

2011 PROMOTION EXERCISE

CURRICULUM VITAE

1. (a) **Name:** Francisca Chika Anyanwu
(b) **Date of Birth:** 11 February, 1966
(c) **Department:** Human Kinetics and Health Education
(d) **Faculty:** Faculty of Education
(e) **College:** Not Applicable
11. (a) **First Academic Appointment:** Assistant Lecturer, 1 September, 1995
(b) **Present Post (with Date):** Senior Lecturer 1 October, 2008
(c) **Date of last Promotion:** 1 October, 2008
(d) **Date last Considered:** (in case where promotion was not through) Not Applicable

III. University Education (with Dates):

Alvan Ikoku College of Education, Owerri	1983-1986
University of Nigeria, Nsukka	1987-1989
University of Ibadan, Ibadan	1992-1993
University of Ibadan, Ibadan	1994-1999

IV. Academic Qualifications (with Dates and granting bodies):

National Certificate in Education (NCE), Alvan Ikoku College of Education, Owerri	1986
B.Sc. (Ed) Physical and Health Education, University of Nigeria, Nsukka	1989
M.Ed. (Health Education) University of Ibadan, Ibadan	1993
Ph.D. (Health Education) University of Ibadan, Ibadan	1999

V. Professional Qualifications and Diplomas (with date):

B.Sc. (Ed) (Hons).	1989
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VI. Scholarship Fellowships and Prizes (with date)

<u>(in respect of undergraduates and post graduates only):</u>	Nil
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VII. Honours, Distinctions and Membership of Learned Societies:

1. Member, Nigerian Association for Physical, Health Education
Recreation, Sports and Dance (NAPHER-SD) 1983 to date
2. Member, Nigeria school Health Association (NSHA) 1992 to date
3. Member, Society for Women and AIDS in Africa, Nigerian

Chapter (SWAAN)	1994 to date
4. Member, Nigerian Association for Health Educators	1998 to date
5. Member, Nigerian Environmental Service/Action Team (NEST)	2004 to date
6. Member, International Council for Health, Physical Education, Recreation, Sports and Dance (ICHPER.SD)	2006 to date

VIII. Details of Teaching Experience at University level:

- (i) Assistant Lecturer, University of Ibadan, Ibadan 1 September, 1995 to 30 September, 1998
- (ii) Lecturer II, University of Ibadan, Ibadan 1 October, 1998 to 30 September, 2001
- (iii) Lecturer I, University of Ibadan, Ibadan 1 October, 2001 to 30 September, 2008
- (iv) Senior Lecturer, University of Ibadan, Ibadan 1 October, 2008 to date

Details of Courses Taught:

(a) Undergraduate Courses:

- HEE 101: Personal Health of University students
- PHE 201: Fundamentals and Techniques of Sprints and Games 1 (Athletics)
- HEE 201: Field Experience in Health Education
- HEE 202: Organization and Administration of School Health programme
- HEE 204: Epidemiology
- EDH 214: Family Living and Sex Education
- HEE 214: Family living and Sex Education
- HEE 302: Environmental Sanitation
- HEE 401: Population Education
- HEE 405: Alcohol and Drug Education

(b) Degree of Master Courses:

- HEE 707: Theoretical Foundation for Health Education
- HEE 717: Construction and Analysis of Achievement Tests in Health Education Programmes
- HEE 729: Adolescent Health Education
- HEE 733: Accident Prevention and Safety Education
- HEE 741: Driver and Highway Safety Education
- KHE 746: Curriculum Development in Health Education
- KHE 747: Evaluation in Health Education
- KHE 748: Organization and Administration of School Health Programme

(c) M.Phil/Ph.D. Courses:

- HEE 803: Seminar in KHE and Recreation
- KHE 809: Health services and Healthful living Environment
- HEE 818: Healthful Relationships
- HEE 824: Services for People in Difficult Circumstances

(d) Ph.D. Courses:

KHE 903: Doctoral Seminar in KHE and Recreation
KHE 910: Epidemiology

Postgraduate Supervision

The following is a list of M.Ed. and Ph.D. degree students that I have successfully supervised in the University as at 31 July, 2012

