

A brief Course Description

Course Name: Coaching Swimming

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Course Code	PHS 364		
College	College of Education		
Department/ Program	Department of Physical Sports Sciences/ Sports Sciences and Physical Activity Program.		
Year / Level:	Elective Course: 3 rd year/6 th Level- 4 th year/ 7 th Level.		
Credit Hours	(2) Two credit hours.		
Contact Hours	Lecture: 1	Lab/Tutorial: 2	Training: None
Language	Arabic		
Track (Select)	Elective Course		
Pre-requisites Course:	PHS 344(Performance and scientific Principles in Swimming)		
Co-Requests:	None		
Course Objectives:	<p>This course is designed to introduce students to the sport of swimming training, and the training purpose is to improve students technical and skills performances. The course aims to provide students with training principles in swimming and youth selection, and various qualitative analysis of skills, and detecting training errors associated with performance, and learn about the type of training plans. the course will provides students about planning a sport season and disrupting the training load during the season and implementation of short-term training plans.</p>		