

Courses Description

College: Physical Education & Sport Science

Department: Sport Coaching & Management

Course ID: 110603099 **Description:** Primary Physical Conditioning

Full Course Description: I

Course ID: 110603212 **Description:** Weight Training

Full Course Description: The course introduces the student to the activity of weight training. Included are the proper techniques, various exercises, and safety measures involved in this type of physical activity. The students will learn to design and implement a weight training program to develop the fitness components

Course ID: 110603220 **Description:** Sport administration

Full Course Description: This course will examine the historical development, current trends, and best practices of sport management. Foundational principles will be taught: planning, organizing, directing, leading decision making, and controlling. In addition, ways of organizing sports competitions and tournaments, and management of sports festivals and celebrations will be presented

Course ID: 110603231 **Description:** Adapted Physical Education

Full Course Description: This course is designed to give students a background about the types of physical disabilities and behavioral disorders and how to effectively teach physical activity to individuals with disabilities. Additionally, this course is constructed to facilitate the students understanding of the specific characteristics of disabled individuals in order to realize their limitations, and especially to maximize their potential. Furthermore, this class is designed to enhance the students ability to effectively adapt modify theactivities, tools and equipment andplay areas in order to meet the needs of disabled individuals.

Course ID: 110603310 **Description:** Principals of Sport training

Full Course Description: This course looks into the importance of sport training, its scientific principles, and characteristics. It shed light on training loadand its components(volume, intensity, frequency) and methods and types ofsport training(fartlek, continuous, interval, circuit). This course will equip students with the necessary coaching skills that will enable them to successfully plan and implement effective sport coaching sessions.

Course ID: 110603335 **Description:** Athletes Psychological Preparations

Full Course Description: The purpose of this course is to provide the theoretical foundations for topics related to psychological preparation of athletes before competition, during the competition, and after the competition. Students will be able to develop skills to help the players develop qualities like self awareness, and control, positive attitude, self confidence, and determination. Also, to deal with negative emotions like anxiety, fear of competition and arousal.

Course ID: 110603410 **Description:** Planning and periodization in sport

Full Course Description: This course is designed to give students a background about the types of training programs and how to effectively plan and supervise them. The course looks at the contents of the training plan, its cycles (Macrocycle&Microcycle) and types which are employed in competitions. The students will learn how to develop and deliver basic training sessions and programs suitable for athletes in different sports

Course ID: 110603412 **Description:** Independent studies in athletic performance

Full Course Description: a

Course ID: 110603421 **Description:** Leadership in Sport

Full Course Description: The aim ofthis course isto introduce theconcept of leadershipand its importance for coaches and general managers of sports teams. Theories and styles of leadershipand their application insports will be discussed. Also, characteristics and qualities that make a good leader and his effect on individuals will be introduced and discussed.

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Course ID: 110603439 **Description:** Measurement And Evaluation in Sport Training

Full Course Description: Thiscourse introduces the concept ofmeasurement and evaluationin physical education, its purposes,characteristics and the principles of selecting and developing tests. In addition, the course will define procedures of data collection, and test validity and reliability. Moreover, statistical concepts such as mean, median, mode, standard deviation, variance, correlation coefficient, and p value are presented and discussed.

Course ID: 150603110 **Description:** fitness

Full Course Description: The course aims to prepare the students physically and provide them with information about fitness and its components. The course also discusses the components of physical fitness, the methods to measure each component, and how to develop them. Moreover, it shows how to use different training devices and appropriate ways for developing the components of physical fitness.

Course ID: 150603224 **Description:** sport marketing

Full Course Description: The purpose of this course is to introduce an overview of various aspects of sport marketing and the application of basic principles of sport marketing. This course will provide students with an up-to-date understanding of marketing concepts as they are currently being applied in various sport management contexts. Topics include sport marketing planning, market segmentation and identification of the target market, consumer behavior, sport marketing mix, and sponsorship.

