

A brief Course Description

Course Name: Introduction to Sports Sciences			
Course Code	PHS150		
College	College of Education		
Department/ Program	Department of Physical Sports Sciences/ Sports Sciences and Physical Activity Program.		
Year / Level:	1 st Year/ 2 nd Level		
Credit Hours	(2) Two credit hours		
Contact Hours	Lecture:2	Lab/Tutorial: None	Training: None
Language	Arabic		
Track	Department Requirement.		
Pre-requisites Course:	None		
Co-Requests:	None		
Course Objectives:	It presents an introduction to students about the science of physical education as a unique discipline characterized by its educational and scientific roots. as well as recognizes the educational philosophies that have contributed to building and chapping the identity of physical education , understand the contemporary trends of physical education curriculum related to sport , fitness and Health and its impact on the practices and beliefs of physical education teacher, and the content of physical education in schools. As well as discuss the concept of physical education		

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and its place in the Saudi education system.