

A brief Course Description

Course Name: Fitness for the profession

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Course Code	PHS 312		
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	Elective Course		
Pre-requisites Course:	PHS 211(Foundation of Physical Conditioning)		
Co-Requests:	None		
Course Objectives:	This course is designed to help the student to identify the professions that depend on fitness in their performance , and evaluate these professions and classification according to their physical performance, analyze the professional performance of a group of professions, identify the elements of fitness and choose the appropriate tests for each profession, and design programs to develop fitness fit for ages and sex in Each profession, taking into account security and safety factors in the implementation of these programs .		