



Jordan University of Science and Technology
Faculty of Applied Medical Sciences
Paramedics Department

PARA393 Physical Fitness And Wellness - JNQF Level: 6

Second Semester 2023-2024

Course Catalog

1 Credit Hours. This course is designed to enable the student to perform the physical requirements of paramedics. Emphasis will be placed on enhancing health- and performance-related fitness components. The student will receive theoretical and practical instructions on how to assess, develop, implement and monitor personal fitness.

Teaching Method: Blended

Text Book

Title	Concepts of Fitness and Wellness: A Comprehensive Lifestyle Approach C.B. Corbin, G. J. Welk, W. R. Corbin and K. A. Welk
Author(s)	C.B. Corbin, G. J. Welk, W. R. Corbin and K. A. W
Edition	8th Edition
Short Name	Fitness
Other Information	

Instructor

Name	Dr. Eihab Khasawneh
Office Location	-
Office Hours	Sun : 11:30 - 12:30 Mon : 13:00 - 14:30 Tue : 11:30 - 12:30 Tue : 14:30 - 16:00 Thu : 14:30 - 15:30
Email	eakhasawneh1@just.edu.jo

Class Schedule & Room

Section 1:
 Lecture Time: Sun : 12:30 - 13:30
 Room: LAB

Prerequisites

Line Number	Course Name	Prerequisite Type
1112180	P.T218 Gross Anatomy & Histology	Prerequisite / Study
102305	MED230B Human Physiology (Lab)	Prerequisite / Study

Mapping of Course Outcomes to Program Outcomes and NQF Outcomes	Course Outcome Weight (Out of 100%)	Assessment method
Learning how to measure physical capacity of the patients [1PLO 1, 1PLO 2, 1PLO 3] [1L6K1, 1L6K2, 1L6S1, 1L6S2]	25%	
Learning how to design an appropriate exercise prescription for each patient. [1PLO 1, 1PLO 4, 1PLO 5, 1PLO 6] [1L6K1, 1L6K2, 1L6S2, 1L6S3, 1L6C1, 1L6C2, 1L6C3]	25%	
Learning to expect the acute physiological responses to exercise [1PLO 1, 1PLO 8, 1PLO 9] [1L6K1, 1L6S3, 1L6C4, 1L6C5]	25%	
Learning to expect the chronic adaptations to exercise [1PLO 1, 1PLO 3, 1PLO 5, 1PLO 6] [1L6K1, 1L6C1, 1L6C2, 1L6C3]	25%	

Relationship to Program Student Outcomes (Out of 100%)

PLO 1	PLO 2	PLO 3	PLO 4	PLO 5	PLO 6	PLO 7	PLO 8	PLO 9
29.17	8.33	14.58	6.25	12.5	12.5		8.33	8.33

Relationship to NQF Outcomes (Out of 100%)

L6K1	L6K2	L6S1	L6S2	L6S3	L6C1	L6C2	L6C3	L6C4	L6C5
22.32	9.82	6.25	9.82	9.82	9.82	9.82	9.82	6.25	6.25

Evaluation

Assessment Tool	Weight
Participation	10%
Midterm	40%
Final exam	50%