

## Courses Description

**College:** Physical Education & Sport Science

**Department:** Sport Rehabilitation

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**Couse ID:** 601111      **Description:** Functional& Descriptive Anatomy

**Full Course Description:** This course presents an introduction to human anatomy. Emphasis is on major systems and organs relevant to exercise and sport sciences. Structural and functional relationships in the human body are examined using a lab and lecture format. Students will be connecting the acquired knowledge to human locomotion, especially while performing a sport activity.

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**Couse ID:** 601242      **Description:** Aerobics

**Full Course Description:** This course addresses aerobic exercises, their characteristics, role in human's contemporary life style, types, equipment, and program design, to achieve normal health fitness and sports performance.

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**Couse ID:** 601271      **Description:** Motor Learning

**Full Course Description:** a

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**Couse ID:** 601291      **Description:** Principles Of Scientific Research

**Full Course Description:** This course is designed to introduce students to the concept of scientific research and its importance. In addition, the course provides the characteristics, ethics, and methods of scientific research in exercise science and physical education. The course explains the elements of scientific research which include title, problem, introduction, objectives, hypothesis, results presentation, result interpretation, and citation. Also provide information and examples of experimental designs and statistical methods.

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**Couse ID:** 601312      **Description:** Health-Related Fitness

**Full Course Description:** The course introduces the concept of physical fitness related to health, its importance in the modern life. The course also discusses the components of physical fitness, the method to measure each component, and how to develop them. Defines fitness and wellness, evaluates the student's level of fitness and wellness, and motivates the student to incorporate physical fitness and wellness into daily living.

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**Couse ID:** 601314      **Description:** Hygiene Education And Behavior

**Full Course Description:** The course presents students with information about health and health education and their relationship to physical education. Discuss some of the wrong health practices and how to avoid them. Provide information about the fundamentals of epidemiology, infectious diseases, current common diseases, school health, maternal and child care, and common sport injures. How to plan and evaluate programs of health education, and to discuss issues related to health development.

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**Couse ID:** 601333      **Description:** Sport Massage

**Full Course Description:** The course aims at introducing the different types of massage and the scientific method to use them in the field of sport, either for the preparation and enhancement or for prevention and treatment from sport injures.

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**Couse ID:** 601441      **Description:** Rescue and Safety Factors

**Full Course Description:** This course presents the bases and standards which must be followed in order to achieve a safe environment during training and/or competition. Student will also study the possibilities to ensure a safe and healthy performance environment, as well as, drowning rescue skills, and how to deal with such situations either theoretically or practically.

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**Couse ID:** 601442      **Description:** Majoring in Athletics

**Full Course Description:** This course teaches the basics of designing training programs in track and field, teaching methods, using measurement and evaluation in talent selection, and competition management and referee.

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**Couse ID:** 601443      **Description:** Majoring in Gymnastics

**Full Course Description:** The course describes the basic skill, its execution in a skilled manner, and how to train at the advanced level. Provide theoretical and practical information about the tactics, the game plans, advance in learning the skill using a step by step approach, and the technical rules of Gymnastic. Following completion of this course students are expected to be able to select teams, train them, and lead them in competitions.

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**Couse ID:** 601445      **Description:** Majoring in Rhythmic movements

**Full Course Description:** Study the essential concepts in folkloric dance by displaying examples of the traditional Dabke dance from some Arabic countries and teach them to the students. Also, the course aims at analyzing and criticizing the traditional dances, and evaluate them based on movement harmony and the used techniques.

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**Couse ID:** 601446      **Description:** Majoring in Racquetball games

**Full Course Description:** This course teaches students the history and the beginnings of badminton and table tennis, their development, their tools, as well as the basic principles in teaching the basic skills, learning aids, and training assistance in learning and the implementation of plans to play in singles and doubles in both games, as well as the essentials of selecting players, orientation and training, and basic knowledge of the game rules, and methods of arbitration and how to organize the competitions for each game as well as the methods of measurement and evaluation used in addition to building the foundations of training programs and team leadership and their application.

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**Couse ID:** 601451      **Description:** Majoring in soccer

**Full Course Description:** This course deals with identifying the processes of managing and training in soccer, and everything that relates to the game, especially players selection, training, training regiments, leading teams, improve defense and offense plans, soccer for women, and beach soccer. The students following completion of this course should be able to improve their soccer teaching and training and referees capabilities, and improve their scientific and field research, and develop training programs.

