

Awareness and Utilization of E-Learning Technologies in Teaching and Learning of Human Kinetics and Health Education Courses in Nigeria Universities

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Abstract : The study examined the Availability and Utilization of E-Learning Technologies in Teaching of Human Kinetics and Health Education courses in Nigerian Universities, specifically, Universities in Kwara State. Two purposes were formulated to guide the study from which two research questions and two hypotheses were raised. The descriptive research design was used in the research. Three Hundred respondents (100 Lecturers and 200 Students) made up the population for the study. There was no sampling, as the population of the study was not much. A structured questionnaire tagged 'Availability and Utilization of E-Learning Technologies in Teaching and Learning Questionnaire' (AUETTLQ) was used for data collection. The questionnaire was subjected to face and content validation, and it was equally pilot tested. The validation yielded a reliability coefficient of 0.78. The data collected from the study were statistically analyzed using frequencies and percentage count for personal data of the respondents, mean and standard deviation to answer the research questions. The null hypotheses were tested at 0.05 level of significance using the independent t-test. One among other findings of this study showed that lecturers and Student are aware of synchronous e-learning technologies in teaching and learning of Human Kinetics and Health Education but often utilize the synchronous e-learning technologies. It was recommended among others that lecturers and Students should be sensitized through seminars and workshops on the need to maximally utilize available e-learning technologies in teaching and learning of Human Kinetics and Health Education courses in Universities.

Keywords : awareness, utilization, E-Learning, technologies, human kinetics synchronous

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