



Study Plan for Program of Sports Science and Physical Activity	
College	Education
Department/ Program	Physical Sports Sciences/ Sports Science and Physical Activity Program
Degree	Bachelor

Level (1)						
	Course Name	Course Code	Credit Hours	Contact Hours	Course Type	Co-Requests:
1.	Arabic Composition	ARAB 101	3	3	University	-
2.	English Language (1)	Eng. 101	4	12	University	-
3.	Principles of Mathematics	MATH 100	4	5	College	-
4.	E- Learning	EDTEC 130	4	5	College	-
Sum			15 Credit Hours			
Level (2)						
	Course Name	Course Code	Credit Hours	Contact Hours	Course Type	Co-Requests:
1.	Islamic Culture (1)	ISLS 101	3	3	University	-
2.	English Language (2)	ENG 102	4	12	University	-
3.	Development Psychology	PSY 141	4	4	College	-
4.	Health and Fitness	PHS110	3	4	College	-
Sum			14 Credit Hours			
Level (3)						
	Course Name	Course Code	Credit Hours	Contact Hours	Course Type	Co-Requests:
1.	Family system in Islamic (2)	ISLS 202	3	3	University	ISLS 101
2.	Functional Anatomy	PHS100	4	5	Program	-
3.	Principles of Motion Science	PHS120	3	3	Program	-
4.	Introduction to sports sciences	PHS150	3	3	Program	-
5.	Performance and scientific Principles in Volleyball	PHS130	3	6	Program	-
Sum			16 Credit Hours			



Template Code: 0130-F090T رمز النموذج:

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Level (4)						
	Course Name	Course Code	Credit Hours	Contact Hours	Course Type	Co-Requests:
1.	Contemporary Women's Issues (3)	ISLS 303	3	3	University	ISLS 101
2.	Exercise Physiology	PHS201	4	5	Program	PHS100
3.	Foundations of Physical Conditioning	PHS211	3	4	Program	PHS110
4.	Biomechanics	PHS221	4	5	Program	-
5.	Performance and scientific Principles in Athletics (1)	PHS240	3	6	Program	-
Sum			17 Credit Hours			
Level (5)						
	Course Name	Course Code	Credit Hours	Contact Hours	Course Type	Co-Requests:
1.	Contemporary Women's Issues (4)	ISLS 404	3	3	University	ISLS 101
2.	Leadership skills	EDAT 320	3	3	College	-
3.	Motor learning	PHS222	4	5	Program	-
4.	Sports injuries	PHS202	3	3	Program	PHS100
5.	Performance and scientific Principles In Basketball	PHS231	3	6	Program	-
6.	Work –based learning (1)	PHS290	1	5	Program	-
Sum			17 Credit Hours			
Level (6)						
	Course Name	Course Code	Credit Hours	Contact Hours	Course Type	Co-Requests:
1.	Language Skills	ARAB 202	3	3	University	-
2.	Coaching Science	PHS260	3	3	Program	-
3.	Performance and scientific Principles in Exercises	PHS241	3	6	Program	-
4.	Performance and scientific Principles in Athletics (2)	PHS242	3	6	Program	PHS240
5.	Work –based learning (2)	PHS291	1	5	Program	PHS290
6.	Free Elective (١)	-	3	3	--	-
Sum			16 Credit Hours			



Level (7)						
	Course Name	Course Code	Credit Hours	Contact Hours	Course Type	Co-Requests:
1.	Thinking and learning skills	PSY110	4	5	College	-
2.	physical Activity for Women	PHS303	3	3	Program	PHS201
3.	Performance and scientific Principles in Swimming	PHS344	3	6	Program	-
4.	Performance and scientific Principles in Racket Games	PHS345	3	6	Program	-
5.	Department Elective (1)	-	3	٣	Program	-
Sum			16 Credit Hours			
Level (8)						
	Course Name	Course Code	Credit Hours	Contact Hours	Course Type	Co-Requests:
1.	Sports Management and Recreation	PHS370	3	3	Program	-
2.	Performance and scientific Principles in Gymnastic	PHS343	3	6	Program	-
3.	Performance and scientific Principles in Handball	PHS332	3	6	Program	-
4.	Department Elective (2)	-	3	٣	Program	-
5.	Free Elective (٢)	-	3	3	--	-
6.	Work –based learning (3)	PHS29٢	1	5	Program	PHS29١
Sum			16 Credit Hours			
Level (٩)						
	Course Name	Course Code	Credit Hours	Contact Hours	Course Type	Co-Requests:
1.	Sports Psychology	PHS351	3	3	Program	-
2.	Growth and motor development	PHS323	3	3	Program	-
3.	Rhythm and motor expression	PHS346	3	6	Program	-
4.	Department Elective (3)	-	3	٣	Program	-
5.	Department Elective (4)	-	3	٣	Program	-
6.	Work –based learning (4)	PHS393	1	5	Program	PHS392
Sum			16 Credit Hours			



Level (10)						
	Course Name	Course Code	Credit Hours	Contact Hours	Course Type	Co-Requests:
1.	Sports Sociology	PHS452	3	3	Program	-
2.	Sports for special needs	PHS453	3	3	Program	-
3.	Measurement and Evaluation in sports field	PHS454	3	3	Program	-
4.	Scientific Research in sports field	PHS455	3	٣	Program	-
5.	Performance and scientific Principles in football	PHS433	3	6	Program	-
6.	Nutrition and Exercise	PHS404	3	٣	Program	-
Sum			18 Credit Hours			
Level (11)						
	Course Name	Course Code	Credit Hours	Contact Hours	Course Type	Co-Requests:
1.	Research Project	PHS456	4	4	Program	Passing 161 credit hours
2.	Internship (1)	PHS494	7	35	Program	
Sum			11 Credit Hours			
Level (12)						
	Course Name	Course Code	Credit Hours	Contact Hours	Course Type	Co-Requests:
1.	Internship (2)	PHS495	8	40	Program	Passing 172 credit hours
Sum			8 Credit Hours			