**Study Plan**

The study plan to be followed by students admitted to the program is detailed in the table below.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **FIRST YEAR** ([ 30] credit hours) | | | | **SECOND YEAR** ([33 ] credit hours) | | | |
| **Fall Semester** | | | | **Fall Semester** | | | |
| **Course** | **Course Title** | **Cr Hrs** | **New?** | **Course** | **Course Title** | **Cr Hrs** | **New?** |
|  | CCP Course | 3 | No |  | CCP Course | 3 | No |
|  | CCP Course | 3 | No | EDPE 210 | Intro. to Physical Education and Physical Activity | 3 | Yes |
| UNIV 100 | First Year Seminar | 3 | No | EDPE 220 | Functional Anatomy & Basic Physiology | 3 | Yes |
| EDUC 310 | Foundation of Education in Qatar and School Reform | 3 | No | EDPE 230 | Motor Learning and Development | 3 | Yes |
| EDUC 201 | Research Methodology | 3 | No | EDPE 240 | Principles and Practices of Sport (1) | 3 | Yes |
| Total Credit Hours in Semester [ 15 ] | | | | Total Credit Hours in Semester [ 15 ] | | | |
| **Spring Semester** | | | | **Spring Semester** | | | |
| **Course** | **Course Title** | **Cr Hrs** | **New?** | **Course** | **Course Title** | **Cr Hrs** | **New?** |
|  | CCP Course | 3 | No |  | CCP Course | 3 | No |
|  | CCP Course | 3 | No | EDPE 250 | Sport Injuries | 3 | Yes |
|  | CCP Course | 3 | No | EDPE 260 | Child Physical Education curriculum and practicum | 3 | Yes |
|  | CCP Course | 3 | No | EDPE 270 | Biomechanics of Physical Activity and Sport | 3 | Yes |
| EDUC 312 | Curriculum & Assessment | 3 | No | EDPE 280 | Principles and Practices of Sport (2) | 3 | Yes |
|  |  |  |  | EDPE 290 | Nutrition for Sport, Exercise & Health | 3 | Yes |
| Total Credit Hours in Semester [ 15 ] | | | | Total Credit Hours in Semester [ 18 ] | | | |
|  | | | |  | | | |
| **THIRD YEAR** ([ 33 ] credit hours) | | | | **FOURTH YEAR** ([ 24 ] credit hours) | | | |
| **Fall Semester** | | | | **Fall Semester** | | | |
| **Course** | **Course Title** | **Cr Hrs** | **New?** | **Course** | **Course Title** | **Cr Hrs** | **New?** |
|  | CCP Course | 3 | No | EDPE 410 | Work-based Learning | 3 | Yes |
| EDPE 310 | Teaching Physical Education in Primary Schools | 3 | Yes | EDPE 420 | Measurement and Evaluation in PE & Sport Studies | 3 | Yes |
| EDPE 320 | Psychological Aspect of Physical Activity and Sport | 3 | Yes | EDPE 430 | Independent Project in Physical Activity and Sport | 3 | Yes |
| EDPE 330 | Principles & Practices of Sport (3) | 3 | Yes | EDPE 440 | Principles & Practices of Sport (5) | 3 | Yes |
| EDPE 340 | Sociological Aspects of Physical Activity and Sport | 3 | Yes | EDPE 450 | Principles & Practices of Sport (6) | 3 | Yes |
| EDPE 350 | Exercise Physiology | 3 | Yes |  | CCP Course |  |  |
| Total Credit Hours in Semester [ 18 ] | | | | Total Credit Hours in Semester [ 18 ] | | | |
| **Spring Semester** | | | | **Spring Semester** | | | |
| **Course** | **Course Title** | **Cr Hrs** | **New?** | **Course** | **Course Title** | **Cr Hrs** | **New?** |
| EDPE 360 | Adapted Physical Activity | 3 | Yes | EDPE 490 | Internship | 6 | Yes |
| EDPE 370 | Sport Management & Recreation | 3 | Yes |  |  |  |  |
| EDPE 380 | Teaching Physical Education in Secondary Schools | 3 | Yes |  |  |  |  |
| EDPE 390 | Principles & Practices of Sport (4) | 3 | Yes |  |  |  |  |
|  | Elective Course | 3 |  |  |  |  |  |
| Total Credit Hours in Semester [ 15 ] | | | | Total Credit Hours in Semester [ 6 ] | | | |

