



Assiut city
Why physical education
Question room

Date: 2024/12/30 Date

Faculty of Human Medicine

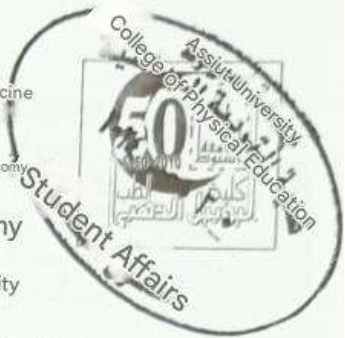
Time is two hours

Department of Anatomy

70 degrees

January term exam in anatomy

First Division - Faculty of Physical Education - Assiut University



Division

Student name:

A=Put a check mark (✓) in front of the correct sentence and an (x) in front of the incorrect sentence:

- | | |
|----------|--|
| () | 1 The anterior abdominal muscles include the transverse abdominis muscle. |
| () | 2 The inguinal canal is located in the upper part of the anterior abdominal wall. |
| () | 3 The anterior abdominal wall is characterised by the absence of bones to support it. |
| () | 4 The fibers of the internal oblique muscle run upward and outward. |
| () | 5 The diaphragm muscles arise from the first three lumbar vertebrae. |
| The (25) | 6 The number of bones that make up the human body is 206 bones. |
| () | muscle used in athletics such as hanging from a bar, mountain climbing and pulling up is |
| () | Pectoralis major |
| () | 8 The boxing muscle is the pectoralis major. |
| () | The biceps brachii muscle works to contract the forearm at the elbow joint. |
| () | 10. The head of the humerus articulates with the scapula at the spinous |
| () | process. 11. The cruciate ligament within the hip joint is its main support. |
| () | 12. The sartorius muscle is one of the posterior thigh muscles. |
| () | 13. The body rests on the hip hump while sitting. |
| () | 14. The posterior tibial muscle supports all bones of the foot except the tarsus. |
| () | 15. The third toe consists of three phalanges. |
| () | 16. The patella is buried in the tendon of the quadriceps femoris muscle. |
| () | 17 The ankle joint is a ball-and-socket joint. |
| () | 18. The arches of the foot consist of a longitudinal arch and two transverse arches. |
| () | 19. The femur bone consists of a body and two branches. |
| () | 20. The fibula transfers the body weight from the thigh bone to the foot bones. |
| () | 21. The inner surface of the iliac bone is called the gluteal surface. |
| () | 22. The upper end of the tibia contains two large condyles, the medial and lateral. |
| () | 23. The anatomical plane that divides the body into an upper and a lower part is the sagittal plane. |
| () | 24 The autonomic or involuntary nervous system consists of only sympathetic or sympathetic nerves. |
| () | 25. The midbrain is the lower part of the brain stem. |
| () | The spinal cord consists of a grayish brown substance inside, with a broad horn in front from which 26 () |
| () | Motor nerves |
| () | 27. The twelfth cranial nerve is the hypoglossal nerve and moves the muscles of the tongue. |
| () | 28 The brain consists of three lobes. |
| () | 29 The aorta passes through the diaphragm in an opening located at the level of the 10th thoracic |
| () | vertebra (). |
| () | 30. The meninges are four membranes that surround the brain and spinal cord. |

31. Bones and cartilage are considered connective tissues in the body.
 32. The posterior (extensor) muscles of the forearm arise by a common tendon from the anterior surface of the medial malleolus.

(humerus)

33. Ligaments are located around the synovial joints to help stabilize and stabilize it.
 34. The long lateral aspect rotates the sole of the foot inward.
 35. The hip joint allows for flexion and extension movements with very specific rotation.

B - Choose the correct answer from the words in brackets:

- 1- The head of the femur enters into the acetabulum of the pelvis to form a joint.
 d foot C - knee B hip A - ankle
 -2- The lower end of the fibula is characterized by the presence of a large protrusion, which is
 C - Bronchial protuberance B medial malleolus A - Lateral heel
 3- The upper end of the tibia has a front protrusion called
 C - The medial cusps B - Bronchial process A - Anterior hump
 the football muscle. 4- It is called
 A - Tailoring
B - Quadriceps femoris muscle C The magnus muscle
 D semitendinosus muscle
 -5- The elbow joint is considered one of the joints
 A - Fibril
 c Secondary chondrocytes b Primary chondrocytes
 6 - All of the following are bones that make up the axial skeleton except:
 D Albumin C humerus B skull A - Ribs
 -7- Skeletal muscles are muscles
 d shear B involuntary A - Ribs
 D visceral C - smooth
 8- The cartilage between the vertebrae is considered a joint:
 B fibroblasts A - Albumin
 C - Primary cartilage
 9- Skin is an example of tissue:
 A - Connective
 D muscle C - nervous B epithelial
 10- The shoulder blade is considered one of the bones.
 A - Long
 C - flattened
 B short
 d irregular
 11- The part close to the body's midline is called:
 B forget A - brutal
 C in front of me
 D - rear
 -12- The weight of the arm is transferred to the axial skeleton by---
 A - shoulder joint
 C - clavicle
 B scapula bone
 D shoulder girdle muscles
 13 - The least mobile bone in the forearm is:
 A - ulna
 C humerus
 B the Kaaba
 d wrist

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 December 20, 2024
 Noun students

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 Why Physical Education 2
 Asphalt room

B deltoid
d infraspinatus

-14 of the masticatory muscles

A- Rectus abdominis

C- Lateral pterygoid

15 - The muscle that is innervated by the ulnar nerve is:

A- Flexor carpi ulnaris muscle

C - Biceps muscle

B flexor carpi radialis muscle
D deltoid muscle

16 - The nerve supplying the posterior thigh muscle is.

B femoral nerve
d sciatic nerve

A- Inferior gluteal nerve

Superior gluteal nerve

maintain pelvic balance while walking. 17 - A muscle that helps

b The magnus muscle
D semitendinosus muscle

A with four femoral heads

C medial gluteus muscle

18 - The quadriceps femoris muscle works on:

B. Clench the knee joint

A- Extending the hip joint

D - Extension of the ankle joint

C Extending the knee joint

19 - The anterior tibial nerve supplies

B: Anterior thigh muscles

A posterior leg muscles

D. Anterior leg muscles

C- Foot muscles

20 - The gastrocnemius muscle inserts in conjunction with the tendon of the soleus muscle.

d The occipital bone

C patella

B heel bone

A - The sacrum

-21- It supplies the posterior tibial nerve.

