabriel Ehiokenoya ARAINRU Ph.D.

**Rank:** Senior Lecturer

**Designation:** Academic Staff

**Department:** Human Kinetics and Sports Science

**Faculty:** Education

**Phone:**

**Email:**

#### **ACADEMIC PROFILE**

**Qualification:** Ph.D (Ed) Physical Education

**Area of Specialization/Research Interest:**

##### **Publications**

22. **Arainru, G.E.** (2020) Assessing Physical Fitness Status of Students in Tertiary Institutions In Benin City Using University Sports. **Journal of Human Kinetics and Sports Science (JOHKASS)** 4 (1), 156 -163. Department of Human Kinetics and Sports Science, Faculty of Education, University of Benin, Benin City, Nigeria.
23. ODO, F.C. & **Arainru, G.E.** (2019). The effects of Tourism in Nigeria and The Attendant Challenges. **Journal of Education Foundations and Development** 5 (9), 1-10. Department of Educational Foundations, Faculty of Education University of Benin, Benin City, Nigeria.
24. **Arainru, G.E.**, Aluya, C.O. & Lator, C.S. (2017) Management, Procurement and Utilization of Sports Equipment in Schools in Delta State Nigeria. **In O.G. Oshodin (ed) (2017) Leadership and Mentorship in Physical Education, Health Education, Recreation, Sports and Dance in Nigeria. 438-439.**
25. **Arainru, G.E.** & Airende, A.S. (2017) Leadership Style as Sports Marketing Strategy for Development of Sports. **In O.G. Oshodin (ed) (2017) Leadership and Mentorship in Physical Education, Health Education, Recreation, Sports and Dance in Nigeria. 142-14-8.**
26. **Arainru, G. E.** & Awoma, C. (2017) The Level of Arms and Legs Muscle Strength of Security of the Three Tertiary Institutions in Edo State, **Journal of Nigeria Association Of Sports Sciences and Medicines** (xviii): 15-19. Nigeria Association of Sports Science and Medicine (NASSM), Ibadan.
27. **Arainru, G.E.**, (2013) Health Related Physical Fitness Status among Students of Selected Tertiary Institution in Benin City. **Association for Promoting Academic Research and Developments in Nigeria** 17-29. Ekpoma, Edo State.
28. Lator, S.C., **Arainru, G.E.** & Fatosin, B. (2017) Assessment of Undergraduate Physical Education Students' Occupational Choice in Universities in Edo and Delta States.

