

## **The Head of the department Dance & Rhythmic Movement Training word**

**I have the pleasure and honor to introduce the guide of Department of Motor Expression and Motor Rhythm Training in light of the new regulation and the academic and applied development of Faculty of Physical Education for Girls, Al-Jazira.**

**On this occasion, I would like to thank who chose the nomination of this Department upon this name as it is associated with stimulation for the output of each object in the potential of the human psyche through the movement. Motor expression with its various types is an important part of peoples cultures, therefore, it is an aspect of language that increases links and relationships among societies as it helps connect peoples by the movement, moreover, it is an academic subject and an educational course aiming at the integrated growth of girls in respect of physical, mental, psychological and social aspects.**

**For the motor rhythm, it is an artistic and educational subject taking its position in motor expression in particular and sports in general because it is greatly connected to motor sense that became not only a factor to explain the movement easily but also an essential component to master motor skills.**

**It is honorable that the course of motor expression and motor rhythm is within physical education curricula in colleges of physical education in the Arab Republic of Egypt.**

**Praise be to Allah, which help us to do well to produce this academic guide we hope it will be used by anyone who is interested in this specialization. The guide in its entirety explains to a great extent the content of the Department of Motor Expression and Motor**

**Rhythm with its different branches and concepts. We hope that we have contributed our part to clarify the role of the department in educational training and administrative aspects.**

**Finally, I would like to extend thanks and gratitude to members of Department of Motor Expression and Motor Rhythm Training who cast the light for me to head the department. Thanks and appreciation is also forwarded to Lecturer Dr. Iman Wagih for her assistance to prepare and direct this guide to the light.**

**Head of Department  
Prof. Dr. Olaa Tawfek**