B semitendinosus muscle

A- Extensor hallucis longus

D. long fissure

C - Long finger flexor

-22- The sacral plexus consists of spinal nerves.

A- The third, fourth and fifth lumbar vertebrae

B Cotton I, II, III and IV

- Lumbar I and II C - Fourth and fifth lumbar with sacral spinal nerves D

-23 All of the following are muscles of the anterior abdominal wall except ---

B quadratus lumborum

A - external obliques

d Transversus abdominis

C - internal obliques

pass ----- through an opening in the diaphragm. ----- -24- It does not

B - The esophagus

A - inferior vena cava

d superior vena cava

C aorta

25 - The quadratus lumborum muscle is located in...

A- Anterior abdominal wall

B - posterior abdominal wall

C - pelvic wall

D perineum

26 - Respiratory muscles

A- Deltoid

B - iliacus

C - diaphragm

d Posterior tibialis muscle

27 - It passes through the inguinal canal in females.

A- The spermatic cord

B Round ligament of the uterus

C - Part of the intestine

D part of the peritoneum

8-د

7-ج

----- husband 28 - Number of sacral spinal nerves

for ١-ب

5-ا

29- The cranial nerve----- supplies the chewing muscles.

D V

Fourth c

B second

A- The first

30- The spinal cord ends in an adult at

b Lower border of the body of the first lumbar vertebra

A- The upper border of the body of the fourth lumbar vertebra

d lower border of the body of the first thoracic vertebra

C - The lower border of the body of the fifth lumbar vertebra

31- The number of cranial nerves:

D - 20 pairs

C - 12 pairs

With 31 pairs

1 - 10 pairs

----- 32- The central nervous system consists of:

B Cerebrum and medulla oblongata

A- The brain and spinal cord

D midbrain and spinal cord

C - Pharynx, medulla oblongata and spinal cord

Facial muscles ----- 33 - Nourishes the cranial nerve

D seventh

C- Fifth

B second

A - The first

34 - Nerves that supply the eye muscles

B facial nerve

A - Trochlear nerve

D vagus nerve

C - accessory nerve

nerves that supply the viscera, and its branches spread to the glands and vessels. ----- 35- - It consists of -----

Blood and muscle in the digestive and respiratory systems.

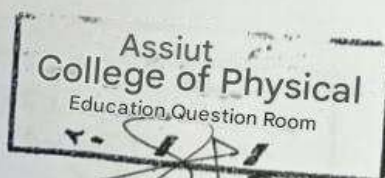
B The autonomic nervous system

A central nervous system

D spinal cord

C peripheral nervous system

Questions are over, best wishes





Subject Code and Name / Football Basics

First semester exam

For the academic year 2024 AD / 2025 AD for the first year

Maximum degree / 45 degrees

Time: two hours

Question 1: Shade (A) on the answer sheet for the correct statement and shade (B) for the incorrect statement....30 points.

()

1 - The Egyptian Football Association was founded in September 1921 AD.

2 - Common mistakes in the skill of kicking the ball with the inside of the foot include hitting the ball from below, which causes it to rise ().

()

Egypt became a member of the International Federation of Association Football on May 21, 1923. "

()

4- Football entered Egypt in 1982 AD with the British occupation.

()

E - The general warm-up section occupies the second part of the time allocated for warm-up.

6- Providing the players' muscles with the elasticity and relaxation required to perform effectively and efficiently is one of the physiological

goals of warming up in football ().

The actual establishment of football was in 1863 AD, when the first official football association was formed, which was the "

()

English Football Association.

The General League competition appeared in England in 1888 AD. () -A

9- The general warm-up aims mainly to raise the level of readiness of the players' body systems in a comprehensive

manner and to awaken their psychological and mental readiness ().

10 - The

International Federation of Association Football (FIFA) was established in 1904 AD and began with seven countries.

11- The first football competition in the world, the FA Cup, was organized in 1871 AD ().

12 - Common mistakes in the skill of kicking the ball with the front of the foot include swinging the striking leg from the knee

only without exploiting the range of swing resulting from the hip joint ().



13 - Competitions organized under the supervision of member federations and associations. No type of commercial advertisements

are permitted on the ball.

14 - If the crossbar becomes displaced or broken, play stops until it is repaired. If it cannot be repaired, a rope is used instead ().

15- The ball is held with both hands during a throw-in, with the grip firmly held with the fingers of both hands so that the palms of both hands face the direction in which the player wants to throw the ball ().

16- Consolidating basic skills by changing external conditions is considered one of the methods of training basic skills in football ().

1.1) Atmospheric pressure () — 17 - The air pressure inside a soccer ball is equal to (6..

18 - The circumference of the ball is not less than 70 cm and not more than 68 cm.

19 - The distance between the goalposts is 7.32 metres and the height between the lower edge of the crossbar is

The land is 2044 meters ()

20- The skill of kicking the ball with the front of the foot, in which the non-kicking foot is placed behind the ball and at a distance from it ().

21- Skills training during the annual plan is considered one of the steps of basic skills training in football ().

22 - How to perform the ball absorption with the chest: The trunk leans slightly backwards, and at the moment the ball touches the chest, its muscles are completely relaxed ().

23 - Basic skills training using small games is considered one of the methods of basic skills training in football ().

24 - The educational steps for the skill of running with the ball include running slowly with the ball in a zigzag line, i.e. moving the ball right and left while using the feet ().

25- Working on increasing the dilation of blood vessels is considered one of the psychological goals of warming up in football ().

26- The corner arc is a quarter circle with a radius of 1 m (one yard) drawn from each corner flag post inside the field of play ().

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27- The referee of a football match shall submit a report on the match to the competent authorities, including information on any

Disciplinary action taken against players ()

28 - The match is played between two teams, and the match cannot start if the number of players on one of the teams is less than nine players ().

29- The educational steps for the skill of kicking the ball with the front of the foot. The learning player drops the ball from his hand and hits the ball with the front of the foot to a teammate in front of him ().

30- The referee of a football match stops, suspends or ends the match due to external interference of any kind ()

15 degrees Question 2: Choose the correct answer.

Of the stages of learning 1- Trying to achieve error-free performance is considered a stage.

- Perfection and fixation ;

B good compatibility

A first compatibility

2- The player's good recognition of a new skill depends mainly on the integrity of the explanation and watching

This is considered a stage of learning the basic skills in football. the model.

Gain compatibility first -C

- Gain good compatibility 3

A mastery and fixation

..... Stiffness of the foot, which causes the ball to slip out of the player's control, is a common skill mistake. -3

Stamp the ball with the outside of the foot.)

B - Kick the ball with the sole of the foot

Receiving the ball with the inside of the foot -A

..... Skill to block the ball from her. -4

- Suppress the ball with the outside of the foot.)

B - Suppress the ball with the chest

A - Suppress the ball with the thigh

To warm up

Raising the players' body temperature is one of the goals.

- Kinetics)

B - physiological

A - psychological

..... 6- The goal line is located at a distance from the penalty area line parallel to it.

-12 metres)

B-18 metres

- 16.5 metres

..... The ball is out of play when play is stopped by -Y

Assistant referee -C

B- Match referee

Match observer -A

of the basic skills in football. - Ball sense exercises are considered one

- Learning stages ;

B - Training steps

A - Training methods

..... The goal line is ... away from the penalty spot. -9

-11 metres C

10 metres B

meter 9- A

3



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December 24, 2024

Shawn students

Designed for warming up 10 - If the players' physical, technical and psychological condition is not complete, this requires

- Cancellation of time

B - Reduce time

A - Prolongation of time

Basic skills in football 11- Compound exercises are considered one of the

- Learning stages

B - Training steps

A - Training methods

12 - If the scheduled time for the daily training unit or match is early in the morning, call the

designated warm-up person.

C - Prolongation of time

B - Reduce time

A - Cancellation of time

..... 13 - The penalty kick is executed and the other players, except the kicker, must take their positions...

- Outside the goal area

B - outside the penalty area

A - inside the penalty area

For warm-up

14 - Raising the level of intensity and stability of attention is considered one of the goals.

- Kinetics

B - physiological

A - psychological

a player makes in order to get rid of a defender who is pressuring him. 15 - Dribbling is the movement that

- Camouflage and deception with the ball

B - Attack the ball

A - Control the ball

The questions are over. I wish you good luck and success.

Course professor

M.M.D / Essam Mahmoud Ali Mohamed

Dr. Mustafa Abu Al-Saud Abdullah

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Physical Education
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disease

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College of Physical Education
December 24, 2024
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First band
Time: two hours
Total score: 45 degrees



Faculty of Physical Education,
Department of Sports Management and Recreation

First term exam 2025

"Basics of Movement Rhythm Course Exam (Girls)"

Question 1: Put (A) in front of the correct statement, (B) in front of the incorrect statement (score 18)

A	B	phrase	M
		- Feet and sizes are among Dalcroze's topics in movement rhythm.	1
		The aim of the movement rhythm is to understand the form of the musical piece or musical form.	-2
		The word rhythm in European languages is derived from the Greek word Rhuthmos.	-3
		The idea of movement appears in both the Arabic and Greek linguistic origins.	4-
		The ancient Greeks judged an individual's competence by his understanding of music and movement.	-5
		Mastery exercises gain the ability to be alert and attentive and help with quick thinking and self-confidence.	-6
		Musical rhythm is the division of a unit of time into one or more sounds into equal amounts only.	-7
		Music without rhythm has no clear and organized meaning.	-8
		Motor rhythm means the rhythmic change of contraction and expansion.	-9
		One of the conditions for choosing music is that it must be appropriate to the rhythm of the movement.	10
		Harmony is unknown in our oriental music.	11 -
		The blanche rhythm is the second rhythm and its time is half the time of the ronde.	12 -
		The pace does not change according to the person's psychology if he feels fear or joy.	13 -
		A sentence is a set of stanzas.	14 -
		The round sign is performed in 4 counts.	15 -
		The components of the rhythmic movement class include three main exercises.	16 -
		Rhythm helps to memorize and remember movements.	17 -
		18 - The strong tone is performed for the first number of the mazura.	
		Driver confirmed that each person has his own rhythm and this depends on how much he feels about the rhythm.	19 -
		The round mark is equal to 2 planches and 8 crochets.	20 -

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All of the above -C

Gain the ability to express -B

One of the goals of the movement rhythm -A
Improve rhythmic responses -A

The rhythmic movement class includes a set of main exercises, including:

C - All of the above

Movement group formations -B

Simple refresher exercise -A

All of the above -C

- Double Crush B

This round mark is equal to
2 lights -A

2 double crochet -C

Krush -B

-6- Every blanche is equal to

Noir -A

Switzerland -C

B - Geneva

Dalcroze was born in -V

-Vienna

All of the above -C

From the cruise positions in the movement rhythm

B - stroke

A feet and sizes

Exercises

Components of the rhythm class include: -A

three -C

B - five

four -A

Rhythm -C

10- Emotion, mind, body represent the main goal.....

B- Rhythm music

Motor rhythm -A

- All of the above

11 - Elements of music

B - melody

Rhythm -A

Mark 12 is the full time and is called the white mark.

12..

The light C

Blanche -B

Rhubarb -A

on the fingertips. 13 - A sign is made

-All of the above C

B - light

The crochet -A

includes three parts: flow, sequence and repetition.

14 - It

Rhythm -C

B- Dynamic

Movement -A

15 - Rhythmic elements of dance music

four -C

B-six

five -A

16 - Music relies on some terms to explain the different rhythms and they are called.

Streamline -C

B- Dynamic

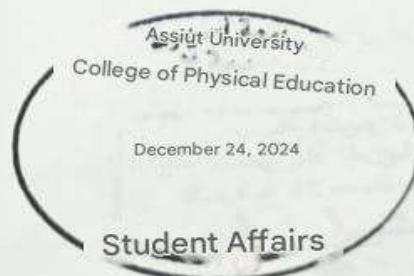
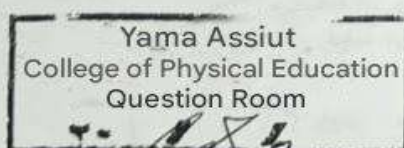
Musical notes -A

means a group of no more than eight metre scales. 17

Wholesale -C

B Libra

Unity -A



From the ready position, one foot steps forward on the tiptoes of the other.

Double Crush **C**

The light **-B**

18 - Expresses a sign
The step is faster than the light step

The crochet **-A**

All of the above **-C**

Musical formula and harmony **-B**

19 - Music contains basic elements, which are:

Rhythm and melody **-A**

20 Rhythm represents one of the two parts of music, as music consists of two important parts, which are:

dad **-C**

B- Vocal cleft

Temporal slit **-A**

Dandy **-C**

21 - A Swiss composer and educator, born in 1865 AD.

B - Mainl

Dalcroze **-A**

The inventor of rhythmic movement and the bar is considered folkloric. 22

Mainl **C**

Emile Dacruz **-B**

Aristotle **-A**

23 - is the science that aims to give the student the ability to feel and understand the components of music.