**Course Details**

***Major Requirements courses***

|  |  |
| --- | --- |
|  | |
| **Course ID** | EDPE 210 |
| **Original course title (in English)** | Introduction to Physical Education, Physical Activity |
| **Original course title (in Arabic)** | مقدمة للتربية البدنية و النشاط البدني |
| **Credit (Contact) Hours** | 3 CH |
| **Course Designation\*** | LC |
| **Course Level\*** | UG |
| **Grade Mode** | Letter Grade (A – F) |
| **Prerequisites** | EDUC 310 AND EDUC 312 |
| **Co-requisites** | None |
| **Sequence Offering** | Fall |
| **Registration Restrictions** | Level: UG |
| **Course Description**  **(** Must be no less than **50 words** and must not exceed **80 words )** | In this course, students will examine and analyze contemporary views and practices of health, wellness, and physical activity through review of: historical and philosophical perspectives; evolving issues and discussions in the health, wellness, and physical activity fields; review of sociocultural influences in professional practices and research paradigms; current recommendations for research-based health, wellness, and physical activity practices and/or behaviors. Students will be given the opportunity to examine further current developments in physical activity and examine the impact of these trends and development on physical education curriculum and physical activity in general. |

|  |  |
| --- | --- |
|  | |
| **Course ID** | EDPE 220 |
| **Original course title (in English)** | Functional Anatomy and Basic Physiology |
| **Original course title (in Arabic)** | التشريح الوظيفي و وظائف الأعضاء |
| **Credit (Contact) Hours** | 3 CH |
| **Course Designation\*** | LC |
| **Course Level\*** | UG |
| **Grade Mode** | Letter Grade (A – F) |
| **Prerequisites** | EDUC 310 AND EDUC 312 |
| **Co-requisites** | None |
| **Sequence Offering** | Fall |
| **Registration Restrictions** | **Level**: UG  **College**: Education  **Major**: Physical Education |
| **Course Description**  **(** Must be no less than **50 words** and must not exceed **80 words )** | This course introduces students to the structure and function of the human body, with special focus on the skeletal, muscular, nervous, endocrine, cardiovascular, respiratory, and digestive systems. The course acquaint students with the structures of human body, including molecules, cells, tissues, organs, organ systems and basic physiology. Laboratory work includes computer simulations and interactive programs of the physiological aspects of human body. This course aims to identify and explain the main concepts for the most important anatomical parts of human body related to the physical activity. Also, it discusses the functional aspects of each part with emphasis upon the application of such knowledge to human motor performance |

|  |  |
| --- | --- |
|  | |
| **Course ID** | EDPE 230 |
| **Original course title (in English)** | Motor Learning and Development |
| **Original course title (in Arabic)** | التعلم و التطور الحركي |
| **Credit (Contact) Hours** | 3 CH |
| **Course Designation\*** | LC |
| **Course Level\*** | UG |
| **Grade Mode** | Letter Grade (A – F) |
| **Prerequisites** | EDUC 310 AND EDUC 312 |
| **Co-requisites** | None |
| **Sequence Offering** | Fall |
| **Registration Restrictions** | **Level**: UG  **College**: Education  **Major**: Physical Education |
| **Course Description**  **(** Must be no less than **50 words** and must not exceed **80 words )** | This course is designed to develop students’ knowledge and understanding of the theoretical principles that underpin motor learning and development as it has been applied to sport and physical activity settings. The course focuses on enhances students’ knowledge of main theories of learning and the principles that contribute towards motor development. The course introduces students to the changes in motor behavior that take place across the lifespan. It also explains the processes that underpin these changes and the factors that affect them. |

