

دليل إنشاء محتوى بأداة الذكاء الاصطناعي بنظام Blackboard LEARN ULTRA

أعضاءهيئة التدريس

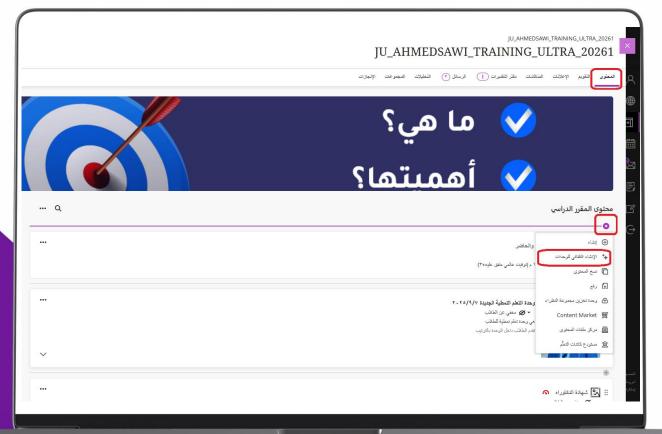


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عزيزي عضو هيئة التدريس بجامعة جازان؛ يمكنك الآن من خلال نظام Blackboard Ultra إنشاء محتوى باستخدام أدوات الذكاء الاصطناعي وذلك باتباع الخطوات التالية:

قم بتسجيل الدخول للنظام واختر المقرر الذي تريد إنشاء محتوى بالذكاء الاصطناعي به ثم اضغط على علامة + واختر من القائمة (الإنشاء التلقائي للوحدات)





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قم بكتابة وصف للمحتوى الذي تريد إنشائه بأدوات الذكاء الاصطناعي واقرأ ملاحظة لزوم التحقق من دقته وتحيزه

جامعــــة جــــــــازان مركز التعليم الإلكتروني

		JU.AHMEDSAWI,TRAINING.ULTRA.20261 الإنشاء التلقائي لوحدات التعلم
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Introduction to Ultra Training In this week, students will be introduced to the fundamentals of ultra training. The session will cover the principles of endurance, the physiological adaptations that occur with prolonged exercise, and the importance of mental loughness. Participants will also learn about nutrition strategies tailored for ultra training and how to plan their training schedules effectively. This week sets the foundation for understanding what ultra training entails, including the risks and rewards associated with extreme endurance sports		المحدث والمراس أو أحدث الشار المدارد المار المدارد المار المدارد المارد
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Nutrition and Hydration Strategies Nutrition is a key component of successful ultra training, in this week, students will dive into the specifics of macronutrients, hydration requirements, and the liming of meals around workouts. We will discuss fueling strategies for long runs and races, including real food vs. sports mutrition products. Participants will learn how to create a personalized nutrition plan .that accommodates their individual needs and training goals, ensuring that they maintain energy levels and performance throughout their training cycles		تعلین الرسات تعلین الرسات تعلین
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في حال رغبتك في إنشاء محتوى بالذكاء الاصطناعي استناداً إلى عناصر المقرر الدراسي فقم باختيار عناصر المقرر الدراسي

جامعــــة جــــــــازان مركز التعليم الإلكتروني

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حدد العناصر التي تريد إنشاء محتوى بالذكاء الاصطناعي منها





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قم بتحديد العناصر تم اضغط على تحديد العناصر لإدراجها





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قم باختيار بادئة العنوان من القائمة أمامك

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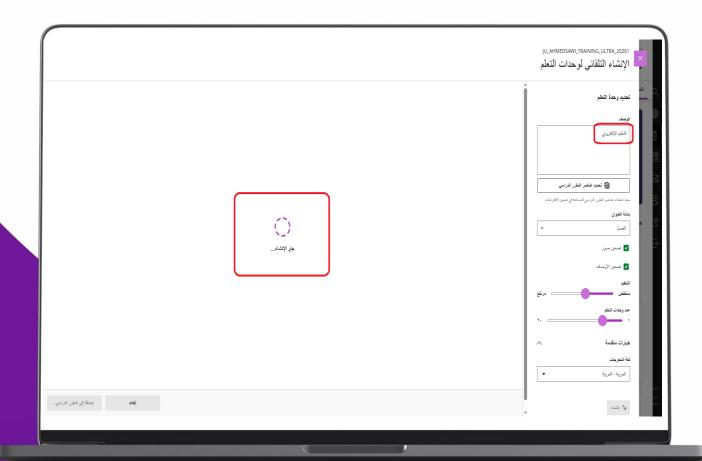
قم بتحديد تضمين صور أو أوصاف ومستوى التعقيد وعدد وحدات التعلم ولغة المخرج ثم اضغط إنشاء





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انتظر حتى يتم إنشآء المحتوى



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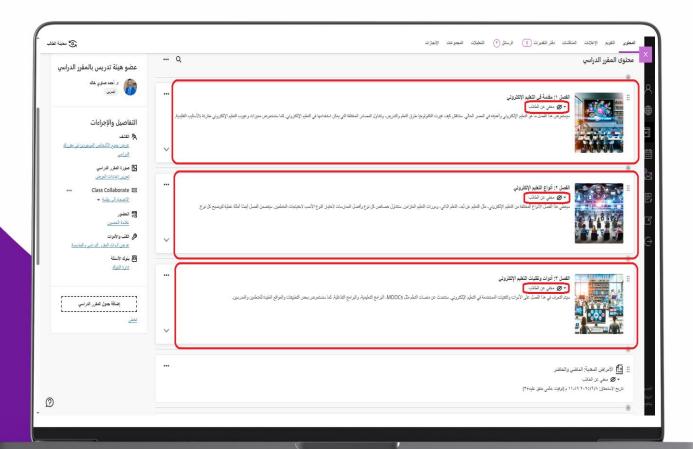


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اً 🕡 ها محرن دم إشتاق مثلياً ويثارم المحتى من ملك وحجزة	له تحديد وحدة التعلم
العمل 1: مقدة في التطب الإكثروني التطب الإكثروني والدين عن التحديد ال	ورسف فيتن إنكروني
العمل 1: أنواع التغيم وإكثروني بينتي ما قسل الأواع شخطة من قبلم وإكثروني، من قبلم عن أبد، قبلم قاني، ومروث قبلم فتراس منتول مساعس كا امع والسل فسترست تخير فرع اللب بتجنيف فبتطين مينسس فسل لبنا المقا عبله تتوسع كا مرع.	ا الله الله الله الله الله الله الله ال
الفضل ۳: قوات وتقليك التطبير الإكثروني ديثر المورد في ها القسل على الأمواد والتعباد المستحدة في المطبير الإكبروني منتحدة عن منسك المنظم مثل 40000 الرامج الفاطية، والرامج الفاطية، كما منشخريين بعض المشيوات والمواقع المنبية التعطيين والمدربين	ا تعدین الرساف التحدید الرساف التحدید
القمل 1: تصبيم محتوى التطبير الإنكاروثي بيوهج ها العمل كرفية تصبير وإنشاء محرى عليمي إكبروتي نعار. منتقال عنصر الداسية، وكيفة استخدام الوسائط المتحددة لجيش المحتوى الكار والنية، منتقد العالى المتحدد المواد المتحدد المتح	لغة لمغربات (مروية - فروية • يشم
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والآن اختر العناصر التي تريد إدراجها وحددها من مربع التحديد ثم اضغط على إضافة إلى المقرر الدراسي



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والآن المحتوى جاهز ولكن قم بتغيير حالته لمرئي للطلاب في حال أردت إظهاره لهم

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