

University: Mansoura

Course Title: Physical fitness and motor balance

Faculty: Nursing

Code: CSc 107

Department: Gerontological Nursing

ILOs Matrix for Course Content

Content	Teaching Methods	Evaluation Methods	A. Knowledge & Understanding	B. Intellectual Skills	C. Practical & professional Skills	D. General & Transferable Skills	E .Attitude
Introduction to fitness:The importance of the study of physical fitness and motor balance	<ul style="list-style-type: none"> • Small group work • Practical training in gymnasium 	<ul style="list-style-type: none"> • Attendance of classes • Practical exam 	-----	-----	-----	D1- D6	E1
Methods of fitness training			-----	-----	C1-C5	D1- D6	E1
The components of fitness: a) Health-Related Physical Fitness Components 1. Cardio-respiratory Fitness 2. Body Composition 3. Flexibility 4. Muscular Strength 5. Muscular Endurance			-----	-----	C1-C5	D1- D6	E1
b) Performance or Skill-Related 1. Balance Body 2. Reaction Time 3. Coordination 4. Agility 5. Power 6. Speed			-----	-----	C1-C5	D1- D6	E1
Adjusting Training Variables to Goals • Load, Repetitions, Sets,			-----	-----	C1-C5	D1- D6	E1

<p>Rest interval, Intensity, Volume).</p> <ul style="list-style-type: none"> • Improving Muscular Power • Increasing Muscular Endurance • Split Routine • Warming Up and Cooling Down • Stretching • Performing Exercises Correctly 							
<p>Physical Fitness Components measurements</p> <ul style="list-style-type: none"> • Cardiovascular Endurance / Aerobic Tests (e.g. Step Tests) • Strength & Strength Endurance Tests (e.g. Push-up; and Sit Ups Tests) • Speed and Power or Anaerobic Power Tests (e.g. Sprint; Vertical Jump Tests) 			<p>-----</p>	<p>-----</p>	<p>C1-C5</p>	<p>D1- D6</p>	<p>E1</p>
<p>Teacher course:</p>	<p>Course coordinator Dr. Doaa Abdelhameed <i>Doaa Abdelhameed</i></p>			<p>Head of Department: Assistant. Prof. Soad Hassan Abd Elhameed <i>Soad H</i></p>			