

نموذج رقم ( ١٢ )

جامعة: Mansoura

كلية: Nursing

قسم: Gerontological Nursing

توصيف مقرر دراسي

١ - بيانات المقرر		
1 <sup>st</sup> level 1 <sup>st</sup> semester	الفرقة/المستوى:	Physical fitness and motor balance اللياقة البدنية و الاتزان الحركي
	اسم المقرر:	CSc 107
	الرمز الكودي:	
-	نظري	عدد الساعات الدراسية:
1 credit hour	عملي	B.Sc. in Nursing credit hour system
	التخصص:	

٢ - هدف المقرر:	This course aims to enable students to apply the principles of Physical fitness and motor balance to be used during providing nursing care
٣ - المستهدف من تدريس المقرر :	
أ - المعلومات والمفاهيم:	_____
ب - المهارات الذهنية الخاصة بالمقرر:	_____
ج - المهارات المهنية الخاصة بالمقرر:	C1. Demonstrates coordination between muscles, bones, and joints motion C2. Apply the principles of body mechanics C3. Demonstrate proper body mechanics range of motion of the upper and lower extremities C4. Demonstrates components of physical fitness to meet the needs of

<p>nursing career physical activities</p> <p>C5. Apply the principles and precautions of safety during delivery of each component of physical fitness</p>	
<p>D1. Understand technical terms, vocabulary and concepts of physical fitness.</p> <p>D2. Use technical terms, vocabulary accurately in reading, speaking and writing.</p> <p>D3. Demonstrate effective collaboration.</p> <p>D4. Transform information of physical fitness to less experienced colleagues.</p> <p>D5. Uses principles of communication techniques in professional manner</p> <p>D6. Participate in peer education</p>	<p>د - المهارات العامة:</p>
<p>E1. Apply the principles of ethics in physical fitness and motor balance</p>	
<p><b>Unit I: Introduction to fitness</b></p> <ul style="list-style-type: none"> <li>• The importance of the study of physical fitness and motor balance</li> <li>• Methods of fitness training</li> <li>• the components of fitness:             <ol style="list-style-type: none"> <li>a) <b>Health-Related Physical Fitness Components</b> <ol style="list-style-type: none"> <li>1. Cardio-respiratory Fitness</li> <li>2. Body Composition</li> <li>3. Flexibility</li> <li>4. Muscular Strength</li> <li>5. Muscular Endurance</li> </ol> </li> <li>b) <b>Performance or Skill-Related</b> <ol style="list-style-type: none"> <li>1. Balance Body</li> <li>2. Reaction Time</li> <li>3. Coordination</li> <li>4. Agility</li> </ol> </li> </ol> </li> </ul>	<p>٤ - محتوى المقرر:</p>

<p>5. Power 6. Speed</p> <p><b>Unit II: Adjusting Training Variables to Goals</b></p> <ul style="list-style-type: none"> <li>• Load, Repetitions, Sets, Rest interval, Intensity, Volume).</li> <li>• Improving Muscular Power</li> <li>• Increasing Muscular Endurance</li> <li>• Split Routine</li> <li>• Warming Up and Cooling Down</li> <li>• Stretching</li> <li>• Performing Exercises Correctly</li> </ul> <p><b>Unit III: Physical Fitness Components measurements</b></p> <ul style="list-style-type: none"> <li>• Cardiovascular Endurance / Aerobic Tests (e.g. Step Tests)</li> <li>• Strength &amp; Strength Endurance Tests (e.g. Push-up; and Sit Ups Tests)</li> <li>• Speed and Power or Anaerobic Power Tests (e.g. Sprint; Vertical Jump Tests)</li> </ul>	
<p>1. Small group work 2. Practical training in gymnasium</p>	<p>٥- أساليب التعليم والتعلم :</p>
<p>Not applicable</p>	<p>٦- أساليب التعليم والتعلم للطلاب ذوي القدرات المحدودة :</p>
<p>٧- تقويم الطلاب:</p>	
<p><b>A- Assessment Methods</b> Attendance of classes ( 75% of classes)</p>	<p>أ- الأساليب المستخدمة:</p>
<p><b>1- Semester summative evaluation</b></p>	
<p>Performance of gymnastic motions</p>	<p>2<sup>nd</sup> up to 15<sup>th</sup> week</p>
<p>Attendance of classes</p>	<p>-----</p>
<p>ب- التوقيت:</p>	

<b>2- Final summative evaluation</b>		
A- Practical exam	15 <sup>th</sup> week	
<b>1-Semester summative evaluation</b>		ج- توزيع الدرجات:
A- Attendance	75% of classes	
<b>2- Final summative evaluation</b>		
A- Practical exam	100 marks (100%)	
<b>Total</b>	<b>100(100%)</b>	
<b>٨- قائمة الكتب الدراسية والمراجع :</b>		
-		أ- مذكرات
-		ب- كتب ملزمة:
<ul style="list-style-type: none"> <li>• Bergar , R.A(1999):effect of varied weight training program on strengtl Research quarterly ,33,168-181</li> <li>• David culth (2005) : The effect of depth jump and weight training on l strength and vertical jump,research quarterly for exercise and sport Vol.46No.1</li> <li>• Dunn,W.H,C.H.Soudek,and J.Gieck (1984) strength training at conditioning for Basket ball Chicage : contemporary Book . INC.</li> <li>• Johns Raetall (2003) : The effect of detraining on power athletes . Ea Carolina university.</li> <li>• Johns Lear (1980) : Weight lifting , jpublissed by EP publishing Ltd, Ea Ardstey ,Wake field , West Yorkshire .Reprinted 1982.</li> <li>• Kall DA, Platocc,(2003) : The roke of muscle loss in the age – relat decline of grip strength crosssectional and longit udinal perspective National , Institute on Aying .</li> <li>• Limossier (2009) : performance and fibre characteristics of human skelet muscle during short training and detraining on cycle ergometer,faculte medicine Sairt – Etinne,France</li> </ul>		ج- كتب مقترحه:

<ul style="list-style-type: none"> <li>• Lorrson (2007):Lower limb skeletal muscle function 6week of bedre department of physiology and pharmacology , Karoinska Institu ,Stockhlm,Sweden</li> <li>• Sharky B.J (2000) : physiology of fitness 3rd ,ed champaign III in a human kumetics Books</li> <li>• Westcott and Wayne, L, (2003) : strength fitness , Boston , Allyn and Bacan Inc.</li> <li>• Steven j,Fleck,William j . kraemer :Designing sistance training program secong edition , Human Kinetics , 2000.</li> </ul>	
-	<p>د- دوريات علمية أو نشرات .. الخ</p>

Dr. Said EL Ashker

Assistant. Prof Dr. Karima Elshamy

أستاذ المادة:

رئيس مجلس القسم العلمى: