

A brief Course Description

Course Name: Advanced Coaching

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Course Code	PHS361		
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 Level, or 3 rd year/6 th Level, or 4 th year/ 7 th Level.		
Credit Hours	(2) Two credit hours.		
Contact Hours	Lecture: 2	Lab/Tutorial: None	Training: None
Language	Arabic		
Track	Elective Course		
Pre-requisites Course:	PHS 260(Coaching Science)		
Co-Requests:	None		
Course Objectives:	<p>This course is designed to provides the student with the basic principles and planning rules for sports training and building models for various training plans according to the different stages and sports, and the ability to codify training loads for beginners and higher levels of access to sports forma, and knowledge of the physiological, physical, skills and social characteristics that distinguish those with higher levels from beginners.</p>		