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**Couse ID:** 601452      **Description:** Majoring in Basketball

**Full Course Description:** This course provide students with information and special skills to be able to manage the game of Basketball and organizing its competitions, also measurement and evaluation. The elements of choosing and training fresh players, elements of forming practical programs and leading of the team during the offensive and defensive positions.

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**Couse ID:** 601453      **Description:** Majoring in Volleyball

**Full Course Description:** This course deals with identifying the processes of managing and training of volleyball which include team selection, build up training, leading teams, improving the fitness related to the game and development defending and a tracking positions.

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**Couse ID:** 601454      **Description:** Majoring in Handball

**Full Course Description:** The course describes the basic skill, its execution in a skilled manner, and how to train at the advanced level. Provide theoretical and practical information about the tactics, the game plans, advance in learning the skill using a step by step approach, and the technical rules of Handball. Following completion of this course students are expected to be able to form teams, train teams, and lead them in competitions.

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**Couse ID:** 601499      **Description:** Practical Field Training

**Full Course Description:** This course is designed to provide the student with experience in field conditions in a proper educational setting. The training will enable our students to apply their theoretical and practical knowledge in a real work environment.

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**Couse ID:** 603231      **Description:** Rhythmic movements (1) Females

**Full Course Description:** The course teaches female students the skill to perform the basic movements for different parts of the body without the need to use instruments and to pay special attention to legs and arms. Also provide information about rhythmic movements in regard to space and time organization.

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**Couse ID:** 1601100      **Description:** Sport & Health

**Full Course Description:**

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**Couse ID:** 2601111      **Description:** Functional and descriptive anatomy

**Full Course Description:** The course will focus on anatomical structures and functions of various human body systems. More emphasis will be on skeletomuscular systems (muscles, bones and joints). The course also highlights the practical application of anatomical concepts in sport field

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**Couse ID:** 2601211      **Description:** Exercise Physiology(1)

**Full Course Description:** This course studies the structure and functions of different human body systems and organs and how they impact performance. Also, studies the responses and adaptations (acute and chronic) of different body systems and organs to exercise of varying levels of stress and intensity. Concepts relating to neuromuscular, metabolic, circulatory, and respiratory physiology are also covered in this course.

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**Couse ID:** 2601222      **Description:** Bio-Mechanics

**Full Course Description:** This course is designed to introduce students to the science of mechanics, the basic rules of kinematics and kinetics and their application in humans' locomotion. Students will also be introduced to biomechanics, the study of reciprocal relation with holding the external and internal body forces. The course concludes with a look at some sport movements skills, followed by an analysis of these skills and a laboratory visit to explore the biomechanics foundation of these techniques.

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**Couse ID:** 2601317      **Description:** Sport And Doping

**Full Course Description:** This course provides an introduction to the illegal techniques and substances used to enhance physical and athletic performance. Topics include: a list of the prohibited drugs, reasons for prohibition, side effects, motives for doping, adopted methods to fight doping, and available substitutes which legally enhances athletic performance.

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**Couse ID:** 2601342      **Description:** Psychology Of Sport Rehabilitation

**Full Course Description:**

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**Couse ID:** 2601438      **Description:** Rescue & Safety Factors

**Full Course Description:** This course presents the bases and standards which must be followed in order to achieve a safe environment during training and/or competition. Student will also study the possibilities to ensure a safe and healthy performance environment, as well as, drowning rescue skills, and how to deal with such situations theoretically and practically.

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**Couse ID:** 3601111      **Description:** Introduction to Anatomy

**Full Course Description:** a

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**Couse ID:** 3601331      **Description:** Nutrition and Physical Performance

**Full Course Description:** a

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**Couse ID:** 3601444      **Description:** Majoring in Swimming

**Full Course Description:** The course describes the basic skill, its execution in a skilled manner, and how to train at the advanced level. Provide theoretical and practical information about the tactics, the game plans, advance in learning the skill using a step by step approach, and the technical rules of swimming. Following completion of this course students are expected to be able to form teams, train teams, and lead them in competitions.

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**Couse ID:** 110601120      **Description:** Functional and descriptive anatomy

**Full Course Description:** a

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**Couse ID:** 110601122      **Description:** Kinesiology

**Full Course Description:** An overview of concepts related to human movements such as forms of joint movements, the architecture of the skeletal system, and the role of the musculoskeletal system in human movement and sports participation.

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**Couse ID:** 110601123      **Description:** Exercise Physiology Laboratory

**Full Course Description:** A

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**Couse ID:** 110601130      **Description:** Introduction to Sport Rehabilitation

**Full Course Description:** An introduction to the profession of sports rehabilitation and sports medicine. The history of the profession, career opportunities, professional standards, and the educational objectives of the profession are covered.

