

A brief Course Description

Course Name: Posture and Remedial Exercises			
Course Code	PHS 407		
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 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 100(Functional Anatomy)		
Co-Requests:	None		
Course Objectives:	Providing the student with a special culture about the correct textures and breeding, and types of common deviations such as rotation of the back, rotation of the shoulders, lateral curvature, lumbar cavity, chest deformities, curvature of the legs, and knocking the knees and flat feet. The course also gives models of therapeutic exercise to treat the common abnormalities in textures and resulting from muscle weakness in minor cases		