



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: *1447 AH*

Last Revision Date: *20/8/2025*

Table of Contents

A. General information about the course:	3
B. Course Learning Outcomes (CLOs), Teaching Strategies and Assessment Methods	4
C. Course Content	6
D. Students Assessment Activities	7
E. Learning Resources and Facilities	7
F. Assessment of Course Quality	9
G. Specification Approval	9





A. General information about the course:

1. Course Identification

1. Credit hours: (.....)

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:

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.

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

none

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

none

7. 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.

2. Teaching mode (mark all that apply)

No	Mode of Instruction	Contact Hours	Percentage
1	Traditional classroom	Not applicable	
2	E-learning	15	%50
3	Hybrid <ul style="list-style-type: none"> Traditional classroom 	Not applicable	





No	Mode of Instruction	Contact Hours	Percentage
	• E-learning		
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		٣٠	١٠٠%

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	Explains the basic principles and sound foundations of a healthy lifestyle.	* The course is not linked to a specific program, as the course (university requirement) is shared across all university programs	Distance learning (lecture - discussion and dialogue)	Midterm exam
1.2	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



Code	Course Learning Outcomes	Code of PLOs aligned with the program	Teaching Strategies	Assessment Methods
١,٤	Mentions the necessary methods to prevent smoking, alcohol and drugs.	and is not linked to a specific program.	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, and coronary heart disease.		Distance learning (lecture - collaborative learning using synchronous and asynchronous breakout groups)	Final exam
2.0	Skills			
2.1	Measures health-related components of physical fitness and applies the appropriate physical activity prescription to this measurement to achieve the required standards.	* 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
2.2	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		Learning by doing	The project



Code	Course Learning Outcomes	Code of PLOs aligned with the program	Teaching Strategies	Assessment Methods
	student through participation in presenting a health exhibition and designing kinetic infographics.			
3.0	Values, autonomy, and responsibility			
3.1	Adheres to values and ethics as a basis for responsibility and dealing with others.	* 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)
3.2	Leads diverse teams and manages tasks and activities in a professional and independent manner related to physical fitness and health culture.		Reciprocal teaching	- Evaluation of semester work (pre- and post-measurements and improvement rate after implementing the training program)
...				

C. Course Content

No	List of Topics	Contact Hours
1.	Introductory session.	
2.	Health-related fitness elements.	2
3.	Personal health practices.	2
4.	Practicing health-related physical activity.	2
5.	Food and health.	2
6.	Psychological stress and coping mechanisms.	2
7.	Healthy sleep.	2
8.	Prevention of chronic diseases "diseases of inactivity".	2





9.	Prevention of health destroyers (1) "Prevention of smoking and alcohol".	2
10.	Prevention of health destroyers (2) "Prevention of drugs".	2
11.	Reproductive health.	2
12.	Consumer health.	2
13.	First aid principles 1.	2
14.	First aid principles 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.	Midterm exam in the first four sessions (20 questions).	8	%20
2.	From the beginning of the fifth session to the end of the sessions (40 questions).	16	%50
3.	Physical activity prescription.	١٢ - ٣	%10
4.	The project	١٢ - ٣	%10
5.	Participation	١٢ - ٣	%10

*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	https://lms.ksu.edu.sa
Supportive References	<p>Ibrahim, Mufti. (2004). "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. (2020). "Fitness and Health Culture", King Saud University</p> <p>Al Hamami, Mohammed. (2000). "Nutrition and Health for Life and Sports", Kitab Publishing Center.</p> <p>Al Shakhanbeh, Ahmed. (2010). "Adaptation to Psychological Stress", Dar Al Hamed, Amman.</p> <p>Al Qadi, Mohammed. (2012). "Trainer's Guide to the Fitness Program", King Saud University.</p>





	<p>Al Hazza, Hazza. (2009). "Physiology of Physical Effort", King Saud University.</p> <p>Bahmam, Ahmed. (2012). "Encyclopedia of Sleep in Health and Disease", University Center for Sleep Medicine and Research.</p> <p>Bain, Anita. (2002). "Muscle Building and Strength Increase Training", Dar Al Farouq Publishing.</p> <p>Jokhdar, Abdul Halim. (2005). "Reproductive Health from the Perspective of Islamic Sharia", Regional Office for the Eastern Mediterranean.</p> <p>Sherif, Mohammed. (1426). "Al-Ahli Program for Health Awareness, Principles of First Aid", Saudi Red Crescent Society.</p> <p>Nebras, National Project for Drug Prevention. (2017). "Drug Control Curriculum Document / University Professor's Guide", Ministry of Interior.</p>
Electronic Materials	<p>https://www.who.int/ar/news-room/fact-sheets/detail/physical-activity</p> <p>https://www.moh.gov.sa/awarenessplatform/Pages/default.aspx</p> <p>https://www.moh.gov.sa/HealthAwareness/EducationalContent/PublicHealth/Pages/Walking.aspx</p> <p>https://www.youtube.com/watch?v=H_2CS76ue0k</p> <p>https://www.moi.gov.sa/wps/portal/Home/sectors/narcoticscontrol/contents</p>
Other Learning Materials	

2. Required Facilities and equipment

Items	Resources
facilities The course is taught entirely remotely.	computer
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	<ul style="list-style-type: none"> Indirect evaluation (questionnaire to find out students' opinions about the course and the effectiveness of the teaching method). Direct: Periodic review of the course by the Curriculum Committee in light of the test results.
Effectiveness of Students assessment	Faculty Members - Examination Committee	<ul style="list-style-type: none"> Direct (tests/classwork) Indirect (questionnaires)
Quality of learning resources	Students - Faculty and Experts	<ul style="list-style-type: none"> Direct (quarterly work) Indirect (questionnaires)
The extent to which CLOs have been achieved	Course Instructor - Quality Committee - Program Leadership	<ul style="list-style-type: none"> 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 - DEANSHIP OF THE FIRST COMMON YEAR
REFERENCE NO.	The Third
DATE	9/9/2025

