

**Sport and Health (110823)****(3 credit hours)**

This course introduces students to sport concept and provides them with a historical background of sport, its goals, and its various types. It also discusses the impact of sport on the different organs of the body. The course, in addition, discusses, in detail, structure of the human body and physical fitness which is measured through different types of exams. The course also highlights nutrition with respect to food ingredient and how they function in the human body. The course also sheds light on sport injuries and their symptoms referring to many diseases of modern time such as:

obesity, slimness, diabetes, and heart diseases- causes and ways of prevention. Such kind of knowledge helps the students to do first-aid operations to protect human's life. First-aid terminology like :scourer qualities and duties, first-aid materials and instruments, types of injuries and how to deal with them in the correct manner, will also be explained .