



# Course Specification

## (Bachelor)

**Course Title:** *Fitness and health culture*

**Course Code:** *EPH101*

**Program:** *Bachelor*

**Department:** *Self-development skills*

**College:** *Deanship of the first common year*

**Institution:** *King Saud University*

**Version:** *1446 AH*

**Last Revision Date:** *25/8/2024 AD*





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## A. General information about the course:

### ١. Course Identification

#### ١. Credit hours: ( One hour )

#### ٢. Course type

A.  University  College  Department  Track  Others

B.  Required  Elective

#### ٣. Level/year at which this course is offered: (Common first year)

#### ٤. Course General Description:

The course includes the basic concepts and principles of health and physical information, and the skills related to personal, nutritional, physical, preventive, psychological, reproductive health, and first aid, with a focus on life situations with the aim of motivating students and exciting them to the learning process through the general framework of the course, its standards and controls.

#### ٥. Pre-requirements for this course (if any):

#### ٦. Co-requisites for this course (if any):

#### ٧. Course Main Objective(s):

This course aims to improve the level of health of the individual and society, by acquiring knowledge, information, skills, and attitudes; to become able to understand the developments and surrounding health conditions and apply them in university life.

### ٨. Teaching mode (mark all that apply)

No	Mode of Instruction	Contact Hours	Percentage
١	Traditional classroom	Not applicable	
٢	E-learning	١٥	%٥٠
٣	Hybrid <ul style="list-style-type: none"> <li>• Traditional classroom</li> <li>• E-learning</li> </ul>	Not applicable	
٤	Distance learning	١٥	%٥٠





### ٣. Contact Hours (based on the academic semester)

No	Activity	Contact Hours	
١.	Lectures	١٥	٥٠٪
٢.	Laboratory/Studio	Not applicable	
٣.	Field	Not applicable	
٤.	Tutorial	Not applicable	
٥.	Others (specify)	١٥	٥٠٪
<b>Total</b>			<b>١٠٠٪</b>

### B. Course Learning Outcomes (CLOs), Teaching Strategies and Assessment Methods

Code	Course Learning Outcomes	Code of PLOs aligned with the program	Teaching Strategies	Assessment Methods
١,٠	<b>Knowledge and understanding</b>			
١,١	Explains the basic principles and sound foundations of a healthy lifestyle.	*Not applicable * The course is not linked to a specific program, as the course (university requirement) is shared across all university programs and is not linked to a specific program.	Distance learning (lecture - discussion and dialogue)	Midterm exam
١,٢	Illustrates behaviors and manifestations of mental health.		Distance learning (lecture - brainstorming - discussion and dialogue)	Final exam
١,٣	Identifies health problems related to reproductive health.		Distance learning (lecture - collaborative learning using synchronous and asynchronous breakout groups)	Final exam
١,٤	Mentions the necessary methods to prevent smoking, alcohol and drugs.		Distance learning (lecture - brainstorming - discussion and dialogue)	Final exam
١,٥	Describes the role of physical activity in preventing obesity, diabetes, high blood pressure, osteoporosis, asthma,		Distance learning (lecture - collaborative learning using synchronous and asynchronous breakout groups)	Final exam



Code	Course Learning Outcomes	Code of PLOs aligned with the program	Teaching Strategies	Assessment Methods
	and coronary heart disease.			
٢,٠	<b>Skills</b>			
٢,١	Measures health-related components of physical fitness and applies the appropriate physical activity prescription to this measurement to achieve the required standards.	*Not applicable * The course is not linked to a specific program, as the course (university requirement) is shared across all university programs and is not linked to a specific program.	Learning by doing – project-based learning	- Post-measurement of what the targeted program has achieved - Calculating the student's rate of improvement in health-related physical fitness elements
٢,٢	Applying the skills acquired by the student to a medical case.		Case Study	Results of the program used in the case study
٢,٣	Apply the necessary skills in how to deal with injuries.		Verbal explanation - model	The project
٢,٤	Step Program applies		Learning by doing	The project
٢,٥	Applying the skills acquired by the student through participation in presenting a health exhibition and designing kinetic infographics.		Learning by doing	The project
٣,٠	<b>Values, autonomy, and responsibility</b>			
٣,١	Adheres to values and ethics as a basis for responsibility and dealing with others.	*Not applicable * The course is not linked to a specific program, as the course (university requirement) is shared across all university programs and is not linked to a specific program.	Reciprocal teaching	-Evaluation of the semester work (projects) Participation
٣,٢	Leads diverse teams and manages tasks and activities in a professional and independent manner related to physical		Reciprocal teaching	- Evaluation of semester work (pre- and post-measurements and improvement





Code	Course Learning Outcomes	Code of PLOs aligned with the program	Teaching Strategies	Assessment Methods
	fitness and health culture.			rate after implementing the training program)
...				