- Educational Journal of Multi-Disciplinary Studies (EJMUDIS) University of Port-Harcourt.** 2 (6) 317-331. Faculty of Education, University of Port-Harcourt.
29. **Arainru, G.E.,** Efe-Aigbovo, A & Agwubike, E.O. (2016) The Imperatives for Participation in Fitness and Recreational Activities for Education and Effective Services delivery in contemporary Nigeria. **Journal of Education Foundation and Development**, Faculty of Education, University of Benin, Benin city, Nigeria. 1 (4): 22-36.
  30. **Arainru, G.E.,** (2013) Quality Physical Education for Individual and National Development. **DELSU Journal of Educational Research and Development.** 1 (12) 148-154.
  31. **Arainru, G.E. &** Awoma, C. (2017) The Level of Arms and Legs Muscle Strength of Security of the Three Tertiary Institutions in Edo State, **Journal of Nigeria Association of Sports Sciences and Medicines.** (xviii): 15-19.
  32. Awoma, C. & **Arainru, G.E.** (2017) Sports, as Veritable Tool for Managing Youth Socialization among Secondary School Children in Edo South Senatorial District of Edo State Nigeria. **Saudi Journal of Humanities and Social Sciences**, Dubai, United Arab Emirates 850-855.
  33. Awoma, C.I., Okakah, R.O. & **Arainru, G.E.** (2015) Facilities As Predictor of Sports Development in Edo State, Nigeria. **European Journal of Research in Social Sciences.** UK. 3(3):61-67.
  34. Uadia, P.O., Orunmwensodia, **Arainru, G.E.,** Agwubike E.O. & Akpata, C.B.N. (2016) Effects of Physical and Flexibility Exercises on Plasma Levels of Some Liver Enzymes and Biomolecules of young Nigerian Adults. **Tropical Journal of Pharmaceutical Research.** 15(2):421-425.
  35. Uadia, P.O., Nwokolo, C.C., Orunmwensodia, K.O., **Arainru, G.E.,** Agwubike, E.O. & Akpata, C.B.N. (2017), Effect of Physical and Flexibility Exercise on Certain Hormones and Fasting Blood Sugar of Some Young Nigerian Adults. **Tropical Journal of Pharmaceutical Research** 16 (1): 245-250.
  36. Adebisi I Hammed, Elvis Agbonlahor, Solomon Ogbouma, **Arainru G.E.,** S M Adodo and Collins Ogeivor (2022) Effectiveness of Cryokinetics on Functional Independence of Participants with Spinal Cord Injury **Biomedical Journal of Scientific & Technical Research.** Nairobi Kenya.
  37. Awoma, C.I & **Arainru, G. E.** (2017) Sports, As a Veritable Tool for Managing Youth Socialization among Secondary School Children in Edo South Senatorial District of Edo State, Nigeria. **Saudi Journal of Humanities and Social Sciences.** 2 (9), 850-855. Dubai, United Arab Emirates
  38. **Arainru, G.E.,** (2022) The Skill Related Physical Fitness Profile As Determinants Of Basketballers Playing At Different Levels. **International Journal of Business and Social Science** 1 (2), 29-35. Business and Social Science Association, Indonesia.
  39. **Arainru G.E.** (2022) Recreation and Leisure as Motivators for Stress and Health Control Measures. **Journal of the Department of Educational Foundations, Faculty of Education and Extension Services, Usmanu Danfodiyo University, Sokoto.** (See attached letter of Acceptance)
  40. **Arainru G.E.** (2022) Ball Passing Performance Skills Profile of Nigerian Elite Basketball Players Playing at Different Levels. **Journal of the Department of Educational Foundations, Faculty of Education and Extension Services, Usmanu Danfodiyo University, Sokoto.** (See attached letter of Acceptance)
  41. **Arainru, G.E.** (2022) The Ball Dribbling Performance Skill Profile of Nigerian Elite Basketball Players Playing at Different Levels. **Global Journal Kinetics Health, Ahmadu Bello University, Zaria.**
  42. **Arainru, G.E.** (2022) The Ball Rebound Performance Skill Profile of Nigerian Elite Basketball Players Playing at Different Levels. **Association for Promotion of Research in Education, Health Environment and Technology (APREHET).**

**Level of Teaching and Supervision: Undergraduate and Postgraduate  
Conferences Attended**

2. Nigeria Association of Sports Science and Medicine (NASSM). 26<sup>th</sup> Annual National Conference 2016.

**ADMINISTRATIVE PROFILE**

- |   |                 |
|---|-----------------|
| 13. Head, Department of Human Kinetics and Sports Science                               | 2022-Till date. |
| 14. Departmental part-time coordinator.   | 2016-2021.      |
| 15. 400 level Student course Adviser/coordinator  | 2017-2021.      |
| 16. Department Coordinator of Practical Classes   | 2018-2021.      |
| 17. Member, university of Benin Staff Sports Committee.                                 | 2018-Till date  |
| 18. Member, Faculty of Education B(Ed) part-time committee.                             | 2017-2021.      |
| 19. Member, Committee on Student's Dress Code in the<br>Faculty of Education.           | 2017-Till date. |
| 20. Chairman, Departmental Students' Lecturer Assessment<br>Scale Faculty of Education. | 2018-Till date. |
| 21. Secretary, Accommodation Sub-Committee, 23 <sup>rd</sup> NUGA.                      | 2010-2011.      |
| 22. Member, University of Benin Sport Committee.  | 2010-2014.      |
| 23. Public Relation Officer, University of Benin Alumni Association.                    | 2015-2019.      |
| 24. University of Benin Senate Representative in Sports                                 | 2023-Till date. |



**A.U. ORIAKHI (PH.D)**

Phone NO: +2348074824847

Email: [unity.oriakhi@uniben.edu](mailto:unity.oriakhi@uniben.edu)

Date of First Appointment: 24<sup>th</sup>

February, 2012.

