

A brief Course Description

Course Name: Physical Activity for Chronic Diseases			
Course Code	PHS 306		
College	College of Education		
Department/ Program	Department of Physical Sports Sciences/ Sports Sciences and Physical Activity Program.		
Year / Level:	Elective Course: 3 rd year/5 th Level- 3 rd year/6 th Level- 4 th year/ 7 th Level.		
Credit Hours	(2) Two credit hours.		
Contact Hours	Lecture: 2	Lab/Tutorial: None	Training: None
Language	Arabic		
Track (Select)	Elective Course		
Pre-requisites Course:	PHS 201(Exercise Physiology)		
Co-Requests:	None		
Course Objectives:	<p>This course is designed to help the student to understanding of the chronic diseases prevalent in the modern era, especially the diseases of lack of movement, and knowledge of its indicators and its impact on the functions of various organs of the body, and the extent of its spread in Saudi societies and society in particular, and aware of its association with physical inactivity, and the need to practice physical activity to prevent and reduce its severity. Promoting health-promoting physical activity behaviors, and giving students the opportunity to learn about sports equipment that helps in the rehabilitation of people with these diseases.</p>		