

Department of Physical Education and Movement Sciences

Master program requirements

Candidates are required to study 36 units including 6 units for a dissertation in accordance with the program curriculum specified for each field of specialty numerated in the following tables.

1- Table No.1: Study program for Physical Education Specialty:

Level 1 (1st Semester)

Code & No.	Course Title	Credit Hours
PHED 500	Philosophy and trends in Physical Education and Movement Sciences	3
PSYCH 502	Research Methodology	3
CURR 592	Curriculum and Teaching methods in Physical Education	3
	Total:	9

Level -2 (2nd Semester)

PSYCH 503	Statistics	3
PHED 522	Administration of Physical Education and Sports	3
PHED 565	Measurement and Evaluation in Physical Education (Advanced)	3
	Total:	9

Level 3 - 3rd Semesters:

PHED 535	Seminar in Motor Learning	3
PHED 590	Practical and Applied Studies	3
	3 study units to be elected by the department from the following courses	
PHED 514	Seminar in Motor Development	3
PHED 518	Seminar in Sport Psychology	3

Cont. Level 3 - 3rd Semester

PHED 536	Seminar in Nutrition and Physical Performance	3
PHED 540	Seminar in Special Physical Education	3
PHED 545	Seminar in Sport Training	3
PHED 560	Seminar in Health and Physical Fitness	3
	Total	9

Level 4 - 4th Semester:

Restricted Electives: The department elects 3 study units from the rest of the elective courses specified in level 3 content.

2- Table No. 2: Study program for movement Sciences:

Level 1 - 1st semester:

PHED 500	Philosophy and Directions in Physical Education and Movement Sciences.	3
PSYCH 502	Educational Research Methodology	3
PHED 550	Laboratory Procedures in Exercise Physiology	3
	Total	9

Level 2 - 2nd Semester:

PSYCH 503	Educational Statistics	3
PHED 552	Neuromuscular system and exercise physiology	3
PHED 553	Cardiorespiratory system and Exercise Physiology.	3

Level 3 - 3rd Semester:

PHED 535	Seminar in Motor Learning	3
PHED 539	Seminar in Biomechanics	3
PHED 556	Exercise Testing and Prescription	2
PHED 591	Independent studies in Movement Sciences	2
	Total:	10

Level 4 - 4th Semester:

Restricted Electives: The department elects 3 study units from the rest of the study courses specified in level 3 content.

Graduate Study Courses Outline

PHED 500 Philosophy and Directions of Physical Education and Movement Sciences (3 credit-hours)

The course aims to help students get acquainted with the never-ending philosophies and directions in Physical Education and Movement Sciences.

Topics discussed include: The status of the physical education profession and its future with a special reference to issues related to the profession in the K.S.A. the significance of the term-physical education; generalist versus specialist physical educators and knowledge structure in Physical Education and Movement Sciences. Topics also discussed include the status of PHED & Movement Sciences, Scientific Discipline Versus Professionalism, Specialization and Subspecialization, Fragmentation, etc.

PHED 514 Motor Development (3 credit-hours)

The course focuses on the effects of genetic and environmental factors on the process of growth and maturation and its consequences on learning motor skills. The topics studied include: Sociological and cultural factors effects on motor development, characteristics of motor behavior during the different stages of development, and the morphological changes associated with physical exertion during different life stages.

PHED 518 Seminar in Sport Psychology (3 credit-hours)

The course is an advanced study in the nature and importance of the psychological aspects of physical activities. It introduces the student to modern directions in sport psychology and helps him get acquainted with the latest psychological, sociological and psycho-physiological research results. Topics discussed include: Personality and sports; attention and concentration, anxiety stimulation; cognitive intervention; social facilitation; and aggression. The course deals also with measurement methods used in sport psychology.

PHED 522 Physical Education and Sport Administration (3 credit-hours)

Physical education and sport administration is a course covering the theoretical and applied administrative aspects in physical education and sport. Students will study various topics related to administrative processes and to organizational behavior; these topics include: Planning, preparation, controlling strategies and organizational structure in local organizations, personnel evaluation, budgeting preparation, motivation theories, leadership theories, change strategies, administrators responsibilities and their administrative problems, administrators professional preparation of sports activities, trends in intramurals and extramurals organization.

