

Bachelors Degree Plan in Physical Education

Credit Hours.)√First: University Requirement(2

A- Compulsory Courses (21) Credit Hours as Follow:

| Compulsory University Requirement (21) Credit Hours | | |
|---|--|---------|
| Course No. | Course | Ch. Hr. |
| M.S 100* | Military Sciences | 3 |
| Ar 100** | Arabic Language (1) | 3 |
| Ar 102 | Arabic Language (1) | 3 |
| L.C 100A*** | English Language Skills (1) | 3 |
| L.C 111 | English Language Skills (2) | 3 |
| P.S 102 | National Education | 3 |
| C.S 100**** | Introduction to Computers & Applications | 3 |

* Non Jordanian Students Can Study the Course (His 376 Modern & Contemporary History of Jordan).

** Level Test in Arabic Language.

*** Pre-requisite (L.C099) or Passing the Placement test.

**** Level Test in Computer, and Whom Hold (ICDL) Certificate , they will excuse to Study this Course.

B – Elective Courses (6) Credit Hours Choosing from Another

Faculties as Follow:

| Faculty of Archaeology | | |
|------------------------|---|---------|
| Course No. | Course | Ch. Hr. |
| Arch 102 | Origin of Civilization | 3 |
| Arch 100 | Jordan's Contribution to the Human Civilization | 3 |

| Faculty of Science | | |
|--------------------|---------------------------|---------|
| Course No. | Course | Ch. Hr. |
| Geo 101A | General Geology (1) | 3 |
| Phys 100 | Fundamentals of Astronomy | 3 |

| Faculty of Economics | | |
|----------------------|----------------------------------|---------|
| Course No. | Course | Ch. Hr. |
| Pad 100 | Administration & Society | 3 |
| Econ 100 | Economics and The Jordan Society | 3 |
| Econ 110 | Refuges and Displaced Persons | 3 |

| Faculty of Arts | | |
|-----------------|---------------------------------------|---------|
| Course No. | Course | Ch. Hr. |
| Soc 101A | Family Violent | 3 |
| Hist 106* | Jerusalem In year 5000 (All Students) | 3 |
| G 100 | Communicational Culture | 3 |

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|---------------|---|----------|
| MKT100 | Marketing and Consumers Protection | 3 |
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|-----------------|------------------------|----------|
| Geog 100 | Water Resources | 3 |
|-----------------|------------------------|----------|

| Faculty of Shari'a | | |
|---------------------------|-------------------------------|----------------|
| Course No. | Course | Ch. Hr. |
| Sh. Us 100 | Islamic Culture | 3 |
| Sh. Fq 100 | Islamic System | 3 |
| Sh. Is 101 | Family System in Islam | 3 |
| Sh. Is 102 | Basic Islamic Concepts | 3 |

| Faculty of Education | | |
|-----------------------------|---|----------------|
| Course No. | Course | Ch. Hr. |
| CI 105 | Introduction to Libraries Science | 3 |
| Edu.psy 100 | Life Skills | 3 |
| Edu.psy 142 | Introduction to General Psychology | 3 |

| Faculty of Law | | |
|-----------------------|---------------------|----------------|
| Course No. | Course | Ch. Hr. |
| Law 101 | Human Rights | 3 |
| Law 102 | Law Culture | 3 |

| Faculty of Arts | | |
|------------------------|---------------------------|----------------|
| Course No. | Course | Ch. Hr. |
| Des 100 | Aesthetic Culture | 3 |
| Dra 100 | Drama Appreciation | 3 |

| Faculty of Hijjawi | | |
|---------------------------|-------------------------------------|----------------|
| Course No. | Course | Ch. Hr. |
| EPE 100 | Alternative Energy Resources | 3 |

Second: Faculty Requirement (21) Credit Hours as Follow:

A- Compulsory Courses (15) Ch. Hr.

| Course No. | Course | Ch. Hr. |
|------------|--|---------|
| P.E 103A | Physical Fitness | 3 |
| P.E 175 | Health Education | 3 |
| P.E 262A | Teaching Methods in Physical Education | 3 |
| P.E 287A | Anatomy and Exercise physiology | 3 |
| P.E 101A | Computer Skills (2) | 3 |

