

A brief Course Description

Course Name: Principles of Motion			
Course Code	PHS120		
College	College of Education		
Department/ Program	Department of Physical Sports Sciences/ Sports Sciences and Physical Activity Program.		
Year / Level:	1 st Year/ 2 nd Level		
Credit Hours	(2) Two credit hours		
Contact Hours	Lecture:2	Lab/Tutorial: None	Training: None
Language	Arabic		
Track (Select)	Department Requirement.		
Pre-requisites Course:	None		
Co-Requests:	None		
Course Objectives:	Provides the student with the necessary knowledge and concepts about the foundations of motor performance, study the importance of kinematics and its role in the development of motor performance, including the mechanical properties of the anchor and movement (bones, joints and muscles), and the practical analysis of human movements by depend on knowledge derived from other sciences such as mechanics and physiology And anatomy. The course examines movement building, movement weight and dynamics. The course also explains some of the basic concepts of movement such as Newton's laws of motion and cranes and their applications in the sports field.		