- A. Number of M.Ed. projects supervised: 30 (thirty) candidate
- B. Number of Ph.D. Theses supervised: 7 (seven) as at 31 July, 2012
- i. **Ibeagha, Emeka Jonathan (2002)** Exclusive, Partial and Combined Methods of Breastfeeding as Determinants of Some Health Indices of Infants in Anambra State, Nigeria.
(Effective date of Award: October 2002)
 - ii. **Ogueri, Emmanuel Obinna (2003)** Influence of Socio-Cultural Variables on the Use of Modern Contraceptives among Rural and Urban Married Women in Imo State, Nigeria.
(Effective date of award: August, 2003)
 - iii. **Marchie, Chinwe Lucy (2004)** Socio-Cultural Factors as Correlates of Maternal Mortality in Urban and Rural Areas in Southern Parts of Edo State, Nigeria.
(Effective date of award: April 2004)
 - iv. **Ekpu Felicia Saturday (2004)** Environmental Factors as Correlates of Health Status of Dwellers in Fishing Settlements in Akwa Ibom State, Nigeria.
(Effective date of Award: October 2004)
 - v. **Iorvaa Targema (2005)** The Status of School Health Programme in Urban and Rural secondary schools in Benue State, Nigeria.
(Effective date of Award: November, 2005)
 - vi. **Oladipo-Okorie Basirat Olusola (2006)** Socio-Cultural Practices as Predictors of Health Status of Women in the Sub-Urban Areas of Lagos State, Nigeria.
(Effective date of Award: August 2006)
- Salome, Matthew Olufunso (2010)** Effects of Effect of Coping Strategies on Psycho-Social and Health Consequences of Early Demise on Surviving Spouses in Ogun State, Nigeria (Effective date of Award: June 2010)

IX. Research

(a) Completed

Listed below are completed researches designed and executed by me in conjunction with some academic colleagues and postgraduate students.

1. **Awareness and Knowledge of HIV/AIDS among Adolescents in Akinyele Local Government Area**

This study examined the level of awareness and knowledge of adolescents in Akinyele Local Government Area on HIV/AIDS. A sample of 500 students was drawn across all the secondary schools in the local government area through a multi stage sampling technique. The findings of the study revealed that while there was a high level of awareness on the existence of HIV/AIDS and knowledge of its causative organism and prevention, there was however a low level of knowledge on the signs and symptoms of the infection. A robust HIV/AIDS education programme instrumental to equipping adolescents on critical issues related to HIV/AIDS was recommended. The sensitization of adolescents through the mass media especially on the electronic media like television and radio by integrating HIV/AIDS information into programmes that adolescents enjoy was also recommended.

2. **Predisposing Factors of Communicable Diseases among Primary School Children in Ibadan North Local Government Area, Oyo State**

Co-researcher: Marchie, Chinwe Lucy (Doctoral Student).

The researchers investigated factors that predispose primary school children in the local government area to communicable diseases. The study covered ten primary schools drawn through a random sampling technique from which 500 pupils were selected. The research was designed around five hypotheses which include poor personal hygiene, poor environmental sanitation, poor ventilation, direct contact, formite sharing, and low level of disease prevention practices. Findings of the study revealed that all the independent variables were found to predispose pupils to communicable diseases. It was therefore recommended that since good health is required for pupils to do well in Mathematics, English Language and Sciences, which are subjects that have gained prominence; Health Education should be introduced and where they already exist, they should be reinvigorated. This is based on the fact that a well planned, implemented and evaluated programme and instruction in Health Education will enable students to gain competence in adopting lifestyles and practices that will protect and promote their health status as well as that of the school and the entire community and to enable them excel academically since good health is germane to academic excellence.

3. **The Relationship between Environmental Factors and Health Problems of Secondary School Students in Oyo State, Nigeria**

This study investigated the relationship between environmental factors and health problems of students in Oyo State, Nigeria. Environmental factors around which the hypotheses were formulated are school refuse disposal system, toilet facilities, crowded classrooms, and water supply. A sample of 2000 students was drawn from selected public secondary schools in Oyo State through a multi stage sampling technique. Findings revealed that poor refuse disposal, lack of toilet facility, crowded and unventilated classroom, and poor water supply systems all

dispose students to health problems. It was therefore recommended that concerted effort be made by relevant stakeholders to provide basic facilities in the school to ameliorate health problems that lack of these facilities promote. Similarly, a robust health education/instruction programme should be designed for the school and community since people will take on practices that will promote health and well being if they are well informed.

4. **Factors Responsible for Students Non-Selection of Physical and Health Education in the Senior Secondary School Certificate Examination in Oyo State, Nigeria**

It is quite saddening to note that despite the vital importance of physical and Health Education to social development, there seems to be a high level of apathy on the part of students in studying the subject. The researcher was therefore interested in investigating probable reasons for this trend by inquiring into factors that are responsible for the non-selection of this important subject in SSCE among senior secondary students in Oyo State. A sample of 2000 students drawn from the four educational zones in the state was surveyed. Findings revealed that career prospect, non-inclusion of the subject in the curriculum, peer influence, parental influence and tertiary institution requirement are responsible for the non-selection of the subject in Senior School Certificate Examination. It was recommended that Physical and Health Education be made a compulsory subject in secondary schools because of its prospect in entrenching a healthy and strong populace. Sensitization programmes aimed at correcting the wrong notion which parents and significant others hold against Physical and Health Education which has contributed immensely to the negative attitude that learners pose against this vital subject was also advocated.

