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| **Study Plan for Program Department of Physical Sports Sciences** | |
| College | **College of Education** |
| Department/ Program | **Department of Physical Sports Sciences** |
| Degree | **Sports Science and Physical Activity Program** |

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| **Level 1** | | | | | | | |
| **Co-Requests:** | **Course Type** | **Contact Hours** | **Credit Hours** | **Course Code** | | **Course Name** |  |
|  | LT | 2 | 2 | ISLS 101 | | Islamic Culture (1) |  |
|  | LT | 2 | 2 | ARAB 101 | | Arabic Composition |  |
|  | LT /LB | 12 | 3 | ENG 101 | | English Language (1) |  |
|  | LT /LB | 2/2 | 3 | MATH 100 | | Principles of Mathematics |  |
|  | LT | 3 | 3 | PSY 141 | | Development Psychology |  |
|  | LT /LB | 2/2 | 3 | EDTEC 130 | | E- Learning |  |
| **Level 2.** | | | | | | | |
| **Co-Requests:** | **Course Type** | **Contact Hours** | **Credit Hours** | | **Course Code** | **Course Name** |  |
| ENG 101 | LT //LB**/** TR **م** | **/12**3/12**/** | 3 | | ENG 102 | English Language(2) |  |
| ISLS 101 | LT | **222**2 | **2**2 | | ISLS 202 | Family system in Islamic (2) |  |
|  | LT /LB | 2/2 | 3 | | PHS100 | Functional Anatomy |  |
|  | LT | **222**2 | 2 | | PHS150 | Introduction to sports sciences |  |
|  | LT | **222**2 | 2 | | PHS120 | Principles of Motion Science |  |
|  | LT /LB | 2/1 | 2 | | PHS110 | Health and Fitness |  |
|  | LB | 4 | 2 | | PHS130 | Performance and scientific Principles In Volleyball |  |

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| **Level 3** | | | | | | | |
| **Co-Requests:** | **Course Type** | **Contact Hours** | **Credit Hours** | **Course Code** | | **Course Name** |  |
| SLS 101 | LT | 2 | 2 | ISLS 303 | | Contemporary Women's Issues (3) | 1 |
| PHS100 | LT /LB | 2/2 | 3 | PHS201 | | Exercise Physiology | 2 |
| PHS100 | LT | 2 | 2 | PHS202 | | injuries اSports | 3 |
|  | LT /LB | 2/2 | 3 | PHS221 | | Biomechanics | 4 |
| PHS111 | LT /LB | 2/1 | 2 | PHS211 | | Foundations of Physical Conditioning | 5 |
|  | LB | 4 | 2 | PHS231 | | Performance and scientific Principles In Basketball | 6 |
|  | LB | 4 | 2 | PHS240 | | Performance and scientific Principles in Athletics (1) |  |
|  | TR | 2 | 1 | PHS280 | | Work –based learning(1) |  |
| **Level 4** | | | | | | | |
| **Co-Requests:** | **Course Type** | **Contact Hours** | **Credit Hours** | | **Course Code** | **Course Name** |  |
| ISLS 101 | LT  **م** | 2 | 2 | | ISLS 404 | Doctrines of contemporary intellectual (4) | 1 |
|  | LT | 2 | **2**2 | | EDAT 320 | Leadership skills | 2 |
|  | LT | 2 | 2 | | ARAB 202 | Language Skills | 3 |
|  | LT /LB | 2/2 | 3 | | PHS222 | Motor learning | 4 |
|  | LT | 2 | 2 | | PHS260 | Coaching Science | 5 |
|  | LB | 4 | 2 | | PHS241 | Performance and scientific Principles In Exercises | 6 |
| PHS240 | LB | 4 | 2 | | PHS242 | Performance and scientific Principles in Athletics (2) | 7 |
| PHS280 | TR | 2 | 1 | | PHS281 | Work –based learning(2) |  |

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| **Level 5** | | | | | | | |
| **Co-Requests:** | **Course Type** | **Contact Hours** | **Credit Hours** | **Course Code** | | **Course Name** |  |
|  | LT /LB | 2/2 | 3 | PSY  110 | | Thinking and learning skills | 1 |
| PHS201 | LT | 2 | 2 | PHS303 | | physical Activity for Women | 2 |
|  | LB | 4 | 2 | PHS343 | | Performance and scientific Principles In 4Gymnastic | 3 |
|  | LB | 4 | 2 | PHS344 | | Performance and scientific Principles In Swimming | 4 |
|  | LB | 4 | 2 | PHS345 | | Performance and scientific Principles in Racket Games | 5 |
|  | LT | 2 | 2 | - | | Free Elective (1) | 6 |
|  | LT | 2 | 2 | - | | Department Elective (1) | 7 |
| PHS281 | TR | 3 | 1 | PHS382 | | Work –based learning(3) | 8 |
| **Level 6** | | | | | | | |
| **Co-Requests:** | **Course Type** | **Contact Hours** | **Credit Hours** | | **Course Code** | **Course Name** |  |
|  | LT | 2 | 2 | | PHS323 | Growth and motor development | 1 |
|  | LT | 2 | LT | | PHS370 | Sports Management and Recreation | 2 |
|  | LB | 4 | LB | | PHS332 | Performance and scientific Principles In Handball | 3 |
|  | LB | 4 | LB | | PHS346 | Rhythm and motor expression | 4 |
|  | LT | 2 | 2 | | PHS351 | Sports Psychology | 5 |
|  | LT | 2 | 2 | | - | Department Elective (2) | 6 |
|  | LT | 2 | 2 | | - | Free Elective (2) | 7 |
|  | LT | 2 | 2 | | - | Department Elective (3) | 8 |
| PHS382 | TR | 3 | 1 | | PHS383 | Work –based learning(4) | 9 |

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| **Level 7** | | | | | | | |
| **Co-Requests:** | **Course Type** | **Contact Hours** | **Credit Hours** | **Course Code** | | **Course Name** |  |
|  | LT | 2 | 2 | PHS453 | | Sports for special needs | 1 |
|  | LT | 2 | 2 | PHS452 | | Sports Sociology | 2 |
|  | LB | 4 | 2 | PHS433 | | Performance and scientific Principles in football | 3 |
|  | LT | 2 | 2 | PHS454 | | Measurement and Evaluation in sports field | 4 |
|  | LT | 2 | 2 | PHS455 | | Scientific Research in sports field | 5 |
|  | LT | 2 | 2 | - | | Department Elective (4) | 6 |
|  | LT | 2 | 2 | PHS404 | | Nutrition and Exercise | 7 |
| PHS383 | TR | 4 | 2 | PHS484 | | Internship (1) | 8 |
| **Level 8** | | | | | | | |
| **Co-Requests:** | **Course Type** | **Contact Hours** | **Credit Hours** | | **Course Code** | **Course Name** |  |
|  | LT | 3 | 3 | | PHS456 | Research Project | 1 |
|  | TR | 24 | 8 | | PHS485 | Internship (2) | 2 |