

كلية التربية الرياضية

General information about the course

General information about the course				
	1	Foundations of Physical Education	Course Title	1
	Course Number	193101	Course Code	2
nasseralawneg6@gmail.com n.alawneh@jadara.edu.jo		the second 2025-2026 -	Semester	3
the second	Semester	فصلي	Study System	4
		NASSER ALAWNEH	Prepared By	5
		2026/2/20	DATE OF APPROVAL	6
		PRACTICAL	Credit Hours	

Course Description

This course covers several important principles in physical education:

1. Understanding the concepts of physical education
2. Understanding physical education throughout history
3. Identifying the elements of physical fitness
4. The importance of physical education
5. Identifying some diseases that physical education helps prevent

Course objectives

General Objective: To provide students with the fundamental principles and knowledge in the field of physical education, typically including topics such as the philosophy and history of physical education, and the basic concepts of physical fitness. Course Objectives:

1. To enhance cognitive and mental abilities
2. To develop mental and social skills
3. To develop physical and skill-based abilities

Course Intended Learning Outcomes (CILOs)
A. Knowledge - Theoretical Understanding
a1 Definition of specific terms and concepts, their philosophy, and physical fitness (K2)
- Knowledge and practical application B
a Applying mathematical principles and foundations (K3)1
Skills - General problem-solving and analytical skills C
b 1 Explaining the importance of mathematical principles and sports activities (S 1)
Skills – Communications, Information Technology, Telecommunications, and Accounting D
Skills – Optimal use of mathematical principles and recognition of the most important rules of mathematics B2
E Competencies – Autonomy, Responsibility, and Context
C. Evaluate the methods and approaches used in preparing athletes from all 1 aspects (C2)
Learning and teaching methods
Face-to-face learning
Discussion and dialogue within the lecture setting
Evaluation methods
Theoretical tests
Continuous assessment during lectures
Midterm and final exams

Course content					
Evaluation methods	Learning and teaching methods	Topics	Outputs	Watches	week
- Theoretical tests - Continuous assessment during lectures - Midterm and final exams	Face-to-face learning - Discussion and dialogue during lectures - Practical lectures on the basketball cour	Course Objectives Description Introduction to the Foundations of Physical Education - History, Origins, and Development of Sport	A1 + a 2		First + second
- Theoretical tests - Continuous assessment during lectures - Midterm and final exams	Face-to-face learning - Discussion and dialogue during lectures - Practical lectures on the basketball cour	The Beginnings of Physical Education Physical Education in Primitive Times	a1 + a2 + b1		Third and fourth
- Theoretical tests - Continuous assessment during lectures - Midterm and final exams	Face-to-face learning - Discussion and dialogue during lectures - Practical lectures on the basketball cour	In ancient times: China, India, Persia	a1 + A2 + B1 + C1		Fifth + sixth
		Midterm exam			
- Theoretical tests - Continuous assessment during lectures - Midterm and final exams	Face-to-face learning - Discussion and dialogue during lectures - Practical lectures on the basketball cour	In Greece In the Roman era Physical education in the Middle Ages	A2 + B1 + C1		Eighth Seventh
- Theoretical tests - Continuous assessment during lectures - Midterm and final exams	Face-to-face learning - Discussion and dialogue during lectures - Practical lectures on the basketball cour	Physical Education in the Islamic Era Pioneering Educational Figures Who Advocated for the Importance of Physical Education	A1 + A2 + B1		Ninth + tenth
- Theoretical tests - Continuous assessment during lectures - Midterm and final exams	Face-to-face learning - Discussion and dialogue during lectures - Practical lectures on the basketball cour	Sports The difference between physical activity and physical fitness:	A1 + A2 + B1		Eleventh + Twelfth

- Theoretical tests - Continuous assessment during lectures - Midterm and final exams	Face-to-face learning - Discussion and dialogue during lectures - Practical lectures on the basketball cour	Objectives of Physical Education Sports Injuries Educational, ethical, social, and intellectual foundations	A1 + A2 + B1		Thirteenth + Fourteenth
		Final exams			For the fifteenth and sixteenth

the components	
NABA	book
Course textbook authored by Professor علاونه, ناصر احمد رداد 2023	
2023NABA Nasser Alawneh for basketball coaching	references

خطة تقييم المقرر

المخرجات				الدرجة	طرق التقييم
C 1	B 1	A 2	a 1		
5	10	10	5	30	الامتحان الاول (المنتصف)
10	10	20	10	50	الامتحان الثاني (النهائي)
10			10	20	اعمال الفصل
					اعمال الفصل تقييم الاعمال الفصليه
					الوظائف
					حالات الدراسه
					المناقشه والتفاعل
					انشطة جماعيه
					امتحانات ومختبرات وظائف
					امتحانات تقديمية
5					امتحانات قصيره
30	20	30	25		
				100	المجموع