

A brief Course Description

Course Name: Performance and Scientific Principle in Gymnastic			
Course Code	PHS343		
College	College of Education		
Department/ Program	Department of Physical Sports Sciences/ Sports Sciences and Physical Activity Program.		
Year / Level:	3 rd Year/ 5 th Level		
Credit Hours	(2) Two credit hours		
Contact Hours	Lecture: None	Lab/Tutorial: 4	Training: None
Language	Arabic		
Track	Department Requirement.		
Pre-requisites Course:	None		
Co-Requests:	None		
Course Objectives:	Provides the student with the opportunity to learn the correct technical steps for a variety of simple and complex movements in the game of gymnastics, so that progress in the level of technical performance in ground movements and then on the devices. It will focus on improving the performance of the student in terms of quality and accuracy of movements, and identify the environment of the game of gymnastics and its equipment and sports tools, and methods of use, and the application of security and safety measures in the gymnastics.		