**B- Elective Courses (6 Ch. Hr) for Male & (9 Ch. Hr) for Female
Choosing From This List:**

| Course No. | Course | Ch. Hr. |
|------------|--|---------|
| P.E 152 | History and Philosophy of Physical Education | 3 |
| P.E 208B | Theories of Teaching and Training of small games | 3 |
| P.E 220A | Teaching and Training Theories of Fencing | 3 |
| P.E 254A | Recreation and Boy Scout Activities | 3 |
| P.E 261A | Skills and Formation Movement Posture Education | 3 |
| P.E 290A | Facilities and Equipment for Physical Education | 3 |
| P.E 291A | Public Relation and Marketing in Sports | 3 |
| P.E 317 | Scientific Research in physical Education | 3 |
| P.E 352A | Motor Learning and Development | 3 |
| P.E 371A | Adaptive Physical Education Programs | 3 |
| P.E 452A | Psychology of Sports Training and Competition | 3 |
| P.E 452B | Sport Psychology and Rehabilitation | 3 |

Third: Compulsory Specialization Requirement (78 Cr. Hr) for Male & (72 Cr. Hr) for Female as follow:

| Compulsory Courses (71) Ch. Hr. | | |
|--|--|---------|
| Course No. | Course | Ch. Hr. |
| P.E 106B | Physical Exercise | 3 |
| P.E 116A | Teaching of Track and Field | 3 |
| P.E 141A | Teaching of Football (For Male) | 3 |
| P.E 142A | Teaching of Volleyball | 3 |
| P.E 154 | Sports Sociology | 3 |
| P.E 176 | Sports Injuries, First Aid and Treatment Methods | 3 |
| P.E 211B | Teaching of Gymnastics (For Male) | 3 |

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|----------|--|---|
| P.E 211C | Teaching of Gymnastics and Rhythmic Exercises. (For Female) | 3 |
| P.E 216 | Training Theories of Track and Field | 3 |
| P.E 218A | Teaching of Swimming | 3 |
| P.E 241A | Training Theories of Football (For Male) | 3 |
| P.E 242A | Training Theories of Volleyball | 3 |
| P.E 243A | Teaching of Basketball | 3 |
| P.E 244A | Teaching of Handball | 3 |
| P.E 252 | Sports Psychology | 3 |
| P.E 271 | Physical Education for Special Population | 3 |
| P.E 289 | Measurement and Evaluation in Physical Education | 3 |
| P.E 311A | Training Theories of Gymnastics (For Male) | 3 |
| P.E 311B | Training Theories of Gymnastics and Rhythmic Exercises . (For Female) | 3 |
| P.E 318A | Training Theories of Swimming | 3 |
| P.E 343A | Training Theories of Basketball | 3 |
| P.E 344A | Training Theories of Handball | 3 |
| P.E 363 | Principles of Sport Training | 3 |
| P.E 383A | Biomechanics and Kinesiology | 3 |
| P.E 457 | Administration of Physical Education | 3 |
| P.E 461 | Curriculum in Physical Education | 3 |
| P.E 462A | Field Internship Practicum | 3 |

Forth: Elective specialization Requirement Divided to Two lists as Follow:

Group A : Male Choosing (3 Cr. Hr) & Female Choosing (6 Cr. Hr)

From This list:

| Course No. | Course | Ch. Hr. |
|------------|--|---------|
| P.E 234B | Teaching and Training Theories of Racket Ball Games | 3 |
| P.E 238 | Sport Shows and Demonstration | 3 |
| P.E 303B | Teaching and Training Theories of Self Defense Sports | 3 |
| P.E 316 | Track and Field (Specialization) | 3 |
| P.E 411A | Gymnastics (Specialization) (For Male) | 3 |
| P.E 411B | Gymnastics and Rhythmic Exercises (Specialization). (For Female) | 3 |
| P.E 418 | Swimming (Specialization) | 3 |

Group B : Male & Female Choosing (3 Cr. Hr) From This List:

| Course No. | Course | Ch. Hr. |
|-------------------|--------------------------------------|----------------|
| P.E 341 | Football (Specialization) (For Male) | 3 |
| P.E 342 | Volleyball (Specialization) | 3 |
| P.E 443 | Basketball (Specialization) | 3 |
| P.E 444 | Handball (Specialization) | 3 |

Course Description

Bachelors Degree in Physical Education

(P.E 100A) Sports in Our Life. (3 Cr. Hr.).