**Akugbe Unity ORIAKHI (Ph.D)** is an academic staff of the Department of Human Kinetics and Sports Science, Faculty of Education, University of Benin, Benin City, Nigeria. He holds a Ph.d in Sports and Exercise Psychology (2018), Masters' Degree in Exercise Physiology (MSc. Ed) (2014), Bachelor of Science in Education (Bsc. Ed) (2005) Second Class Honours Upper Division in Physical Education and Nigerian Certificate in Education (NCE) (1995) in Physical and Health Education. A.U. Oriakhi has published several journals and chapters in books, he has over twenty (20) publications in learned journals, which cut across local, national

and international. He has served the Department and Faculty in various capacity in particular and the University in general, among which are:

- i. Course Adviser
- ii. Transcript Officer
- iii. Undergraduate Project Coordinator
- iv. Managing Editor journal of Human Kinetics and Sports Science
- v. Assistant Departmental Post Graduate Coordinator
- vi. Member Part-Time Teaching Practice Committee
- vii Member Teachers Registration Council of Nigeria.

Akugbe Unity ORIAKHI (Ph.D) is happily married to Mrs, Akugbe Eunice Oriakhi and are blessed with six children



## PERSONAL PROFILE

**Name:** LATOR, Chukwuma Sunday (Ph.D)

**Designation:** Academic Staff

**Rank:** Lecturer I

**Department:** Department of Human Kinetics and Sports Science

**Faculty:** Education

**Phone:** 08067557354

**E-mail:** [chukwuma.lator@uniben.edu](mailto:chukwuma.lator@uniben.edu)

**QUALIFICATIONS:** Ph.D (Human Kinetics Curriculum)

## ACADEMIC PROFILE:

**Qualifications:**

**Area of Specialization/Research Interest:** Human Kinetics and Sports Curriculum

B.Sc.(Ed.) Human Kinetics

M.Sc.(Ed.) Human Kinetics Curriculum

Ph.D (Human Kinetics Curriculum)

## Publications:

### Local Publication with Dates

1. **Lator, C.S.,** Aibueku, S.O. & Ovbiebo, M.C. (2013). Motor Learning Development and the Challenges of Human Kinetics Curriculum in Nigeria. **Technical and Vocational Education Journal (TAVEJ)**, 5(102-117), Benin City: Ambik Press. AFFILIATION: Department of Vocational and Technical Education, University of Benin, Benin City, Edo State, Nigeria.
2. **Lator, C.S.,** Erhabor, I.N. & Ojeme, E.O. (2015). Holistic Development of Physical Education and its Influences in Nigeria (1960-2014). **African Journal of Studies in Education (AJOSIE)**, 10(135-145). AFFILIATION: Faculty of Education, University of Benin, Benin City, Nigeria.
3. Ovbiebo, M.C., **Lator, S.C.** & Ojeme, E.O. (2015). Level of Implementation of Physical Education Curriculum in Junior Secondary Schools in Edo South Senatorial District. **Nigerian Journal of Educational Management (NJEM)**, 1(81-90), Benin City: Ambik Press. AFFILIATION: Department of Educational Management, University of Benin, Benin City, Nigeria.
4. **Lator, C.S.,** Aibueku, S.O. & Aluya, C.O. (2016). Influence of Qualification of Physical Education Teachers on the Academic Performance of Secondary School Students in Edo State. **Nigerian Journal of Educational Management (NJEM)**, 1(113-119), Benin City: Ambik Press. AFFILIATION: Department of Educational Management, University of Benin, Benin City, Edo State.
5. **Lator, C.S.,** Olanrewaju, O.S. & Aziken, G.O. (2018). Lecturers' Awareness and Self Efficacy in Utilising Information Communication Technology for Sports Instruction in Tertiary Institutions. **Journal of Human Kinetics and Sports Science (JOHKASS)**, 3(146-157). AFFILIATION: Department of Human Kinetics and Sports Science, University of Benin, Benin City, Nigeria.

