

A brief Course Description

Course Name: Exercise Physiology			
Course Code	PHS 201		
College	College of Education		
Department/ Program	Department of Physical Sports Sciences/ Sports Sciences and Physical Activity Program.		
Year / Level:	2 nd Year/ 3 rd Level		
Credit Hours	(3) Three credit hours		
Contact Hours	Lecture:2	Lab/Tutorial:2	Training: None
Language	Arabic		
Track (Select)	Department Requirement.		
Pre-requisites Course:	Phs100(Functional Anatomy)		
Co-Requests:	None		
Course Objectives:	The student presents the basic principles of the functions of the body systems, including the response and adaptation in rest and during physical exertion and after physical activity, and the factors associated, and the impact of different types of training on the formation of body organs and tissues and the efficiency of the work of different body systems. Metabolic processes, energy, endocrine glands, hormones and thermal control. The course includes a practical part in which many different laboratory experiments are conducted.		