

A brief Course Description

Course Name: Performance and Scientific Principles in swimming

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Course Code	PHS 344		
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/Tutorial4	Training: None
Language	Arabic		
Track	Department Requirement.		
Pre-requisites Course:	None		
Co-Requests:	None		
Course Objectives:	This course introduces water sports and learns the correct technical steps for the educational steps and skills of free swimming and back swimming. The course focuses on the environment of the swimming games , security , safety and rescue factors in the swimming pools. It also allows students to know some general rules of the arbitration of swimming.		

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