

A brief Course Description

Course Name: Growth and Motor Development			
Course Code	PHS323		
College	College of Education		
Department/ Program	Department of Physical Sports Sciences/ Sports Sciences and Physical Activity Program.		
Year / Level:	3 rd Year/ 6 th Level		
Credit Hours	(2) Two credit hours.		
Contact Hours	Lecture:2	Lab/Tutorial: None	Training: None
Language	Arabic		
Track	Department Requirement.		
Pre-requisites Course:	None		
Co-Requests:	None		
Course Objectives:	<p>This course introduces the basic knowledge and concepts related to the characteristics of growth including the characteristics of physical, psychological and mental development for the 6-18 years and its related factors such as nutrition, environmental and social conditions. The course also examines the interrelationship between physical growth and motor development during different stages of development, and the impact of biological maturity on motor development, while identifying the critical and appropriate periods for the exercise of various physical activities. Focus on the role of physical activities in promoting growth in all its aspects (physical, psychological and mental).</p>		