



Department of Physical Education

Contributes to the preparation of specialists in the field of physical education and sports, which is vital for promoting the physical and mental health of students and developing their motor skills. It also provides schools with teachers capable of designing and implementing effective sports programs that contribute to building a healthy and active generation.

Department Vision:

Leadership in preparing physically and athletically qualified personnel and spreading the culture of movement and healthy physical activity in Libyan society.

Department Mission:

Striving to develop qualified personnel in the fields of physical education and sports who possess the highest levels of physical, cognitive, and skill competence. It also aims to spread awareness of the importance of physical activity and its vital role in the health of Libyan society, ultimately achieving the building of a society whose members enjoy health and well-being through the practice of various sports and physical activities.

Department Objectives:

- To graduate specialized personnel who possess the necessary physical, cognitive, and skill-based competence to work in the fields of physical education and sports.
- To meet the needs of educational institutions by providing specialized teachers capable of designing and implementing effective sports programs that contribute to building a healthy and active generation.
- To achieve leadership in spreading awareness of the importance of physical activity and its vital role in the health of Libyan society, and to promote a culture of movement and healthy physical activity.
- To actively contribute to enhancing the physical and mental health aspects of students and developing their motor skills through programs provided by its qualified teachers.
- To contribute to achieving a broader vision of building a Libyan society whose members enjoy health and well-being by adopting the practice of sports and diverse physical activities as a way of life.

Number of Required Courses to Complete the Specialization:

In order for a student to successfully complete the requirements of the specialization and obtain the academic degree in Physical Education, they must fulfill a specific number of academic courses with their credit units and hours. The following table clarifies this:

Number of Courses	Number of Units	Number of Hours
55	130	153



List of Accredited Courses within the Physical Education Program

First Year:

Course Code	First Semester Courses	Units	Hours	Course Code	Second Semester Courses	Units	Hours
AR111	Arabic Language (1)	2	2	AR121	Arabic Language (2)	2	2
EN111	English Language	2	2	IC11	Islamic Studies	2	2
EN11	Principles of Education	2	2	GP11	General Psychology	2	2
NC11	National Culture	2	2	CS11	Computer Skills	2	3
ES11	Statistics	2	2	PE121	Descriptive Anatomy	2	2
PE111	History and Theories of Physical Education	2	2	PE122	Minor Games	3	4
PE113	Track and Field Events (1)	3	4	PE123	Gymnastics and Sports Displays (1)	3	4
Total Units and Hours		15	16	Total Units and Hours		16	19

Second Year:

Course Code	Third Semester Courses	Units	Hours	Course Code	Fourth Semester Courses	Units	Hours
DP12	Developmental Psychology	2	2	EP12	Educational Psychology	2	2
TM12	General Teaching Strategies	2	2	FC12	Foundations of Educational Curricula	2	2
PE211	Physiology	2	2	PE221	Sports Biomechanics	2	2
PE212	Theories of Sports Training	2	2	PE222	Recreational and Scouting Education	2	2
PE213	Motor Education	2	2	PE223	Health Education and Nutrition	2	2
PE214	Track and Field Events (2)	3	4	PE224	Gymnastics and Sports Displays (2)	3	4
PE215	Artistic Gymnastics (Boys) (1)	3	4	PE225	Team Games (Football / Handball) (1)	3	4
PE217	Tennis	2	3	PE226	Water Sports	2	3
Total Units and Hours		18	21	Total Units and Hours		18	21

Third Year:

Course Code	Fifth Semester Courses	Units	Hours	Course Code	Sixth Semester Courses	Units	Hours
ME13	Educational Measurement and Evaluation	2	2	MER13	Educational Research Methods	2	2
ET13	Educational Technologies	2	2	PE321	Methods of Teaching Physical Education	2	2
PE311	Sports Psychology	2	2	PE322	Posture Education and Therapeutic Exercises	2	2
PE312	Foundations and Programs of Physical Education	2	2	PE323	Sports Sociology	2	2
PE313	Technology of Sports Activity	2	2	PE324	Sports Tests and Measurements	2	2
PE314	Track and Field Events (3)	3	4	PE325	Team Games (Basketball / Volleyball) (2)	3	4
PE315	Artistic Gymnastics (Boys) (2)	3	4	PE326	Self-Defense Sports	2	3
Total Units and Hours		16	18	Total Units and Hours		15	17

Fourth Year:

Course Code	Seventh Semester Courses	Units	Hours	Course Code	Eighth Semester Courses	Units	Hours
SA14	School Administration	2	2	PE14	Practical Education	2	4
TA14	Teaching Applications	2	2	GR14	Graduation Research and Project	2	4
MHEG14	Mental Health and Educational Guidance	2	2	PE421	Sports Organization and Management	2	2
PE411	Biomechanics	2	2	PE422	Adapted Physical Education	2	2
PE412	Sports Injuries and First Aid	2	3	PE423	English Terminology for the Specialization	2	2
PE413	Track and Field Events (4)	3	4	PE424	Team Games (3)	3	4
PE414	Physical Strength Games	3	4	PE425	Exercises and Sports Presentations (3)	3	4
Total Units and Hours		16	19	Total Units and Hours		16	22