### National Publication with Dates

6. **Lator, C.S.** & Ojeme, E.O. (2015). Assessment of Physical Education Students' Teaching Practice Experiences of selected Tertiary Educational Institutions in Edo State. **Port Harcourt Journal of Nigeria Association for Physical, Health Education, Recreation, Sport and Dance (PORT HARCOURT JONAPHER-SD)**, 2(155-162).

AFFILIATION: University of Port Harcourt of Nigeria Association for Physical, Health Education, Recreation, Sport and Dance.

7. Hitlar, D.M., **Lator, S.C.** & Yakubu, S. (2016). Awareness of Public Secondary School Teachers about Climate Change in Benin metropolis. **Nigerian Journal of Health Education (NJHE)**, 20(218-228). AFFILIATION: Nigerian Association of Health Educators.
  8. Igbudu, U., **Lator, C.S.** & Erhabor, I.N. (2016). Promoting Physical Activities among Older Adults as a way of ameliorating the Health Implications of Climate Change. **Journal of Nigeria Association of Sports Science and Medicine**, 17(329-334). AFFILIATION: Nigeria Association of Sports Science and Medicine (NASSM).
  9. Fatosin, B.T. & **Lator, C.S.** (2017). Effects of Aerobic and Flexibility Exercises on Writing Skills of Nomadic Female Fulani in Koton Karfe Area of Kogi State, Nigeria. **Journal of the International Centre for Science, Humanities and Education Research (ICSHER) Journal**, 3(12-20). AFFILIATION: International Centre for Science, Humanities and Education Research (ICSHER) Journal
  10. Fatosin, B.T. & **Lator, S.C.** (2017). The Nature, Causes and Consequences of Hooliganism in Soccer during Edo State Challenge Cup. **Kwara State University Journal of Sports and Exercise Science (KWAJOSES)**, Maiden Edition (38-59). AFFILIATION: Department of Human Kinetics, Health Education and Sport Management, Kwara State University, Malete, Ilorin, Nigeria.
  11. **Lator, C.S.**, Arainru, G.E. & Fatosin, B.T. (2017). Assessment of Undergraduate Physical Education Students' Occupational Choice in Universities in Edo and Delta States. **Educational Journal of Multi-Disciplinary Studies (EJMUDIS) University of Port Harcourt**, 6(317-331). AFFILIATION: University of Port Harcourt, Faculty of Education, Port Harcourt.
  12. **Lator, C.S.** & Adodo, S.M. (2018). The influence of socio-economic background of parents on the academic performance of student athletes in the University of Benin. **Perspective of Multi-Disciplinary Journal and Learning, Faculty of Education, University of Port Harcourt**, 7(19-34). AFFILIATION: University of Port Harcourt, Faculty of Education, Rivers State, Nigeria.
  13. **Lator, C.S.** & Fatosin, B.T. (2018). Sports Policy and Development: Process Product Relationship. **Educational Journal of Multi-Disciplinary Studies (EJMUDIS) University of Port Harcourt**, 7(107-115). AFFILIATION: University of Port Harcourt, Faculty of Education, Port Harcourt.
  14. Aziken, G.O. & **Lator, C.S.** (2019). Challenges associated with the Utilisation of Audio Visual Media for Human Kinetics (Physical Education) Instruction in Tertiary Educational Institutions. **Multi-Disciplinary Journal and Learning**, 9(144-158). Choba, Port Harcourt: University of Port Harcourt Press Ltd. AFFILIATION: University of Port Harcourt, Faculty of Education, Rivers State, Nigeria.
- International Publication with Date:**
15. **Lator, C.S.** & Adodo, S.M. (2022). Evaluation of the National Physical Education Curriculum Policy Implementation Vis-à-vis Students' Performance in Junior Secondary Schools in Edo State. **Journal of Teaching and Teacher Education**, 10(2), 81-100. AFFILIATION: University of Bahrain
  16. Ovbiebo, C.M., **Lator, C.S.** & Ogbouma, S. (2022). Implementation of Physical Education component within the Basic Science and Technology curriculum and the time allocation in comparison to other basic science and technology subjects. **Journal of Anthropology of Sport and Physical Education (JASPE)**, 6(3), 15-21. AFFILIATION: Montenegrin Sports Academy, Montenegro
  17. \*Omozuwa, M.O. & **Lator, C.S.** (in press). 'Vocational Guidance on Occupational Choice among Physical Education students: Implication for Counselling'. **Journal of Human Kinetics**

