



## Sports Activities Student Affairs

The Sports Activities Office at the University had a constructive role in motivating students and faculty to continue doing sports activities during the quarantine at home by doing the following:

- Offering a variety of sport activities such as: stretching exercises, proper breathing, and upper body strengthening exercises.
- Sending a variety of activities with a profile of their importance by email, coupled with links indicating how they should be worked out.
- Nominating a sports program that supports the sports activities of the DAH community
- Receiving and responding to inquiries via email (The sports department Head )