THE ROLE OF PHYSICAL EDUCATION IN THE PROMOTION OF SPORT FOR ALL IN KENYA

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ABSTRACT

In Western Countries, the fundamental reason used for promoting sport for all concept lies in the immediate and long term objective of sporting activities available to them with the aim of improving quality of life. Although 'Sport for All' falls under recreational sports with mass participation as the goal, recreational sports serve as the laboratory for Physical Education. A sound base in Physical Education is therefore needed. It is on this premise that Physical Education should be compulsory in primary and secondary schools. It should also be taught with the seriousness it deserves as this is an investment for the quality of life in future. Through Physical Education, the school should prepare the youth by instilling in them the values of sport. Currently, it is understood that education received in school should be applied in adult life. One of the aims of Kenya secondary school physical education syllabus is to prepare students for life-long participation in physical activity. This paper focuses on the Kenya Secondary School Physical Education Programme and its implications for the 'Sport-for-All' concept under the topics; aims of physical education, secondary physical education syllabus, facilities and personnel and the constraints experienced in the teaching of Physical Education.

Key words: Sport-for-All, physical education, management problems.