

Review the performance of higher education institutions ((review of the academic program))

Course Description Form

Course Description

This course description provides a brief summary of the most important characteristics of the course and the learning outcomes expected of the student to achieve, proving whether he or she has made the most of the available learning opportunities. It must be linked to the description of the programme.

1. Educational institution	University of Al-Qadisiyah / Faculty of Physical Education and Sports Sciences
2. University Department / Center	
3. Course Name/Code	/ Gymnastics Female Devices
4. Programs in which he enters	Physical Education and Sports Sciences
5. Available Attendance Forms	Full Time – Daily
6. Semester / Year	First and second / 2023 - 2024
7. Number of Credit Hours (Total)	4 hours per week
8. The history of preparation of this description	2024
9. Course Objectives	
1- Delivering information, knowledge and mathematical skills to students in gymnastics	
2- Understanding the role of gymnastics, information management and public relations skills	
3- Employing workers according to their capabilities and skills to help them achieve the goals of gymnastics	
Planning for the financial aspects of gymnastics -4	
5- Determine the requirements for gymnastics	
6- - Able to develop solutions to administrative problems in gymnastics	
10. Learning outcomes and methods of teaching, learning and assessment	

A. Knowledge and understanding

- A1- Defines the principles of gymnastics devices and their theoretical and applied methods in sports institutions
- A2- Discusses the rules and foundations of the planning models of gymnastics devices in sports, educational and civil society institutions
- A3- Learn about the physical and skill foundations so that she is able to deal with the teacher when evaluating and training her on the skill
- A4- Determine the modern fields of gymnastics devices in the world of sports industry (sports marketing, sports media, sports sponsorship)
- A5- Discusses the laws and legislations governing and regulations related to administrative work in the material of gymnastics devices.
- A6- Explains the psychological and social aspects of athletes . Which enables him to develop human resources in gymnastics.

B - Subject-specific skills

- B1 – Management and leadership of the gymnastics environment
- B2- Take appropriate measures to provide the requirements and needs of gymnastics requirements in competitions, championships and sports festivals
- B3- Dealing with crises in gymnastics
- B4- Participate in the development of plans and rules for evaluation and periodic measurement of gymnastics activities
- B5- Providing the requirements of sports activity programs and plans in a way that satisfies the needs of the beneficiaries of gymnastics

Teaching and learning methods

- 1- Providing students with the basics and topics related to knowledge and systems described in a
- 2- Clarification and explanation of study materials by the academic staff
- 3- Providing students with knowledge through applied duties of academic vocabulary
- 4- Improving students' skills by increasing the website to obtain additional knowledge of the subjects
- 5- Asking students to visit the library to obtain academic knowledge that alternates the vocabulary of gymnastics

Evaluation methods

- 1- Daily tests with multiple-choice questions for gymnastics
- Setting grades for the applied duties assigned to them .2
- Practical and monthly tests more than once -3

C- Thinking skills

- C1- Selects appropriate legal procedures for activities related to gymnastics
- C2- Selects the appropriate plan for sports activities and programs in light of the general strategy of the institution

C3- Determines the requirements of administrative professional jobs required to work in the field of sports and gymnastics

C4- Selects the most appropriate sports media that contribute to the advancement of gymnastics

C5- Teamwork and thinking ability

d . General and transferable skills (other skills related to employability and .(personal development

D1- Time management to achieve the maximum benefit and the best return

D2- Using the means of effective communication skills and the ability to work together to activate the processes related to the field D3- Using methods and procedures to collect, build and analyze databases using the computer.

D4- Writing and presenting reports and memoranda using modern means of communication and technology.

D5- Active participation in professional gatherings of local and national physical education and in the wider educational field.

D6- Practicing continuous learning and self-learning in the sports field and in life in general.

D7- Leading individuals to achieve the desired goals.