Introduction to the concept of physical wellbeing and sport and its relation with other sciences; introducing scientific bases of physical education and discussion of contemporary athletic issues and problems (nutrition, posture, conditioning and weight management) .

(P.E 103A) Physical Fitness. (3 Cr. Hr.).

Development of student's physical qualities through practice to prepare him/her for practical courses, acquainting students with means of physical preparation, methods of assessments of physical fitness, and various methods of training which contribute to students physical Preparation.

(P.E 106 B) Physical Exercise. (3 Cr. Hr.).

Concept and characteristics of physical Exercises; exercise call methods; exercise writing; exercising by different equipment or instruments. General and specific warming up exercises for various sports.

(P.E 116A) Teaching of Track and Field. (3 Cr. Hr.).

Development of the Student's technical Performance for various races with emphasis on the learning methods of track and field activities and its rules. Skill performance and peer teaching practicum are emphasized in each of the areas of track and field events.

(P.E 141A) Teaching of Football (For Male). (3 Cr. Hr.).

Teaching of basic principles and skills and methods of football and their practical application; Tactics, rules and officiating practice. Management of training programs will also be emphasized.

(3 Cr. Hr.). (P.E 142A) Teaching of Volleyball.

Theoretical and practical teaching of the games Basic principles in addition to History and game rules of the International volleyball Federation.

(P.E 152) History and Philosophy of Physical Education. (3 Cr. Hr.).

Introduction to the aims of physical education and its relation with general education; physical education programs and their development throughout the ages as a result of political, social and economic changes; models of ancient Societies e.g. Egypt, India, China, Greece, Persia, Mesopotamia, Rome, Muslim civilization, and the renaissance Period, modern athletic practices in Jordan and the Arab World in general.

(P.E 154) Sports Sociology. (3 Cr. Hr.).

Social role of physical education; its effect on community formation, intercommunity relations and impact of that on the relation between the athlete and the society he lives in, social effects caused by sports activities on the Basic framework of groups and individuals dynamics.

(P.E 173) Physical Fitness for all. (3 Cr. Hr.).

Upgrading the level of student physical fitness through practicing exercises that raise the standard of these elements and acquainting the students with the importance of the individual's physical fitness throughout his life; prescribing suitable levels for every development stage; developing attitudes to practice physical activities until they constitute a daily habit for the individual; basics of suitable nutrition, rest and healthy practices pertaining to this process.

(P.E 175) Health Education. (3 Cr. Hr.).

Introduction to the practical side of health concepts and the aims of school health, the nature of school services, sound health environment; learning of scientific methods to upgrade health consciousness and health education.

(P.E 176) Sports Injuries, First Aid and Treatment Methods. (3 Cr. Hr.)

Introduction to the course of sports Injuries, diagnosis and prevention, identification of immediate first-aid measures for every type of injury, Introduction to the means and functions of physiotherapy

(P.E 208B) Theories of Teaching and Training of Small Games. (3 Cr. Hr.).

Introduction to mini games; their types and importance; popular motor games in Jordan; preliminary games leading to major games; motor stories; games suitable for every age group

(P.E 211B) Teaching of Gymnastics (For Male). (3 Cr. Hr.)

Teaching and development of basic skills and various equipment pertaining to gymnastic. Skill performance and peer teaching practicum are emphasized in each of the areas of gymnastic events.

(P.E 211C) Teaching of Gymnastics and Rhythmic Exercises . (For Female). (3 Cr. Hr.).

Teaching and training to develop basic skills in gymnastics and rhythmic and tumbling exercises. Emphasis on student teaching methods and techniques will be applied .