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**Couse ID:** 110601173      **Description:** Aerobics

**Full Course Description:** An introduction to the principles and foundations of aerobic training and exercises prescription.

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**Couse ID:** 110601219      **Description:** Swimming & Aqua Exercises

**Full Course Description:** A

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**Couse ID:** 110601225      **Description:** Exercise Physioloegy(1)

**Full Course Description:** The study of the function of the human body, and its physiological responses to the stress of acute and chronic exercise

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**Couse ID:** 110601226      **Description:** Bio-Mechanics

**Full Course Description:** The study of concepts and principles related to biomechanics with an emphasis on understanding whole-body movements. Applications of these concepts and principles in the field of sports rehabilitation will be discussed.

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**Couse ID:** 110601227      **Description:** Bio-Mechanics Laboratory

**Full Course Description:** This lab is designed to enable students to practice basic knowledge and conduct experiments in the field of biomechanics.

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**Couse ID:** 110601228      **Description:** Sport Bio-Chemistry

**Full Course Description:** An overview of the sources of energy available to muscles; the metabolism of carbohydrates, protein, and lipids; and the integration of the metabolic responses during and after exercise.

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**Couse ID:** 110601230      **Description:** Pathology of Sports Injury

**Full Course Description:** An introduction to pathological manifestations occurring during illness and injury. Topics include the cellular and vascular events that occur after an injury, the inflammatory and healing process, as well as the many systemic and organically based illnesses and injuries that may be complicating factors when treating athletic injuries

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**Couse ID:** 110601236      **Description:** Therapeutic Modalities

**Full Course Description:** An overview of the principles of rehabilitating and reconditioning active individuals following sports-related injuries using various therapeutic modality devices.

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**Couse ID:** 110601238      **Description:** Assessment and Treatment of Upper Extremity Injuries

**Full Course Description:** A

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**Couse ID:** 110601310      **Description:** Sports Nutrition

**Full Course Description:** An understanding of the role of nutrition in performance, as well as in the injuries and illnesses associated with deficient nutrition

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**Couse ID:** 110601313      **Description:** Applications and Theories of Strength and Conditioning

**Full Course Description:** A

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**Couse ID:** 110601316      **Description:** Health Promotion

**Full Course Description:** An overview of various techniques that can be used in promoting healthy lifestyle behaviors to enhance wellness and minimize the risk of injury and illness

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**Couse ID:** 110601318      **Description:** Primary Health Care

**Full Course Description:** A

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**Couse ID:** 110601319      **Description:** Disability and Rehabilitation Psychology

**Full Course Description:** This course involves the study of theories and practices of psychological skill assessment, development, and monitoring. Modern mental preparation techniques will be analyzed and implications for performance and satisfaction enhancement in sport and life discussed.

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**Couse ID:** 110601320      **Description:** Exercise Physiology(2)

**Full Course Description:** Includes an in-depth survey of the neuromuscular, metabolic, cardiorespiratory, and hormonal responses to acute exercise and the physiological adaptations to chronic exercise.

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**Couse ID:** 110601323      **Description:** Gait analysis

**Full Course Description:** A

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**Couse ID:** 110601330      **Description:** Rehabilitation of the Human Body Mechanical Deficiencies

**Full Course Description:** A

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**Couse ID:** 110601337      **Description:** Sport Rehabilitation For Special Individuals

**Full Course Description:** An overview of the definition of disability along with its classifications, causes, and manifestations. Concepts related to the development of sport rehabilitation protocols for individuals with disabilities will be discussed

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**Couse ID:** 110601338      **Description:** Biomechanics of Musculoskeletal Injury

**Full Course Description:** A

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**Couse ID:** 110601339      **Description:** Assessment and Treatment of Lower Extremity Injuries

**Full Course Description:** A

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**Couse ID:** 110601390      **Description:** Sport Rehabilitation Practicum (1)

**Full Course Description:** Supervised clinical experiences in sports rehabilitation emphasizing the assessment and rehabilitation of upper body quarter following sport-related injuries

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**Couse ID:** 110601412      **Description:** Recreation and Aerobic Exercises

**Full Course Description:** a

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**Couse ID:** 110601413      **Description:** Fitness Assessment and Exercise Programming

**Full Course Description:** The study of methods and techniques used in assessing fitness and prescribing exercise protocols to achieve optimal physical health and performance

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**Couse ID:** 110601415      **Description:** Practical Applications in Sport Nutrition

**Full Course Description:** a

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**Couse ID:** 110601418      **Description:** Principals of Personal Training

**Full Course Description:** a

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**Couse ID:** 110601419      **Description:** Hormones and Exercise

**Full Course Description:** An introduction to the mechanisms of hormone release and hormone action; the effects of acute exercise on hormone levels, and hormonal adaptations to chronic exercising.

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<b>Couse ID:</b> 110601421	<b>Description:</b> Biomechanical Analysis of Sport Performance
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**Full Course Description:** Qualitative and quantitative analyses of selected athletic performance and human movement utilizing observation and other measurement techniques to detect and correct faults limiting sports performance

<b>Couse ID:</b> 110601427	<b>Description:</b> Independent Studies in Kinesiology
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**Full Course Description:** The purpose of the course is to educate the students how to use the current best evidence in making decisions about the care of patients (injured athletes). The course includes the various essential concepts and the steps associated with the evidence-based practice processing athletic training. More emphasis will be placed on selected articles to reinforce the students' knowledge and perceptions about their profession.

<b>Couse ID:</b> 110601432	<b>Description:</b> Therapeutic Exercises
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**Full Course Description:** An overview of the scientific methods used in prescribing evidence-based therapeutic exercise and rehabilitation protocol following sport-related injuries.

<b>Couse ID:</b> 110601434	<b>Description:</b> Administration of Sport Rehabilitation Programs
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**Full Course Description:** An introduction to concepts related to the administration and organization of athletic healthcare programs. Concepts covered include healthcare planning and implementation, certification procedures, code of professional practice, safety standards, and resource management

<b>Couse ID:</b> 110601439	<b>Description:</b> Special Topics in Therapeutic & Sport Rehabilitation
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**Full Course Description:** An opportunity for the discussion of specialized topics and current issues that are relevant to sports rehabilitation. Topics are offered on a variable basis

<b>Couse ID:</b> 110601490	<b>Description:</b> Sport Rehabilitation Practicum (2)
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**Full Course Description:** Supervised clinical experiences in sports rehabilitation emphasizing the assessment and rehabilitation of lower body quarter following sport-related injuries

<b>Couse ID:</b> 110601498	<b>Description:</b> Internship in Sport Rehabilitation
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### Full Course Description: A

<b>Couse ID:</b> 150601141	<b>Description:</b> health education
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**Full Course Description:** An overview of health and disease. The course addresses the concept of 'health education' along with its importance, goals, styles, domains, basics, philosophies, and relationship with physical education.

<b>Couse ID:</b> 150601150	<b>Description:</b> introduction to anatomy
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**Full Course Description:** The study of the structure of the human body. Theoretical concepts are enhanced using laboratory models and skeletons

<b>Couse ID:</b> 150601200	<b>Description:</b> Ethics in Athletic Traninig
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**Full Course Description:** An overview of professional ethics relevant to sports therapists. Issues addressed include code of ethics principles and standards, the HIPAA and children rule, and malpractice liability exposure and prevention

<b>Couse ID:</b> 150601231	<b>Description:</b> assessment of sports injuries
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**Full Course Description:** The implementation of systematic, evidence-based clinical examinations and assessments to formulate valid clinical diagnoses, and determine patients' plans of care following sport-related injuries

<b>Couse ID:</b> 150601251	<b>Description:</b> sport injures
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### Full Course Description:

<b>Couse ID:</b> 150601341	<b>Description:</b> sport massage
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### Full Course Description: Iqjku'

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**College:** Physical Education & Sport Science  
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<b>Couse ID:</b> 150601400	<b>Description:</b> Posture Rehabilitation
<b>Full Course Description:</b> An overview of normal human posture, factors that affect posture, strategies for promoting a healthy posture, and exercise prescription to restore a normal posture	
<b>Couse ID:</b> 150601450	<b>Description:</b> rehabilitation of chronic dsieases
<b>Full Course Description:</b> An overview to exercise physiology and prescription in individuals with chronic diseases such as heart diseases, respiratory diseases, diabetes, arthritis, osteoporosis, and mental illness	
<b>Couse ID:</b> 150601498	<b>Description:</b> Internship in Sport Rehabilitation ( 1 )
<b>Full Course Description:</b> Interactive and supervised clinical experiences in sports rehabilitation emphasizing diagnosis, treatment, and rehabilitation of orthopedic/medical conditions related to participation in sports.	
<b>Couse ID:</b> 150601499	<b>Description:</b> Practicum ( 2 )
<b>Full Course Description:</b> Interactive and supervised clinical experiences in sports rehabilitation emphasizing diagnosis, treatment, and rehabilitation of orthopedic/medical conditions related to participation in sports	