



Faculty of Physical Education Courses Description

1101101 Foundations and Philosophy of Physical Education:

The course introduces the foundations and principles; the philosophical framework within which values and concepts are placed; development of the various philosophies and assumptions on which the current trends in physical education are based upon.

1932102 Computer Skills 2 (Humanities and medicals):

Solving Problems using the computer: Variables, Algorithms and its representation, data: types and definitions. Advanced applications using software packages such as: Ms word : templates, comparing documents, master, table of contents, index, inserting , mailing merge, macros, Ms excel: charts, functions, sorting and filtering, solver, tables , relations, forms, queries, reports, import macros, Ms Access: and export files and data, macros; introduction to the web applications.

1141103 Motor Learning: 3 credit hours

Basic concepts of human movement; human motor behaviour and the acquisition of motor skills, effects of change in the acquisition of skills are presented. It also includes general introductory theory of human learning .



1131104 Physical Education Curricula 3 credit hours

The course deals with the elements of curricula : its objectives, criteria, categories, content, methods of organization, an evaluation, Attention is given to methods of planning physical education curricula for the various educational levels, analytic study of physical education curricula in Jordan; comparison with some other curricula in the Arab world .

1101105 Statistics for Physical Education: 3 credit hours

The course focuses on the importance of statistics in physical education; use of statistics in various fields of physical education, interpretation and understanding of results; frequency distributions and graphing; regressions, correlation, probability and other related topics.

1131106 Functional Anatomy: 3 credit hours

The course deals with general anatomy and related subjects such as the various organic systems of the human body: metabolic, muscular, articulation, nervous and respiratory systems.

1131107 Sport Psychology: 3 credit hours

This course deals with the psychological aspects of athletic activities: growth: attitudes, towards sport and physical education; effects of various exercises on the human personality, and to know how to deal with the violent and aggressive behaviour of in sports and the aspect of burn out of couches and players.



1142140 Sport training Science

3 credit hours

The course introduces the Significance of training and its definition with its aims and tasks in Educational setting. Theoretical concepts in planning, the macro cycle and the micro cycle will be applied.

1132211 Sport Administration

3 credit hours

This course deals with the general principles governing organization and administration. Modern concepts in administrative planning in general and in physical education in particular, examination of principles of organization and administration of physical education programs at school and in society; an analytical study of the organization of the Jordanian sports. Much greater details will be given to methods of contests' organization, trips, matches and athletic meetings.

1133427 Kinesiology:

3 credit hours

The course deals with human movement and its relationship with the structure of the skeletal, articular, and muscular systems of the human body; potentials of the human body to perform motor activities according to basic mechanical principles. Functional anatomy of the upper and the lower extremities is also included.

1143102 Leisure and Life Skills

3 credit hours

This course introduces leisure and life skills concepts and the importance of these concepts on contemporary life. It also concentrates on leisure time, and planning and preparing recreational campus programs, it focuses on health, personal, social and emotional life skills which could be gained from recreational programs.



1143121 Health Education And First Aids : 3 credit hours

An overview of the importance of health education and first aids as a part of general education; emotional , mental, social and health problems of students of secondary and preparatory stages; methods of treatment are also of concern.

1132317 Sports Sociology 3 credit hours

This course explains the basic principles of sport's social science, social thoughts and concepts in the past for Muslims and Europeans, and to identify the most famous scientist in the field. Also the course will , discuss social relations and the factors affecting it's unity, the important of sport from the social view in the factors affecting performance in the high level , sports theory , the effect's of politics on sports will also be discussed.

1102419 Sport Technology 3 credit hours

The relationship between advance technology & Sport performance will be addressed in this course. Using computers & Internet by the students will enhance their capabilities and information to how bridge the gap between theory & application.



1103424 Special Physical Education

3 credit hours

The course provides Information and behaviour skills which could be related to integrate people with different kinds of disability in sport and physical education activities, clarification of concepts, definitions, prevention and classification of each kind of disability plus adaptation techniques of sport facilities, activities and programs to meet the unique abilities and needs of each category, with special emphasis on the Paralympics movement, games and sports.

1133425 Sport Medicine:

3 credit hours

This course Introduces concepts in sport medicine and to expose students to the methods of physiological measurement and to implement its results in various situations.

