

## A brief Course Description

Course Name: Exercise Prescription for Health and Fitness			
Course Code	PHS 413		
College	College of Education		
Department/ Program	Department of Physical Sports Sciences/ Sports Sciences and Physical Activity Program.		
Year / Level:	Elective Course: 3 <sup>rd</sup> year/5 <sup>th</sup> Level- 3 <sup>rd</sup> year/6 <sup>th</sup> Level- 4 <sup>th</sup> year/ 7 <sup>th</sup> Level.		
Credit Hours	(2) Two credit hours.		
Contact Hours	Lecture: 2	Lab/Tutorial: None	Training: None
Language	Arabic		
Track (Select)	Elective Course		
Pre-requisites Course:	None		
Co-Requests:	None		
Course Objectives:	This course is designed to provide the student with knowledge of scientific recommendations related to health promotion, especially related to physical activity, and knowledge of the scientific foundations in building training recipes to promote health and development of health-related fitness and weight control among different groups of society, and management of personal and group training program promoting health.		