|  |  |
| --- | --- |
|  | |
| **Course ID** | EDPE 240 |
| **Original course title (in English)** | Principles and Practices of Sport 1 |
| **Original course title (in Arabic)** | مبادئ التدريب الرياضي 1 |
| **Credit (Contact) Hours** | 3 CH (2 Theory , 3 Lab) |
| **Course Designation\*** | LL |
| **Course Level\*** | UG |
| **Grade Mode** | Letter Grade (A – F) |
| **Prerequisites** | None |
| **Co-requisites** | None |
| **Sequence Offering** | Fall |
| **Registration Restrictions** | **Level**: UG  **College**: Education  **Major**: Physical Education |
| **Course Description**  **(** Must be no less than **50 words** and must not exceed **80 words )** | This course is designed mainly to provide students with the necessary teaching skills to introduce the games of football and handball to students, and enable them to become eligible practitioners working in the education sector.  The course aims at developing understanding of the principles of learning and teaching the basic skills in football and handball. It will also enable them to understand the mechanisms of organizing and managing sports tournaments in football and handball. Students will also be familiar with the rules and regulations of these two sports as they governed by the International Federations for football and handball. |

|  |  |
| --- | --- |
|  | |
| **Course ID** | EDPE 270 |
| **Original course title (in English)** | Biomechanics in Physical Activity and Sport |
| **Original course title (in Arabic)** | الميكانيكا الحيوية في النشاط البدني و الرياضة |
| **Credit (Contact) Hours** | 3 CH |
| **Course Designation\*** | LC |
| **Course Level\*** | UG |
| **Grade Mode** | Letter Grade (A – F) |
| **Prerequisites** | EDPE 210 |
| **Co-requisites** | None |
| **Sequence Offering** | Spring |
| **Registration Restrictions** | **Level**: UG  **College**: Education  **Major**: Physical Education |
| **Course Description**  **(** Must be no less than **50 words** and must not exceed **80 words )** | This course aims at developing students’ theoretical foundation of biomechanical laws and principles as applied to physical activity and sports. The course introduces students to movements’ analyses of physical activities and its application to performance in various sports. The course covers essential and practical knowledge of physiological changes associated with performance and the mechanical principles and physical laws that govern human movement and sports performance. A substantive part of the course will be devoted to the analysis of fundamental and complex motor skills and the use of these skills in physical activity and performance in physical education lessons, recreation and sporting events. |

|  |  |
| --- | --- |
|  | |
| **Course ID** | EDPE 280 |
| **Original course title (in English)** | Principles and Practices of Sport 2 |
| **Original course title (in Arabic)** | مبادئ التدريب الرياضي 2 |
| **Credit (Contact) Hours** | 3 CH (2 Theory , 3 Lab) |
| **Course Designation\*** | LL |
| **Course Level\*** | UG |
| **Grade Mode** | Letter Grade (A – F) |
| **Prerequisites** | None |
| **Co-requisites** | None |
| **Sequence Offering** | Spring |
| **Registration Restrictions** | **Level**: UG  **College**: Education  **Major**: Physical Education |
| **Course Description**  **(** Must be no less than **50 words** and must not exceed **80 words )** | This course aims to provide students with sufficient knowledge of basketball and volleyball through applied theoretical study that enables them to learn those games, acquire their skills and understand the international rules and regulations that govern the games. Students will learn how to teach, referee and organize the game. The course covers methods of teaching fundamental skills of basketball and volleyball and game plans and strategies. |

|  |  |
| --- | --- |
|  | |
| **Course ID** | EDPE 310 |
| **Original course title (in English)** | Teaching Physical Education in Primary Schools |
| **Original course title (in Arabic)** | تدريس التربية البدنية في المدارس الابتدائية |
| **Credit (Contact) Hours** | 3 CH |
| **Course Designation** | ST |
| **Course Level** | UG |
| **Grade Mode** | Letter Grade (A – F) |
| **Prerequisites** | EDPE 250 |
| **Co-requisites** | None |
| **Sequence Offering** | Fall |
| **Registration Restrictions** | **Level**: UG  **College**: Education  **Major**: Physical Education |
| **Course Description**  **(** Must be no less than **50 words** and must not exceed **80 words )** | This course introduces the theories related to the concept and development of physical literacy and fundamentals movement skills. The course deals with the organizational framework, relevant pedagogical concepts and methodological strategies for physical education curriculum in Primary Schools. The course aims to develop student’s competencies as a physical education teacher in primary school. The course focuses on students’ ability to understand and apply their pedagogical practices in a range of creative, competitive and challenging activities in preparation for teaching and learning at Primary School level. Teacher candidates will recognize and understand how individuals at that age participate and respond in different situations and subsequently be able to begin to differentiate and select their teaching material and approach accordingly. |

