



**Ministry of Higher Education
King Saud University
Deanship of Graduate Studies
College: College of Sports Science and
Physical Activity
Department: Physical Education**

**MA in Physical Education
(Thesis Option)**

**1434/1435AH
(2013/ 2014)**

- **Introduction:**

The physical education department (formerly physical education and movement sciences department) was established by the university supreme council on 1/3/1397 AH (19/2/1977). The undergraduate program started on 1397/1398 AH ' and the graduate program on 1418/1419AH. The number of ungraduated students has reached (up to the academic year 1431//1432 AH 1893 and 72 postgraduate . MA theses addressed many subjects. including teaching strategies and methods, special physical education ,school administration, Health education ,and educational supervision).

The department aims. Through developing the current program to meet the needs of many governmental and national institutions in the kingdom. improve the educational social and military service they provide. And give the opportunity to students aspiring to pursue higher students

- **Degree Name:**

Master of Arts in physical education (MA in PHE)

- **Significance and Justifications of Program Creation / Amendment**

1. To go along with new changes and developments in the field of physical education.
2. To meet the needs of physical educators and graduate students and fulfill their wishes .expressed in a recent survey conducted for this purpose. To develop the current program.
- 3.To attain the highest level of quality through increasing the number of applied and specialized courses as well as recent teaching methods dependent on advanced technology.
4. To comply with the university policy requiring development of graduate programs that have not been developed for a long period of time.

- **Program Vision**

To attain leadership and Excellence through preparing researchers specialized in the field of physical education.

- **Program Mission**

The department seeks to prepare distinguished researchers through making available a scientific setting characterized with quality and international standards in physical education fields.

- **Program Objectives**

1. To Prepare professional and academic specialists who will be able to use the methods of scientific research and its applications in the field of physical education.
2. To Prepare high quality specialists to work for various educational institutions.
3. To Develop physical education knowledge and skills
4. To enrich scientific research in the field of physical education.

- **Program Outcomes**

- A- Knowledge and Comprehension:**

1. Understanding the newest information and knowledge of physical education.
2. Understanding the new teaching methods that achieve all the objectives of physical education.
3. Deep understanding of the scientific research methods in the field of physical education.

- B- Mental Skills:**

1. The ability to construct, analyze and make connections as regards application of scientific basis for physical activities.
2. To integrate theory with practicing in all the physical education activities.
3. The ability to utilize the scientific method to solve problems that may face physical educators.

- C- Professional and Practical Skills:**

1. self-learning and continuous to development of personal and professional skills.
2. The ability to lead and participate in teamwork activities.
3. The ability to shoulder the responsibility for professional tasks and interpersonal relations.

- D- General Skills:**

1. The ability to use personal skills to interact with others and accept different points of view.
2. self-evaluation and practical employment of it.
3. The optimal use of information technology to get the knowledge relevant to physical education.

- **Program Beneficiaries:**

- Physical educators in public and private schools.
- Supervisors of physical education at the Ministry of Education.
- Any specialist who is interested in the field of physical education and physical activity.
- Officials and professionals of physical activities in the military and security sectors.

- **Employment Opportunities Available:**

- A Supervisor of physical education programs in public and private schools.
- A researcher in the field of physical education.
- Physical education curriculum specialist at the Ministry of Education.
- A specialist preparing physical activities programs at the military and security sectors.

- **Admission Requirements**

Taking into account admission requirements enumerated in the Unified Law Organizing Graduate Studies at Saudi Universities:

- 1 - Applicant must have a bachelor's degree in Physical Education, or any bachelor's degree related to physical education field.
- 2 – Applicant's GPA should not be below (Very Good) in specialized courses.
- 3 - Applicant must pass the personal interview held by the department committee of graduates' studies.
- 4 - The committee prefers applicants who have skills in English and computer.

- **Requirements for obtaining the Degree:**

- **Thesis Option**

A- Passing (30) study units of master's courses

B- Successful completion of master's thesis.

