

SPORTS FACILITIES

Princess Nourah Bint Abdulrahman University -PNU provides state-of-the-art educational facilities to nearly 60,000 students. Nearly all of the campus is registered with the U.S. Green Building Council's Leadership in Energy and Environmental Design (LEED) program, with four LEED Gold buildings. Professionals from multiple offices in the United States and the Middle East collaborated on the program, which included 15 colleges in the arts and sciences. Facilities included a medical center, a research center, a K-12 building, sports and recreation buildings, residences, and a 700-bed, full-service hospital. [PNU is considerate on of the biggest women's universities in the world in terms of its sports facilities.](#)



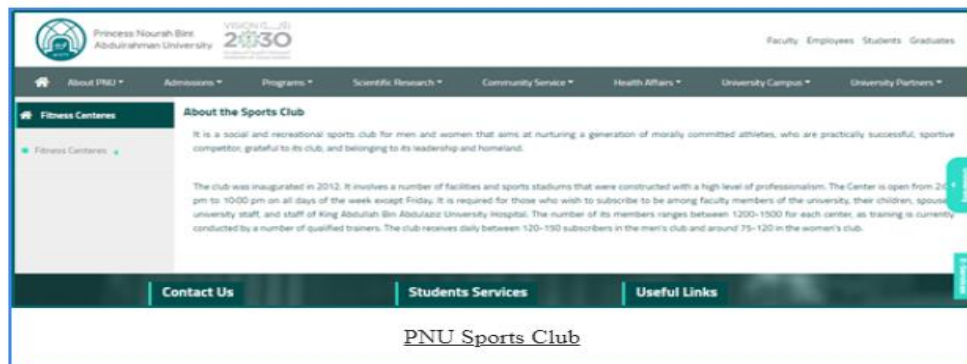
[Memorandum of cooperation to activate sports facilities](#)

PNU Sports Club

[PNU Sports Club](#) is a space to propitiate activities, outreach programs, and projects in the local community related to sports, exercise health, and wellbeing. It is a social and recreational sports club for men and women that aims at nurturing a generation of morally committed

athletes, who are practically successful, sportive competitor, grateful to its club, and belonging to its leadership and homeland.

The club was inaugurated in 2012. It involves a number of facilities and sports stadiums that were constructed with a high level of professionalism. The Center is open from 2:00 pm to 10:00 pm on all days of the week except Friday. It is required for those who wish to subscribe to be among faculty members of the university, their children, spouses, university staff, and staff of King Abdullah Bin Abdulaziz University Hospital. The number of its members ranges between 1200- 1500 for each center, as training is currently conducted by a number of qualified trainers. The club receives daily between 120-150 subscribers in the men's club and around 75-120 in the women's club.



Sports Club Vision, Mission and Goals

Vision

The sports centers should be a meeting place for staff, members, employees, and faculty members of this precious university campus, which includes the elite of this giving country. The sports centers shall nurture children at a high level in all respects (social, sporting, and cultural) all in line with the Kingdom's Vision 2030.

Mission

To nurture a generation of morally committed athletes, who are practically successful, sportive competitor, grateful to its club, and

belonging to its leadership and homeland by providing the necessary financial resources to support our sports, social, educational, and psychological programs, qualifying human resources technically and administratively, developing the administrative aspects of the club and achieving a distinguished community partnership. Sports club has defined in two of its objectives (2 and 7) contributions for the community to enjoy health and well-being. All objectives are shown below:

1. Achieve ethical and behavioral commitment at the level of the members of the sports club at the university
2. ***Create a community partnership with other sports, economic, social, educational and media institutions***
3. Develop the administrative environment and working methods (e-management)
4. Develop infrastructure (football pitch that is naturally cultivated).
5. Develop the technical and administrative skills of the club's staff, including coaches, players and executives
6. Achieve financial self-sufficiency for the regular club expenses.
7. ***Participate in social, national and sports events at the level of the Kingdom.***

Strategic Objectives of the Sports and Recreational Center

- Encourage members to subscribe and participate in sports and recreational activities at the Center.
- Raise the level of physical fitness of members through various training programs.
- Perform sports activity regularly and continuously to prevent many diseases, including obesity.
- Encourage children to exercise sports to prevent diseases.
- Build good social relations between members through sports and recreational activities, as well as social celebrations and various festivals.
- Help members benefit from all sections of the sports center of sauna – steam – swimming pool – football – squash – tennis – basketball – volleyball – etc.
- Train members on the basic skills of each game and provide an overview of the rules of games so that

members can practice various games correctly and interestingly

- Encourage members to invest their leisure time in the exercise of sports activity.