1103453 Olympism- Rational And Practice

3 credit hours

This course features the concepts of the Olympic movement, its aims, educational goals, ethics and values and its legislations, and the reflection of Olympics thought on the development of sports nationally and internationally. Also, the impact of Olympic thoughts and games in strengthening, understating, and maintain relations among cultures and countries will be emphasized.



1103454 Movement Education 3 credit hours

This course discusses the goals , principles, concepts, and expressions related to movement education . It also deals with conceptual skills such as (understanding the directions, places, time, and body). This course concentrates on the creative games, furthermore, it focuses on motor learning and its principles for this stage , the methods and styles of teaching physical education and teacher's role.

1131230 Soccer (1) 2 credit hours

This course introduces students with information and related practical implications to acquire basic fundamental skills technique & the methods of teaching skills for different age groups in the school setting. It also covers the theoretical development and historical background.

1131231 Basket ball (1) 2 credit hours

This course introduces students with information and related practical implications to acquire basic fundamental skills technique & the methods of teaching skills for different age groups in the school setting. It also covers the theoretical development and historical background.

1101232 Volleyball (1) 2 credit hours

This course introduces students with information and related practical implications to acquire basic fundamental skills technique & the methods of teaching skills for different age groups in the school setting . It also covers the theoretical development and historical background.



1101233 Handball (1)

2 credit hours

This course introduces students with information and related practical implications to acquire basic fundamental skills technique & the methods of teaching those skills for different age groups in the school setting. It also covers the theoretical development and historical background.

1103234 Sport Physiology:

3 credit hours

This course deals with the study of the physiological systems under various conditions in different types of exercise, effects of various exercises on the human body.

1141240 Athletics (1)

2 credit hours

The course deals with track events such as sprints & hurdles and some field events such as long jump discuss and shot pot.

1131241 Gymnastic (1)

2 credit hours

This course deals with gymnastic basic skills in apparatuses and equipments and related theoretical back ground.



1131342 Swimming (1)

2 credit hours

The course covers basic skills in swimming so student will learn how to float, demonstrate at least crawl & back strokes. Some theoretical information of teaching and swimming history will be presented.

1101243 Rhythmic Dance (1)

2 credit hours

This course introduces students with the fundamentals form of movements, the locomotors and the non- locomotors in relation to self – space and general space; the musical scores; the fundamental of eastern dance, Basic movements of ballet dance with music.

1131244 Racket games (1){Badminton & table tennis} 2 credit hours

The course deals with providing students with skills, theoretical backgrounds related to the games development and modern definition of its basic skills in racket games and rules with administration of tournaments are covered.

1141330 Soccer (2)

2 credit hours

The course aims at introducing the student to acquire the basic fundamental skills in soccer and to bridge the gap between the physical and technical components through individual and team skills. It also aims to develop students potential in order to learn soccer game positioning and how to apply the rules of the games.



1131331 Basketball (2)

2 credit hours

This course aims at introducing the student to acquire the basic fundamental skills in Basketball and to bridge the gap between the physical and technical components through individual and team skills. It also aims to develop their potential in order to learn basketball games positioning and how to apply the rules of the games.

1101332 Volleyball (2)

2 Credit hours

The course aims at introducing the student to acquire the basic fundamental skills in Volleyball and to bridge the gap between the physical and technical components through individual and team skills. It also aim to develop their potential in order to learn volleyball games positioning and how to apply the rules of the games.

1101333 Handball (2):

2 credit hours

This course aims at introducing the student to acquire the basic fundamental skills in handball and to bridge the gap between the physical and technical components through individual and team skills. It also aim to develop their potential in order to learn handball game positioning and how to apply the rules of the games.

110340 Athletics (2)

2 credit hours

This course is considered follow up course to athletics (1) where the developing of skills performance is the target of this course through out training movement to the most of sport's skills. To train students in establishing and train sport's teams in the school level.



1101341 Gymnastic (2)

2 credit hours

This course deals with continuing development of basic skills with emphasis in methods of teaching, related to gymnastic skills.

1101342 Swimming (2):

2 credit hours

This course in students will continue to learn breast strokes in order to improve their techniques. More tactical information will be provided.

110343 Rhythmic Dance (2)

2 credit hours

The course introduces routines sequence in modern dance; ballet dance; using manual tools like Echarben and shawl accompany with music.

1102406 Measurement and Research in Physical Education:

3 credit hours

This course provides students with topic such as Selection and use of various measurement devices in physical education programs, meaning of the measurement and evaluation; characteristics of a successful measurement; and research in physical education. The statistical method, practical application of measurement and research techniques.



1103456 Aerobic And Anaerobic Fitness Programs 3 credit hours

This course is designed to study the nature of energy transfer during physical activity, mechanisms of metabolic control, force production, cardio- respiratory support and adaptation relative to physical activity and to aerobic vs. anaerobic diverse fitness programs.

1103457 Applied Sports Physiology 3 credit hours

This course Introduces application of physiological principles, and concepts in the area of sports training, its significance, energy systems , cardiovascular system, biological rhythm of human being special emphasis on using doping on sports performance.

1102458 Weight And Apparatus Training 3 credit hours

This course introduces the students to basic techniques, knowledge and skills needed to train participants by utilizing weights and apparatus for fitness and health purposes. Also, various weight exercises and programs will be emphasized.

1102459 Fitness Programs For All Aged Group 3 credit hours

This course is designed to offer theoretical and practical experiences in physical fitness with diverse aged population. Emphasizing the role of health related physical fitness and other life style choices in modifying growth process for all age groups and influencing the none communicable disease, growth and aging process.



1102464 Public Relations and Communications in Sports

3 credit hours

This course presents definitions, concepts of public relations and communication and its related practical implications in sports, also the course will cover topics such as skills, functions, components and communication styles, and their impact on human and professional domains for people who engage in sports organizations, also, the role of public relation and communications in achieving the administrative duties such as planning, coordinating, & decision making in sports settings.

1102465 Sports Leadership

3 credit hours

This course prepares participants to acquire knowledge regarding concepts of leadership and its role and styles on sports organization, theories of leadership will also be of concern, as well as the impact of the effective leadership behavior on accomplishment in competitive sports.

1102466 Managing Resources In Sports

3 credit hours

This course introduces students with the concepts, components, and methods of managing the resources (fiscal and Human resources) in sports organizations, focuses will be on the significance of effective sports organizations, and the availability of the environmental laws and legislations in developing organizational skills and the utility of modern technology in managing such resources.



1102467 Sports Legislation And Law

3 credit hours

This course provides students with definitions and concepts related to the origin and development of sports legislations and laws in Jordan. Additionally, its significance role in organizing the work of these associations, and its relation with national and international associations, The course lights shed on procedures of laws sport legislations and laws are set forth or developed.

1102468 Managing recreational programs and activities

3 credit hours

This course provides theoretical and practical experience concerning the nature, principles and skills needed to lead and direct recreational program and activities.

This course includes also procedures of planning programs, risk & management, and liability, in addition to standards for selecting ventures, and recourses needed to execute and evaluate the program.

1102469 Sports Marketing

3 credit hours

This course focuses on offering baseline knowledge regarding implementing marketing principles on sports, techniques and marketing strategies as well as analysis of internal and external environments will be discussed in order to gain financial and moral supports.



1103473 Principles of Sports Biochemistry 3 credit hours

This course is designed to introduce basic principle of biochemistry related to biochemical changes that are produced in the human body connected to metabolic system for carbohydrate, fat and protein. Aerobic and anaerobic biochemical changes are also discussed in relation to physical activities & performance.

1103474 Principles of Sports Massage 3 credit hours

This course provides student with basic principles and method, of sports massage, its importance and role to enhance the functions of human being. The characteristics of the individual who deals with massage, the equipments that must be offered in massage centers, types of sports massage, how to apply massage, and sports massage movements to various cases.

1103475 Theraptic Sports Massage 3 credit hours

This course focuses on developing the ability of students to utilize all forms of massage movements during rehabilitation processes. Various massage techniques will be emphasized as a mean to increase efficiency of players and to accelerate recovery periods.

1103476 Remedial Exercise (1) 3 credit hours

This course provides students with knowledge concerning concepts, importance and application of basic remedial exercise as a means of rehabilitation and recovery to all sport injuries.



1103477 Remedial Exercise (2)

3 credit hours

This course includes various topics pertaining how to instruct and train students to apply remedial exercises in rehabilitation processes of various diseases, also its application in different stages of certain diseases for athletes and nonetheless.

