

A brief Course Description

Course Name: Physical Activity for Women			
Course Code	PHS402 - 303		
College	College of Education		
Department/ Program	Department of Physical Sports Sciences/ Sports Sciences and Physical Activity Program.		
Year / Level:	3 rd Year/ 5 th 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:	PHS 201(exercise Physiology)		
Co-Requests:	None		
Course Objectives:	<p>In this course, the student acquires the basic knowledge and concepts of practicing physical and athletic activity for women of different ages with a focus on aspects related to the anatomical and physiological characteristics of women, especially with regard to the developmental stages of girls, including puberty and related physical, physiological and psychological variables, and the mechanism of assessing women's need for type and severity. The duration and timing of physical activity taking into account related issues such as nutrition, environmental conditions and other factors related to the exercise of physical activity and sports for the purpose of health and improve the quality of life, and the definition of the student the most important types of sports And appropriate training for women in accordance with forensic controls and social customs.</p>		