

FACULTY OF PHYSICAL EDUCATION



FACULTY OF PHYSICAL EDUCATION:

The Department of physical education was established in 1973 at that time the department used to award a Diploma in physical education major. Only in 1996 was the department physical education at the college of educational sciences able to accept students in the B.A. program in physical education. For the first time in 2006 the college of physical education accepted the first group of students in the B.A. in physical education. In 2008 the college of physical education became independent from the college of educational sciences.

Ever since its independence the college of physical education has encountered a lot of difficulties in establishing itself. The idea of establishing an independent college began 1998. The efforts of Professor Rami Hamdallah at that time made the process of carrying out and implementing the plan for the establishment of this college of possible in 2006. The academic study at this college began on the new campus in the second academic semester of the year 2008-2009.

The college of physical education occupies 7600 square meters of the university new campus which includes an indoor swimming pool equipped with the most modern technology, a multi-purpose hall for sports, a squash hall, a gymnastic hall, body-building hall with various purposes, a wrestling hall, outdoor tennis court, a playground volley ball and basket ball playground, training hall, measurement lab, physical therapy, and computer lab.

College Philosophy

The philosophy which the college of physical education embraces is that of the university itself. The college is concerned about preparing its graduates scientifically and professionally to provide the public and private sectors, organizations, ministry of education and higher learning, ministry of youth, health and body-building centers, military sports centers with the most competent and qualified candidates who are able to contribute and meet the needs of the society and measure up to the standard of the scientific progress. The college has made it an imperative that its graduates represent a fundamental principle for the development of Palestinian sports and the preparation of Palestinian national teams.

College Objectives:

The college of physical education strives to accomplish the following goals & objectives

1. To prepare highly qualified and competent graduates for sports in various capacities as sport teachers and trainers with scientific and professional training to meet the needs of sports organization such as schools, clubs, universities, institutes, body-fitness centers for ordinary people and people with special needs in Palestine.

2. To develop and improve sport training in Palestine by being selective in recruiting those promising beginners and novice and try to nurture their tenacity and psychology and their motor prepare short, medium, and long term training programs for the novice, the elderly, and from both sexes.
3. To develop the studying curricula and the teaching of physical education techniques at Palestinian schools.
4. To develop the social relations, treat mistaken and erroneous beliefs about physical education, ascertain the philosophy on which the physical education depend and paying a great care for the handicapped sports or .
5. To spread awareness and cultural health related to better health and life among society members and the role of sports in developing and enhancing.
6. To better use of technology in developing sports movement and marketing
7. To participate in selecting national teams on account that schools hold the biggest pool of competitive teams of young age. To build long term training programs for the representation of Palestine in Arab, regional, and international Sports Forums order to represent at the level of high schools, clubs, and national teams. To refrain from participating in such events for the sake of participating as it is happening now.
8. To help students acquire the necessary skills for various sports and physical education activities in addition to becoming acquainted with the legal knowledge pertaining to it and the ability of refereeing.
9. To prepare students with the ability to define and use the proper tools, equipment and modern techniques in teaching school physical education
10. To prepare students with the ability to make use of the relevant knowledge they have acquired in sociology, psychology, and other subjects to physical education and to make use of the various theories they have learned in teaching physical education to both normal and students with special needs.
11. To develop students' ability to solve problems and work in various capacities and to avail themselves of whatever available in the surrounding environment in the teaching process.
12. To strengthen the relation between the university and the Palestinian society through the effective and instrumental use of the various facilities of the college.

