

## A brief Course Description

Course Name: Health and Fitness			
Course Code	PHS110		
College	College of Education		
Department/ Program	Department of Physical Sports Sciences/ Sports Sciences and Physical Activity Program.		
Year / Level:	1 <sup>st</sup> Year/ 2 <sup>nd</sup> Level		
Credit Hours	(2) Two credit hours		
Contact Hours	Lecture:1	Lab/Tutorial: 2	Training: None
Language	Arabic		
Track (Select)	College Requirement.		
Pre-requisites Course:	None		
Co-Requests:	None		
Course Objectives:	The course introduces the implications of the basic concepts and health terminology and health culture. It provides with information about the importance of physical activity and movement in modern life in terms of its effect in the prevention and treatment of the most common diseases of the age, which are the lack of movement diseases represented by atherosclerosis, obesity, back pain, and a statement of risk associated with physical inactivity. It also explains the health-related fitness elements and how to measure and develop them.		