

## A brief Course Description

Course Name: Performance and Scientific Principles in Athletes(1)			
Course Code	PHS240		
College	College of Education		
Department/ Program	Department of Physical Sports Sciences/ Sports Sciences and Physical Activity Program.		
Year / Level:	2 <sup>nd</sup> Year/ 3 <sup>rd</sup> Level		
Credit Hours	(2) Two credit hour		
Contact Hours	Lecture: None	Lab/Tutorial: 4	Training: None
Language	Arabic		
Track	Department Requirement.		
Pre-requisites Course:	None		
Co-Requests:	None		
Course Objectives:	Allows the student to learn the correct technical steps for a variety of track and field games (short-distance competitions, jumping, walking, hurdles competitions), and apply various mathematical methods to perform the skills of running, jumping and throwing, and learn the scientific foundations that support each method of performance and its applications in Educational environment. The student will also assess the safety and security factors when using the equipment while teaching the skills of track and field games, and understand the application of the law and the texts of its articles and the organizational procedures for sports competitions in various games.		