

Kingdom of Saudi Arabia
National Commission for Academic
Accreditation & Assessment



المملكة العربية السعودية
الهيئة الوطنية للتقويم
والاعتماد الأكاديمي

Attachment 2 (e)
Course Specifications

Kingdom of Saudi Arabia
The National Commission for Academic Accreditation & Assessment

T6. Course Specifications



Course Specifications

Institution: University of hail

Date: 1436/1437

College/Department: preparatory year - self development Skills - Humans and science

A. Course Identification and General Information

1. Course title and code: Health and Fitness

Code : PHFI 001

2. Credit hours:2

3. Program(s) in which the course is offered: preparatory year - self development Skills

4. Name of faculty member responsible for the course: dr.hany hagar

5. Level/year at which this course is offered: preparatory year

6. Pre-requisites for this course (if any): Non

7. Co-requisites for this course (if any): Non

8. Location if not on main campus: : male – Bagaa Haill compus preparatory year Building number 6

9. Mode of Instruction (tick (✓) the appropriate box):

a. Traditional classroom

What percentage?

30%

b. Blended (traditional and online)

What percentage?

c. E-learning

What percentage?

d. Correspondence

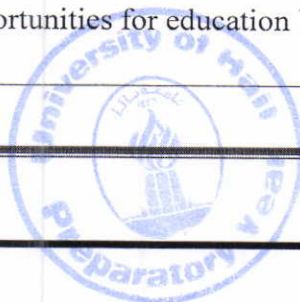
What percentage?

f. Other

What percentage?

70%

Comments: Has been the development of health and fitness a decision in line with the development of education, teaching and effective ways to keep pace with techniques to learn, through the Blackboard system which allows for the student and the teacher better opportunities for education Yokzlk constant interaction with the course material and the teacher at any time.



B. Objectives

1. What is the main purpose for this course?

This course is an integrated approach includes the definition of the importance of sport and health in life and the relationship between sport and health, as well as provide students with sporty comprehensive and healthy culture contain, and to identify fitness elements and paths of development and how you can appropriate exercise program you design, and a profile of the impact of physical activity on the health and psychological aspects , mental, social, and nutrition and its benefits and distractions skeleton and methods of prevention, as well as first aid for emergencies, as well as some contemporary issues such as diseases of Alskeroaldguet and smoking, drugs and obesity and thinness .

2. Briefly describe any plans for developing and improving the course that are being implemented.

It was amended decision to the training packages and edited by between 15:20% increase in training and workshops ways to build on what has been proposed in the second semester of the year 1436/1437 .

C. Course Description (Note: General description in the form used in Bulletin or handbook)

Course Description:

1. Topics to be Covered:

| List of Topics | No. of Weeks | Contact hours |
|--|--------------|---------------|
| First session: the concept of comprehensive health. Second Session: Health levels. First Health and Life. | 1 | 2 |
| Session III: Measuring the health level. Session IV: the pillars of health. Second Life and Health | 2 | 2 |
| Fifth Session: lack of movement diseases. Session VI: the effect of exercise on the body systems. Health and third life. | 3 | 2 |
| First session: the concepts and the importance of physical fitness. Second Session: fitness elements. Fourth fitness and health | 4 | 2 |
| Session III: How to start your program Sports Session IV: home fitness and health fifth fitness equipment . | 5 | 2 |
| Fifth Session: Development fitness elements Session VI: the development of fitness, health and fitness sixth elements First session: good textures | 6 | 2 |