**and Sports Science (JOHKASS).** AFFILIATION: Department of Human Kinetics and Sports Science, University of Benin, Benin City, Nigeria.

**Level of Teaching/Courses taught:**

- ✓ HKS111 – Skills and Techniques of Athletics
- ✓ HKS112 – Introduction to Human Kinetics and Sports Development
- ✓ HKS114 – History and Philosophy of Human Kinetics and Sports Development
- ✓ HKS121 – Skills and Techniques of Gymnastics
- ✓ HKS212 – Sociology of Sports
- ✓ HKS224 – Safety and Management of Sports Injuries
- ✓ HKS323 – Test and Measurement in Human Movement and Sports
- ✓ HKS325 – Management of Recreation facilities, programmes and services
- ✓ HKS411 – Construction of Sports facilities
- ✓ HKS412 – Human Movement Curriculum Studies
- ✓ HKS422 – Motor Learning and Human Performance
- ✓ HKS426 – Contemporary Issues in Human Kinetics

**Conferences Attended:**

- (i.) Faculty of Education, University of Benin Conference on 100 Years of Nigerian Education: Journey so far and Prospects for the future; July 2015; Benin City;  
**Paper presented:** Holistic Development of Physical Education and its influence in Nigeria (1960-2014)
- (ii.) Nigerian Association on Sports Science and Medicine (NASSM) Conference on Exercise is Medicine; August 2015; Alfa Belgore Hall, Afe Babalola University Ado-Ekiti (ABUAD);  
**Paper presented:** Promoting Physical Activities among Older Adults as a way of ameliorating the Health Implications of Climate Change
- (iii.) Nigerian Association of Health Educators (NAHE) Conference on Emerging Issues in Health Education; June 2016; College of Primary Education, Epe, Lagos;  
**Paper presented:** Awareness of Public Secondary School Teachers about Climate Change in Benin Metropolis
- (iv.) Nigerian Association on Sports Science and Medicine (NASSM) Conference on Sports Science in Health, Wellness and Performance Enhancement; August/September 2016; Faculty of Education, University of Benin, Benin City;  
**Paper presented:** Lecturers' Awareness and Self Efficacy in Utilising Information Communication Technology for Sports Instruction in Tertiary Institutions

**ADMINISTRATIVE PROFILE:**

Faculty of Education Teaching Practice Committee (Part-Time/Sandwich); Member	2018
Undergraduate Project Committee, Faculty of Education; Member	2018
Faculty of Education Admissions Board; Member	2018
Course Adviser (300 Level)	2020/2021 Session
Part-Time timetable Officer	2020/2021 Session
Departmental Part-time/Sandwich Co-ordinator	2020/2021 Session
Examinations/Time-table Officer	2020/2021 Session
Departmental Transcript Officer	2020/2021
Session	
Hall Warden (Hall 5, Male)	2020/2021 Session

**RECOGNITIONS:**

**Membership of Learned Societies (Indicate body and date);**

- ✓ Registered Teacher (Teachers Registration Council of Nigeria) 2018
- ✓ Nigeria Association of Sport Science and Medicine (NASSM) 2015







## PERSONAL PROFILE

Name: ALUYA Osas Christopher

Designation: Academic Staff

Rank: LECTURER 1

Department: Dept. of Human Kinetics and Sports Science,

Faculty: Education

Phone: +2348033842562

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## ACADEMIC PROFILE

Qualification:

B. Sc(Ed) Human Kinetics (2007/2008)., M.Sc( Ed) Human Kinetics-Sports Management (2013/2014)., PhD (near completion)

Area of Specialization/Research Interest:

Sports Management and coaching competency

Publications

1. Oriakhi, U., & Aluya, C.O. (2020) *Mental Skill Training of Athletes*. University of Nigeria Press, University of Nigeria, Nsukka, Enugu, Nigeria, 265-273
2. Ojeyokan, P..N., &Aluya, C.O.(2020) Management Process as a Strategy for Grassroots Sports Revival. *Nigeria society for sports management journal*. 8, 50-55
3. Aluya, C.O., & Ojeyokan. P.N.(2019). Percieved influence of regular physical fitness and health of undergraduate students. *Journal of educational research and development*. 13(1) 27-34.
4. Aluya, C.O., & Aibueku, S.O. (2019). A critical review of the 2009 National sports policy of Nigeria on the extent of implementation and sports development. *Journal of educational research and development*. 13(1) 19-26
5. Aluya, C.O., & Agbonlahor, I.E. (2017). *The role expectations of leaders in physical education and sports towards sports development in Nigeria*. In O.G Oshodin (ed) (2017). Leadership and Mentorship in physical education, health education, recreation, sports and dance in Nigeria, 83-91.
6. Arainru, G.E., Aluya C.O., & Lator C.S. (2017). *Management, procurement and utilization of sports equipment in schools in Delta state*. In O.G Oshodin (ed) (2017). Leadership and Mentorship in physical education, health education, recreation, sports and dance in Nigeria. 438-444.
7. Lator, C.S., Aibueku, S.O., & Aluya C.O. (2016). Influence of qualification of physical education teachers on the academic performance of secondary school students in Edo state. *Nigerian journal of educational management (NJEM)* 1(2) 113-119. An official journal of the department of educational management, university of Benin.

8. Aluya, C.O., & Mgbor M.O. (2015). Assessment of the status of sports facilities in public secondary schools in Edo state. *An official journal of University of portharcourt*, NAPHER.SD. 2, 240-248.

And others in press.

Level of Teaching and Supervision

Undergraduate Student Teaching and Project Supervision

2015-Date

Conferences Attended

1. Nigeria Association of Sports Science and Medicine Conference on the Theme: Exercise is Medicine, (2016), university of Benin

#### ADMINISTRATIVE PROFILE

- |   |           |
|---|-----------|
| a. 200 Level Course Adviser   | 2016-2020 |
| b. i. Member, Faculty of Education Welfare and Ceremonial Committee   | 2017-2019 |
| ii. Member, Faculty of Education Beautification Committee   | 2017-2019 |
| iii. Member, Faculty of Education Staff Welfare   | 2020-Date |
| iv. Chairman, Faculty of Education Sports Committee   | 2020-Date |
| v. Departmental Coordinator for Faculty of Education<br>Teachers Registration Council of Nigeria (TRCN)<br>Registration/Induction Committee | 2020-2021 |
| vi. Recorder, Departmental Post-Graduate Seminar  | 2015-2021 |

#### RECOGNITIONS

- i. Membership of Learned Society  
Nigeria association of physical, health, recreation, sports and dance: NAPHER,SD
  - Nigeria society for sports Management