- **Program Tracks (if any):**

NA

- **Program General Structure:**

- **Thesis Option**

Number of required units is (30) in addition to thesis as follows:

Type of Courses	No. of Courses	No. of Units Required
Core	8	24
Elective	2	6
Thesis	1	-
Total	11	30

- **Program Study Plan:**

First Level:

#	Course Code	Name	No. of Study Units
1	500 BMB	Methods of Research in Sport Sciences and Physical Activity	3
2	501 PHE	Philosophy and trends of Sport Science and Physical Activity	3
3	502 PHE	Curriculum & Teaching Methods in Physical Education	3
Total			9

Second Level:

#	Course Code	Name	No. of Study Units
1	511 BMB	Statistics in Sport Science and Physical Activity	3
2	512 PHE	Assessment and Evaluation in Physical Education (Master's Level)	3
3	513 PHE	New strategies for Inclusion in Physical Education Classes.	3
Total			9

Third Level:

#	Course Code	Name	No. of Study Units
1	521 PHE	Technology in Physical Education	3
2PHE	Elective course (1)	3
total			6

Fours Level:

#	Course Code	Name	No. of Study Units
1	522 PHE	independent study	3
2PHE	Elective course (2)	3
total			6

Fifth Level:

#	Course Code	Name	No. of Study Units
1	600 PHE	Thesis	-
Total			-

Elective course:

#	Course Code	Name	No. of Study Units
1	523 PHE	Applied Activities in Adapted Physical Education.	3
2	524 PHE	Seminar in Developmental Psychology.	3
3	525 PHE	Seminar in school Recreational Activities.	3
4	531 PHE	The Motor and growth Development in Physical Education.	3
5	532 PHE	Physical Education and Health.	3
6	533 PHE	Current Issues in Physical Education.	3

- **Description of Courses:**

500 BMB	Methods of Research in Sport Sciences and Physical Activity	3(3+0)
Educational research concept including its properties, uses, steps, methods , tools, data analysis, types of quantitative, qualitative research, research calendar, phases of research design, hypotheses, samples, methods selected, and building data collection tools.		

501 PHE	Philosophy and current Issues of Sport Science and Physical Activity	3(3+0)
Understanding the concept of sports science and physical activity. In this course, students will be able to analyze the difference between the traditional and recent philosophies of theories in sports science and physical activity.		

502 PHE	Curriculum & Teaching Methods in Physical Education	3(3+0)
the opportunity to understand the new teaching methods in physical education and how to practice those methods. In this course, students will be able to use new strategies, skills, and different ideas to make their physical education classes more successful.		

511 BMB	Statistics in Sport Science and Physical Activity	3(3+0)
Understanding the most important processes and statistical procedures. In this course, students will be able to use all types of statistical methods that can use in the field of sport science and physical activity , including statistical packages (Spss). This course helps students to focus on concepts rather than in-depth coverage of traditional statistical methods.		

512 PHE	Assessment and Evaluation of Physical Education (Master's Level)	3(3+0)
<p>This course provides students with high level of principles and techniques in the assessment and evaluation in the physical education area. Students also will be able to evaluate the traditional assessments in the physical education which is used in the schools, and developing new methods to improve them.</p>		

513 PHE	New strategies for Inclusion in Physical Education Classes.	3(3+0)
<p>This course focuses on all the new strategies that help physical educators to deal with students with disabilities in the general PE class. This course also provides students a different ideas about devolving a special program for each student with disability, including IEP program.</p>		

521 PHE	Technology in Physical Education	3(3+0)
<p>Providing all students with the knowledge and information about how to use the new technologies that can be applied in the areas of physical education.</p>		

522 PHE	independent study	3(3+0)
<p>This study provides the student with an opportunity to participate and learn deeply in any topic in the field of physical education. The student must conduct a theoretical study or applied research on one of the topics of his concern.</p>		

523 PHE	Applied Activities in Adapted Physical Education.	3(3+0)
<p>Providing all the physical activities that match with the ability of students with disabilities in the public or special schools. In this course, students will be able to understand all activities for each disability, and how to use them in the physical education class.</p>		

524 PHE	Seminar in Developmental Psychology	3(3+0)
Focusing on research and comparing results as well as describing the characteristics of growth,(mental, social, psychological, and motional) related research must be conducted by students.		

525 PHE	Seminar in school Recreational Activities	3(3+0)
Understanding the philosophy of the relationship between schools and recreation, as well as providing students with new ideas and methods for recreation in the free times, especially at the school.		

531 PHE	The Motor and Growth Developmental in Physical Education	3(3+0)
Understanding the basic components of the movement patterns and measuring the characteristics of maturity and growth . the course also discusses issues and trends in the field of development and motor development.		

532 PHE	Physical Education and Health	3(3+0)
Providing students with high level of knowledge and positive attitudes toward the relationship between physical activity and health. This course helps physical education teachers to know any health problems that may discovered at physical education classes.		

533 PHE	Current Issues in Physical Education	3(3+0)
Understanding all the issues related to the physical education teacher. This course discusses all the social and psychological problems that may cause many stresses for the PE teacher.		

600 PHE	Thesis
Having completed all the requirements for admission and passed at least 50% of courses with at least average of (very good)GPA, the student should submit his thesis proposal to the department.		