(P.E 216) Training Theories of Track and Field. (3 Cr. Hr.).

Development of educational and biological Bases of track and field and upgrading the technical Performance level of students in various activities, emphasis on the methods of teaching these activities e.g. throwing, Running, Jumping; knowledge of the track and field rules. **(Pre-requisite PE 116A).**

(P.E 218A) Teaching of Swimming. (3 Cr. Hr.)

Basic skills of swimming, floating, breathing and various types of swimming. Anatomical and physical aspects of beginners swimming.

(P.E 220A) Teaching and Training Theories of Fencing. (3 Cr. Hr.).

Teaching basic skills, -movements and various kinds of weapons; methods of attack and defense; rules of the game. Technique and tactics of fencing for advanced students.

(P.E 234B) Teaching and Training Theories of Racket Ball Games. (3 Cr. Hr.).

Introduction to educational and biological bases of table tennis, squash, badminton and tennis teaching basic skills and rules of the games, officiating and championship organization for beginners and advanced students.

(P.E 238) Sport Shows and Demonstration. (3 Cr. Hr.).

This Course aims at showing students various models of movement, exercise forms and shapes with music and apparatus ie. Flags, ribbon, ladders, etc.

(P.E 241A) Training Theories of Football (For Male). (3 Cr. Hr.).

Development of football skills to complete learning of the basic skills ' methods of learning them and practical applications of already learned skills, some planning duties related to football; rules of the game.

(Pre-requisite: P.E 141A).

(P.E 242A) Training Theories of Volleyball. (3 Cr. Hr.).

Development of theoretical knowledge related to volleyball methods of learning, practical application of already learned skills, some planning duties, defense and attack formations, and rules of the game as stated by the International Volleyball Federation. **(Pre-requisite: P.E 142A).**

(3 Cr. Hr.). (P.E 243A) Teaching of Basketball.

Development of basic skills and fundamentals, practical applications; rules and officiating, and an introduction to the history of the game.

(3 Cr. Hr.). (P.E 244A) Teaching of Handball.

Introduction to the history of the game; teaching basic skills, articles of the handball rules fundamentals of group tactics.

(3 Cr. Hr.). (P.E 252) Sports Psychology.

Introduction to the importance of sports psychology in preparation of athletes; relation to other Sciences; importance for teacher and instructor in the field of physical education; terminology related to psychology, various stages of development, and distinctive characteristics.

(P.E 254A) Recreation and Boy Scout Activities. (3 Cr. Hr.).

Acquainting the student with recreation programs, leisure times, their importance and effects; recreational fields and management, organization of their athletic recreational activities open air camping; organization of recreational and boy scout basic skills.

(P.E 261A) Skills and Formation Movement Posture Education.

(3 Cr. Hr.).

Concept and importance of movement with regard to children; impact of that on the child's growth, movement level, behavior level, and personality; effect of practicing physical education on posture and movements; methods of teaching motor skills, body mechanics and posture and methods of motor development appraisal during stages of growth.

(P.E 262A) Teaching Methods in Physical Education. (3 Cr. Hr.).

Sufficient knowledge to enable the students formulate the philosophy required for the teaching process; general concepts of teaching methods, sources and fields, general basics of physical education and their relation to teaching methods; physical education teacher; physical education lesson in terms of its objectives, tasks, parts, methods of execution and evaluation.

(Pre-requisite: P.E 106B).

(P.E 271) Physical Education for Special Population. (3 Cr. Hr.).

Providing the students with knowledge and information that enables them to modify their attitudes towards handicapped children, introducing teachers to the main causes of each handicap and preventive measures against it; familiarizing the students with the importance of the equipment and instruments to help handicapped students in their daily life during athletic activities; urging normal students to amalgamate their handicapped colleagues within the physical education lesson.

(P.E 287A) Anatomy and Exercise Physiology. (3 Cr. Hr.)

Acquaintance with and understanding of sport Medicine and physiology of physical activity; energy source; how they are produced, measured and resynthesized; functioning of the muscular, nervous, cardiovascular, respiratory

and digestive systems and their relation with physical activity; role of hormones and enzymes during physical activities.