|  |  |
| --- | --- |
|  | |
| **Course ID** | EDPE 330 |
| **Original course title (in English)** | Principles and Practices of Sport 3 |
| **Original course title (in Arabic)** | مبادئ التدريب الرياضي 3 |
| **Credit (Contact) Hours** | 3 CH (2 Theory , 3 Lab) |
| **Course Designation** | LL |
| **Course Level** | UG |
| **Grade Mode** | Letter Grade (A – F) |
| **Prerequisites** | None |
| **Co-requisites** | None |
| **Sequence Offering** | Fall |
| **Registration Restrictions** | **Level**: UG  **College**: Education  **Major**: Physical Education  **Maximum class size:**25  Students must have completed a minimum of **60 CH** |
| **Course Description**  **(** Must be no less than **50 words** and must not exceed **80 words )** | The course introduces students to the main swimming strokes and various methods of teaching beginners. The course attempts to develop students’ knowledge of aquatics sports and covers aspects such as developing self-confidence in learning swimming, systems of energy production in competitive swimming for short and long distances and the biomechanics of various swimming techniques. In addition, the course introduces students to practical aspects such as floating, kicking, breathing, starting-up and turns. |

|  |  |
| --- | --- |
|  | |
| **Course ID** | EDPE 350 |
| **Original course title (in English)** | Exercise Physiology |
| **Original course title (in Arabic)** | وظائف الأعضاء |
| **Credit (Contact) Hours** | 3 CH |
| **Course Designation** | LC |
| **Course Level** | UG |
| **Grade Mode** | Letter Grade (A – F) |
| **Prerequisites** | EDPE 220 **AND** EDPE 270 |
| **Co-requisites** | None |
| **Sequence Offering** | Fall |
| **Registration Restrictions** | **Level**: UG  **College**: Education  **Major**: Physical Education |
| **Course Description**  **(** Must be no less than **50 words** and must not exceed **80 words )** | This course provides a basic knowledge about the physiological changes in human body during normal steady state as well as under different training conditions, such as exercising in various environmental conditions and circumstances. Also, it gives students the opportunity to understand some of the important physiological issues relating to the development of human performance capacity and limitations. In addition, this course aims to encourage student to research and explore some of the important and interesting contemporary issues in the area of exercise physiology that are related to the content of this course. Additionally, the course identifies the major field methods and laboratory procedures employed in assessing the various human capacities and physical fitness components. |

|  |  |
| --- | --- |
|  | |
| **Course ID** | EDPE 360 |
| **Original course title (in English)** | Adapted Physical Activity |
| **Original course title (in Arabic)** | التربية البدنية للخواص |
| **Credit (Contact) Hours** | 3 CH |
| **Course Designation** | LC |
| **Course Level** | UG |
| **Grade Mode** | Letter Grade (A – F) |
| **Prerequisites** | EDPE 220 |
| **Co-requisites** | None |
| **Sequence Offering** | Spring |
| **Registration Restrictions** | **Level**: UG  **College**: Education  **Major**: Physical Education |
| **Course Description**  **(** Must be no less than **50 words** and must not exceed **80 words )** | This course aims to develop students’ understanding of the historical background concerning the concept of adapted physical activity and explains the difference between adapted physical activity and mainstream physical education. The course introduces students to the classification of special needs with regard to the nature and degree of severity. The course also introduces students to various approaches used for inclusion of special needs pupils in mainstream physical education and the special requirements and provisions needed to ensure successful implementation. |

|  |  |
| --- | --- |
|  | |
| **Course ID** | EDPE 380 |
| **Original course title (in English)** | Teaching Physical Education in Secondary Schools |
| **Original course title (in Arabic)** | تدريس التربية البدنية في المدارس الثانوية |
| **Credit (Contact) Hours** | 3 CH |
| **Course Designation** | ST |
| **Course Level** | UG |
| **Grade Mode** | Letter Grade (A – F) |
| **Prerequisites** | EDPE 310 |
| **Co-requisites** | None |
| **Sequence Offering** | Spring |
| **Registration Restrictions** | **Level**: UG  **College**: Education  **Major**: Physical Education |
| **Course Description**  **(** Must be no less than **50 words** and must not exceed **80 words )** | The course deals with the organizational framework, relevant pedagogical concepts and methodological strategies for physical education in secondary schools. The course aims to develop the knowledge, skills and competencies necessary for teacher trainees to be able to teach secondary school students. The course also focuses on candidates’ ability to understand and apply their pedagogical practices in a range of creative, competitive and challenging activities in preparation for teaching and learning at secondary schools. Teacher candidates will recognize and understand how individuals at that age participate and respond in different situations and subsequently be able to begin to differentiate their teaching material and approach accordingly. |

