

Course Description Form

Review the performance of higher education institutions ((review of the academic program))

Course Description

This course description provides a brief summary of the most important characteristics of the course and the learning outcomes expected of the student to achieve, proving whether he or she has made the most of the available learning opportunities. It must be linked to the program description.

1. Educational institution	Faculty of Physical Education and Sports Sciences
2. University Department / Center	Individual Games
3. Course Name/Code	Fitness /
4. Programs in which he enters	Physical Education and Sports Sciences
5. Available Attendance Forms	Full Time – Daily
6. Semester / Year	First and second / 2023-2024
7. Number of Credit Hours (Total)	2 hours per week
8. The history of preparation of this description	2024

9. Course Objectives	
1. Learn about the components of fitness	
2. Learn about the most important physical fitness tests	
3. explain how to distribute effort for fitness elements during exercise	
4. Explain the importance of fitness for health and its role in promoting and raising the level of health of the individual	
5. Developing the student's physical fitness and preparing educationally and physically	
6. Maintain strength and prevent injuries during practical lessons	

10. Learning outcomes and teaching, learning and assessment methods	
A- Knowledge and understanding	

1. Enabling students to obtain sports specifications
2. Preparing students physically, physically, healthily and psychologically
3. Teaching students the spirit of leadership
4. Teamwork and teamwork

B - Subject-specific skills

1. Acquisition of fitness elements
2. As the acquisition of the element of strength
3. Gaining the element of speed

As an acquisition of the prolonged element .4

Teaching and learning methods

1. **Provide students with the various basic skills of the course**
2. **Clarify and explain the course vocabulary and the performance of the form for each item**

Practical application of all skills and exercises .3

Evaluation methods

- . Daily tests with multiple-choice questions for subjects -
- Participation grades for students' challenging competition questions .
- Setting grades for assigned homework .
- Practical application tests

C- Thinking skills

1. **Observation and perception**
2. **Analysis and interpretation**

3. Conclusion and evaluation

4. Preparation & Calendar

5. Enabling students to self-develop after graduation

d. General and transferable skills (other skills related to employability and
.personal development

.D1- Time management to achieve the maximum benefit and the best return

**D2- Using the means of effective communication skills and the ability to work
.together to activate the processes related to the sports field**

**D3- Using methods and procedures to collect, build and analyze databases using
.the computer**

**D4- Writing and presenting reports and memoranda using modern means of
. communication and technology**

**D5- Active participation in professional gatherings of local and national physical
.education and in the wider educational field**

**D6- Practicing continuous learning and self-learning in the sports field and in life
.in general**

.D7- Leading individuals to achieve the desired goals

**D8- Knowledge of one of the foreign languages to activate the work environment
when needed.**

11. performance					
The week	Hours	Required Learning Outcomes	Name of the unit/course or topic	Method of education	Evaluation method
1	٤	Performance & Application	General fitness	Built-in presence	Performance Appraisal
2	٤	Performance & Application	Special fitness	Built-in presence	Performance Appraisal
3	٤	Performance & Application	The concept of fitness and the importance of	Built-in presence	Performance Appraisal
4	٤	Performance & Application	Fitness Elements	Built-in presence	Performance Appraisal
5	٤	Performance & Application	Endurance	Built-in presence	Performance Appraisal
6	٤	Performance & Application	Application and performance of endurance training	Built-in presence	Performance Appraisal
7	٤	Performance & Application	Strength	Built-in presence	Performance Appraisal
8	٤	Performance &	Application and performance of	Built-in presence	Performance

		Application	strength training		Appraisal
9	√	Performance & Application	Speed	Built-in presence	Performance Appraisal
10	√	Performance & Application	Application and performance of speed training	Built-in presence	Performance Appraisal
11	√	Performance & Application	Agility	Built-in presence	Performance Appraisal
12	√	Performance & Application	Application and performance of fitness exercises	Built-in presence	Performance Appraisal
13	√	Performance & Application	Flexibility	Built-in presence	Performance Appraisal
14	√	Performance & Application	Compatibility	Built-in presence	Performance Appraisal
15	√	Performance & Application	Practical and theoretical exam	Built-in presence	Performance Appraisal
16	√	Performance & Application	Special Fitness + Retraining Fitness Components	Built-in presence	Performance Appraisal
17	√	Performance & Application	Precision Movement + Performance of Precision Training	Built-in presence	Performance Appraisal
18	√	Performance & Application	Balance + Balance Exercise Performance	Built-in presence	Performance Appraisal
19	√	Performance & Application	Physical exercise and its importance	Built-in presence	Performance Appraisal
20	√	Performance & Application	Health-related fitness	Built-in presence	Performance Appraisal
21	√	Performance & Application	Cardiorespiratory fitness	Built-in presence	Performance Appraisal
22	√	Performance & Application	Respiratory fitness training	Built-in presence	Performance Appraisal
23	√	Performance Application	Musculoskeletal fitness	Built-in presence	Performance Appraisal
24	√	Performance & Application	The role of physical activity in weight loss	Built-in presence	Performance Appraisal
25	√	Performance & Application	The concept of obesity, causes and body mass index	Built-in presence	Performance Appraisal

26	√	Performance & Application	Metabolism and healthy nutrition	Built-in presence	Performance Appraisal
27	√	Performance & Application	Measuring voltage and vitality	Built-in presence	Performance Appraisal
28	√	Performance & Application	Calorie regulation and training programs	Built-in presence	Performance Appraisal
29	√	Performance & Application	Nutrition & Fitness Programs	Built-in presence	Performance Appraisal
30	√	Performance & Application	Practical and theoretical exam	Built-in presence	Performance Appraisal

12. Infrastructure	
<ul style="list-style-type: none"> ▪ Basic texts ▪ Course Books ▪ Other 	Mohammed Sobhi Hassanein / Fitness and its components Mufti Ibrahim / Fitness Mustafa Mohamed Hussein / Nutrition and Food in Health
Special requirements (including e.g. workshops, periodicals, software, websites)	Nutrition and Physical Performance Workshop Workshop on the benefits of regular physical activity Fitness improvement workshop through aerobic and cardio training
Social services (e.g. guest lectures, vocational training and field studies)	Multiple qualitative lectures

13. Acceptance	
Prerequisites	There isn't any
Minimum number of students	150
The largest number of students	250