By means of physical movement

Rhythm **-C**

B- Movement rhythm

A- Rhythm music

..... 24 Ways to Choose Backing Music.

Putting the movements and then choosing the music -B Composing a piece of music for the movements C- A, B together **A**

25 - The distance between two musical intervals. This distance contains a set of marks determined by the scale.

The musical score.

- Unity **C**

B Libra

The pipe **-A**

26- Realizing the intensity and softness of a piece of music gives the dancer the opportunity to color his responses and helps him to

Self-innovation.

Distress **-C**

B- Stress

A sentence

rhythm is defined as the dynamic division of time, i.e. the fluid exchange between intensity. 27 The motor

And relaxation.

Aristotle **-C**

Emile Jacques Dalcroze **-B**

Mainl **-A**

The questions are over. Best wishes for success and good luck.

Prof. Dr. Rania Morsi Abu Al-Abbas

Assiut University

Dr. Yasmine Sayed

College of Physical Education

Oh my despair

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A	B	phrase	
		The main goal of the motor rhythm is to create a continuous, homogeneous flow.	21 -
		Music does not help much in learning new movements better and faster.	22 -
		Scientists agreed that rhythm is divided into movement rhythm and musical rhythm.	23 -
		The motor rhythm is defined as the dynamic temporal division of movement.	24 -
		25- Dalcroze found Western rhythms uninteresting, so he had the idea of introducing rhythm into his new work as a basic element.	
		The movement rhythm works to achieve the goal of movement with the least effort and the fastest time.	26 -
		- Blood expresses strong pressure and the hand is open and performed with a clap with the hand extended and a step forward with the foot.	27 -
		-28 Emile Dalcroze died in 1955	
		Polyrhythms are one of Dalcroze's themes in movement rhythm.	29 -
		Music was a term that was first used to refer to the goddess of beauty, and then later to the goddess of the fine arts.	30 -
		In the sports field, the planche sign is suitable for starting the study of movement rhythm, as the basic walking step is performed on it.	31 -
		The drum, tambourine and camel drum are considered the main instruments of musical rhythm.	32 -
		For the rhythm of movement to appear completely, the nervous and muscular systems must work.	33 -
		The elements of music are divided into rhythm, melody, and harmony.	34 -
		1/4 full time mark called blanche	35 -
		Movement rhythm is considered a science before it is an art, as it is based on feeling, perception and performance.	36 -

Question 2: Choose the correct answer, then shade your answer number on the answer sheet (score: 27)

It has its own terms to explain the different rhythms and these terms are called: 1- Depends.

With musical scores.

movements -C

Rhythms -B

Music -A

..... 2- To facilitate reading the musical piece, it is divided into columns called:

C - melody

B - scales

Pipes -A

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Final Exam (First Year) First Semester 2024-2025



Probability and history of physical education	Course name.	Student's name
120) minutes	Test time.	Seating number

30 degrees

First: Choose the correct answer

The modern Olympic Games are held once every

Two years	D	Three years	C	Four years	B	One year	A
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The duration of the modern Olympic Games is days.

Forty-five	D	thirty	C	Sixteen	B	fifteen	A
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One of the objectives of relating the philosophical research to the individual's life

Collecting documents related to religious beliefs, traditions, social customs and historical events related to the phenomenon.	A
Determine the phenomenon to be studied in different historical eras.	B
The educational objectives that the Physical Education Department should provide and work to achieve	C
Choosing the appropriate alternatives in light of the comprehensive view of philosophical research and individual experience directed at the individual's life	D

It is a sporting activity of a military nature.

gym	D	hunting	C	Bow and arrow	B	Tourism	A
-----	---	---------	---	---------------	---	---------	---

researcher is unable to access the conditions of peoples in ancient times and learn about their way of life due to the lack of historical documents, he can rely on E. If the

Collecting documents related to beliefs, social traditions and historical events related to the phenomenon.	A
Referring to contemporary peoples who live at the same level as the peoples to be studied.	B
Classifying facts and synthesizing them to arrive at the knowledge that governs the phenomenon under study.	C
Relying on linguistics to verify the accuracy of the facts mentioned by historians because language expresses its era.	D

The responsibility for selecting the Olympic Games programs and providing athletic and medical capabilities for its implementation is the responsibility of

Sports federations	D	Organized city	C	Olympic city	B	International Olympic Committee	A
--------------------	---	----------------	---	--------------	---	---------------------------------	---

If the Olympic Games are held jointly between several cities, the opening and closing ceremonies will take place in

The main city of the organization	D	Olympic city	C	The region city among the organized cities	B	One of the organized cities	A
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During the reign of Khedive Ismail, Mustafa Riad Pasha (Prime Minister) was assigned to form a committee headed by Ali Ibrahim Pasha, the Minister of Education, to study the state of education in Egypt.

It was known as which submitted a report in 1890 drawing the attention of the Ministry to the importance of physical education.

University	D	Committee of the teachers	C	Physical Education Committee	B	Knowledge Committee	A
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In 1971, a decision was issued to establish a physical education department for boys and another department for girls within the departments of the Higher Teachers' School, during the reign of ... Minister of Education.

Mustafa Riad	D	Ali Ibrahim Pasha	C	Muhammad Ali Pasha	B	Abd al-Salam Fahmy Juma	A
--------------	---	-------------------	---	--------------------	---	-------------------------	---

10. The National Sports Committee was established to organize, manage and sponsor national sports in Egypt and to review and approve the technical, administrative and financial regulations of federations and clubs.

1953	D	1943	C	1935	B	1924	A
------	---	------	---	------	---	------	---

11. Vico, in his book Modern Science, defined the basic rules of historical research, including:

Presenting the results and writing a research report	C	Choose the research topic	A
Formulating hypotheses that explain events or situations	D	Analyze and critique sources to ensure their validity.	B

12. The forms of human movement that are characterized by agility and diversity require all the individual's energies and creativity, which makes them among the best.

Social mentors	D	Physical vectors	C	Economic vectors	B	Political directives	A
----------------	---	------------------	---	------------------	---	----------------------	---

13. Stadiums and sports arenas were one of the main components of the Abbasid era, and Ahmad Ibn Tulun built a palace for himself called the Palace of ...

Badia Palace	D	Al-Jawahir Al-Khayriyya Palace	C	Fustat Palace	B	Square Palace	A
--------------	---	--------------------------------	---	---------------	---	---------------	---

Muslims cared about sports, appreciated them, and looked forward to higher levels of athletic performance and competitions. Narud (circle training) was one of the sports training facilities for the sport of ...