|  |  |
| --- | --- |
|  | |
| **Course ID** | EDPE 390 |
| **Original course title (in English)** | Principle and Practice of Sport 4 |
| **Original course title (in Arabic)** | مبادئ التدريب الرياضي 4 |
| **Credit (Contact) Hours** | 3 CH (2 Theory , 3 Lab) |
| **Course Designation** | LL |
| **Course Level** | UG |
| **Grade Mode** | Letter Grade (A – F) |
| **Prerequisites** | None |
| **Co-requisites** | None |
| **Sequence Offering** | Spring |
| **Registration Restrictions** | **Level**: UG  **College**: Education  **Major**: Physical Education |
| **Course Description**  **(** Must be no less than **50 words** and must not exceed **80 words )** | This course is designed to develop the teaching skills of students who are trained to work in the education sector. This course deals with the place of gymnastics in the school’s physical education curriculum. It explores the different types of gymnastics, focusing on the technical aspects of performing of the basic and main skills on the floor as well as the various apparatus. Also, it develops students and understanding and appreciation of health and safety regulations, support techniques and aiding methods on these apparatus. The course also covers the theoretical and practical foundations of floor and apparatus exercises and routine, as well as their usage gymnastic exercises to develop numerous physical capacities. |

|  |  |
| --- | --- |
|  | |
| **Course ID** | EDPE 410 |
| **Original course title (in English)** | Work-based Learning |
| **Original course title (in Arabic)** | التعلم بالخبرة العملية |
| **Credit (Contact) Hours** | 3 CH |
| **Course Designation** | FW |
| **Course Level** | UG |
| **Grade Mode** | Letter Grade (A – F) |
| **Prerequisites** | EDPE 370 |
| **Co-requisites** | None |
| **Sequence Offering** | Fall |
| **Registration Restrictions** | **Level**: UG  **College**: Education  **Major**: Physical Education |
| **Course Description**  **(** Must be no less than **50 words** and must not exceed **80 words )** | This course offers students the opportunity to apply and explore academic subject knowledge within a vocational context, through the mode of work-based learning. Students will be allocated a College placement tutor and a placement supervisor in their host organization. The placement supervisor will discuss a focus area for the student’s role on placement. With the guidance provided by the placement tutor, the student should be able to reflect critically on the experience through a reflective assignment. |

|  |  |
| --- | --- |
|  | |
| **Course ID** | EDPE 430 |
| **Original course title (in English)** | Independent Project in Physical Activity and Sport |
| **Original course title (in Arabic)** | دراسة مستقلة في التربية البدنية و الرياضة |
| **Credit (Contact) Hours** | 3 CH |
| **Course Designation** | SP |
| **Course Level** | UG |
| **Grade Mode** | Letter Grade (A – F) |
| **Prerequisites** | None |
| **Co-requisites** | None |
| **Sequence Offering** | Fall |
| **Registration Restrictions** | **Level**: UG  **College**: Education  **Major**: Physical Education  Students must have completed a minimum of **90 CHs** |
| **Course Description**  **(** Must be no less than **50 words** and must not exceed **80 words )** | This course builds on prior learning, particularly work-based learning course, and offers students the opportunity for further development of their skills, knowledge and understanding through conducting an independent research project. The project is regarded as an important exercise for developing students’ abilities to formulate effective research design and procedures, to collect and present data in an appropriate and meaningful way and to conduct a critical analysis of relevant literature. Students are expected to complete an independent research or enquiry-based project of a practical or theoretical nature. This will enable them to demonstrate independence in their approach to research and enhance their project planning experience. Students will be receiving guidance and support throughout the process from their personal supervisor. |

