

## Course Plan

<b>Semester : second</b>	<b>Academic Year:2025</b>
<b>Level:</b>	<b>Major: Medical</b>
<b>Course Title: physical education (1)</b>	<b>Department: General courses (physical education)</b>
<b>Course Code:6164029</b>	<b>University Professor or Faculty member: 1- parivash,shekarchizadeh 2-jahangir karimian</b>
<b>Class NO: -----</b>	<b>Credit Hours: 8-10 Monday</b>
<b>Prerequisite: -----</b>	<b>Credit Units: ( Prac )</b>
<b>Availability of Professor: 10-12saturday,2-4 Monday and Tuesday</b>	<b><a href="tel:09132052390">Tel:09132052390</a> Tel:09132083266</b>
<b>Office Address: General courses department ,school Management and Medical Information in Isfahan University of Medical sciences</b>	<b>E-mail: shekarchizadeh@mng.mui.ac.ir Email: karimian@mng.mui.ac.ir</b>
<b>Name of Student Representative and Cellphone Number:</b>	<b>Number of Students :</b>

**The General Purpose of the Lesson:**  
**Learning Physical Activity and Physical Fitness Basically and How to Warm up and cool down to Start and End an Activity and Enhance students' Physical Fitness**

### **Learning Outcomes (Objectives):**

- 1- Recognize the physical and mental benefits of increased activity**
- 2- Students will understand the importance of sound health and fitness principles as they relate to better health**
- 3- Utilize physical activity as a tool to manage stress**
- 4- Understand and utilize various training methods**

### **Assessment Methods:**

**(The Assessment Methods that will be Used to Test Students Learning outcomes & the Skills & Competencies Stated in learning Outcomes)**

<b>Assessment</b>	<b>Score From 20</b>
<b>Mid Exam (Theory)</b>	<b>-</b>
<b>Final Exam</b>	
<b>Practical Exam</b>	<b>18</b>
<b>Assignments: class mark</b>	<b>2</b>
<b>Total Marks</b>	<b>20</b>

**Main References (Text Books):**

**Physical fitness & contents in Navid system and books**

**References for More Reading:**

**Student's Responsibilities:** Do the exercise and physical activity, sending report of them like Media and photo also report the record and level of progression (being active)

**Attendance Rules:**

**1-Sports Clothing and Sneakers are essential**

**2-Be sure about being healthy without any physical problem**

**Department's Attitudes :**

**1- Be active**

**2-There are 1440 minutes in every day...schedule 60 of them for physical activity**

**3- Exercise is medicine**

**Mid Exam Date: -**

**Final Exam Date: January**

NO of Session	Main Topic	Teacher's Name	Place & Time	Date	Method of Presentation
<b>Session 1</b>	<b>(Rules)</b> <b>Preparation of the Students before the Beginning of the Class</b> Related to Sports Clothing and Supplies - Safety and Health Tips in Physical	<b>parivash,shekarchizadeh Jahangir karimian</b>	8-10 ,Monday	<b>Second semester</b>	practical
<b>session 2</b>	<b>Assessment of cardio-respiratory</b> fitness and ability, <b>Interval Training</b> running, running to increase endurance, cool down	<b>parivash,shekarchizadeh Jahangir karimian</b>	8-10,Monday	<b>Second semester</b>	practical
<b>session 3</b>	Interval Training Endurance Runs - Agility Exercises Using (4 * 9m) Exercises - Station	<b>parivash,shekarchizadeh Jahangir karimian</b>	8-10,Monday	<b>Second semester</b>	practical
<b>session 4</b>	Endurance - flexibility and ground exercises - sit-ups - cool down	<b>parivash,shekarchizadeh Jahangir karimian</b>	8-10,Monday	<b>Second semester</b>	practical
<b>session 5</b>	Station Exercises. (coordination) Rope and Butterfly Speed	<b>parivash,shekarchizadeh Jahangir karimian</b>	8-10,Monday	<b>Second semester</b>	practical
<b>session 6</b>	Exercise Strength Exercises with Ball and Exercise Exercises to Increase Leg Strength -	<b>parivash,shekarchizadeh Jahangir karimian</b>	8-10,Monday	<b>Second semester</b>	practical

<b>session</b> 7	Walking - Stretching - Running and General Exercises) - Interval Run & sit up	<b>parivash,shekarchizadeh Jahangir karimian</b>	8-10,Monday	<b>Second semester</b>	practical
<b>session</b> 8	Endurance Run Rope Exercise, Training - Agility Exercises	<b>parivash,shekarchizadeh Jahangir karimian</b>	8-10,Monday	<b>Second semester</b>	practical
<b>session</b> 9	endurance training - flexibility exercises and - sit-ups -	<b>parivash,shekarchizadeh Jahangir karimian</b>	8-10,Monday	<b>Second semester</b>	practical
<b>session</b> 10	Endurance Training Interval Rope - Station Exercises - Games	<b>parivash,shekarchizadeh Jahangir karimian</b>	8-10,Monday	<b>Second semester</b>	practical
<b>session</b> 11	Endurance - Flexibility Exercises and ground Exercises - Lounge - Group Play	<b>parivash,shekarchizadeh Jahangir karimian</b>	8-10,Monday	<b>Second semester</b>	practical
<b>session</b> 12	Stretching - Running and General Exercises - Rope Endurance	<b>parivash,shekarchizadeh Jahangir karimian</b>	8-10,Monday	<b>Second semester</b>	practical
<b>session</b> 13	Exercise Station Exercise-	<b>parivash,shekarchizadeh Jahangir karimian</b>	8-10,Monday	<b>Second semester</b>	practical
<b>session</b> 14	Endurance training and aerobic training	<b>parivash,shekarchizadeh Jahangir karimian</b>	8-10,Monday	<b>Second semester</b>	practical
<b>session</b> 15	speed	<b>parivash,shekarchizadeh Jahangir karimian</b>	8-10,Monday	<b>Second semester</b>	practical
<b>session</b> 16	play	<b>parivash,shekarchizadeh Jahangir karimian</b>	8-10,Monday	<b>Second semester</b>	practical
<b>session</b> 17	Exam Session	<b>parivash,shekarchizadeh Jahangir karimian</b>	8-10,Monday		practical