Wrestling	D	Equestrianism	C	Running	B	Elk race	A
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(1)

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Kim 22 2024



A source of historical research, whether published or unpublished, provides the researcher with scientific or historical material of sociological importance and may include:

Documents	D	Figures and objects	C	Play and sports tools	B	Impact	A
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Maher Pasha	D	Fakhr Pasha	C	Muhammad Zaki Pasha	B	Muhammad Sayid Ahmad Pasha	A
-------------	---	-------------	---	---------------------	---	----------------------------	---

... sense is not present in socialist societies and is replaced by concepts such as mass sports, from which terms and concepts of facilitator have emerged and been generated.

Active rest	D	Passive rest	C	Democratic sports	B	Active sports	A
-------------	---	--------------	---	-------------------	---	---------------	---

Official records	D	Pictorial records	C	Audio records	B	Personal records	A
------------------	---	-------------------	---	---------------	---	------------------	---

Soldiers	D	Athletics coaches	C	Physical education teachers	B	Games officers	A
----------	---	-------------------	---	-----------------------------	---	----------------	---

20. The Ministry of Education created the position of Supervisor and assigned it to (Mr. Sharmar) and then to Mr. Franque Simpson until 1940, then it was separated from secondary education and became an administration.

Muhammad Ali Pasha	D	Abdel Salam Fahmy Juma	C	Muhammad Sobhi Al-Arabi	B	Al-Ashmawy Pasha	A
--------------------	---	------------------------	---	-------------------------	---	------------------	---

The topic of existence	D	Logic topic	C	Values topic	B	Knowledge topic	A
------------------------	---	-------------	---	--------------	---	-----------------	---

Ancient Olympic Games	D	Modern Olympic Games	C	palastra	B	Gym	A
-----------------------	---	----------------------	---	----------	---	-----	---

Values topic	D	The nature of knowledge	C	Limits of knowledge	B	Knowledge topic	A
--------------	---	-------------------------	---	---------------------	---	-----------------	---

Wrestling and boxing	D	Equestrian and hunting	C	Exercises and rhythmic gymnastics	B	Wrestling and exercises	A
----------------------	---	------------------------	---	-----------------------------------	---	-------------------------	---

25. Muslims in the early Islamic era were interested in building a number of palaces in which they practiced various sports and recreational activities, the most famous of which are (Al-Sarah Palace and Harding) and was used for....

Wrestling and showering	D	Fishing and bathing	C	Hunting and wrestling	B	Fencing and wrestling	A
-------------------------	---	---------------------	---	-----------------------	---	-----------------------	---

26. In the fifth century, the exercise system appeared... It was based on the belief of the ancient Chinese that lack of physical activity leads to laziness and diseases. This system was characterized by... Exercises with intense mental focus.

Psychological	D	For fitness	C	Using swords	B	Therapeutic	A
---------------	---	-------------	---	--------------	---	-------------	---

27. The largest Roman sports facility was a six-acre amphitheater with walls 160 feet high that could accommodate 100 spectators. Pens were built underneath it for slaves, convicts, prisoners, and wild animals.

Bohan Pisdaw	D	Gym	C	Maximus Coliseum	B	Coliseum	A
--------------	---	-----	---	------------------	---	----------	---

most prominent reasons that led to the decline in school sports activities was what happened during the era of Mr. Youssef, Minister of Education, in 1961, which is: 28. One of the

Make school study two and three periods	C	School physical education activity budget reduced	A
The Egyptian education system is influenced by traditional Islamic	D	The outlook towards school physical education	B

29. In the year ... the National Committee for Physical Education was abolished and the Olympic Committee became responsible for preparing for the Olympic Games and spreading sports in the country.

1960	D	1953	C	1956	B	1989	A
------	---	------	---	------	---	------	---

... is a school with a large area of land that includes playgrounds, yards, halls containing tools and equipment, changing areas, and temples with statues of gods.

Coliseum	D	Olympic city	C	palastra	B	Gym	A
----------	---	--------------	---	----------	---	-----	---

Assiut city
College of Physical Education
Question Room
20

(2)

Assiut University
College of Physical Education

22 AD 2024



(40) degrees



Second: Answer by putting a check mark (✓) or (x) in front of each statement.

