****

**Department: Individual Games and Sport Sciences**

**College of Physical Education and Sport Sciences**

**University: Salahaddin- Erbil**

**Subject: Exercise Science**

**Course Book – Year 4th**

**Lecturer's name: Sherwan Saber Khalid**

**Academic Year: 2022/2023**

**Course Book**

|  |  |  |
| --- | --- | --- |
| **1. Course name** | Exercise Science | |
| **2. Lecturer in charge** | **Sherwan Saber Khalid** | |
| **3. Department/ College** | Individual games/ College of Physical Education and Sport Sciences. | |
| **4. Contact** | **E-mail :** sherwan.khalid@su.edu.krd | |
| **5. Time (in hours) per week** | theoretical: 8 hours | |
| **6. Office hours** | Sunday to Thursday 8:30 am – 3:30pm | |
| **7. Course code** |  | |
| **8. Teacher's academic profile** | * **BSc.** in Physical Education 2009, Salahaddin University. * **M.A.** in Sport and Exercise science, 2013, Sheffield Hallam University. * **Ph.D.** in Sport and Exercise science, Salahaddin University, 2020. * Lecturer at Salahaddin University College of Physical Education and Sport Sciences from 2009 until present day. | |
| **9. Keywords** | Exercise Science (methods, principles, fundamentals) | |
| **10. Course overview:**  Exercise Science is a discipline that studies movement and the associated functional responses and adaptations. The goal of exercise science is to facilitate an understanding of the links between fitness, exercise, diet and health. Ultimately, the discipline provides a scientific approach to study how exercise and the human body interact in order to understand the physiology of exercise as well as its benefits and results. | | |
| **11. Course objective:**  The aim of the current course is to help the students to understand basics and fundamentals exercise and training. It introduces the students to the rules and methods of training with a complete description. | | |
| **12. Student's obligations:**  - Regular Attendance at class according to schedule.  - Participating in class activities.  - Quizzes and tests. | | |
| **13. Forms of teaching**  Two practical hours per week. All classes will be illustrated in the sport hall. | | |
| **14. Assessment scheme**  First-term Exam................................. 20 %  Second-term Exam............. 20 %  Final Exam............................................ 60 % | | |
| **15. Student learning outcome:**  This course is designed to focus on developing students’ acknowledgement about various fields of exercises for many sport activities. Therefore, by the end of the course, students are expected to gain satisfied knowledge with ability of apply obtained knowledge in the field of performed sports. | | |
| **16. Course Reading List and References‌:**   * العبيدي و عبد المالكي، التدريب الرياضي لطلبة المرحلة الرابعة في كليات التربية الرياضة، ط1، 2011. | | |
| **17. The Topics:** | | **Lecturer's name** |
| |  |  |  | | --- | --- | --- | | **Week** | **Lecture No.** | **Topic** | | 1 | 1 | An introduction to exercise science | | 2 | 1 | Coach and athletes’ personality | | 3 | 1 | Athletes’ preparation | | 4 | 1 | power | | 5 | 1 | speed | | 6 | 1 | endurance | | 7 | 1 | agility | | 8 | 1 | flexibility | | 9 | 1 | intensity | | 10 | 1 | frequency | | 11 | 1 | duration | | 12 | 1 | Training methods | | 13 | 1 | Exercise unit | | 14 | 1 | Final Exams | | | Sherwan Saber Khalid |
|  | |  |
| **Peer Review:** | | |