

A brief Course Description

Course Name: Sports Psychology			
Course Code	PHS 351		
College	College of education		
Department/ Program	College of Education		
Year / Level:	Department of Physical Sports Sciences/ Sports Sciences and Physical Activity Program.		
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>Provides the student with knowledge and concepts related to the importance of sports psychology and its role in promoting or curbing the exercise of physical activity and sports. The most important psychological factors affecting the psychological preparation before practicing sports activity, in addition to the definition of the concept of sports personality and the theory and how to measure, and motivation and its impact on the exercise of physical and sports activities, also provides the most prominent concepts about the various emotions associated with the exercise of physical activity and sports and how to deal with and guide them positively, and permeates This will introduce some applied models to help the student understand what is learned in this course.</p>		