The college ambition:

The college of physical education hopes to begin awarding the master degree in physical education and a B.A. Natural Treatment



Study Plan

The Study Plan for the awarding of B.A. in Physical Education consists of 139 credit hours distributed as follows:

Number	Study Plan Requirements	Credit Hours
First	Compulsory University Requirements	20. Credit Hours
	Elective University Requirements	6. Credit Hours
Second	Compulsory College Requirements	18. Credit Hours
	Elective College Requirements	6. Credit Hours
Third	Theoretical Compulsory Major Requirements	30 Hours
	Practical Compulsory Major Requirements	53 Hours
	Practical Elective Major Requirements	6 Hours
Total		139 Hours

I. Compulsory College Requirements (18 Credit Hours)

Course Number	Course Title	Credit Hours
171101	Computer in Physical Education	3
171102	Statistics in Physical Education	3
171103	Introduction to Sport Anatomy	3
171201	Biomechanics	3
171202	Principles of Sports Psychology	2
171203	Health and Sport Activity	2
171104	Introduction & Philosophy in Physical Education	2
Total		18

Elective College Requirements (6 Credit Hours):2

Course Number	Course Title	Credit Hours
171205	Sports Marketing	2
171206	Sports of Special Cases	2
171207	Application in Physiotherapy and Massage	2
171105	Contemporary Issues in Physical Education	2
171106	Sports Media	2
171107	Recreation & Leisure Time	2

Major Requirements:

A. Theoretical Compulsory Major Requirements (30 credit hours Theory):

Course number	Course Title	Credit hour	Prerequisite
171108	Sports Physiology	3	171103
171208	Teaching Methods in Physical Education	3	171115•171215
171401	Physical Education Curricula	3	--
171402	kinesiology	3	171103
171209	Organization and Administration in Physical Education	3	--
171301	Sports Injuries and Physiotherapy	3	171103
171403	Sports Training	3	171108
171404	Measurements and Evaluation in Physical Education	3	171302
171302	Scientific Research in Physical Education	3	-
171408	Seminar	3	171302
Total		30	

B. Practical Compulsory Major Requirements (53 hours Practice)

Course Number	Course Title	Credit hours	Credit hours	Prerequisite
171109	Football (1)	3	3	--
171210	Basket ball(1)	3	3	--
171211	Handball(1)	3	3	--
171110	Volley ball(1)	3	3	--
171111	Athletics(1)	3	3	--
171112	Gymnastics(1)	3	3	--
171113	Rhythmic Movement(1)*	3	3	--
171303	Football (2)	3	3	171109
171304	Basket ball(2)	3	3	171210
171305	Handball(2)	3	3	171211
171212	Volleyball((2	3	3	171110
171213	Athletics(2)	3	3	171111
171214	(2)Gymnastics	3	3	171112
171306	Rhythmic Movement(2)	3	3	171113
171114	Physical Fitness	3	3	--
171307	Swimming(1)	3	3	--
171405	Swimming(2)	3	3	171307
171115	Physical Exercises (1)	2	2	--
171215	Physical Exercises(2)	2	2	171115
171406	Field Training (1)**	2	6	171208
171407	Field Training(2)***	2	6	171406
Total		53		

* Rhythmic Movement (for girls) parallels Football (for boys)

** Field Training (1) students sign up for this course in the second semester of their third year (or when they become juniors) at the following time: from 8:00 to 11:00, for three days.

*** Field Training (2) students sign up for this course when they become seniors or in the first semester of their fourth year at the following time: from 8:00 to 11:00 for three days.

2) Practical Elective Major Requirements (6 credit hours)

Students can select six credit hours out of the following courses:

Course Number	Course Title	Credit Hours
171308	Weight Lifting	2
171309	Football (Female)	2
171310	Small Games	2
171311	Scouting & Camping	2
171312	Squash	2
171313	Tennis	2
171314	Badminton	2
171315	Table Tennis	2
171316	Boxing	2
171317	Wrestling	2
171318	Fencing	2
171319	Judo	2
171320	Taekwondo	2



Course Description

171208: Teaching Methods in Physical Education

This course aims at a) introducing students to the most important ways and adopted styles used in teaching physical education; and b) taking advantage of these pedagogical techniques in carrying out physical education curricula for various stages. In addition, this course trains students to acquire the necessary knowledge for daily, semi-annual, and annual planning of physical education teaching.

171203: Health and Sports Activity

This course is designed to introduce students to the concept of health and health education and its overall importance in school environment and in the protection of diseases. In addition, this course underscores the relation between physical education and health education and considers it as part and parcel of the public health education. Furthermore, this course underscores the importance of nutrition for physical activities and other health concerns. And finally this course stresses the importance of paying a great deal of care in physical education class and in school environment to health issues.

171103: Introduction to Sport Anatomy

This course is designed to help student acquire the necessary knowledge about the anatomical construction and structures for the systems of human body. It also focuses on the application of the principles of anatomy in physical education and sports and it focuses on the motor system which includes: muscles, bones, joints, and nervous system.

171202: Principles of Sports Psychology

This course is designed to develop the concepts of sports psychology, self-assurance, one's personality and athletes' tendencies. In addition, this course is designed to develop the concept of evaluation and measurement in sports psychology and prepare athletes psychologically.

171201: Motor Learning

This course is designed to introduce students to the human learning theories and the ways of implementing such theories for the sake of teaching students through physical exercises and activities. In addition, this course aims to introduce students to the learning trends, methods, physical movements in addition to the curriculum and planning the stages of growth and the characteristics of each stage in the learning process and the basic kinetic skills

171206: sports of Special Cases

This course is designed to define and identify special cases of physical education particularly the ones with disabilities or some physical deficiencies. This course is also designed to point out the type of physical activities suitable for students with some physical education disability. Furthermore, this course is designed to identify the talented and most gifted in sports and prepare proper and suitable sport exercises for them and set up sport championship tournament.

171207: Applications in Physiotherapy and Massage

This course is designed to introduce students to the concept of massage in terms of its types and ways of application. In addition, this course introduces students to the advantages of using massage and physiotherapy in the treatment of some injuries. Furthermore, this course introduces students to some rehabilitation exercise for certain injuries along with some prevention exercises against other types of injuries. And finally this course underscores the application of natural treatment for certain injuries.

171401: Curricula in Physical Education

This course is designed to introduce students to the concept of physical education curricula and the philosophy behind the methodologies of physical education. In addition, this course introduces students to contemporary methodologies and comparing it with its traditional counterpart. Furthermore, this course lays out the curricula used in physical education for various learning stages including the component of planning for teaching in physical education.

171402: Biomechanics

This course includes a display of various forms of physical movements such as straight and closed movements in sports. It also includes a display of the influencing power or force on human body; in addition to providing a kinetic analysis of some movements and their types for some sport games. This course then focuses on the physics laws pertaining to power, speed, acceleration, gravity, and friction, sites of labor and movement transport.

171107: Recreation & Leisure Time

This course aims to introduce students to the importance of having recreation and leisure time for both individuals and society. It also looks at the types and forms of recreation and leisure time in terms of its goals, objectives, and the characteristics of each form of recreation and leisure time. Finally, this course highlights the educational programs of recreation and leisure time.

171102: Statistics in Physical Education

This course aims to introduce students to the fundamental statistical processes in physical education in terms of becoming acquainted with the measurement of central tendency, variation, simple correlation, normal distribution, and ways of constructing norms. In addition, this course aims to teach students the methods of hypothesis testing using selected parametric and non-parametric tests.

171101: Computer in Physical Education

This course is designed to introduce students to the importance of using computer in physical education and sports particularly in physiology and kinesiology. This course underscores the importance and merits of using computer application geared for sports. In addition, this course introduces students to the ways of using computer and taking advantage of it in understanding the rules of sports statements on the internet.

171104: Introduction & Philosophy in Physical Education

This course aims at introducing students to physical education. It also points out its goals, objectives, its philosophical foundations, and its sources of knowledge. In addition, this course traces the history of physical education, its status, and development in ancient civilizations, middle ages, the Renaissance age, Islamic age and modern age.

171108: Sports physiology

This course is a study of the response and adaptation of sports training; the human skeletal muscle structure and function; and the energy systems, physiological training theory, the effect of sports training on different human systems, the factors which have influence on physical performance, nutrition and exercise, somatotypes, and weight control, body composition, resting metabolic rate, and drugs.

171301: Sport Injuries and Physiotherapy

This course focuses on: common sport injuries, or injuries resulting from sports training and exercise, the causes and symptoms of these injuries, the ways and means for protection and prevention, and the proper method of first aid cure or natural treatment. This course provides knowledge and training in first aid treatment and through the resuscitation one's heart and lungs.

171302: Scientific Research in Physical Education

This course focuses on: developing scientific research in physical education; developing the steps and methods of conducting scientific research; and the gathering of information, and the statistical methods of testing scientific hypotheses.

171408: Seminar

This course covers a number of topics: concept of educational research and its types; action research; selection of topics and research proposal outline preparation and research writing and documentation. Students expected to submit papers on selected topic in physical education and discuss them with their instructors and classmates.

171209: Administration & Organization in Physical Education

This course includes the concept of administration and organization in general and its application in different aspects of physical education. It provides remedies to various problems in bad planning or mismanagement and a follow-up for or evaluation of various activities. Furthermore, this course provides ways and mechanisms for managing, administering, and organizing indoor and outdoor sport activities at schools, clubs, social centers and organizations. Finally, this course provides tips on organizing sport convention and workshops.

171404: Measurement & Evaluation in Physical Education

This course aims to identify the fundamental concepts of measurements and evaluation in sport/physical education. It also introduces students to the scientific criteria for testing and evaluating different programs in physical education and

providing remedies for common errors in measurement. Furthermore, this course focuses on the anthropometric, skills, physical fitness, physiological, and psychological measurements in physical education and sports; it also focuses on finding the ways for the preparation of standards and level geared for physical education programs.

171403: Sports Training

This course is an introduction to the concept of the sports training in terms of its development, principles, the components of training load, and the methods of training. In addition, this course introduces the process of preparing athletes physically, technically, tactically and psychologically. And finally this course looks at the process of planning in training and the ways of preparing training programs and their enhancement.

171205: Sports Marketing

This course is designed to introduce students to the concepts pertaining to marketing in sports in terms of its elements, steps, and its role in the success of local, regional, and international sport tournaments and championships. This course looks at holding and participating in sport tournaments and championships as an economic incentive or income in addition to the right of media coverage of such events; the production of sport needs and manufacturing them; the exposure to previous models of marketing such championship and tournaments and finally preparing marketing plans for the sale of such tournaments and championships events.

171105: Contemporary Issues in Physical Education

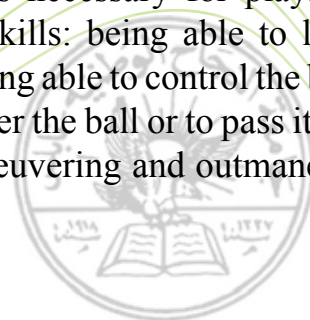
This course aims at introducing students to the contemporary issues concerning physical education and sports. In addition, it aims at discussing topics related to talents and professionals, the stimulants, the crowdedness of stadium, the college credential or qualifications of sport coach, women sports and other important sport issues.

171106: Sports Media

This course is designed to introduce students to the importance of mass media whether it is visual, readable, and audible and the important role it plays in enhancing the level of sport and its elements. Furthermore, this course aims to illustrate the role of sports media in raising the level of understanding of the society of sports.

171109: Football (1)

This course is designed to teach students the skills necessary for playing well in a football game through acquiring the following skills: being able to learn the fundamental skills on the play ground while playing; being able to control the ball or to hit it with the foot or head; being able to chase or run after the ball or to pass it through or to point it to a specific direction; being able to maneuvering and outmaneuvering other players.



171210: Basketball (1)

This course is designed to teach students the fundamental skills used in basketball such as the acquisition of the following skills: passing, dribbling, and shooting the ball. Students also learn the skill of maneuvering and being in a stance of readiness.

171211: Handball (1)

This course aims to teach students the fundamental skills in handball such as the acquisition of the fundamental skills of passing and scoring the ball; running, receiving, and sneaking with the ball.

171110: Volley ball (1)

This course is designed to teach students the basic skills necessary for playing volley ball such as serving, receiving, setting, striking, covering, and blocking. In addition, this course acquaints students with the common violations and developing learning exercises for their acquisition of skills.

171112: Gymnastics(1)

This course is designed to teach students the basic skills necessary for gymnastic exercises. Students have to acquire the skills of performing floor exercises , floating table, for both male and female and parallel bars for male only.

171113: Rhythmic Movement (1)

This course is designed to teach female students the fundamental skills for various body parts without using any tools or equipment. The primary focus of these exercises would be on the movement of the hands and feet.

171114:Physical Preparation

This course is designed to prepare students for their well-being and physical fitness. It is also designed to make students pay a great deal of care for their physical strength, speed, endurance, agility, and flexibility. Furthermore, this course focuses on having students maintain the following special qualities: strength-endurance, speed-endurance, and power.

171303: Football (2)

This course is designed to help student acquire the necessary skills for playing football such as being able to master the fundamental physical movements on the playground; being able to acquire the defense and offensive strategies and tactics in the football game; and being able to comprehend the rules of the football game.

171304: Basketball (2)

This course is designed to teach students the basic skills necessary for basket ball. In addition, this course introduces students to the defensive and offensive strategies in group playing. And finally this course acquaints students with the rules regulating this sport and its application.

171305: Handball (2)

This course is designed to help students acquire the necessary physical movements for the sport of handball by introducing them to the defense and offensive plans in handball games and teaching them the rules and regulations governing such a sport and applying them.

171212: Volleyball (2)

This course is designed to teach students the basic skills of defensive and offensive strategies for the sport of volleyball. In addition, this course introduces students to the trainer's duties, the ways of playing, the regulating rules of this sport, and its application.

171214: Gymnastics (2)

This course is designed to help students acquire the basic and fundamental skills: Pommel horse, horizontal bar and ring for men, and balance beam for female. In addition, this course acquaints students with the rules of this sport and organizing championships in gymnastics.

171309: Football (for female)

This course is designed to teach female students the basic and fundamental skills necessary for the sport of football such as: ball control, ball kicking with the foot and head, ball jogging, ball passing, ball aiming, ball tricking, ball faking, dribbling, and border cut.

171312: Squash

This course is designed to teach students the basic skills such the grip handling, stands, foot work, and forehand and backhand for the sport of squash; in addition to teaching and acquainting students with the rules and refereeing of this sport.

171306: Rhythmic Movement (2)

This course is a review of the type of skills and exercises which students have learned in rhythmic movement I; in addition, students will acquire some rhythmic skills accompanied with music; and they will use some equipment such as the ring to enhance their ability to perform such exercises. Furthermore, students will be introduced to the types of dance particularly the oriental and folkloric types.

171115: Physical Exercises (1)

This course aims at introducing students to such a sport on the basis of having them write exercises and apply them. In addition, students will have the opportunity to learn a set of simple exercises without using any tools and equipment.

171215: Physical Exercises (2)

This course is designed to ascertain what students have learned in physical exercises 1. In addition, students have to perform a group of paired and collective-exercises and display some performances by using different tools and equipment.

171313: Tennis

This course is designed to teach students the necessary skills for the sport of court tennis in terms of acquiring some competence in the movement skills of foot work, the holding of racket, the forehand and back hand strokes and other basic stroke techniques. In addition, students have to learn the rules of this sport.

171310: Small Games

This course is designed to introduce students to the types of small games and their application in a variety of sports. In addition, students have to learn how to write such types of small games and selecting their names.

171311: Camping & Scouting

This course is designed to introduce students to the skills of scouting and camping in order to enhance physical education students' ability of leadership through exposing them to the type of skills necessary for them to do scouting and camping.