5. **Determinants of Alcohol Drinking Behaviour of Adolescents in Secondary Schools in Ondo State, Nigeria**

The high rate of anti-social behaviour among the youth in contemporary Nigeria has been tied to substance abuse. Since alcohol is a leading substance of abuse as it is usually the first substance of abuse among young people, the researcher was interested in finding out the determinants of alcohol drinking behaviour among adolescents in Ondo State. A sample of 300 students was selected through a multi stage sampling technique and regression model was used to test the hypotheses built around socio-cultural factors. Findings of the study revealed that parental influence, peer pressure, advertisement and cultural demands are strong determinants of alcohol drinking behaviour among the population. The researcher therefore recommended that apart from designing intervention programme on the health implication of alcohol consumption, parents must desist from encouraging their children and wards from alcohol consumption by giving it to them or taking it before them. A policy on the regulation of advertisement which in most cases glamorizes alcohol use must be enacted and implemented by relevant agencies of government. The involvement of people who adolescents hold as role model like music icons and sports stars in the crusade against alcohol use was also recommended.

6. **Physical Education Programme and Academic Performance of Students in Obowo Local Government Area of Imo State**

Physical Education has been noted to contribute immensely to intellectual development. The researcher was therefore interested in finding out the relationship between physical education and academic performance among secondary school students in Obowo Local Government Area of Imo State. A sample of 400 students was selected randomly from four secondary schools in the local government area. Findings of the study revealed a positive and meaningful relationship between participation in physical education and academic performance as students who participate actively in organized physical education programme were better equipped physically, mentally and emotionally and were more likely to meet academic workload demand than those who do not. It was therefore recommended that a large scale sensitization aimed at correcting the notion that physical education is a barrier to academic performance be embarked upon. Provision of facilities, equipment and opportunities for participation in organized physical education programme was also advocated.

7. **Assessment of the Availability of Environmental Resources for the Implementation of Universal Basic Education (UBE) Programme in Obowo Local Government Area of Imo state**

The Universal Basic Education (UBE) programme aimed, among other things, to ensure the acquisition of appropriate levels of literacy, numeracy, manipulative, communicative and life skill as well as the ethical, moral and civic values needed for laying a solid foundation for life-long learning was launched by the Federal Government of Nigeria in the year 2000. A programme with such prospect can only be successful when resources; both human and material as well as favourable environmental factors are available. The researchers were interested in assessing the level of availability of environmental resources for the effective implementation of UBE programme in Obowo Local Government Area of Imo State. A sample of 200 teachers was drawn across all the public primary and secondary schools in the local government area. Findings revealed that there is gross absence and inadequacies of resources in the schools as there is total absence or inadequate toilet facilities, seats, school buildings/structures, water supply and facilities for games and sports. Since nothing meaningful can be achieved without a conducive working environment and availability of resources, the researchers recommended that enabling environment for the realization of the noble vision of UBE be provided by the state's UBE board and other relevant agencies of government. It was also recommended that the Parents-Teachers Association also assist the government in providing facilities for the schools since government alone cannot effectively provide all the required facilities in schools.

8. **Factors Influencing Sports Administration in Private Nursery and Primary Schools in Ibadan North Local Government Area, Oyo State**

Co-researcher: Asogun Mathew T. (Student)

The place of sport in national development cannot be overemphasized. Sports also contribute immensely to health and well being, mental alertness and good posture. It creates avenues for healthy competition, instills team spirit and group loyalty which are all central to positive social and mental health status. Sport, especially within the school can only be worth its salt if

it is well organized and administered to avoid unnecessary strife that can jeopardize the physical and mental health of participants.

The researchers were interested in investigating the factors that inhibit sports administration in privately owned nursery and primary schools in Ibadan North Local Government Area of Oyo State. Ten schools were surveyed in the study and a dual method of data collection which included the use of self structured questionnaire and personal observation check list were used to collect data. Generated data were analyzed using descriptive statistics of frequency counts and simple percentages as well as inferential statistics of multiple regression. Findings revealed that attitude of the school authority and significant others (school instructors and parents) towards sports, availability of sports facilities as well as availability of sports equipment all influence the administration of sports. It was recommended that school authorities, parents and teachers should develop positive attitude towards sports because of its immense contribution to health and well- being. Encouraging students who participate in sports with scholarships and other awards and souvenirs was also recommended as well as provision of sports facilities and equipment.

9. Knowledge of the Implications and at Risk Behaviour of Female Undergraduates towards Breast Cancer in the University of Ibadan

Co-researcher: Ugochuckwu Shulammite A (Student)

Breast cancer which is one of the leading causes of death in both developed and developing countries of the world can be greatly controlled if detected on time. The researchers were therefore interested in investigating the knowledge of female undergraduates in the University of Ibadan as regards predisposing factors to breast cancer, practice of self-breast examination and its implications. A sample of five hundred female undergraduates was drawn across five faculties in the university and a self structured closed ended questionnaire was used for data collection. Findings revealed that while a high number of respondents (98.6%) reported high knowledge of the effect of breast cancer, only 2.8% reported constant self-breast examination with another worrisome percentage (84.2%) reporting that they engage in risk behaviours that can predispose them to cancer. The researchers therefore recommended that an intervention programme aimed at curbing the high level of exposures to cancer predisposing factors be designed and implemented by school authorities and other relevant agencies both governmental and non-governmental that have interest in the health of students and young adults. Inclusion of a well robust health education programme which will among other topical health issues expose the students to cancer related issues into the General Studies Programme (GSP) in the university was also recommended.