PHED 535 Seminar in Motor Learning (3 credit-hours)

This seminar will discuss current topics and trends in the motor learning/ motor control to acquaint students with results of research in the area of perceived learning of sport motor skills especially mechanism of motor skill learning, theories of motor learning / motor control, issues that influence learning, movement memory system, individual differences, transfer of learning, knowledge of results, distribution of practice, means of measuring motor performance.

PHED 536 Seminar in Nutrition and Physical Performance (3 credit-hours)

This course aims at providing advanced knowledge related to nutrition and performance through discussion of various topics including: Nutritive values of common foods, Carbohydrate loading, Vitamins, Minerals and Water, and Iatrogenic Aids.

PHED 539 Seminar in Biomechanics (3 credit-hours)

This course aims to introduce the principals of mechanical and anatomical motor movement. Content includes, movement analysis of motor skills using different techniques such as: cinematography and force platform. In addition, gait analysis, sport shoes mechanics, as well as other subjects of concern will be discussed.

PHED 540 Seminar in Adapted Physical Education (3 credit-hours)

This course aims to provide the student with the essential knowledge required for planning and administering special physical education programs. It includes studying of disability categories throughout the life span and their effects on motor performance. Some adapted sports for the people with disability will be discussed.

PHED 545 Seminar in Coaching (3 credit-hours)

This course provides knowledge of scientific approach to improve the prepare athletes regarding their physical fitness and sports skills. An evaluation of the most recent studies of training methods, planning, training loads will be provided in addition to factors which effect the efficiency of training methods and planning.

PHED 550 Laboratory Procedures in Exercise Physiology. (2 credit-hours)

The aim of this course is to expose students to what are considered essential laboratory procedures & techniques. This includes Measurements of aerobic power, anaerobic power and capacity, muscular strength and endurance, anthropometry and body composition, cardiac function, energy metabolism, and exercise biochemistry.

PHED 552 Neuromuscular systems and exercise (3 credit-hours)

The aim of this course is to provide a comprehensive coverage of the neuromuscular system in relation to exercise and training. This course covers (but not limited to) the following subjects: The basic structure and function of the nervous system (e.g. neurons, nerve impulse, neurotransmitters, motor unit, receptors, motor control of movement), the structure and function of the skeletal muscle (muscle contraction, muscle fiber type characteristics, development of muscle strength and power, muscle hypertrophy, fatigue), bioenergetics and muscle metabolism, and neuromuscular adaptations training.

PHED 553 Cardio respiratory Exercise Physiology (3 credit-hours)

This course focuses on the responses and adaptation of the Cardio respiratory system to exercise and training. Topics that are covered in this course include: cardiac muscle, blood flow, blood pressure response to exercise, control of blood circulation during exercise, athletes heart, pulmonary ventilation during exercise and its control, blood saturation during exercise, gas exchanges during exercise, pulmonary system as a factor limiting athletes' performance.

PHED 556 Testing and exercise Prescription (2 credit-hours)

The purpose of this course is to cover subjects related to grade exercise testing. This will allow students to comprehend the basic principles and guidelines for graded exercise testing which will include contraindications to testing. Advantages and disadvantages of some common testing protocols will be presented with a comparison between protocols. Also, a comprehensive coverage of the principles of exercise prescription will be provided. This will include the purposes of exercise prescription, exercise prescription for health and fitness (normal populations, children, and elderly), principle of intensity and special precautions.

PHED 560 Seminar in Health and Physical Fitness (2 credit-hours)

This Similar will discuss advanced topics related to health and fitness. Content includes: Physical fitness concept and its importance,. Health benefits of exercise, exercise and diseases, obesity and Wright control, designing physical fitness programs.

PHED 565 Advanced Measurement and Evaluation (3 credit-hours)

The aim of this course is to provide students with the general principles and the advanced technical means for measurement and evaluation in physical education, and their applied aspects in a variety of situations. The course offers some applied experiences in reviewing the developing some test in the educational settings. Emphasis will be on the procedural aspects in designing test and means of evaluating apparatus and tools used in measurement.

PHED 590 Practical and Applied Studies (3 credit-hours)

This course includes conducting applied, practical, field or theoretical studies relating to the major of the student. It also includes designing programs, projects or conducting individual or shared studies.

PHED 591 Independent Studies in Movement Sciences (2 credit-hours)

This course includes studying an advanced subject on one of the movement sciences areas. Student prepares a theoretical or applied study in a subject of his interest.