1103478 Advanced Sports Physiology

3 credit hours

The course includes the study of the biological and biochemical processes associated with exercise and overload training that affects the underlying function of cells and organ systems in the human body . Emphasis also is directed towards understanding the mechanism of monitoring body effort, in association with the physiological responses of body effort according to the specificity of certain sports in order to achieve functional adaptations required for sport accomplishments .

1103460 Graduation Project

3 credit hours

The course concerns with emphasizing the practical phase of the concentration, it deals with choosing the projects, planning and executing them, collecting data in real settings, etc.

The student in his graduation semester presents his project and discusses it in seminar like sessions in front of faculty members before the accreditation and decision making processes.



1132140 Physical Conditioning: 2 credit hours

This course aims at preparing students to be comprehensive physically & acquire them with knowledge & Information necessary for body.

1131235 Public and Mini Games 2 credit hours

This course includes many public and minor games that the students should simulate the actual games. Students must prepare and be initiative in creating public and small games.

1101245 Soccer For Women: 2 credit hours

The course provides students with information of how to perform basic and fundamental skills and to know techniques with rules.

1103345 Racquetball Games (2) Tennis & Squash: 2 credit hours

This course provides students with racquetball skills related to games and theoretical background such as includes historical background related to games development and modern definition of its basic skills in racquet balls and rules with administration of tournaments will be covered.

1103346 Weight Lifting 2 credit hours

This course contains the theories and practice skills of weight lifting, its history, international rules and teaching styles. It contains also the principles of weight lifting training and coaching and its competition management.



1103347 Archery:

2 credit hours

The course includes using basic skills to enhance mental concentration for accuracy in aiming at target. Recreational Habitual competition is considered with knowledge & information related to rules and basic skills.

1103350 Fencing

2 credit hours

This course concern of acquisition of basic skills for each type of fencing and the theoretical concepts and historical back ground with the development of rules is covered.

1103351 Takwando:

2 credit hours

The course provides students with basic skills that enhance self-confidence which includes Bomssay, free and tied fights and rules will be covered.

11013352 Sport show and demonstrations

2 credit hours

This course deals with forms and designs of exercise as it's related to physical education class and for show as in opening ceremonies in various national events.

1103353 Boxing

2 credit hours

The course includes basic boxing skills will be offered with techniques and tactics. Round times and boxing equipments with weight classification are included.



1103354 wrestling

2 credit hours

This course provides students with basic skills in wrestling with its methods of teaching besides technical and tactics will be covered.

1103355 Judo

2 credit hours

This course deals with basic skills and methods of teaching through performance under technical rules constrains.

1132430 Soccer (3)

3 credit hours

This course contains knowledge and information about teaching methods for various age groups, beside tactics and planning analyses.

1132431 Basketball (3)

3 credit hours

The course provides students with offensive & Defensive skills as well as techniques & tactics will be present it. Special attention will be given to pivots skills and rules.

1132432 Volleyball (3)

3 credit hours

The course provides students with offensive & Defensive skills as well as techniques & tactics will be present it. Special attention will be given to setter skills and rules.



1132433 Handball (3): 3 credit hours

The course provides students with offensive & Defensive skills as well as techniques & tactics will be present it. Special attention will be given to Goalkeeper skills and rules.

1142440 Athletics (3): 3 credit hours

The course concerns about quality of performing skills in most track & field events with teaching and training are sought. Knowledge of planning and gradual training regimen is considered .Additional information regarding rules and team preparation is also considered.

1142441 Gymnastics (3) 3 credit hours

This course deals with all types of gymnastics skills with emphasise on letting students perform these skills and to know rules, techniques and training methods.

1142442 Swimming (3) 3 credit hours

This course provides students with information in order to acquire the development master the basic swimming skills in all strokes and to learn the butterfly stroke as well. Techniques, Tactics and rules will be addressed.

1102443 Rhythmic dance (3) 3 credit hours

The course concern trades on studying effecting elements in modern dance; dancing steps of folklores dance ; using manual dance ; analyzing and criticizing; photographing and recording the dances.



1102445 Racquetball games (3)

3 credit hours

This course deals with all 4 the types of racquetball games, tennis, badminton, table tennis, and squash, theoretically and related practical implications.