10. Appraisal of School Mid-day Meal in some Selected Secondary Schools of Mushin Local Education District of Lagos State, Nigeria

Co-researchers: Oladipupo-Okerie B. O, and Adefuye M. (Lagos State University, Ojoo)

The place of adequate nutrition to health and well being cannot be overemphasized. Good nutrition and good health are two sides of a coin that are essential for excellent academic performance. Since poverty level in Nigeria is alarming thus incapacitating most families in the provision of adequate nutrition for their children, some state governments, including Lagos State embarked on provision of mid-day meal with the aim of meeting the nutritional requirements of the school children. The researchers appraised mid-day meals in selected

secondary schools in Mushin Local Education District of Lagos State to ascertain the level of organization, hygienic preparation and handling of this meal. They were also interested in finding out the extent to which this programme is meeting the nutritional needs of the students. A sample of 300 students within the age range of 10 and 21 was drawn randomly from public secondary schools in the district. Findings of the study revealed that the mid-day meal programme in the district is poorly organized. It was also found that meals served the students record low level of hygienic conditions in preparation and handling though the students reported that the programme is of great importance to their nutritional requirement. Based on these findings, the researchers recommended engagement of certified dieticians and nutritionists who are not only knowledgeable in food related issues but are also well versed on the implication of meals prepared in unhygienic conditions by the education authority.

b. In Progress

Below are ongoing researches designed and currently being executed by me and my academic colleagues and students.

1. Nutrition and Health Practices as Correlates of Reproductive Health Problems of Women in Oyo State, at Data Analysis Stage.

The taboos placed on certain food items and the manner in which women handle their personal and environmental hygiene are found to predispose them to a lot of health related problems. This study therefore tried to examine the role of nutrition and health practices in influencing reproductive health problems of women in Oyo State. A descriptive research design was adopted for this study. A sample of five (5) hundred women was randomly selected from five (5) Local Government Areas in Ibadan. The study was delimited to Ibadan municipality. Self developed structured questionnaire was used as instrument for data collection.

2. Analysis of Emergency Health and Safety Preparedness of Schools in Oyo State, Nigeria

Human environment, including the school cannot be hundred percent safe from emergencies as there are emergencies that are above the preventive measures of man. In schools, it is important to find out the extent to which schools and child care facilities are prepared to respond to the needs of children during a disaster. The health and welfare of students and school staff in crisis is dependent upon sound emergency preparedness. Therefore, this study was designed to examine the state of emergency preparedness of schools in Oyo state.

The descriptive survey research design was employed in the study which sampled 210 schools in the state selected through a multi stage sampling technique. A self structured closed ended questionnaire which yielded a reliability coefficient of 0.86 using Cronbach alpha scale was used to generate data. The data were analyzed using simple frequency and percentage counts. The study is presently at discussion stage.

3. Assessment of Preference for STIs Prevention Methods by Undergraduates in the University of Ibadan

Co-researcher: Okeke, Sylvester Reuben (Student)

Various researches have indicated that risky sexual practices among in-school adolescents are high. The painful side of the story is that little or no precaution is taken to ensure prevention of infections that are aftermaths of this practice. The researchers were therefore interested in

examining the preferences that undergraduates in the University of Ibadan make as regards STIs prevention methods of abstinence, faithfulness to a single partner and condom use. A pre-survey in-depth interview however revealed another method of STI prevention which combines faithfulness to a single partner with condom use. Due to the sensitivity of the research problem, the research design was triangulated and all the undergraduate halls in the university were sampled with a sample size of 1400 students drawn through a multi stage sampling technique. The study is presently at data analysis stage.

4. Overcrowding and Communicable Diseases Occurrence among Students In Selected Public and Private Secondary Schools in Akinyele Local Government Area, Oyo State

Co-researcher: Ruth Ochanya Adio-Moses (Ph.D.) (Department of Human Kinetics and Health Education, University of Ibadan)

The researchers are interested in investigating the relationship between overcrowded classrooms and the incidence and prevalence on communicable diseases in the population. A sample of 1000 students was drawn from selected public and private secondary students in the local government area. Self structured closed ended questionnaire and observation check lists were designed to be utilized for data generation. The study is currently at pilot study phase after which data collection will commence.

5. Trends and Patterns of Sexual Behaviour among Undergraduates in the University of Ibadan

Co-researcher: Okeke, Sylvester Reuben (Student)

This study is designed to capture recent trends and patterns of youth sexual behaviour among undergraduates in the University of Ibadan. The study is intended to cover all the existing halls of residence in the university and its methodology is triangulated to strengthen validity. Presently the study is at methodology stage.