x = B

✓ = A

Shading key on bubble sheet

Wrestling was a feature of Islamic society.	1
The Messenger, may God bless him and grant him peace, did not approve of sports competitions and denied their role in guiding hearts and educating the soul.	2
The Messenger, may God bless him and grant him peace, emphasized the practice of sports that serve jihad, such as running and wrestling.	3
The Messenger, may God bless him and grant him peace, was interested in encouraging people to practice sports, but he did not practice sports himself.	4
Islamic sport was an exciting and moderate social system with strong foundations from the Qur'an, Sunnah, the biographies of the Companions, the Followers, scholars, and the ancients.	5
Muslims knew organized sports training throughout their civilization, and there were sports facilities and training grounds, all of which were dedicated to soldiers only.	6
Britain's relationship with physical education was represented by the formation of a system of military preparations based on rigorous physical training for the purpose of national defense.	7
Britain felt the need to organize physical education in the early nineteenth century, and sought help in developing physical education from Charles from Switzerland and Bernhard and Guggenheim from Sweden.	8
Johann Blundau founded the School of Human Love and devoted three hours a day to educational and recreational activities such as gymnastics, fencing and horse riding.	9
The year 1920 witnessed the establishment of the first English sports club in Egypt, where the English and their Egyptian followers practiced various English sports.	10
Incidents related to the subject of study.	11
Secondary sources in historical research include original facts and information about events or	12
history works within the framework of one type of phenomena and does not study material facts (such as monuments and human work).	13
There was interest in physical education during the reign of Muhammad Ali Pasha, which is known as the period of military growth.	14
Philosophy seeks to impose and build theories, and in doing so it conflicts with facts because facts do not provide it with the appropriate inputs.	15
An individual's behavior and assessments of physical activity reflect a set of beliefs and principles that we can say are a philosophical position.	16
History is a continuous chain of links in which conclusions follow premises and in which the past is linked to the present and the future.	17
Curricula and programs in physical education and sports are based on a philosophical thought that works to direct them appropriately so that they achieve the desired goals.	18
Some thinkers believe that the science of history is a fixed and renewable subject, and that its events can be directly observed, just as historical events can be repeated.	19
One of the objectives of studying the philosophical origins of physical education and sports is to monitor educational phenomena and estimate their cognitive sources.	20
Sports are considered one of the most educational activities that achieve belonging and unity, which are the basis for good citizenship.	21
In 1946, the Ministry of Education in Egypt established an intermediate department to prepare physical education teachers for the primary education stage, and the first batch graduated in 1949.	22
In 1946, the physical education departments for male and female teachers were separated from the physical education institutes in Egypt and became two independent institutes.	23
The Egyptian Olympic Committee was established in 1910 and Egypt's first participation in the Olympic Games was in 1912.	24
The style of sport, the nature of inclinations and interests, and the number of practitioners or spectators are all matters that are completely related to the social philosophy of a people.	25
Human social life is represented by two basic phenomena: work and leisure.	26
One of the manifestations of the mutual influence between social philosophy and sport is what appears clearly in recreational sport.	27
The Arabs and Muslims took care of their bodies, so they practiced sports and took care of fighting and combat tools such as swords, daggers, spears and arrows, and they acquired purebred horses.	28
The objectives of physical education are a reflection of the areas of human development, which are determined by the motor, cognitive, emotional and social areas.	29
Education is the process that aims to transfer the cultural heritage from the old generation to the new generation after carrying out the processes of modification, selection and comparison between the contents of this heritage.	30
Makarenko was interested in physical education in his educational institutions and realized the important role of sports and physical activity in normalizing and socializing the state's ideology.	31
In the Middle Ages, monasticism and Christian theological philosophy were stumbling blocks to physical activity and sport.	32
The spread of Christianity in the Middle Ages led to an interest in sports and strengthening the body.	33
Graduates of physical education institutes contributed to the development and dissemination of physical education in Egypt and the Arab countries, where they worked as sports supervisors in universities and in the Ministry of Social Affairs.	34
The Christian Emperor Theodosius abolished the Olympic Games in 394 AD, considering them a pagan tradition and that the mind and body were separate elements.	35
Medieval universities viewed physical education with interest as something of great importance in the lives of students.	36
The ancient Indian beliefs included teachings that were not against physical activity and sports.	37
In the feudal system, burges and jousting were two special colours in which all knights participated and which were used for entertainment and military preparation.	38
In the feudal system, physical education played a major role in preparing for chivalry, but the purpose of physical education was no more than self-preservation.	39
There has been a noticeable lack of studies in Islamic history on sports and physical activities due to the scarcity of original historical sources.	40
The Muslims' interest in the art of photography and sculpture had an impact on the availability of artistic artifacts that are useful for historical study.	41
Nationalism dominated Danish exercise and gymnastics in 1900 and components such as fitness, strength and military emerged as the aims of Danish physical education.	42
In the feudal era, golf was the most popular sport, and in the fifth century, archery became popular.	43

13	Nationalism dominated Danish exercise and gymnastics in 1900 and components such as fitness, military strength, and the aims of Danish physical education emerged.
14	Anyone is allowed to stay in the Olympic Villages within the limits of the numbers stipulated in the regulations.
15	The oldest sports and recreational facilities in the early Islamic era were the desert palaces that were built during the era of the Rightly-Guided Caliphs.
16	Sport often faces conditions that colour it with the prevailing ideology in society.
17	In the Middle Ages, there was a noticeable backwardness in science and administration. The barbarians who occupied Rome did not care about physical fitness and were weak in body.
18	One of the contributions of physical education and sports to achieving democratic values is not playing and participation.
19	The historical research method is based on careful examination and objective criticism of various sources of historical facts.
20	Philosophy is the heritage of human thought in relation to addressing human issues and the universe surrounding them and the relationship of man with the constants and variables of existence in the universe.
21	One of the manifestations of the mutual influence between social philosophy and sports is what appears clearly in recreational sports, where you notice that recreation, as a concept, is present in society's activities.
22	The idea of sport as a social system is based on democratic foundations that are not known for any inherited or class privileges, and through which equal opportunities are available to all.
23	Sports help in bringing about rapprochement and tolerance among the classes of society, as the competitors are governed by the rules of the game and through the practitioners give up the false images of the social system.
24	The era of the Rightly Guided Caliphs (Al-Furqan) narrated that Caliph Umar bin Al-Khattab came to the court of Law the people of Mecca playing with the Kaaba, so he forbade playing with it. Most
25	indicates that sport in Islam was not part of the social system of Muslims.
26	In light of the political and social side of sport, the purpose of spreading sport should be to cover up cases of repression and strive to make the private interests of sport a public interest for society.
27	each society has its own views and beliefs about what it considers important in education, and this greatly influences how educational systems are designed and implemented.
28	Throughout history, physical education has not witnessed any developments that reflect cultural and social changes in societies.
29	In the Renaissance, the focus in physical education was on physical and spiritual beauty, inspired by Greek and Roman arts and sciences.
30	Sports and physical education began to take a more organized form with the establishment of sports schools and academies in the Renaissance.
31	The school in ancient Egypt was called the house of education and one of its curricula was swimming and physical education in primary schools.
32	62 Hunting in ancient Egypt was practiced only by farmers and craftsmen, who were the lower class and the majority.
33	cramped, so they played sports in the alleys or fields. The homes of the poor in ancient Egypt were
34	In the circumstances of the wars that Egypt fought throughout its ancient history, the instability and the people's resistance, it was necessary to prepare the soldiers physically.
35	so advanced military tactics were required and given to farmers and craftsmen to train them in the use of weapons.
36	Physical education is concerned with studying the history of human physical and sporting activity, extrapolating the impact of social variables and systems on the sports and physical education system, and developing the system towards progress by benefiting from these insights.
37	Islamic sport was an existing and moderate social system with strong foundations from the Qur'an, Sunnah, the biographies of the Companions, the Followers, scholars, and the ancients.
38	The Assyrians practiced various types of physical activity in order to prepare for military action.
39	28 The ancient Iraqi people combined wrestling as a religious ritual with wrestling as a competitive and championship sport.
40	69 One of the most important games in Persia was polo, which is the origin of the modern game of polo.
41	In the Middle Ages, there was a noticeable backwardness in science and administration. Also, the barbarians who occupied Rome did not care about physical fitness and were weak in body.
42	In 1977, she founded the first gymnastics hall in Copenhagen, the first of its kind.
43	De Coubertin succeeded in reviving the idea of the ancient Olympic Games and began his quest from 1884.
44	73 It was decided to hold the first Olympic Games in 1896 during a meeting held in Rome, and the project almost failed without the financial support of an Egyptian millionaire of Greek origin.
45	The city submitting a bid to organize the Olympic Games must pledge in writing to observe all the considerations and conditions specified for the candidate cities. In the event of a violation,
46	the National Olympic Committee has the right to apply the rules and penalties to withdraw the entire right to organize from the city.
47	75 The National Olympic Committee may appoint athletes to the International Olympic Committee to serve as a link between them and to assist in arranging travel, accommodation, administration and resolving all problems.
48	According to the law, the organizing committee of the tournament has the right to organize exhibitions, visual arts, shows, artistic and popular parties for the host city without obtaining approval from the Olympic Committee.
49	77 Various sports were practiced in the Higher Military School during the reign of Muhammad Ali, which served the military arts, such as combat, horse riding, and the use of weapons.
50	78 Muhammad Ali did not care about physical education and sports in Egypt and did not work to spread them. Rather, his interest was limited to horsemanship to prepare soldiers.
51	Munira Sabry was appointed as the first Egyptian female physical education supervisor.
52	the Ministry began to research the treatment of the poor state of Egyptian education and it was suggested that attention be directed to raising the health level of children from
53	During the interest in physical education in schools in 1946,