#### **PERSONAL PROFILE**

**Name:** Celina Y. Abayomi

**Rank:** Lecturer II

**Designation:** Academic Staff

**Department:** Dept. of Human Kinetics and Sports Science,

**Faculty:** Education

**Phone:** +2348135192151

**Email:** celina.abayomi@uniben.edu

#### **ACADEMIC PROFILE**

**Qualification:** B. Ed., (Benin) M. Ed. (Lagos)

**Area of Specialization/Interest:** Sports Psychology, Psycho-physiology, Optimal Performance, Motivation.

#### **Publications**

1. Ogbouma, S., & **Abayomi, C. Y.** (in press). “Changes in grip strength of young adult females with intellectual disability following twelve weeks Pilates exercise programme”. **Educational Forum (EF)**. A publication of the Faculty of Education, University of Maiduguri.
2. Ogbouma, S., & **Abayomi, C. Y.** (in press). “Influence of sports and fitness programmes on the development of leadership qualities among special athletes”. **Educational Forum (EF)**. A publication of the Faculty of Education, University of Maiduguri.
3. Ogbouma, S., & **Abayomi, C. Y.** (2022). “Research instrumentation in physical activities for special population”. **Journal of Human Kinetics and Sports Science**, 6(1),43-60. Official Journal of the Department of Human Kinetics and Sports Science, University of Benin
4. Ogbouma, S., **Abayomi, C. Y.** & Oke, K. I. (2020). “Structured exercise programmes in promoting healthy body composition in youths with intellectual disability”. **Journal of Basic and Applied Medical Sciences**, 1(1), 41-46. Official Journal of the School of Basic Medical Sciences, University of Benin.
5. Ogbouma, S., **Abayomi, C. Y.** & Oke, K. I. (2020). “Developing physical literacy through structured exercise training for the enhancement of sports-based practices among socially vulnerable youths”. **Journal of Research in Health and Sports Science**, 18(1), 21-30. Official Journal of the Department of Physical and Health Education, Bayero University, Kano.
6. Ogbouma, S., **Abayomi, C. Y.** & Agwubike E. O. (2018). “Differential cardiovascular responses to physical fitness training programme between adolescents with physical disabilities and adolescents with intellectual disabilities”. **Journal of Human Kinetics and Sports Science**, 3(1),26-40. Official Journal of the Department of Human Kinetics and Sports Science, University of Benin.

#### **Levels of courses Taught and Supervision**

Undergraduate

**Conferences Attended (with title, date, place and paper read)**

1. International Council for Health, Physical Education, Recreation, Sports and Dance (ICHPER-SD) Africa Region Virtual Seminar. **16<sup>th</sup> June, 2020**. Virtual Zoom Meeting Platform.
2. 1<sup>st</sup> Faculty of Education Staff Development Seminar Series. **21<sup>st</sup> June, 2019**. University of Benin, Benin city.
3. 20<sup>th</sup> Annual Conference and Workshop of the Nigeria Association of Sports Science and Medicine. **4<sup>th</sup> – 7<sup>th</sup> December, 2017**. National Institute of Sports, Lagos.  
**Paper Read:** Differential cardiovascular responses to physical fitness training programme between adolescents with physical disabilities and adolescents with intellectual disabilities.
4. 12<sup>th</sup> UNILAG Annual Research Conference and Fair. **15<sup>th</sup> – 17<sup>th</sup> August, 2017**. University of Lagos, Akoka, Lagos.  
**Paper Read:** Influence of Sinistral Orientation on the Self-esteem and Performance of Athletes in Competitive Sports.
5. 31<sup>st</sup> Annual National Conference of the Sport Psychology Association of Nigeria. **8<sup>th</sup> August, 2016**. Lagos State University, Ojo, Lagos.

### **ADMINISTRATIVE PROFILE**

1. Member, Faculty of Education Teaching Practice Committee **(2023 - date)**
2. Departmental Course Adviser, 300 level, Human Kinetics **(2022 - date)**
3. Assistant Clearance Officer, Faculty of Education Admissions Board **(2022 - date)**
4. Departmental Course Adviser, 400 level Human Kinetics **(2021 – 2022)**
5. Departmental Admissions Officer **(2021 – date)**
6. Member, Traffic and Environmental Management Committee {Faculty} **(2020 - date)**
7. Member, Ceremonials Committee {Faculty} **(2020 - date)**
8. Member, Sports Committee {Faculty} **(2020 - date)**
9. Departmental Examination/Timetable Officer **(2020 - 2021)**
10. Departmental Course Adviser, 200 level Human Kinetics **(2020 - 2021)**

### **RECOGNITIONS**

#### **Membership of Learned Societies**

- **Member**, Sport Psychology Association of Nigeria {SPAN} **(2016 - date)**
- **Member**, Nigeria Association for Physical, Health Education, Recreation, Sport and Dance (NAPHER-SD) **(2012 - date)**

#### **Prizes/Honours/Awards/Distinction (List and Date)**

6. Letter of commendation for Best Course Adviser, from the Dean, Faculty of Education, University of Benin **[2023]**





