

A brief Course Description

Course Name: Performance and Scientific Principles in Exercise			
Course Code	PHS241		
College	College of Education		
Department/ Program	Department of Physical Sports Sciences/ Sports Sciences and Physical Activity Program.		
Year / Level:	3 rd Year/ 4 th 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:	The student learns about the body's original and derivative positions in exercise science, and performs a variety of free physical exercises and on individual, even and group sports. she learns the skill of calling on exercises and the way of writing them according to scientific rules, and learn about the types of collective motor formations		