Course ID: 150603241 **Description:** football

Full Course Description: This course is designed to give students the opportunity to learn and develop fundamental and advanced skills of soccer. Basic skills include ball control, passing, dribbling, heading, and goalkeeping. In addition, the course introduces the theory and methods of coaching soccer. Students will learn the laws and rules governing the game.

Course ID: 150603242 **Description:** basketball

Full Course Description: The purpose of this course is to learn the basic skills and techniques of basketball which include catching the ball, passing, dribbling, shooting, and screening. The course also introduces the theory and methods of coaching basketball and rules of the game.

Course ID: 150603243 **Description:** Volleyball

Full Course Description: The purpose of this course is to learn the basic skills and techniques of volleyball which include serving, passing, setting, attacking, blocking, and spiking. The course also introduces the theory and methods of coaching basketball and rules of the game.

Course ID: 150603244 **Description:** handball

Full Course Description: The purpose of this course is to learn the basic skills and techniques of handball which include passing and catching, shooting, blocking, and feinting. The course also introduces the theory and methods of coaching basketball and rules of the game.

Course ID: 150603252 **Description:** track and field

Full Course Description: This course introduces the fundamentals, skills and strategies of track and field events (jumping, throwing, and running) and focuses on learning how to correctly execute them. Emphasis will be placed on coaching principles and methods to the various events in the sport of track and field. Also, the course introduces the rules and regulations of track and field.

Course ID: 150603254 **Description:** swimming

Full Course Description: This class will introduce students to concepts of swimming that will enable participants to float and swim. This course will focus on beginning techniques of swimming, basic swimming skills, and standard swimming strokes: freestyle, backstroke, breaststroke, and butterfly. Safety rules and swimming laws are also presented in this course.

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Course ID: 150603255 **Description:** gymnastics

Full Course Description: This course is designed to introduce and develop the basic skills of gymnastics. It aims to teach the students the basic skills and movements of gymnastics. In addition, it introduces rules of the game and organizing tournaments

Course ID: 150603256 **Description:** rhythmic movements

Full Course Description: The course aims to teach female students the basic motor skills of the various parts of the body with concentration on legs and hands movements. In addition, the course aims at teaching female students the basic skills of rhythmic movements using small equipment's (e.g. scarf). These rhythmic movements will be performed in the presence of music

Course ID: 150603262 **Description:** table tennis

Full Course Description: Emphasis in this course will be on learning fundamental table tennis skills and drills, basic tactics and strategies, basic etiquette and rules, and applications of the knowledge and skills in games.

Course ID: 150603263 **Description:** squash

Full Course Description: This course is designed to teach the fundamental skills of Squash. Emphasis is placed on the forehand, backhand, serve, and strategies for individual and team play. Also, it includes rules, scoring, terminology, and etiquette.

Course ID: 150603264 **Description:** tennis

Full Course Description: This course is designed to teach the fundamental skills of tennis. Emphasis is placed on the forehand, backhand, serve, and strategies for individual and team play. Also, the course includes game rules, scoring, terminology, and etiquette.

Course ID: 150603265 **Description:** water rescue

Full Course Description: This course provides participants with the knowledge and skills necessary to prevent, recognize, and respond to aquatic emergencies. It also prepares participants for aquatic emergencies by teaching them how to protect themselves while assisting others. In addition to classroom work emphasizing safety and rescue skills, emphasis in the pool is placed on refinement of paddle strokes and rolling techniques

Course ID: 150603327 **Description:** sport law and legislation

Full Course Description: This course is designed to give students a background of the types of sport organizations (the Higher Council of Youth, Sports Federations, and Olympic Committee). The course provides students with an understanding of the legal issues involved in the operation and management of organizations in the sport industry, and to equip students with the skills and strategies needed to effectively work with business executives and lawyers to resolve these issues. The course will focus on the practical application of laws, rules and regulations to situations current students will likely face when they become sport managers.

Course ID: 150603328 **Description:** sport facility management

Full Course Description: This course is designed to study the principles, guidelines and recommendations for planning, construction, use, and maintenance of indoor and outdoor sport and fitness facilities. It will also discuss the fundamental aspects of purchasing, storing, distribution, and maintaining sport equipment's.