### C. Course Content

No	List of Topics	Contact Hours
١.	Introductory session.	٢
٢.	Personal health practices.	٢
٣.	Practicing health-related physical activity.	٢
٤.	Food and health.	٢
٥.	Health-related fitness elements.	٢
٦.	Psychological stress and coping mechanisms.	٢
٧.	Healthy sleep.	٢
٨.	Prevention of chronic diseases "diseases of inactivity".	٢
٩.	Prevention of health destroyers (١) "Prevention of smoking and alcohol".	٢
١٠.	Prevention of health destroyers (٢) "Prevention of drugs".	٢
١١.	Reproductive health.	٢
١٢.	Consumer health.	٢
١٣.	First aid principles ١.	٢
١٤.	First aid principles ٢.	٢
١٥.	Cardiopulmonary resuscitation (CPR).	٢
<b>Total</b>		<b>٣٠</b>

### D. Students Assessment Activities

No	Assessment Activities *	Assessment timing (in week no)	Percentage of Total Assessment Score
١.	Midterm exam in the first four sessions (٢٠ questions).	٨	%٢٠
٢.	From the beginning of the fifth session to the end of the sessions (٤٠ questions).	١٦	%٥٠
٣.	Physical activity prescription.	٣ - ١٢	%١٠
٤.	The project	٣ - ١٢	%١٠
٥.	Participation	٣ - ١٢	%١٠

\*Assessment Activities (i.e., Written test, oral test, oral presentation, group project, essay, etc.).



## E. Learning Resources and Facilities

### ١. References and Learning Resources

Essential References	<a href="https://lms.ksu.edu.sa">https://lms.ksu.edu.sa</a>
Supportive References	<p>Ibrahim, Mufti. (٢٠٠٤). "Physical Fitness is the Path to Health and Sports Championship", Dar Al Fikr Al Arabi.</p> <p>Islim, Nasser. Al Jaloud, Khaled. Al Sheikh, Fahda. (٢٠٢٠). "Fitness and Health Culture", King Saud University</p> <p>Al Hamami, Mohammed. (٢٠٠٠). "Nutrition and Health for Life and Sports", Kitab Publishing Center.</p> <p>Al Shakhanbeh, Ahmed. (٢٠١٠). "Adaptation to Psychological Stress", Dar Al Hamed, Amman.</p> <p>Al Qadi, Mohammed. (٢٠١٢). "Trainer's Guide to the Fitness Program", King Saud University.</p> <p>Al Hazza, Hazza. (٢٠٠٩). "Physiology of Physical Effort", King Saud University.</p> <p>Bahmam, Ahmed. (٢٠١٢). "Encyclopedia of Sleep in Health and Disease", University Center for Sleep Medicine and Research.</p> <p>Bain, Anita. (٢٠٠٢). "Muscle Building and Strength Increase Training", Dar Al Farouq Publishing.</p> <p>Jokhdar, Abdul Halim. (٢٠٠٥). "Reproductive Health from the Perspective of Islamic Sharia", Regional Office for the Eastern Mediterranean.</p> <p>Sherif, Mohammed. (١٤٢٦). "Al-Ahli Program for Health Awareness, Principles of First Aid", Saudi Red Crescent Society.</p> <p>Nebras, National Project for Drug Prevention. (٢٠١٧). "Drug Control Curriculum Document / University Professor's Guide", Ministry of Interior.</p>
Electronic Materials	<p><a href="https://www.who.int/ar/news-room/fact-sheets/detail/physical-activity">https://www.who.int/ar/news-room/fact-sheets/detail/physical-activity</a></p> <p><a href="https://www.moh.gov.sa/awarenessplateform/Pages/default.aspx">https://www.moh.gov.sa/awarenessplateform/Pages/default.aspx</a></p> <p><a href="https://www.moh.gov.sa/HealthAwareness/EducationalContent/PublicHealth/Pages/Walking.aspx">https://www.moh.gov.sa/HealthAwareness/EducationalContent/PublicHealth/Pages/Walking.aspx</a></p> <p><a href="https://www.youtube.com/watch?v=H_YCSY7ue.k">https://www.youtube.com/watch?v=H_YCSY7ue.k</a></p> <p><a href="https://www.moi.gov.sa/wps/portal/Home/sectors/narcoticscontrol/contents">https://www.moi.gov.sa/wps/portal/Home/sectors/narcoticscontrol/contents</a></p>
Other Learning Materials	

### ٢. Required Facilities and equipment





Items	Resources
<b>facilities</b> The course is taught entirely remotely.	<b>computer</b>
<b>Technology equipment</b> (projector, smart board, software)	<b>E-learning platform (Blackboard)</b>
<b>Other equipment</b> (depending on the nature of the specialty)	<b>Gyms</b>

#### F. Assessment of Course Quality

Assessment Areas/Issues	Assessor	Assessment Methods
Effectiveness of teaching	Students - Department Curriculum and Course Evaluation Committee	<ul style="list-style-type: none"> <li>Indirect evaluation (questionnaire to find out stakeholders' opinions about the course and the effectiveness of the teaching method).</li> <li>Direct: Periodic review of the course by the Curriculum Committee in light of the test results.</li> </ul>
Effectiveness of Students assessment	Faculty Members - Examination Committee	<ul style="list-style-type: none"> <li>Direct (tests/classwork)</li> <li>Indirect (questionnaires)</li> </ul>
Quality of learning resources	Students - Faculty	<ul style="list-style-type: none"> <li>Direct (quarterly work)</li> <li>Indirect (questionnaires)</li> </ul>
The extent to which CLOs have been achieved	Course Instructor - Quality Committee - Program Leadership	<ul style="list-style-type: none"> <li>Direct (tests/classwork)</li> <li>Indirect (questionnaire to know stakeholders' opinions about the course and the effectiveness of the teaching method)</li> </ul>
Other		

**Assessors** (Students, Faculty, Program Leaders, Peer Reviewers, Others (specify))

**Assessment Methods** (Direct, Indirect)

#### G. Specification Approval

<b>COUNCIL /COMMITTEE</b>	<b>Self-Development Skills DEPARTMENT</b>
<b>REFERENCE NO.</b>	Session (٢)
<b>DATE</b>	٣ Sep. ٢٠٢٤

