Course Specification
(Bachelor)

Course Title:	*Fitness and Health Literacy*
Course Code:	*EPH101*
Program:	***Bachelor***
Department:	***Self-development skills***
College:	***Deanship of the first common year***
Institution:	***King Saud University***
Version:	***1448 AH***
Last Revision Date:	***27/8/2026***

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A. General information about the course:

1. Course Identification

1. Credit hours: (One hour)					
2. Course type					
A.	☒ University	☐ College	☐ Department	☐ Track	☐ Others
B.	☒ Required		☐ Elective		
3. Level/year at which this course is offered: (Common first year)					
4. Course General Description:					
This course covers essential concepts, knowledge, and skills in Fitness and Health Literacy through four main themes: physical activity and health sustainability, nutrition and public health, mental health promotion, and family and community health. It aims to cultivate health awareness and behaviors, promote physical fitness and mental well-being, prevent disease, and empower students to make informed health decisions and implement healthy practices in their university and daily lives, thereby contributing to a better quality of life and building a healthy, sustainable society.					
5. Pre-requirements for this course (if any)**:**					
Not applicable					
6. Co-requisites for this course (if any)**:**					
Not applicable					
7. Course Main Objective(s):					
The course aims to promote health awareness among first-year students at King Saud University, by providing them with the basic knowledge and skills related to physical Fitness and Health Literacy, thereby contributing to developing their ability to adopt sustainable healthy lifestyles that ultimately improve the health of the individual and society.					

2. Teaching mode (mark all that apply)

No	Mode of Instruction	Contact Hours	Percentage
1	Traditional classroom	Not applicable	

No	Mode of Instruction	Contact Hours	Percentage
2	E-learning	15	50%
3	Hybrid • Traditional classroom • E-learning	Not applicable	
4	Distance learning	15	50%

3. Contact Hours (based on the academic semester)

No	Activity	Contact Hours	
1.	**Lectures**	15	50%
2.	**Laboratory/Studio**	Not applicable	
3.	**Field**	Not applicable	
4.	**Tutorial**	Not applicable	
5.	**Others (specify)**	15	50%
Total		30	100%

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
1.0	**Knowledge and understanding**			
1.1	Defines the concepts of public health, health literacy, and health-related physical fitness.	Not applicable — this is a shared university requirement course and is not linked to a specific program.	Interactive online learning	Midterm exam
1.2	Explains the impact of physical activity and healthy nutrition on improving		Distance learning (lecture - brainstorming -	midterm/final exam

Code	Course Learning Outcomes	Code of PLOs aligned with the program	Teaching Strategies	Assessment Methods
	quality of life and preventing disease.		discussion and dialogue)	
1.3	Clarifies the fundamentals of physical fitness, training load management, and methods for measuring it.		Distance learning (lecture - collaborative learning using synchronous and asynchronous breakout groups)	midterm/final exam
1.4	Explains the impact of physical inactivity and unhealthy habits on physical, psychological, and social aspects.		Case Study	Final exam
1.5	It outlines the principles of mental health, stress management, and healthy sleep.		Situation-Based Learning	Final exam
1.6	Clarifies the dangers of smoking and addiction, and their impact on the individual and society.		Distance Learning (lecture - brainstorming - discussion and dialogue)	Final Exam

Code	Course Learning Outcomes	Code of PLOs aligned with the program	Teaching Strategies	Assessment Methods
1.7	Explains the principles of first aid and how to deal with emergencies.		Digital Simulation-Based Learning	Final Exam
1.8	Explains the role of modern technologies and artificial intelligence in promoting health and quality of life.		Digital Inquiry-Based Learning	Final Exam
2.0	**Skills**			
2.1	Measures health-related fitness components using appropriate scientific tools and tests.	* Not applicable - this is a shared university requirement course and is not linked to a specific program.	Remote guided practice learning	Providing a prescription for enhancing quality of life
2.2	Applies principles of safe and effective training load management and physical activity.		Practice-based learning	Documented process performance task
2.3	Assesses postural status and applies the principles of healthy posture.		Performance-based and online-guided learning	Performance self-assessment
2.4	Calculates the body's energy and calorie needs based on		Problem-based learning	Problem-solving application task

Code	Course Learning Outcomes	Code of PLOs aligned with the program	Teaching Strategies	Assessment Methods
	scientific principles.			
2.5	Designs a comprehensive health or training program that suits their physical and health condition.		Project-based learning	Individual project
2.6	Practices stress management strategies and healthy sleep patterns.		Self-directed experiential learning	Performance task + tracking record
2.7	Uses digital applications and technologies to monitor and analyze basic health data.		Technology-based learning	Digital application task
2.8	Applies first aid and CPR skills in basic emergency situations.		Video simulation + guided training	Practical performance evaluation
3.0	**Values, autonomy, and responsibility**			
3.1	Demonstrates a positive attitude towards physical activity and healthy behaviors.	Not applicable - this is a shared university requirement	Self-learning + electronic reinforcement	Pre/Post Attitudes Scale + Behavior Monitoring

Code	Course Learning Outcomes	Code of PLOs aligned with the program	Teaching Strategies	Assessment Methods
3.2	Commits to adopting a healthy lifestyle that contributes to enhancing quality of life and preventing disease.	course and is not linked to a specific program.	Personal project-based learning	Electronic Follow-up Record + Self-Assessment
3.3	Takes personal responsibility for their physical, mental, and social well-being.		Case study and discussion	Goal-Based Self-Assessment
3.4	Demonstrates awareness of the dangers of smoking and addiction and avoids unhealthy behaviors.		Situation-based learning and virtual role-playing	Decision-Making Situations and Scenarios
3.5	Appreciates the importance of mental health and psychological balance in daily life.		Reflective learning	Electronic Self-Reflection + Attitudes Scale
3.6	Demonstrates ethical awareness when using health technologies and personal data.		Situation-based learning and virtual role-playing	Case Studies and Ethical Situations
3.7	Actively participates in promoting health		Digital service learning	Publishing Reliable Health

Code	Course Learning Outcomes	Code of PLOs aligned with the program	Teaching Strategies	Assessment Methods
	awareness within the university environment and the community.			Information in the Course Discussion Forum.

