



Vocabulary material Sports Medicine Phase III 2014-2015m

Notes	Vocabularies of material	date	S
	An introduction on the Olympic swimming and history	First week	١
	Basic guideline principles to learn to swim with a simple introduction to the importance of swimming	Second week	٢
	The importance and benefits of swimming, with the importance of the health aspects and the contents studied the swimming lesson and some fitness exercises and some exercises in the water and some of the vocabulary related to the teacher and the learner and the type of skill	Third week	٣
		Fourth week	
	Theoretical exam	Fifth week	٤
	Teaching swimming to different stages (early childhood and late childhood)	Sixth week	٥
	Learn the basic principles of free-swimming	Seventh week	٦
	Jump into the water and for each skill to jump into the water	Eighth week	
	Rescue and everything related to rescue in terms of the types of	Ninth week	٨
		Tenth week	
	Practical exam	Eleventh week	٩
	Swimming and its impact on the human body (lungs, (... gastrointestinal tract etc	Twelfth week	١٠
	Freestyle - a brief history and all the respect Petknic talk Baharh	Thirteen week	١١
	Butterfly Swimming and all the related	Fourteen week	١٢
	Back swimming - a brief history and everything about them	Fifteen week	١٣
	Chest swimming	Sixteen week	١٤

		Seventeen week	
	Initially turnover for all types of swimmers	Eighteen week	١٥
	Theoretical and practical examination	Nineteen week	١٦
	Training in swimming and everything about them in terms of training, planning, training, annual training plan, and everything related to training programs	Twenty week	١٧
		Twenty one week	
	Idioms in English language concerning swimming material	Twenty week	١٨
		Twenty three week	
	Practical and theoretical examination	Twenty four week	١٩

Sources

1- Olympic swimming modern, authored crunchy Mr. Jaffer and Mr. Hassan Jaafar, University meter 0.2006

2- lectures from Internet

Instructor

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