

A brief Course Description

Course Name: Coaching Racket Games			
Course Code	PHS 466		
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 or 6 th Level- Or 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 345(Performance and scientific Principles in Racket Games)		
Co-Requests:	None		
Course Objectives:	<p>This course provides students with introductory games to help in racket games training and improve the technical performance and skills. It also introduce the principles of training in racket games, selection of juniors, qualitative analysis of the various games and skills, detect training errors in performance, the behaviour of trainers and evaluate their performance. This course leads students to identify the types of training plans, plan a sports season, distribute the training load during the season, and apply short-term training plans.</p>		

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