C. Course Content

No	List of Topics	Contact Hours
1.	Introductory session.	2
2.	Health-enhancing physical activity.	2
3.	Health-related fitness.	2
4.	Investing in Health and Quality of Life.	2
5.	Healthy nutrition.	2
6.	Prevention of chronic diseases.	2
7.	Digital health and artificial intelligence.	2
8.	Mental health and self-management.	2
9.	Stress management.	2
10.	Healthy sleep and quality of life.	2
11.	Addiction (awareness and prevention).	2
12	Family and reproductive health.	2
13.	First aid and safety.	2
14.	First Aid Principles (Part 2).	2
15.	Cardiopulmonary resuscitation (CPR).	2
Total		30

D. Students Assessment Activities

No	Assessment Activities *	Assessment timing (in week no)	Percentage of Total Assessment Score
1.	prescription for enhancing quality of life.	4-12	10%
2.	The project.	2-12	5%
3.	Active participation and positive interaction during synchronous lectures.	2-15	5%
4.	Active participation via the Learning Management System (LMS).	2-15	10%

No	Assessment Activities *	Assessment timing (in week no)	Percentage of Total Assessment Score
5.	Midterm exam for Unit 1 (20 questions).	8	20 %
6	Final exam covering Unit 2 through Unit 4 (40 questions).	16	50 %

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

E. Learning Resources and Facilities

1. References and Learning Resources

Essential References	The Writing Committee of the Self-Development Skills Department. (1448 AH). Fitness and Health Literacy. Deanship of the First Year Common Program, King Saud University.
Supportive References	- Saudi Ministry of Sports. (2023). Fitness and Public Health Guide. Riyadh: Saudi Ministry of Sports. - Abdul Rahim, N. M. (2024). Postural Deviations and a Series of Therapeutic Exercises. Amman: Dar Al-Ayyam for Publishing and Distribution. - World Health Organization – Regional Office for the Eastern Mediterranean. (2024). Physical Activity. - National Center for Mental Health Promotion. (2023). Perceptions of the Saudi Arabian Population Regarding the Causes of Mental Disorders. Ministry of Health, Saudi Arabia. - Bahmam, Ahmed Salem. (2025). Sleep Physiology and Disorders: Methods of Diagnosis and Treatment (1st ed.). Arab Center for Authoring and Translating Health Sciences. - Al-Khamis, A. A. (2024). Dietary Habits in Saudi Society and Their Relationship to Modern Social Transformations: A Field Study in Al-Ahsa Governorate. Academic Journal for Research and Scientific Publishing. - Saudi Ministry of Health. (2026). Healthy Nutrition.

	- General Authority for Public Health (Prevention). (2024). Annual Report and National Strategy for the Prevention of Non-Communicable Diseases. **- Saudi Ministry of Health. (2024). Guide to Reproductive Health and Family Care. Saudi Ministry of Health.**
Electronic sources	**The interactive online course is available at: https://lms.ksu.edu.sa/ultra/course**
Other Learning Materials	– https://www.moh.gov.sa – https://vision2030.gov.sa/ – https://www.moh.gov.sa/HealthAwareness/MedicalTools/Pages/IdealBodyWeight.aspx – https://www.moh.gov.sa/Pages/default.aspx – https://www.moh.gov.sa/awarenessplateform/healthylifestyle/pages/sleeping.aspx – https://www.moh.gov.sa/awarenessplateform/HealthyLifestyle/Documents/Tobacco-Facts-2022.pdf

2. Required Facilities and equipment

Items	Resources
facilities **Not applicable** - The course delivered entirely online	**Personal computer/device (studet provided)**
Technology equipment (projector, smart board, software)	**E-learning platform (Blackboard)**
Other equipment (depending on the nature of the specialty)	**Gyms**

F. Assessment of Course Quality

Assessment Areas/Issues	Assessor	Assessment Methods
Effectiveness of teaching	**Students - Department Curriculum and Course Evaluation Committee**	• **Indirect evaluation (questionnaire to find out students' opinions about the course and the effectiveness of the teaching method).**

Assessment Areas/Issues	Assessor	Assessment Methods
		Direct: Periodic review of the course by the Curriculum Committee in light of the test results.
Effectiveness of Students assessment	Faculty Members - Examination Committee	• Direct (tests/classwork) Indirect (questionnaires)
Quality of learning resources	Students - Faculty and Experts	• Direct (quarterly work) Indirect (questionnaires)
The extent to which CLOs have been achieved	Course Instructor - Quality Committee - Program Leadership	• Direct (tests/classwork) Indirect (questionnaire to know students' opinions about the course and the effectiveness of the teaching method)
Other		

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

Assessment Methods (Direct, Indirect)

G. Specification Approval

COUNCIL /COMMITTEE	Self-Development Skills DEPARTMENT
REFERENCE NO.	**2**
DATE	**15 / 9 /2026**