6. Physical School Environment and Motivation to Learning in Selected Public Secondary Schools in Anambra State, Nigeria

Co-researchers: Okpeze, C.N and Okpeze, V.E (Doctoral Student)

Healthful school environmental factors are required for safety, healthy living conditions and mental development which are all crucial to academic excellence. The researchers are interested in investigating the predictive effect of physical environmental factors on learning in selected public secondary schools in Anambra State, Nigeria. The descriptive survey research design was used in this study. Simple random sampling technique using fish bowl method with replacement was employed in selecting four out of the six educational zones in the state from which a sample of 1,800 students was drawn. The researchers utilized a modified adapted questionnaire which yielded a reliability coefficient of 0.83 Cronbach alpha. The study is presently at data collection stage.

(c) Dissertations and Thesis

i. Anyanwu, F.C. (1994) Awareness and Knowledge Relating to Selected Common Health

Problems in Akinyele Local Government Area of Oyo State.” Unpublished M.Ed. Project, University of Ibadan; **100 pages.**

- ii. Anyanwu, F.C (1999)** Socio-cultural Practices as correlates of psychological, Economical and Health Dispositions of Widows in Imo State, Nigeria. Unpublished Ph.D. Theses, University of Ibadan, **166 pages.**

X. Publications

(a) Books already published: Nil

(b) Chapters in books already published

1. Anyanwu, F.C. (2000): Managing water Resources for Nigerian Development. In C.O. Udoh (Ed). Issues in Human Kinetics, Health Promotion and Education. Ibadan: Department of Human Kinetics and Health Education Pages 72-80.
(Nigeria)
2. Anyanwu, F.C. (2001): Awareness and Knowledge of Selected Common Health Problems among the inhabitants of Akinyele Local government Area of Oyo State. In Yomi Awosika, Babalola J. F., Fabunmi M, Osiki J. O. and Emunemu B. O. (Ed). Topical Issues in Education. Ibadan. Department of Human Kinetics and Health Education. Pages 214-219.
(Nigeria)
3. **Anyanwu F.C.** and Anyanwu I.E. (2002). Contribution of women to diarrhea management in Obowo Local Government Area of Imo State this Millennium. In Oluremi Ayodele-Bamisaye, I.A.Nwazuoke, Abiodun Okediran (Ed). Innovation in Theory and Practice. Ibadan: Macmillan Nigerian Publishers Limited Pages 267-274.
(Nigeria)
(Contribution; 70%).
4. **Anyanwu, F. C.** and Ogueri, E. (2004). Influence of Male Child Preference on the Use of Modern Contraceptives among Rural and Urban Married Women in Imo State, Nigeria. Multi-Disciplinary Approach to Human Kinetics and Health education. Department of Human Kinetics and Health Education Pages 229-237.
(Nigeria)
(Contribution; 70%).
- *5. **Anyanwu, F.C.** and Assam G.B. (2010). Religious Belief and Maternal Mortality in Eket Senatorial District, Akwa Ibom State Nigeria. Optimal Health Performance: the Basis of Human Movement Education in the 21st Century. Department of Human Kinetics and Health Education. Pages 470- 477.
(Nigeria)
(Contribution; 60%).

(c) Articles that have already appeared in Referred Conferences

6. Anyanwu, F.C. (2002). Nutrition as Correlates of Sport Performance among Athletes in Nigerians Universities Games Association. Enhancing Nigerian Sporting Image Through University Games in Igbanugo V. C. (Ed). Pages 86-89. (Nigeria).
7. **Anyanwu, F.C** and Shulammitte Ugochukwu A (2008). Knowledge of the Implications and at Risk Behaviour of Female Undergraduates towards Breast Cancer in the University of Ibadan. Proceedings of the 4th International Council for Health Physical Education Recreation Sports and Dance (ICHPER-SD) African Regional Conference. Pages 90-94.
(Contribution; 60%)
(Botswana)
- *9. Anyanwu, F. C (2010). Factors Responsible for Students Non-Selection of Physical and Health Education in the Senior Secondary School Certificate Examination in Oyo State, Nigeria. Proceedings of the 52nd International Council for Health, Physical Education, Recreation, Sports and dance (ICHPER-SD) World Congress Hosted by the Qatar Olympic Committee. Pages 98-102.
(Qatar)
- *10. **Anyanwu, F.C** and Opareke M.I. (February, 2011). Sociological Factors responsible for Unsafe Sexual Behaviour of Undergraduates in Tertiary Institution in South-West Nigeria. Proceedings of the 5th International Council for Health Physical Education Recreation Sports and Dance (ICHPER-SD) African Regional Conference, pages 280-288.
(Nigeria)
(Contribution; 50%)
- (d). **Patents:** Nil
- (e). **Articles that have already Appeared in Learned Journals.**
11. Nwagu H., Igbanugo V., Filani T. and **Anyanwu F. C.** (1997): HIV/AIDS and STIs Prevention and Control among Commercial Sex Workers in Oyo State. Nigerian Journal of Clinical and Counseling Psychology. Vol. 3 No.2, 31-34, Nigeria.
(Nigeria)
(Contribution; 30%)
12. **Anyanwu, F. C.** and Udoh C. O. (1998): Experience of Widows in Imo State. Nigerian Journal of Health Education. Vol.7, No. 1, 56-66.
(Nigeria)
(Contribution; 50%)
13. **Anyanwu, F, C.,** Udoh C. O. and Okpala, P. N. (1999): Cultural practices as correlates of psychological dispositions of widows in Imo State. Nigerian School Health Journal. Vol.11, No.1&2, 66-71.
(Nigeria)
(Contribution; 30%)