The questions are over

We wish you continued success and prosperity.... Faculty members of the Department of Educational Sciences and Sports Psychology)

If Abdullah Farghani Mohammed Hamad

(4)

Assiut University

College of Physical Education

December 22, 2024

Rap

Assiut

College of Education, Riyadh
Question room



College of Physical Education

Department of Curriculum and Teaching of Physical Education

Basic Exercises Course Exam

January session for the academic year 2024/2025

The total score is 45 degrees

First group exam time is two hours

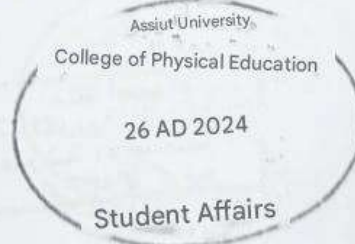
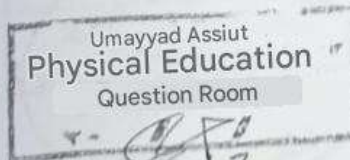
Important notes: Dear student, do not let your pen precede your thinking.

It is preferable to answer the questions on the question paper before transferring it to the answer sheet.

Shade the circle if the answer is correct and shade the circle if the answer is wrong.

AB	Kneeling with the center fixed This position is a derivative of the position for moving the arms.	1
AB	Derived positions are positions that are not derived or branched from the basic (original) positions.	2
AB	In the "Safa" position, the movement of the legs is by moving the right leg to the side and the arms to the side.	3
AB	The appeal consists of several main parts, which represent three parts.	4
AB	Waiting period: is the period of silence that occurs between the call and the ruling.	5
AB	Standing on all fours is one of the special positions in the exercises.	6
AB	The rotation may be only a quarter or half turn (45, 90 degrees).	7
AB	The types of distances taken in the exercises are only half distance and full distance.	8
AB	Standing: Forward position: Original position.	9
AB	Exercises form a great basis for general and specific physical preparation for all types of motor activities.	10 11
AB	The ruling must be issued clearly and in an expression that is appropriate to the type of movement. A long ruling is used for movements that are characterized by speed.	
AB	A simple exercise is one that involves moving more than one part of the body at a time.	12
AB	regular exercises, rotation means the central movement of the body that takes place around the vertical axis of the body.	13 In
AB	When writing the exercise, we must specify the part to be moved and the direction of movement.	14
AB	System exercises are considered to be motor activities that do not require muscular effort.	15
AB	Feet pointing forward, heel to heel, in Safa position.	16
AB	The movement in physical exercises is the part that comes after the initial position and is called the exercise movement and is followed by the	17
AB	Final position of the exercise.	
AB	The schools of exercises differed in their purposes and in determining their original and special situations.	18
AB	Physical exercise is considered the basic aspect of motor activities in general.	19
AB	Knees crossed and legs apart in a sitting position squared.	20
AB	The term (Exercises Tools) refers to exercise tools.	21
AB	The exercises require a high degree of ability, preparation or talent to perform them.	22
AB	Free exercises are exercises performed using tools such as weights or medicine balls.	23
AB	The exercise must be called with some verbal and some numerical rules.	24
AB	movement. To a leg movement in order to reach the starting position in the exercise, you must call out If you combine an arm movement first with an arm	25
AB	A verbal sentence can be an imperative verb, a verbal noun, or a specific utterance.	26
AB	The term exercise movement consists of three parts: the exercise movement, the part to be moved, and the type of movement.	27
AB	The system exercises are divided into (locomotive rows - circles).	28
AB	High standing is considered a special situation.	29
AB	The word (exchange) is written when moving two opposite directions with a fixed time in the initial position and is indicated at the beginning of the exercise term.	30

(11)



AB	With arms raised high, feet apart.....put. Example of a call to apply the second rule.	31
AB	Squatting) a position derived from standing by moving the trunk	32
AB	Exercise is defined from an educational perspective as any regular learning whose goal is rapid learning for both aspects:	33
AB	Physical and mental, and increase the learner's learning and technique. The word "aftereffect" is written when moving in two opposite directions without remaining	34
AB	exercise that achieves its purpose. main part of the initial position is the	35
AB	aims to build the body only. Physical that Exercises are "a set of positions and movements."	36
AB	The fifth rule includes derived positions by moving the arms and legs. The movement of the arms is called out, followed by	37
AB	the movement of the legs.	38
AB	the exercise. The alert is the first part of	39
AB	With palms in the middle, put the left leg forward; the trunk forward and down... bend. An example of the fourth rule.	40
AB	عند أخذ نصف مسافة يترك القدمين في الموضع الأصلي. هذا النوع من الوقوف في التمرين يسمى "وقوف نصف المسافة".	41
AB	When taking half a distance, the right or left arm raised to the side while keeping the palm flat. The type of movement in the exercise is called "half distance".	42
AB	In numerical rules, when calling for an exercise, the word "by the number" must be mentioned.	43
AB	When writing an exercise, write the exercise movement between large brackets ().	44
AB	The "attachment-to-anchorage" position is a derivative of the attachment position.	45
AB	The judgment shall be verbal only.	

point. Question 2: Each word is worth one

Read the multiple choice carefully, choose the correct answer, and shade in the correct place.