Course ID: 150603361 **Description:** Badminton

Full Course Description: This course is designed to teach the fundamental skills of badminton. Emphasis is placed on the forehand, backhand, serve, and strategies for individual and team play. Also, the course includes game rules, scoring, terminology, and etiquette.

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Course ID: 150603422 **Description:** sport media and Public relation

Full Course Description: This course examines the impact sports and the mass media have had and are continuing to have on each other. In addition, this course focuses on the history of sports writing, advertising, reporting, editing, and sports broadcasting. In this course the students will also learn about the theory and practice of public relations with emphasis on public relations function within sport organizations. Students will study the evolution of the field, the range of roles and responsibilities that public relations practitioners assume in a variety of setting.

Course ID: 150603425 **Description:** knowledge management in sport

Full Course Description: The course aims to provide students with knowledge about knowledge management, its characteristics, and its importance in the field of sports. Emphasis is placed on the most important processes of knowledge management: knowledge creation, knowledge storage and organization, knowledge transfer and sharing, knowledge application. The course also addresses the intellectual capital and its relationship to explicit and implicit sports knowledge.

Course ID: 150603441 **Description:** football training and managment

Full Course Description: This course offers advanced instruction and analysis of the fundamental skills, techniques, offensive and defensive fundamentals, rules, and organizational methods. Emphasis is placed on game strategies, and selected techniques of coaching soccer. Upon completion, students should be able to demonstrate competent coaching skills in football.

Course ID: 150603442 **Description:** basketball traning and management

Full Course Description: This course offers advanced instruction and analysis of the fundamental skills, techniques, offensive and defensive fundamentals, rules, and organizational methods. Emphasis is placed on game strategies, and selected techniques of coaching basketball. Upon completion, students should be able to demonstrate competent coaching skills in basketball.

Course ID: 150603443 **Description:** vollyball training and managment

Full Course Description: This course offers advanced instruction and analysis of the fundamental skills, techniques, offensive and defensive fundamentals, rules, and organizational methods. Emphasis is placed on game strategies, and selected techniques of coaching volleyball. Upon completion, students should be able to demonstrate competent coaching skills in volleyball

Course ID: 150603444 **Description:** handball training and managment

Full Course Description: This course offers advanced instruction and analysis of the fundamental skills, techniques, offensive and defensive fundamentals of handball. Emphasis is placed on game strategies, and selected techniques of coaching handball. Upon completion, students should be able to demonstrate competent coaching skills in handball.

Course ID: 150603452 **Description:** track and field training and management

Full Course Description: This course introduces the theory and methods of coaching track and field events. Emphasis is placed on developing motor skills and strength necessary to perform track and field movements, and coaching techniques. Upon completion, students should be able to demonstrate drills associated with each event and design and mark 400m running track

Course ID: 150603454 **Description:** swimming training and management

Full Course Description: This course introduces the theory and methods of coaching swimming. Emphasis is placed on the different styles of swimming, developing daily and annual training plans, methods of training, and swimming rules. Upon completion, students should be able to demonstrate exercises associated with each swimming style.

Course ID: 150603455 **Description:** gymnastics training and management

Full Course Description: This course offers advanced instruction and analysis of the fundamental skills, techniques of gymnastics. Emphasis is placed on safety measures, selecting juniors, developing daily and annual training plans, methods of training, and gymnastics rules and scoring. Upon completion, students should be able to demonstrate exercises associated with gymnastics.

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Couse ID: 150603497 **Description:** contemporary issues in cosching and sport management

Full Course Description: This course is designed to study and discuss some of the problems and issues prominent in the field of sport management and sport training. The students will choose a current problem in the field and conduct research study and present in class.

Couse ID: 150603498 **Description:** Practicum (1)

Full Course Description: The field training course aims to give students a real opportunity to train in clubs and sport federations. The students deal with different topics related to sport management during the field training period. They design, plan, implement, evaluate and direct various training modules related to their career emphasis

Couse ID: 150603499 **Description:** Practicum (2)

Full Course Description: منت