14. Anyanwu, F. C. (2001): Awareness and Knowledge of HIV/AIDS Infection among adolescents in Akinyele Local Government Area. Journal of the Association for Physical, Health Education, Rcreation, Sports and Dance, Oyo State Chapter. Vol. 3, No. 2, 267-273.
(Nigeria)
15. Anyanwu, F. C. and Marchie, C. L. (2003): Predisposing Factors of Communicable Diseases among Primary Schools Children in Ibadan North Local Government area, Oyo State. Nigerian School of Journal, Vol.15 No.1&2. Pages 133-141.
(Nigeria)
(Contribution; 40%)
16. Anyanwu, F. C. (2003): Physical Education Programme and Academic Performance of students in Obowo Local Government Area of Imo State. West African Journal of Physical and Health Education. Vol.9, No. 2, 97-104.
(Nigeria)
17. Anyanwu, F. C. and Blavo, J. R. (2004): Health Status as a Factor Responsible for Preference of Breast Milk Substitutes by Child Bearing Mothers in Badagry Local Government Area of Lagos State, Nigeria. West African Journal of Physical and Health Education. Vol. 9, No. 2, 97-104.
(Nigeria)
(Contribution; 50%)
18. Anyanwu, F. C., Marchie C.L. and Anyanwu I. E. (2005): Assessment of the Availability of Environmental Resources for the Implementation of UBE Programme in Obowo Local Government Area of Imo state. Journal of the Nigerian Association for Physical, Health Education, Recreation, Sports and Dance, Oyo State Chapter. Vol.2, No. 1, 67-72.
(Nigeria)
(Contribution; 40%)
19. Anyanwu, F. C. and Ruth-Ochanya Adio-Moses. (2005). Dress code for students in Tertiary Institutions in Nigeria. Education Today, A Quarterly Journal of the Federal Ministry of Education. Vol. 12, No.1, 27-30.
(Nigeria)
(Contribution; 50%)
20. Oladipupo-Okerie B. O, Adefuye M. and Anyanwu, F. C. (2005): Appraisal of School Mid-day Meal in some Selected Secondary Schools of Mushin Local Education District of Lagos State, Nigeria. Nigerian School Health Journal. Vol.17, No. 1&2, 67-74.
(Nigeria)
(Contribution; 40%)
21. Oladipupo-Okorie B. O. and Anyanwu, F. C. (2006): Socio-Cultural Practices as Predicators of Mental Health Status of Women in Suburban Area of Lagos State, Nigeria. Nigerian school health journal. Vol.18, No. 1, Pages 179-192.
(Nigeria)

(Contribution; 50%)

22. Anyanwu, F. C and Felicia S. Ekpu (2006): Investigative Study of Factors Influencing the Health Status of Athletes in Oyo State, Nigeria. Journal of the Nigerian Association for Physical, Health Education, Recreation, Sports and Dance, Oyo State Chapter. Vol. 3, No. 1, 63-70.

(Nigeria)

(Contribution; 50%)

23. Anyanwu, F. C. and Adio Moses R. O (2007): Health Education and National Development in this Millennium. Journal of International Council for Health, Physical Education, Recreation, Sports and Dance. (ICHPER-SD) (African Region). Vol.2 No.1, 17-20.

(Ghana)

(Contribution; 50%)

24. Anyanwu, F. C. and Ibeagha E. J. (2008): Exclusive, Partial and Combined Methods of Breast Feeding as Determinants of Movement Competence of Infants in Anambra state, Nigeria. International Association of Sport Kinetics: Coordination Motor Abilities in Scientific Research. Biala Podiaska. Vol.24, 157-163.

(Poland)

(Contribution; 50%)

25. Anyanwu F. C., Adio Moses R. O. and Obaretin M.T. (2008): Relationship between Environmental Factors and Health Problem of Secondary School Students in Oyo State, Nigeria. Pakistan journal of social sciences. Vol.5, No 6, 567-569.