|  |  |
| --- | --- |
|  | |
| **Course ID** | EDPE 440 |
| **Original course title (in English)** | Principle and Practice of Sport 5 |
| **Original course title (in Arabic)** | مبادئ التدريب الرياضي 5 |
| **Credit (Contact) Hours** | 3 CH (2 Theory , 3 Lab) |
| **Course Designation** | LL |
| **Course Level** | UG |
| **Grade Mode** | Letter Grade (A – F) |
| **Prerequisites** | None |
| **Co-requisites** | None |
| **Sequence Offering** | Fall |
| **Registration Restrictions** | **Level**: UG  **College**: Education  **Major**: Physical Education |
| **Course Description**  **(** Must be no less than **50 words** and must not exceed **80 words )** | This course is designed to introduce students to the sport of athletics and provides them with the knowledge and skills required to plan, organize and deliver physical education lessons covering the major track and field events. The course aims to provide students with the necessary skills required for teaching and training track and field events for different age groups. The course should enable trainee teachers to develop the ability to perform and teach the technical aspects of various track and field events, demonstrating a good level of understanding of the rules and regulations that govern this sport and its organization. |

|  |  |
| --- | --- |
|  | |
| **Course ID** | EDPE 450 |
| **Original course title (in English)** | Principles and Practices of Sport 6 |
| **Original course title (in Arabic)** | مبادئ التدريب الرياضي 6 |
| **Credit (Contact) Hours** | 3 CH (2 Theory , 3 Lab) |
| **Course Designation** | LL |
| **Course Level** | UG |
| **Grade Mode** | Letter Grade (A – F) |
| **Prerequisites** | None |
| **Co-requisites** | None |
| **Sequence Offering** | Fall |
| **Registration Restrictions** | **Level**: UG  **College**: Education  **Major**: Physical Education |
| **Course Description**  **(** Must be no less than **50 words** and must not exceed **80 words )** | This course aims at providing students with information about the history, evolution, and development of Racket Sports (Tennis & Table tennis). The course of study provide students with opportunities to learn and develop their skills, gaining experiences of arbitration and organizing tournaments. The course reviews Racket Sports (Tennis & Table tennis) basic skills, their technical and instructional steps as well as their basic playing plans and strategies. |

|  |  |
| --- | --- |
|  | |
| **Course ID** | EDPE 490 |
| **Original course title (in English)** | Internship |
| **Original course title (in Arabic)** | تدريب ميداني |
| **Credit (Contact) Hours** | 6 CH |
| **Course Designation** | IN |
| **Course Level** | UG |
| **Grade Mode** | Letter Grade (A – F) |
| **Prerequisites** | None |
| **Co-requisites** | None |
| **Sequence Offering** | Spring |
| **Registration Restrictions** | **Level**: UG  **College**: Education  **Major**: Physical Education  Department Approval |
| **Course Description**  **(** Must be no less than **50 words** and must not exceed **80 words )** | This course offers students the opportunity to build on their previous work-based learning through the more developed application of academic subject knowledge to a vocational context. The internship is a three-way partnership between the student, the College and the employer. Students choose and negotiate a physical activity or physical education work experience with College support and guidance. The internship must be in a vocation specific to their chosen pathway. Students spend a number of days during the 2nd Semester of their final year in a host institution engaged in agreed tasks relevant to future career and undertake a project related to physical activity and/or physical education. The nature and aims of the project are normally negotiated with the host organization and the College tutor. Additionally, students reflect on their experiences during the internship through completion of a weekly log book. |

***Major Supporting Requirements Courses***

|  |  |
| --- | --- |
|  | |
| **Course ID** | EDPE 320 |
| **Original course title (in English)** | Psychological Aspect of Physical Activity and Sport |
| **Original course title (in Arabic)** | الجوانب النفسية للنشاط البدني |
| **Credit (Contact) Hours** | 3 CH |
| **Course Designation** | LC |
| **Course Level** | UG |
| **Grade Mode** | Letter Grade (A – F) |
| **Prerequisites** | EDPE 210 with concurrency |
| **Co-requisites** | None |
| **Sequence Offering** | Fall |
| **Registration Restrictions** | **Level**: UG  **College**: Education  **Major**: Physical Education |
| **Course Description**  **(** Must be no less than **50 words** and must not exceed **80 words )** | This course is designed to provide students with an understanding of the theoretical and practical principles of applying psychological concepts to physical activity, exercise, and health settings. The course explores how personality and situational variables affect motivation, anxiety and performance. Also, the course provides the opportunity to explore and discuss the effects of exercise on mental health and wellbeing. Additionally, the course provides an overview of theory and practice related to contemporary issues in the field, including personality and performance, motivation, attention control, leadership styles, athletic counseling, performance enhancement techniques, and testing and performance motivation. This course aims to give students a better understanding of psychological factors that influence performance of physical activity. The main topics include: leadership, group cohesion, and team dynamics. |

