

## A brief Course Description

### Course Name: Coaching Volleyball

<b>Course Name: Coaching Volleyball</b>			
<b>Course Code</b>	PHS 363		
<b>College</b>	College of Education		
<b>Department/ Program</b>	Department of Physical Sports Sciences/ Sports Sciences and Physical Activity Program.		
<b>Year / Level:</b>	Elective Course: 3 <sup>rd</sup> Year/ 5 <sup>th</sup> Level, or 3 <sup>rd</sup> Year/ 6 <sup>th</sup> Level, of 4 <sup>th</sup> Year/ 7 <sup>th</sup> Level.		
<b>Credit Hours</b>	( 2) Two credit hours		
<b>Contact Hours</b>	Lecture:1	Lab/Tutorial 2	Training: None
<b>Language</b>	Arabic		
<b>Track</b>	Elective Course		
<b>Pre-requisites Course:</b>	PHS 130( Performance and Scientific Principles in Volleyball).		
<b>Co-Requests:</b>	None		
<b>Course Objectives:</b>	<p>This course is designed to introduce students to the sport of volleyball training, and the training purpose is to improve students technical and skills performances. The course aims to provide students with training principles in volleyball and youth selection, and qualitative analysis of various competitions and skills and the detection of training errors associates with performance.</p>		

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The course is provides students with behavior of trainers and the evaluation of their performance and learn about the types of training plans .The course will provides students about planning a sports season and distributing the training load during the season and implementation of short-term training plans.