**(P.E 289) Measurement and Evaluation in Physical Education.
(3 Cr. Hr.).**

Introducing students to the concept of measurement testing and evaluation; importance of evaluation in athletic programs and plans; providing students with statistical introduction including some descriptive statistics; how to construct tests and calculate their scientific coefficients (validity, consistency, objectivity and criteria); some practical aspects of measurement and evaluation in physical education.

(P.E 290A) Facilities and Equipment For Physical Education.(3Cr. Hr.).

Introduction to types of athletic installations and the requirements it should fulfill; athletic instruments and apparatuses; their rules, storage methods, maintenance, management and security and safety measures therein.

(P.E 291A) Public Relation and Marketing in Sports. (3 Cr. Hr.).

Introduction to various mass communication Media, role of media in sports movement development through follow up, analysis, purposeful criticism, news formulation, media analysis of races, competitions and matches, means of publishing sports information in mass media. Aspects of sports marketing (client, product, promotion, price Etc.) .

**(P.E 303B) Teaching and Training Theories of Self Defense Sports.
(3 Cr. Hr.).**

Basic Instruction and skill in various self defense sports History and methods of training and officiating will also be emphasized.

(P.E 311A) Training Theories of Gymnastics (For Male). (3 Cr. Hr.).

Development of theoretical knowledge of gymnastics and continuing the teaching of basic gymnastic skills to student and their classification on various apparatuses; methods of teaching and learning these skills and legal implications thereof. **(Pre-requisite: P.E 211B).**

(P.E 311B) Training Theories of Gymnastics and Rhythmic Exercises

(For Female). (3 Cr. Hr.).

Advanced skills of gymnastics and tumbling will be taught in this course. Officiating and theories of teaching and training will be the core of this course. **(Pre-requisite: P.E 211C).**

(P.E 316) Track and Field (Specialization). (3 Cr. Hr.).

Development of educational and biological bases of the theory of track and field, criteria of selection for various track and field activities; planning for the training ' season; organization and management of competitions with practical work for the development of skill level in various activities and officiating.

(Pre-requisite: P.E 216)

(P.E 317) Scientific Research in Physical Education. (3 Cr. Hr.).

Types of research, tools, plans of simple research. Quantitative and qualitative research. Descriptive research as well as experimental research plan will be emphasized.

(P.E 318A) Training Theories of Swimming. (3 Cr. Hr.).

Development of educational and biological bases of swimming; development of teaching and learning basic skills for various kinds of swimming through practical work; Acquaintance with officiating rules as well as basic technique of life saving and CPR. **(Prerequisite: P.E 218A).**

(P.E 341) Football (Specialization) (For Male). (3 Cr. Hr.)

Development of educational and biological bases of football; criteria of selection for the game; planning for the training season; organization and management of matches with practical work for upgrading skills level, plan performance and officiating, techniques of team leading.

(Pre-requisite: P.E 241A).

(P.E 342) Volleyball (Specialization). (3 Cr. Hr.)

Development of educational and biological bases of volleyball; selection criteria for the game; Volleyball rules; mini volley; organization and management of Matches with practical work to upgrade skills, planning Performance, officiating and team leading techniques.

(Prerequisites: P.E 242A).

(P.E 343A) Training Theories of Basketball. (3 Cr. Hr.).

Development of theoretical knowledge related to basketball; continuation of teaching basic skills; methods of teaching and learning practical application of skills; Introduction to plan, defensive and offensive formations in addition to the basketball rules as dictated by International Federation of Basketball. **(Pre-requisite: P.E 243A).**

(P.E 344A) Training Theories of Handball. (3 Cr. Hr.).

Development of theoretical knowledge related to handball; continuation of teaching basic skills and their teaching and learning -methods; practical work in

skills; introduction to defense plans and offensive formations and handball rules (Federation of Team Handball). **(Pre-requisite: P.E 244A).**

(P.E 352A) Motor Learning and Development. (3 Cr. Hr.).

Providing the students with knowledge about the development of individual abilities during successive periods of life; study of -motor teaching theories; forms, curves and phases. Effects of physiological and biological aspects of learning will also be emphasized.