(Pakistan)

(Contribution; 50%)

26. Anyanwu F.C and Asogun Mathew T (2006). Factors Influencing Sports Administration in Private Nursery and Primary Schools in Ibadan North Local Government Area, Oyo State. Journal of International Council for Health, Physical Education, Recreation, Sports and Dance. (ICHPER-SD) (African Region). Vol.1 No. 2, 114-117.

(Pakistan)

(Contribution; 60%)

***27. Marchie, C.L** and **Anyanwu, F.C (2008):** A Comparative Study of Socio-Cultural Factors Contributing to Maternal Mortality in Urban and Rural Areas of Southern Part of Edo State, Nigeria. Asian Women Research Institute. Vol. 24 No 3, 43-56.

(Asia)

(Contribution; 50%)

***28. Blessing Selly Unuakhena** and **Anyanwu, F.C** (2009): Exercise and Moderate Intake of Fat Enhance Healthful Ageing Process. Journal of Nigeria Association of Sports Science and Medicine Vol.11 No. 1, 90-94.

(Nigeria)

(Contribution; 50%)

- *29. Marchie, C.L. and **Anyanwu, F.C** (2009): Relative Contributions of Socio-Cultural Variables to the Prediction of Maternal Mortality in Edo South Senatorial District, Nigeria. African Journal of Reproductive Health. Vol. 13 No. 2, 109-115.
(Nigeria)
(Contribution; 50%)
- *30. Anyanwu, F.C. (2010): Determinants of Alcohol Drinking Behaviour of Adolescence in Secondary Schools in Ono State Nigeria. Benue State University Journal of Education. Vol.10. 8-14.
(Nigeria)
(Contribution; 50%)
- *31. Ogharaerumi, B.S.U, and **Anyanwu, F. C.** (2010): Performance and Transformation in Reproductive Health Education for Girls: An Imperative for Vital Health Statistics and Millennium Development Goals/Vision 2020. International Journal of Forum for African Women Educationist Nigeria. Vol. 2, No. 2, 141-150.
(Nigeria)
(Contribution; 50%)
- *32. Ogueri E.O, **Anyanwu, F. C** and Ibhafidon A. (2010): Perceived Predisposing Factors to Communicable Diseases among Primary School Pupils in Ngor-Okpala Local Government Area, Imo State, Nigeria. International Journal of Development Studies. Vol. 1, No. 1, 212-220.
(Nigeria)
(Contribution; 30%)

(f) Technical Reports and Monograph:

33. **Anyanwu, F. C.** (2006). Epidemiology. Ibadan: Distance Learning Centre University of Ibadan. Pages 1-63.
(Nigeria)

* Published/ Accepted since last promotion.

** Published/ Accepted since last consideration for promotion.

FOCUS OF MY RESEARCH

My research focuses mainly on contemporary School Health Education aimed at facilitating enhanced academic performance through improved health status of learners.

Health promoting behaviours in learners

My research work has been on improving health promoting behaviour of learners which are closely related to their current and subsequent health status. To instill in them a human actualizing tendency which is directed towards optimal well being, personal fulfillment and productive living. One of the areas I pride myself on is helping learners acquire and identify activities that result in improved health, enhanced functional ability and better quality of life. The belief and evaluation people hold about themselves determine to a large extent who they are, what they can do and what they can become. These powerful inner influences provide an internal guiding mechanism, steering and nurturing individuals through life and as well governing their behaviour. Research efforts has been on predisposing factors to communicable diseases, environmental factors and health problems of students (Items 2, 7, 9, 14, 15, 30 and 33)

Health education: A prerequisite for national development

The essence of my research into making health education the corner stone for national development is because it is the most effective and important means of preventing disability conditions and diseases that might cripple the entire work force in the nation. Health education is any combination of learning experiences that are designed to help individuals and communities improve their health, by increasing their knowledge or influencing their attitudes. The inclusion of health education in schools would be an important step towards the development of policies which would lead to the reduction of child and maternal mortality. It is therefore important to note that the public awareness strategies mounted on health related issues would not have been necessary if health education is made a compulsory subject at all levels of education. (Items 1, 23 and 32)

Supportive or conducive environment to promote health of the learners: I examined issues on the provision of a healthful school environment which has to guarantee the efficient performance of students and staff. It is important to stress that the intellectual make up a child is shaped by the nature and type of environment in which learning takes place. Students are motivated to learn when the environment is safe and healthy with supportive resources and facilities for optimal learning to be achieved. My research work has contributed to helping students to understand that all work and no play make Jack a dull boy. It is clear that students who have been stimulated and encouraged for mental development through extra-curricular activities in school environment perform better in their academic work. (Items 18, 24, and 25)

Ten (10) publications that best reflect my contribution to scholarship and Research