|  |  |
| --- | --- |
|  | |
| **Course ID** | EDPE 250 |
| **Original course title (in English)** | Sport Injuries |
| **Original course title (in Arabic)** | الإصابات الرياضية |
| **Credit (Contact) Hours** | 3 CH (3 Theory , 0 Lab) |
| **Course Designation** | LC |
| **Course Level** | UG |
| **Grade Mode** | Letter Grade (A – F) |
| **Prerequisites** | None |
| **Co-requisites** | None |
| **Sequence Offering** | Spring |
| **Registration Restrictions** | **Level**: UG  **College**: Education  **Major**: Physical Education |
| **Course Description**  **(** Must be no less than **50 words** and must not exceed **80 words )** | This course introduces students to various types of common athletic injuries in the field of physical activity and sports. The course demonstrates to students the various methods of managing sports injuries and avoiding complications. The course introduces students to the various types of sports injuries that could occur in schools’ playing grounds or during sporting competition. Additionally, the course provides students with the appropriate methods of offering first aid that helps to avoid any further complications. |

|  |  |
| --- | --- |
|  | |
| **Course ID** | EDPE 260 |
| **Original course title (in English)** | Child Physical Education Curriculum and Practicum |
| **Original course title (in Arabic)** | المنهج و التطبيق للتربية البدنية للأطفال |
| **Credit (Contact) Hours** | 3 CH |
| **Course Designation** | LC |
| **Course Level** | UG |
| **Grade Mode** | Letter Grade (A – F) |
| **Prerequisites** | EDPE 210 |
| **Co-requisites** | None |
| **Sequence Offering** | Spring |
| **Registration Restrictions** | **Level**: UG |
| **Course Description**  **(** Must be no less than **50 words** and must not exceed **80 words )** | The purpose of this course is to introduce teacher candidates to the developmentally appropriate physical education for children. In this course, appropriate planning, instruction, and assessment make-up the main foundation of the activities involved. Students are expected to conducted field visits to schools and watch and evaluate actual physical education classes. |

|  |  |
| --- | --- |
|  | |
| **Course ID** | EDPE 290 |
| **Original course title (in English)** | Nutrition for Sport, Exercise and Health |
| **Original course title (in Arabic)** | التغذية للرياضة و التدريب و الصحة |
| **Credit (Contact) Hours** | 3 CH |
| **Course Designation** | LC |
| **Course Level** | UG |
| **Grade Mode** | Letter Grade (A – F) |
| **Prerequisites** | EDPE 210 with concurrency |
| **Co-requisites** | None |
| **Sequence Offering** | Spring |
| **Registration Restrictions** | **Level**: UG  **College**: Education  **Major**: Physical Education |
| **Course Description**  **(** Must be no less than **50 words** and must not exceed **80 words )** | This course introduces students to the importance of nutrition for sport, exercise and health, as well as providing them with the essential knowledge about different nutrients. The course explains the main functions of carbohydrates, fats and proteins and methods of absorbing and extracting energy. It also provides information on the role of minerals, vitamins and water in maintaining health. The course clarifies the role of enriched and fortified foods and dietary supplementation towards human performance. Additionally, it explains to students how to interpret the information placed on food labels and the importance of adequate dietary intakes. The course identifies the type, the quantity and the time when carbohydrates, fats and proteins should be consumed before, during and after exercise. Moreover, it explains how to develop an individualized nutrition plan for maintaining health |