171314: Badminton

This course is designed to introduce students to the importance of this sport. In addition, students would have the opportunity to learn the basic skills of this sport and the ways of performing it along with becoming acquainted the rules of this sport.

171315: Table Tennis

This course is designed to introduce students to the study of the theories pertaining to the basic skills and application of table tennis. In addition, students will have the opportunity to learn the rules of refereeing of individual and double games.

171111: Athletics (1)

This course is designed to teach students athletic skills such as track activity, sprinting, and long running distance. In addition, students will be introduced to holders, fencing, relaying and walking.

171213: Athletics (2)

This course is designed to teach students field racing, the techniques of throwing heavy balls, the techniques of shot put, the discus, and the javelin, and jumping events :long , triple and high jump. In addition, students will have the opportunity to learn the rules of this sport.

171308: Weight Lifting

This course is designed to introduce students to the sport of weight lifting by using various tools, instruments, and exercises. In addition, students will learn different forms of weight lifting and the rules of this sport.

171307: Swimming (1)

The aim of this course is introduce students to the historical development of the sport of swimming. In addition, it teaches students the fundamental principles of swimming in terms of diving and sensing of water, floating and swimming on the chest.

171405: Swimming (2)

The aim of this course is to teach the fundamental principles of the types of swimming such as free swimming, butterfly swimming, dolphin swimming along with the learning of the rules of the sport of swimming.

171406: Field Training (1)

This course is designed to help students acquire the practical experience for the purpose of carrying out a physical education lesson/class through watching a lesson in physical education and applying some parts of this lesson and participating in out and indoor school activities. This course instills in the students' behavior the habit of attending their classes regularly in the morning shift and to be observant of school's regulation of arrival and departure.

171407: Field Training (2)

This course is designed to train students to carry out the tasks of their physical education trainer/teacher in terms of teaching and carrying out the designated lesson plans at the school and supervise in and outdoor activities and supervise the preparation, application, and discussion of plans with counselor.

171316: Boxing

This course is designed to introduce students to the fundamental skills for the boxing sport; in addition, this course aims to acquaint students with the rules which govern and regulate this sport.

171317: Wrestling

This course is designed to introduce students to the basic and fundamental skills for the wrestling sport. In addition, this course aims to acquaint students with the rules which govern and regulate this sport.

171318: Fencing

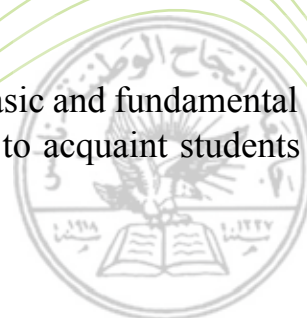
This course aims to introduce students to the basic skills for the sport of fencing (fighting with swords); in addition to introducing students to the laws which govern and regulate this sport.

171319: Judo

This course is designed to introduce students to the basic and fundamental skills for the sport of Judo; in addition, this course aims to acquaint students with rules which govern and regulate this sport.

171320: Taekwondo

This course is designed to introduce students to the basic and fundamental skills for the sport of Taekwondo; in addition, this course aims to acquaint students with the rules which govern and regulate this sport.



THE NAMES OF ACADEMIC STAFF AT PHYSICAL EDUCATION FACULTY/2010

Professor

Prof. Imad Abdel-Haq Theories Of Physical Training

Prof. Abd Alnaser Qaddoumi Sport Physiology

Associate Professor

Dr. Subhi Nimer Essa Measurement and Evaluation in Physical Education

Assistant Professor

Dr. Walid Khanfar Method of teaching

Dr. Bader Refa'at Assets of Physical Education

Dr. Moe'n HafezSport Psychology Assistant Professor

Dr. Qais Nairat Physiotherapy

Dr. Ragheda Mufleh Method of teaching

Lecturer

Malik Shaker Educational Administration

Teacher

Eimn Abu Joub Fitness

Irina Abdel-Haq Swimming and gymnastics

Rania Nabulsi Physiotherapy