

A brief Course Description

Course Name: Coaching Athletics

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Course Code	PHS 365		
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: 1	Lab/Tutorial: 2	Training: None
Language	Arabic		
Track (Select)	Elective Course		
Pre-requisites Course:	PHS 242(Performance and scientific Principles in Athletics(2))		
Co-Requests:	None		
Course Objectives:	<p>This course is designed to introduce students to the sport of athletics 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 qualitative analysis of various competitions and skills and the detection of training errors associates with performance.</p> <p>The course is provides students with behavior of trainers and the evaluation of their</p>		

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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.