

A brief Course Description

| Course Name: Foundation of Physical Conditioning | | | |
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| Course Code | PHS211 | | |
| 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 | (2) Two credit hours | | |
| Contact Hours | Lecture:1 | Lab/Tutorial:2 | Training: None |
| Language | Arabic | | |
| Track (Select) | Department Requirement. | | |
| Pre-requisites Course: | PHS110(Health and Fitness) | | |
| Co-Requests: | None | | |
| Course Objectives: | <p>This course introduces the knowledge and concepts related to physical fitness and its sections and components, and training the student to develop and implement training programs for the development of fitness elements according to the needs of practitioners, as well as the latest scientific recommendations and programs on the foundations of physical fitness and the relationship of other sports science to the development of fitness elements, in addition to providing them with skills Necessary for conducting laboratory and field measurements to measure and evaluate the level of fitness, including approved fitness test batteries.</p> | | |