Sporting Activities and Events

Sports Centers Department held a number of sporting activities, special and public competitions to spread the spirit of competition and challenge among the participants, including (football championship for corporations operating within the university, futsal championship, volleyball championship, table tennis, swimming, and athletics, as well as a marathon) at the university level besides holding a number of cultural and social activities at the level of such centers and at the university level, *and also it hosted a number of visits from visiting delegations to the university from outside and/or within the Kingdom.*

Sports Centers work in coordination and guidance with the Campus Development Department for the purposes of developing the level of services rendered to the employees. The club management works in collaboration with all vice-rectorates of the university to set plans and organizational programs for sports centers, while the administrative and technical staff of such centers is always keen on fulfilling the aspirations of the members.

Components and elements of sports facilities

- 3 football fields (1 natural grass + 2 artificial grass)
- 2 gymnasiums
- 2 basketball courts
- 4 volleyball courts
- 4 squash courts
- 6 tennis courts
- 2 billiard tables
- 2 table tennis tables
- 2 swimming pools in addition to its accessories (Jacuzzi, sauna, and steam chamber)
- 2 weight-lifting gymnasiums
- 2 fitness gymnasiums



PNU, sports authority sign deal to promote women's sport in Saudi Arabia

[The General Authority for sports and PNU signed a memorandum of cooperation to activate sports facilities with a view to promoting healthy lifestyles.](#) The pact was signed in the presence of princess Reema bin Vandar of the General Authority for sports and PNU rector. Signing this agreement with PNU, which is considered one of the biggest women's universities in the world in terms of its sports facilities will contribute to boosting students' involvement in sports and making them aware of its importance for their bodies. The agreement forms part of a project of general authority for sports and the Saudi Arabian Olympic Committee to raise the scale of community participation in sports from 13 percent to 40 percent by the year 2030 as a part of vision 2030. This memorandum embodies cooperation between government agencies to contribute to spreading awareness of the importance of sports for the Saudi community. With this memorandum, it is expected that the community is in crucial need of spreading and promoting a sports culture.

[The signing of a memorandum of understanding between the Jamah Alomirh Norh Arabia Union for the Special Olympics](#), where the University Chancellor His Excellency the President of the Girl University D.dnaa Abdulaziz Faraj is represented The Saudi Federation of Special Olympics was represented by the Executive Director, Dr. Heidi Al-Askari, at the university headquarters. The aim of the memorandum is to achieve fruitful cooperation between the special Jamah Alomirh Norh for the implementation of the Olympic programs of the Union of Saudi Arabia and the activities of the special Olympic Games to help children and adults with intellectual disabilities, providing them with continuous opportunities to improve their physical condition and activating the role of the parties in achieving Vision 2030.



Memorandum Special Olympics

Some activities carried out at the PNU to promote the use of sports facilities with the local community are:

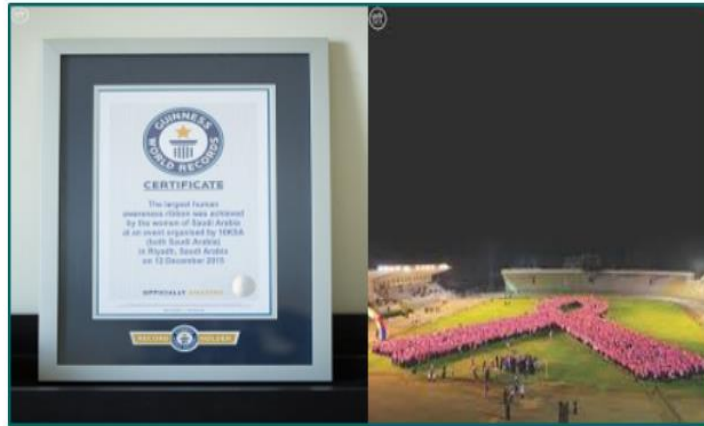
[Health Sciences Research Center held the conference entitled "Sports Programs in Saudi Schools and Universities - Critical Assessment"](#).



Saudi Arabian Equestrian Cup

PNU represented by the Deanship of Community Service and Continuing Education, and in partnership with the One Thousand Good Initiative, will participate in the formation of the Women's Pink Ribbon consisting of 10,000 Saudi women to enter the International Guinness Encyclopedia, as part of breast cancer awareness activities, at the Sports Recreation Center for female students at the university.

Amal Bint Muhammad Al-Habdan, Dean of Community Service and Continuing Education, stated that Princess Nourah University's hosting of this event is part of the social responsibility programs adopted by the university to support and strengthen educational and educational initiatives aimed at raising the health level of the community. This event included the establishment of many awareness and educational pillars, including the self-examination corner, the medical consultations corner, the distribution of awareness leaflets, and other activities related to nutrition and health with the participation of several parties, the most important of which are: the Ministry of Education, the Ministry of Health, the Ministry of Social Affairs, a group from charitable organizations and educational societies



Due to the importance of festivals and family events that provide satisfaction and pleasure and contribute to promoting domestic tourism, Princess Nourah Bint Abdulrahman University Stadium hosts the activities of the Wonderland, which offers a bouquet of distinguished family activities. It is an unprecedented event of its kind in the Kingdom, as it includes many activities for fun, entertainment, benefit, education, competitions, discovering talents, as well as various offers of various games and shopping, as well as ten live and varied theater performances over a period of nine successive days and many cafes and restaurants.