D8- Knowledge of one of the foreign languages to activate the work environment .when needed

Athlete & Gymnastics

D3- Using methods and procedures to collect, build and analyze databases using the computer

D4- Writing and presenting reports and memoranda using modern means of communication and technology

D5- Effective participation in professional communities for physical education, local and national gymnastics, and in the wider educational field

D6 - The practice of continuing education and self-education in the field of sports and gymnastics and in life in general

D7- Leading individuals to achieve the desired goals

D8- Familiarity with one of the foreign languages and the work environment when needed

10. Course Structure

The week	Hours	Required Learning Outcomes	Name of the unit/course or topic	Method of education	Evaluation method
1-2	4		General and private fitness	Built-in presence	Tests
3-4	4		Performing walking and piste of all kinds on the ground mat	Built-in presence	
5	4		Performance of belts and pistes of all kinds on the balance beam	Built-in presence	
6	4		Repeating previous skills in the form of a kinetic chain on the ground mat	Built-in presence	
7	4		Going up and down on the	Built-in	

			bar	presence
8	4		Performing the skill of the scale of all kinds on the bar	Built-in presence
9- 10	4		Performance of stability of various types on the device of ground movements	Built-in presence
11	4		Performance of stability of various types on the girder device	Built-in presence
12	4		Perform previous animations with linking animations	Built-in presence
13 - 14	4		Repeating previous skills in the form of a kinetic chain	Built-in presence
15	4		Practical and theoretical exam	Built-in presence
16	4		Special fitness with re-skilled skills	Built-in presence
19- 18- 17	4		Performing the skill of rolls of various types on the floor mat	Built-in presence
20-21	4		Performing the skill of rolls of different types on the bar	Built-in presence
22	4		Perform skills in the form of a chain of movement	Built-in presence
24 - 23	4		Performing the skill of the human wheel	Built-in presence
26 – 25	4		Perform the skill of standing on the head on the floor mat	Built-in presence
28 - 27	4		Perform the skill of standing on the head on the bar	Built-in presence
29	4		Repeating previous skills while performing a kinetic chain with them	Built-in presence
30	4		Practical and theoretical exam	Built-in presence

9- Infrastructure

<ul style="list-style-type: none"> :Required readings ▪ Basic texts ▪ Course Books ▪ Other 	<p>Gymnastics Guide - Miss - Mohamed Ibrahim Shehata -1 2007</p> <p>International Law of Artistic Gymnastics for Women, -2 2009 translated by Hoda Shehab, Ferdous Majeed</p> <p>Artistic gymnastics for women in the field of learning , -3 Paradise Majeed Amen 2015</p> <p>4- Electronic information networks and sites Internet</p>
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Special requirements (e.g. workshops, periodicals, software and websites)	Workshop entitled (Ways of Assistance and Safety in Learning Gymnastics Skills for Female Students) 2017 A lecture at the Women's Empowerment Unit entitled (How to address bad social habits) 2024
Social services (e.g. guest lectures, vocational training and field studies)	Lectures at Al-Rafidain Sports Club and their titles were as follows <ol style="list-style-type: none"> 1- The effect of the moral commitment of coaches on the psychological alienation of athletes in clubs.2014 2- Developing tactical abilities and endurance for young children2015 3- The Effect of Using Psychological and Social Support on Developing Talents and Creativity among Players in Diwaniyah Governorate Clubs 2015 4- The importance of psychological training programs in the formation of the personality of young players 2016 5- Some future visions in the development of psychological abilities of players by coach 2016 6- The impact of ethical commitment between coach and player to reach the highest levels of achievement 2016 7- Smoking reduces stamina and hinders improved physical performance 2017 8- The importance of water for athletes 2017 9- The importance of ethical commitment between the coach and the player to achieve the highest levels of achievement locally, regionally and globally 2017 10- Sports Management and Sports Marketing 2017 11- Modern educational technology means 2018 Athletes suffer from skin diseases 2018 -12 Lectures in the representatives of the Olympic Committee as follows <ol style="list-style-type: none"> 1- Psychological stress among athletics coaches 2022 2- Burnout for people with disabilities 2022 3- Electronic extortion 2023 4- Combating violence against women 2023

9. Acceptance	
Prerequisites	There isn't any
Minimum number of students	150
The largest number of students	250