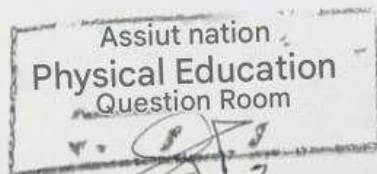
c, a, d) together	- Hang your knees high. c	b - attachment	- Attachment is open a	1
d All of the above	- Consecutive exercise c	b - Combined exercise	- Complex exercise a	2
d exercises	- The call c	(d, c, a) - b	- Exercise a	3
For private	- Customized c	b - General	(c, b) - a	4
d(,) together	- Direction of movement c	- The part to be moved b - Movement / part / direction a		5
d alarm	- Judgment c	b - Components of the call	(c, b) - a	6
d(,) together	- Stand, shoulders down c	- Stand, arms up b	- Stand, palms up a	7
- Ranking/order	Exercise Terminology / Final Position c	b - initial position	a = (,) together	8
d(,) together	- Prop the foot forward c	b - Extending the foot forward	- Foot forward support a	9
d judgment	- Alert / Waiting period c	(d, c) together b	a - Waiting waiting period judgment	10
d All of the above	- Incomplete phrase c	b - a correct statement	- Wrong statement a	11
d - All of the above	- Counting / Turns / Dismissal c	b - configurations	- Steps/distances a	12

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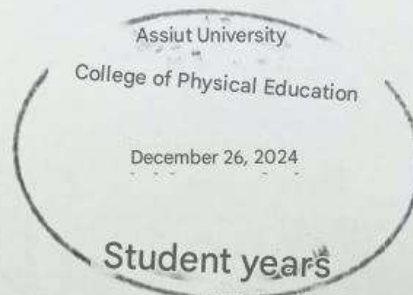
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26 Reem 2024
Student Affairs

Special (other) positions are the uncommon positions that are frequently used in exercises.	13
- Easy, common - Easy, flexible c - Easy, difficult b - Easy, complex a	
Statement: The pause period, which represents the third component of the call, is the one that lies between the alert component and the	14
All of the above -d - Wrong statement c b - a correct statement (d) - a	
Get It is worth mentioning that there is one way to call for the "standing" and "kneeling" positions, where the name of the position is mentioned, followed by the word "ready, d.) together	15
The statement is not wrong - c - Wrong statement b - Correct statement a	
..... There are many basic positions and they are varied in exercises, and they are called original positions, including positions.	16
(c + b + a) -d - Stand/squat c - Standing/hanging b Standing/squatting a	
..... The exercises are varied and clearly different, as they include positions. Situations vary in	17
(c + b + a) -d - original, derivative, special c ca) - b) together - Basic, Heavy, Special a	
..... It is considered one of the basic or original positions. On standing position and who is not up" is a call. "On your feet... stand	18
Waiting period -d (d) - c - Correct statement b - Wrong statement a	
..... (Standing) Raising the arms. We refer to the initial position when writing the previous exercise with the word. "-	19
Stand up -d The directions are multiple in the c together - Standing, arms Standing, raising arms d, c) - b) a	
..... exercises and different during writing the exercise movement, so the required direction must be taken into account in that, such as	20
(ca) together -d behind, high, back, down - c - In front, aside b - forward, high, up, sideways a	
..... is the position in which the legs and heels are placed together and form a right angle with the body as they extend backwards. ..	21
Geno sitting position - Crouching position b Crouching text position C All of the above - d	
This sign is used to indicate that the exercise is being performed by two colleagues together.	22
a - (:) b - (:) c - (:) d - (...)	
The preposition is used to indicate that movements are performed together at the same time!	23
F - W I then -	
In this position (half-south, foot support to the side, half-firm waist, half-loop above the head) the call is according to the rule	24
Fifth - 2 Second - b Initial - The third - l	
Exercises are compatible with the nature and capabilities of each stage of growth from my perspective.	25
a - Age and gender Level and objectives - b c - a - b - Purpose and objectives -	
The body shape is in a deep prone position.	26
a - together bad c - d -	
(Arms standing to the side) is an initial position that includes an original position, which is the standing position, and a position derived from it by moving the arms ... from	27
direction	
Imam - high - b Aside - high tilted -	
..... is the form or system in which students are when performing exercises. ...	28
Exercise movement - 2 Primary status - b Configurations All of the above - d	
Preparing and developing special motor skills for various types of sports activities. Exercises that aim to	29
Specific-purpose exercises - Goal-Based Exercises - General Core Exercises - b Compound exercises - 1	
Woodlaxurus	
It is the position in which the arms are at the side of the body without stiffness, the palms are inward, the fingers are touching and downward, and the shoulders	30
are slightly back.	
Safa mode - a Attention mode - b Standing position. Dangling mode - l	
..... Types of distances in exercises..	31
Half distance - 2 Full distance - b Double space. All of the above - d	
you combine a two-legged movement with one tool with a two-armed movement with two tools, then the rule represents ... If	32
Third - 2 Second - b First c - d - Fourth	



(3)



(Standing. Arms bent down to the side (arms are in a position between down and to the side and fingers are closed).				33
Mid distance -1	Lower thighs 1	Below the shoulders.	Parallel to shoulders - 1	34
Components of system exercises.				
a- Count	rotation -	Configurations	All of the above 1	35
Sports exercises are a set of physical positions and movements that aim to shape and build the body and develop its various motor abilities. To achieve the				
A- for the strongest level	b- The highest level	The highest level -.	Other - -	36
Geno sitting position -	Parking outside	c Half standing	All of the above -1	37
Thighs - 1	feet - b	Knees.	All of the above -d	38
GNU Sit-2	sitting squared	Horizontal genu -.	GNU - d	39
Alert - 2	Final position - 6	Initial position - exercise movement term.	The	40
Special situations -2	Exercise conventions -	conditions special maternal	Primary status -1	41
If the initial position contains two arms with to two legs with movement, the arm movement is delayed until the second count of the leg movement.				
2 count, 2 count -2	b- a-d	c- one set, two sets	d- Two counts, several	42
If the exercise includes an original movement and a complementary movement with the aim of increasing the difficulty of the exercise, the alert is first on the additional complementary movement and precedes Original according to the rule of				
Fourth -a	Third - b	c- Second	d The first -	43
It is preferable to use the numerical rule first, then the verbal rule, when starting to teach exercises.				
Complementary phrase -2	False statement -b	c- Correct statement	d all of the above -	44
(Lying down. Touching the neck) is an initial position that includes an original position, which is the lying position, and a position derived from it by moving				
Palms - 2	Arms -b	Neck..	Shoulders,- d	45
sitting squared -a	Sitting Balance	sitting crouching -	Sitting on all fours.-d	

Wishing you all the best and success

The questions are over,.....

Assiut nation
Why sports education
Question room

Assiut University
College of Physical Education

December 26, 2024

Student Affairs

Examiners Committee:-

Dr. Rania Siddiq Abdul Latif

Dr. Hala Mohamed Fouad Ahmed

Dr. Ahmed Mohamed Mustafa