|  |  |
| --- | --- |
|  | |
| **Course ID** | EDPE 340 |
| **Original course title (in English)** | Sociological Aspects of Physical Activity and Sport |
| **Original course title (in Arabic)** | الجوانب الاجتماعية للنشاط البدني و الرياضة |
| **Credit (Contact) Hours** | 3 CH |
| **Course Designation** | LC |
| **Course Level** | UG |
| **Grade Mode** | Letter Grade (A – F) |
| **Prerequisites** | EDPE 210 with concurrency |
| **Co-requisites** | None |
| **Sequence Offering** | Fall |
| **Registration Restrictions** | **Level**: UG  **College**: Education  **Major**: Physical Education |
| **Course Description**  **(** Must be no less than **50 words** and must not exceed **80 words )** | This course develops students understanding and appreciation of the place of sport in society and its impact on various communities and groups of people. Also, it develops an appreciation of the networks that people form and the consequences of these interdependencies for involvement in both leisure and sports activities (including 'exercise') and competitive sports. This course will focus on issues such as: participation in physical activity, sport participation and exercise; sport and performance enhancing drugs; sport and violence; nationalism and sport; the professionalization, commercialization; sport and the media; the relationship between sport and health; sport as a lifestyle; exercise as a means of rehabilitation. |

|  |  |
| --- | --- |
|  | |
| **Course ID** | EDPE 370 |
| **Original course title (in English)** | Sport Management and Recreation |
| **Original course title (in Arabic)** | الإدارة الرياضية و الترويح |
| **Credit (Contact) Hours** | 3CH |
| **Course Designation** | LC |
| **Course Level** | UG |
| **Grade Mode** | Letter Grade (A – F) |
| **Prerequisites** | EDPE 210 with concurrency |
| **Co-requisites** | None |
| **Sequence Offering** | Spring |
| **Registration Restrictions** | **Level**: UG |
| **Course Description**  **(** Must be no less than **50 words** and must not exceed **80 words )** | The course introduces students to managing physical education, sports and recreations events inside and outside school. The most commonly used definitions of managing physical activity, sporting events will be presented and the underlying knowledge areas of each of the definitions will be discussed. Students will be given the opportunity to examine current developments in managing schools’ sporting events and relate these trends and developments to managing other recreational events organized for the school or the local community. Essential topics in this course include definitions of physical activities and sport management, essential skills and roles of the sports activities manager and current trends in managing schools sporting and recreational events. |

|  |  |
| --- | --- |
|  | |
| **Course ID** | EDPE 420 |
| **Original course title (in English)** | Measurement and evaluation in Physical Education and Sports Studies |
| **Original course title (in Arabic)** | القياس و التقويم في التربية البدنية و النشاط الرياضي |
| **Credit (Contact) Hours** | 3 CH |
| **Course Designation** | LC |
| **Course Level** | UG |
| **Grade Mode** | Letter Grade (A – F) |
| **Prerequisites** | EDPE 340 **AND** EDUC 201 |
| **Co-requisites** | None |
| **Sequence Offering** | Spring |
| **Registration Restrictions** | **Level**: UG  **College**: Education  **Major**: Physical Education |
| **Course Description**  **(** Must be no less than **50 words** and must not exceed **80 words )** | The course introduces students to the various methods and approaches commonly used in exploring and investigating issues relating to physical education, physical activity, sports and recreation. The main and universally used theories and principles of measurement and evaluation in Physical Education will be introduced and students will be offered practical sessions on the application and use of these principles in the field. The course develops students’ understanding of the purpose and applications of measurements and introduces them to a range of validated tests used in physical education, recreation and sports. |

***Major Electives Course***

|  |  |
| --- | --- |
|  | |
| **Course ID** | EDPE 449 |
| **Original course title (in English)** | Physical Conditioning |
| **Original course title (in Arabic)** | - |
| **Credit (Contact) Hours** | 3 CH |
| **Course Designation** | LC |
| **Course Level** | UG |
| **Grade Mode** | Letter Grade (A – F) |
| **Prerequisites** | None |
| **Co-requisites** | None |
| **Sequence Offering** | Fall &Spring |
| **Registration Restrictions** | **Level**: UG |
| **Course Description**  **(** Must be no less than **50 words** and must not exceed **80 words )** | This course aims to provide students with theories and knowledge of fitness, including fitness divisions and components. The course provides opportunity to students to practice on how to run some of the fitness training batteries according to the needs of participants, including normal individuals and athletes. In addition, students will be provided with the recent recommendations and scientific programs related to foundations of fitness conditioning. Where appropriate, this course will employ other related sport sciences to physical fitness development. Also, the course provides students with the skills to conduct the necessary laboratory and field to assess and evaluate physical fitness levels. |