

نموذج رقم (12)

جامعة: Mansoura

كلية: Nursing

قسم: Gerontological Nursing

توصيف مقرر دراسي

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

This course aims to enable students to apply the principles of Physical fitness and motor balance to be used during providing nursing care	2- هدف المقرر:
By the end of the course the candidate will be able to:	3- المستهدف من تدريس المقرر
_____	أ- المعلومات والمفاهيم:
_____	ب- المهارات الذهنية الخاصة بالمقرر:
C1. Demonstrate coordination between muscles, bones, and joints motion C2. Apply the principles of body mechanics C3. Perform proper body mechanics range of motion of the upper and lower extremities C4. Demonstrate components of physical fitness to meet the needs of nursing career physical activities	ج- المهارات المهنية الخاصة بالمقرر:

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

6. Speed		
Unit II: Adjusting Training Variables to Goals		
<ul style="list-style-type: none"> • Load, Repetitions, Sets, Rest interval, Intensity, Volume). • Improving Muscular Power • Increasing Muscular Endurance • Split Routine • Warming Up and Cooling Down • Stretching • Performing Exercises Correctly 		
Unit III: Physical Fitness Components measurements		
<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) 		
1. Small group work		5- أساليب التعليم
2. Practical training in gymnasium		والتعلم :
According to the faculty procedures to caring for defaulters students		6- أساليب التعليم
		والتعلم للطلاب ذوى
		القدرات المحدودة :
		7- تقويم الطلاب:
A- Assessment Methods		أ- الأساليب
Attendance of classes (75% of classes)		المستخدمة:
1- Semester summative evaluation		ب- التوقيت:
Performance of gymnastic motions	2 nd up to 15 th week	
Attendance of classes	-----	
2- Final summative evaluation		
A- Practical exam	15 th week	
1-Semester summative evaluation		ج- توزيع الدرجات:

A- Attendance	75% of classes	
2- Final summative evaluation		
A- Practical exam	100 marks (100%)	
Total	100(100%)	
8- قائمة الكتب الدراسية والمراجع :		
-		أ- مذكرات
-		ب- كتب ملزمة:
<ul style="list-style-type: none"> • Limossier (2009) : performance and fibre characteristics of human skeletal muscle during short training and detraining on cycle ergometer, faculte medicine Sairt – Etinne, France • Lorrson (2007): Lower limb skeletal muscle function 6week of bedrest department of physiology and pharmacology , Karoinska Institutet ,Stockholm,Sweden • Epsten, D (2014): The sportgene: Inside the science of extra ordinary athletic performance.pengin. 		ج- كتب مقترحة:
-		د- دوريات علمية أو نشرات .. الخ

مجلس رقم (134) بتاريخ 2014/6/18	معمد بموافقته مجلس الكليه
مجلس القسم بتاريخ 2018/3/1	تم مراجعته وتحديثه طبقا للمعايير الاكاديمية القومية المرجعيه بتاريخ
منسق المقرر د/ دعاء عبد الحميد ١٤٤٥ هـ	رئيس القسم العلمي أ.م.د/ سعاد حسن عبد الحميد