

Courses Description

College: Physical Education & Sport Science

Department: Sport Rehabilitation

Course 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.

Course 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.

Course ID: 601271 **Description:** Motor Learning

Full Course Description: a

Course 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.

Course 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.

Course 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.

Course 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.

Course 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.

Course 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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Course 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.

Course 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.

Course 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.

Course 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.

Course 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.

Course 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.

Course 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.

Course 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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Course 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.

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

Full Course Description:

Course 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

Course 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.

Course 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.

Course 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.

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

Full Course Description:

Course 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.

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

Full Course Description: a

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

Full Course Description: a

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

Full Course Description: a

Course 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.

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

Full Course Description: A

Course 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.

Course ID: 110601173 **Description:** Aerobics

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

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

Full Course Description: A

Course ID: 110601225 **Description:** Exercise Physiologly(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

Course 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.

Course 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.

Course 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.

Course 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

Course 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.

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

Full Course Description: A

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

Full Course Description: A

Course 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

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

Full Course Description: A

Course 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.

Course 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.

Course ID: 110601323 **Description:** Gait analysis

Full Course Description: A

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

Full Course Description: A

Course 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

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

Full Course Description: A

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

Full Course Description: A

Course 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

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

Full Course Description: a

Course 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

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

Full Course Description: a

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

Full Course Description: a

Course 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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Course ID: 150601400 **Description:** Posture Rehabilitation

Full Course Description: An overview of normal human posture, factors that affect posture, strategies for promoting a healthy posture, and exercise prescription to restore a normal posture

Course ID: 150601450 **Description:** rehabilitation of chronic dsieases

Full Course Description: An overview to exercise physiology and prescription in individuals with chronic diseases such as heart diseases, respiratory diseases, diabetes, arthritis, osteoporosis, and mental illness

Course ID: 150601498 **Description:** Internship in Sport Rehabilitation (1)

Full Course Description: Interactive and supervised clinical experiences in sports rehabilitation emphasizing diagnosis, treatment, and rehabilitation of orthopedic/medical conditions related to participation in sports.

Course ID: 150601499 **Description:** Practicum (2)

Full Course Description: Interactive and supervised clinical experiences in sports rehabilitation emphasizing diagnosis, treatment, and rehabilitation of orthopedic/medical conditions related to participation in sports