(P.E 363) Principles of Sport Training. (3 Cr. Hr.).

Introduction to principles, bases and means of the development of physical qualities, skills and planning abilities, and theoretical, psychological and administrative preparation of players; methods of preparing a training unit, sports season planning; sound scientific criteria of players' selection in various sports; various coaching methods in the athlete's preparation and development in group and individual games and coach's role therein.

(P.E 371A) Adaptive Physical Education Programs. (3Cr.Hr.)

The aim of this course is to provide students with knowledge of skills and special P.E training program for age groups and individuals. To provide bases of activities, modification, and instruments, and rules for individuals abilities in every disability practical work of basis athletic skills in modified activities for every category of the disability individual.

(Pre-requisite: P.E 271).

(P.E 383A) Biomechanics and Kinesiology. (3 Cr. Hr.).

Mechanical concepts related to human body in general and in various athletic fields as based in the basic anatomical concepts, mechanical and physical laws related to movement thereby facilitating a better understanding of movement, its causes, treatment and improvement.

(Pre-requisite: P.E 287A).

(P.E 411A) Gymnastics (Specialization) (For Male). (3 Cr. Hr.).

Development of educational and biological bases of gymnastics and selection criteria for this sport; planning for the training season; organization and management of gymnastic competition; practical for the development of skill level and officiating. **(Pre-requisite: P.E 311A).**

(P.E 411B) Gymnastics and Rhythmic Exercises (Specialization). (For Female) (3 Cr. Hr.).

Study of biological and educational requirements for gifted student in gymnastics. Training yearly plan and management of gymnastic competition according to international rules. **(Pre-requisite: P.E 311B).**

(3 Cr. Hr.). (P.E 418) Swimming (Specialization).

Development of educational and biological bases of swimming and selection criteria for this sport, planning for the training season, organization and management of swimming competitions; practical plans for upgrading skills; officiating, life saving and first aid rules. **(Pre-requisite: P.E 318A).**

(P.E 443) Basketball (Specialization). (3 Cr. Hr.).

Development of educational and biological bases of basketball; selection criteria for this game, rules of mini basket; coaching planning; organization and management of matches; practicing for skills, planning performance, officiating; and training leadership art. **(Pre-requisites: P.E 343A).**

(P.E 444) Handball (Specialization). (3 Cr. Hr.).

Development of educational and biological bases of handball, selection criteria; seasonal planning; organization; and management of matches practical for upgrading basic skills, plan performance, officiating, and trainers leadership art. **(Pre-requisite: P.E 344A).**

(P.E 452A) Psychology of Sports Training and Competition. (3 Cr. Hr.).

Importance of physiological aspects related to Physical education; application of psychological studies to Serving athletic activities; subjects related to athletic Competitions; anxiety, motivation; aggression; group psychology, rewards and punishment, success and failure Experience; attitudes of athletes. **(Pre-requisite: P.E 252).**

(P.E. 452B) Sport Psychology and Rehabilitation (3 Cr. Hr.).

An overview of the field, including psychological aspects of sport performance, athletic, coaching, competition.

Deals with issues related to athletic performance enhancement. Focus on the affects and the effect of drug usage, sport injuries, and substance supplementation such as anabolic steroids. To prepare athletes how to deal with pressure, to a void and eliminate drug misuse and abuse through prevention and intervention strategies. **Pre-request (P.E. 252).**

(P.E 457) Administration of Physical Education. (3 Cr. Hr.).

Importance of organization and management in Physical education; organization and management of various Physical education field's internal and external activity matches; methods of organization and management; reports; physical education budget; sports equipment; development of student abilities in organizing championships for various local and external games.

(P.E 461) Curriculum in Physical Education. (3 Cr. Hr.).

Designing physical education curricula for basic and secondary educational stages; development- and Evaluation of curricula. Philosophical, social and psychological aspects of curriculum planning.

(6 Cr. Hr.). (P.E 462A) Field Internship Practicum.

Practical application of what the student Studied before.

(Pre-requisite: PE 262A).