

## A brief Course Description

Course Name: Coaching Science			
Course Code	PHS 260		
College	College of Education		
Department/ Program	Department of Physical Sports Sciences/ Sports Sciences and Physical Activity Program.		
Year / Level:	2 <sup>nd</sup> Year /4 <sup>th</sup> Level		
Credit Hours	( 2) Two credit hours		
Contact Hours	Lecture:2	Lab/Tutorial: None	Training: None
Language	Arabic		
Track	Elective Course		
Pre-requisites Course:	None		
Co-Requests:	None		
Course Objectives:	This course is designed to provides the student with the importance of sports training and the history of its development, and the duties of the sports trainer and the determinants of training, and the scientific principles and principles of the process of sports training, the most important pillars of the training process, the factors affecting		

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the sports training processes and their impact on the level of sports achievement, and the terminology used in the field of athletic training.