1. Anyanwu, F.C. (2001): Awareness and Knowledge of selected CommonHealth Problems among the inhabitants of Akinyele Local government Area of Oyo State. In Yomi Awosika, Babalola J F, Fabunmi M, Osiki J O and Emunemu B O (Ed). Topical Issues in Education. Ibadan. Department of Human Kinetics and Health education. 214-219. **(Nigeria).**
(No. 2 on the CV)
2. Anyanwu, F.C. (2002): Nutrition as Correlates of Sport Performance among Athletes in Nigerians Universities Games Association. Enhancing Nigerian Sporting Image Through University Games in Igbanugo V. C. (Ed). 86-89. **(Nigeria).**
(No. 7 on the CV)
3. **Anyanwu, F.C** and Shulammite Ugochukwu A (2008): Knowledge of the Implications and at Risk Behaviour of Female Undergraduates towards Breast Cancer in the University of Ibadan. Proceedings of the 4th International Council for Health Physical Education Recreation Sports and Dance (ICHPER-SD) African Regional Conference Pages18-21. 90-94. **(Botswana).**
(No. 8 on the CV)
4. Anyanwu, F. C. (2001): Awareness and Knowledge of HIV/AIDS Infection among Adolescents in Akinyele Local Government Area. Journal of the Nigerian Association for Physical, Health Education, Recreation, Sports and Dance, Oyo State Chapter. Vol. 3, No. 2, 267-273. **(Nigeria).**
(No. 14 on the CV)
5. **Anyanwu, F. C.** and Marchie, C. L. (2003): Predisposing Factors of Communicable Diseases among Primary Schools Children in Ibadan North Local Government area, Oyo State. Nigerian school of journal,Vol.15 No.1&2, 133-141. **(Nigeria).**
(No. 15 on the CV)
6. Anyanwu, F. C. (2003): Physical Education Programme and Academic Performance of Students in Obowo Local Government Area of Imo State. West African Journal of Physical and health Education. Vol.9, No. 2, 97-104. **(Nigeria).**
(No. 16 on the CV)
7. **Anyanwu, F. C.,** Marchie C.L. and Anyanwu I. E. (2005): Assessment of the Availability of Environmental Resources for the Implementation of UBE Programme in Obowo Local Government Area of Imo state. Journal of the Nigerian Association for Physical, Health Education, Recreation, Sports and Dance, Oyo State Chapter. Vol.2, No. 1, 67-72. **(Nigeria).**

(No. 18 on the CV)

- 8. Anyanwu, F. C. and Adio Moses R. O (2007):** Health Education and National development in this Millennium. Journal of International Council for Health, Physical Education, Recreation, Sports and Dance. (ICHPER-SD) (African Region). Vol.2 No.1, 17- 20. **(Ghana).**

(No. 23 on the CV)

- 9. Anyanwu F. C., Adio Moses R. O. and Obaretin M.T. (2008):** Relationship between Environmental Factors and Health Problem of Secondary School Students in Oyo State, Nigeria. Pakistan journal of social sciences. Vol.5, No 6, 567-569.

(Pakistan).

(No. 25 on the CV)

- 10. Anyanwu, F.C. (2010).** Determinants of Alcohol Drinking Behaviour of Adolescence in Secondary Schools in Ono State Nigeria. Benue State University Journal of Education. Vol. 10, 8-14.

(Nigeria).

(No. 30 on the CV)

XI Major Conferences Attended with Papers Read (in the last 5 years)

- 1. Nigerian Anthropological and Sociological Association (NASA) Annual Conference.** Held in University of Ibadan, August, 2007.

Paper Read:

Determinants of Alcohol Drinking Behavior of Adolescents in Secondary Schools in Ondo State, Nigeria.

2. Nigerian Anthropological and Sociological Association (NASA) Annual Conference. Held in Uthman Dan Fodiyo University, Sokoto, Nigeria. July, 2008.

Paper Read:

Over Population and Communicable Disease Occurrence among Students in Secondary Schools in Ibadan, Oyo State.

3. 4th Conference of International Council for Health, Physical Education, Recreation, Sports and Dance (ICHPER-SD) (African Region) Held in University of Gabornne Botswana. October, 2008.

Paper Read:

Knowledge of the Implications and at Risk Behaviour of Female Undergraduates towards Breast Cancer in the University of Ibadan

4. Annual Scientific Conference of Association of Public Health Physicians of Nigeria (APHPN), National Sickle Cell Centre Idi-Araba Lagos, Nigeria.

Paper Read:

Analysis of Emergency Health and Safety Preparedness of Schools in Oyo State, Nigeria.

5. The Nigerian Association of Health Educators (NAHE), University of Benin City. 2-5 June, 2010

Paper Read:

The Status of School Health Instruction in Rural Secondary Schools in Benue State, Nigeria.

6. 52nd International Council for Health, Physical Education, Recreation, Sports and Dance (ICHPER-SD) world Congress (held in Qatar 8-12 May, 2010).

Paper Read:

Factors Responsible for Students Non-selection of Physical and Health Education in the Senior Secondary School Certificate Examination in Oyo State.

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Francisca C. Anyanwu

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Date