

A brief Course Description

Course Name: Gymnastic Training

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Course Code	PHS 467		
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 343(Performance and Scientific Principles in Gymnastic)		
Co-Requests:	None		
Course Objectives:	<p>This course is designed to introduce students to the sport of gymnastic training, and the training purpose is to improve students technical and skills performances. The course aims to provide students with training principles in gymnastic and youth selection, and various of qualitative analysis of skills and ground movements using instruments 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>		