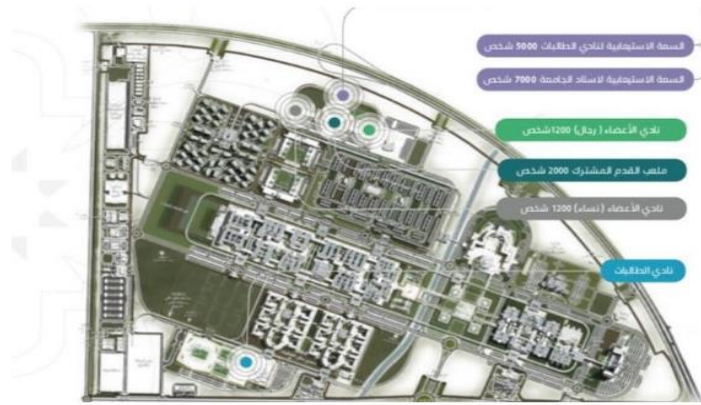


In conjunction with the World Breast Cancer Awareness Month and within the framework of the university's aspirations and ambition to be at the forefront of leading universities in the field of sports activities and physical fitness to contribute to spreading health and sports culture in the community, the university is hosting the pink walking race in cooperation with the Zahra Association for Breast Cancer Awareness. PNU represented by the Sports Affairs Department organized a pink walk race for breast cancer awareness for a distance of 5 km on the football field in the university's members' club as this event comes within the initiatives launched by the university to achieve the 2030 vision towards a healthy educational community and to promote Physical fitness for university students and its employees. The university invited women to participate, and the event was free of charge, with corners dedicated to children's games.



[Map of sports facilities](#)

The Department of Sports Affairs at Princess Nourah Bint Abdul Rahman University seeks to achieve the Kingdom's vision 2030 as one of the elements of its vision to be the leading and distinguished department in university sports, responsible towards the university community and the sports community.



Pink Walking Race

(Coinciding with Breast Cancer Awareness Month)



The Department of Sports Affairs at Princess Nourah University was organized in collaboration with Zahra Association (Pink Walking Race) in honor of Her Royal Highness Princess Haifa al-Faisal, Chairman of zahra association, with the aim of raising awareness of breast cancer in conjunction with the pink month of October, which was held on Thursday, 18 February 1440, 17 October 2019, at the football stadium of the Members Sports Club.

The race was attended by the University's Undersecretary for Academic Support and Student Services and His Excellency's Chancellor, The Rector, and a number of recreational events were attended by him (silent expressive

scene under the name "Qandil" - Wall of Hope to write motivational phrases for fighting the disease - a photo corner - interactive sports shows - an accompanying exhibition attended by Zahra Association and a number of colleges and a group of health centers and sports clubs)

Princess Haifa al-Faisal cut the ribbon to signal the launch of the Pink Walk Race, where the number of winners reached 21 winners, the top three were crowned and honored by Her Highness Princess Haifa and the event concluded with interactive sports performances presented by the Diva Fitness And Wax Fitness Center.

[Signing of the agreement between Princess Nourah University and the Saudi Judo Federation](#)

This agreement aims to strengthen cooperation and spread the culture of judo among university students, provide qualified trainers in addition to holding training courses for female students and joint workshops, and awarding certificates after training.



Nourah Sports Gate

Opening of the second sports season 2020 (Nourah Sports Gate)

The university's undersecretary for academic support and student services, Dr. Amal Al-Habdan, and his Excellency the Chancellor of the University, Dr. Dunya Al Faraj, inaugurated Nourah Sports Gate, then opened the running race with a distance of up to 5 kilos, back and forth, starting from Green Square (Station 9) to (Station 6) and returning to the finish line located in The Green Square, the winner of the race was crowned first place, second and third with a memorial shield and valuable prizes as well as awards from sponsors to all participants in the race.

The goal of Nourah Sports Gate:

Discovering and supporting athletically gifted female students.

2. Raising awareness of the university's levels of the importance of taking a healthy lifestyle.
3. Encourage them positively to get the optimal level of physical health, and to learn about the types of sports.

Participants in Nourah Sports Portal:

1. The Department of Sports Affairs in cooperation with colleges.
2. Hosting third parties (Saudi Federation of Wireless Sports and Remote Control, Judo Federation, Athletics Federation, Badminton Federation, Cycling Federation and a number of outdoor sports clubs)



Hosting and organizing the event of bicycles in cooperation with the Directorate of Drug Control

And that's Thursday, 1/11/1440.

The place is in the football field of the women's member club

