# Course Description Form

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

### 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 program description.

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| 1. **Educational institution** | Faculty of Physical Education and Sports Sciences |
| 2. **University Department / Center** | University of Qadisiyah - College of Physical Education and Sports Sciences - Individual Games Branch |
| 3. **Course Name/Code** | / |
| 4. **Programs in which he enters** | Physical Education and Sports Sciences First Stage Square and Square |
| 5. **Available Attendance Forms** | Full Time – Daily |
| 6. **Semester / Year** | First and second / 2023-2024 |
| 7. **Number of Credit Hours (Total)** | 4 hours a week |
| 8. **The history of preparation of this description** | 2024 |

9. **Course Objectives**

- Understand the course, learn the skill and master its laws

- Preparing academics who are able to explain the skill and teach it to others

- Student interaction and creating a safe environment for students with the availability of devices and tools to apply and develop all sports programs.

- Preparing students psychologically and instilling confidence in their personalities to be a true leader of the group

- How to deal with students under the age of 18

- Careful planning for the implementation of training programs and qualifying students to be successful in their careers

10. **Learning outcomes and teaching, learning and assessment methods**

## A- **Knowledge and understanding**

• Determine the goals to be reached.

• Diversity of teaching methods and learning legal rules for all events.

• Methods of learning skills and progression in them are difficult to easy.

Involve everyone in courses and workshops to develop capabilities •

## B - **Subject-specific skills**

• Successful leadership to develop and improve the educational process.

• Using new methods in the teaching and learning process.

• Inventing devices and preparing programs aimed at improving the educational process.

• Diversity in explanation and style of presentation of the skill by the teacher, application of the skill in practice and presentation in the form of videos.

• Give athletes with physical and physical abilities high-level activities to develop their abilities.

Selecting the best athletes to develop and improve their physical, tactical • and psychological abilities.

## Teaching and learning methods

• **Availability of devices and tools used in education.**

• **Diversity in explaining the skill and teaching it to others.**

• **Encourage students to search for resources for learning the skill, whether in libraries or websites.**

**Demanding them for homework •**

## Evaluation methods

- . Daily tests with multiple-choice questions for subjects .

- Participation grades for students' challenging competition questions .

- Setting grades for assigned homework .

## C- Thinking skills

**The teacher should encourage students, develop the faculty of thinking, develop their mental and intellectual abilities, and cultivate the spirit of competition among them to obtain creative students.**

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 sports 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.**

11. Effective

| The week | Hours | Required Learning Outcomes | Name of the unit/course or topic | Method of education | Evaluation method |
|---|---|---|---|---|---|
| 1 | 4hours | | Explanation of an introduction to the laws of the arena and the field | Built-in presence | |
| 2 | 4hours | | Stages of 100m Starting Mode Effectiveness | Built-in presence | |
| 3 | 4hours | | Acceleration phase increasing speed | Built-in presence | |
| 4 | 4hours | | Maximum speed stage and end the race | Built-in presence | |
| 5 | 4hours | | Theoretical-practical exam | Built-in presence | Degree - Time |
| 6 | 4hours | | The effectiveness of the long jump approach stage | Built-in presence | |
| 7 | 4hours | | Adjust steps | Built-in presence | |
| 8 | 4hours | | Upgrade | Built-in presence | |
| 9 | 4hours | | Flight and landing | Built-in presence | |
| 10 | 4hours | | Theoretical-practical exam | Built-in presence | Degree-distance |
| 11 | Hours 4 | | Relay effectiveness m 100× 4 Receiptand delivery | Built-in presence | |
| 12 | Hours 4 | | Internal and external delivery | Built-in presence | |
| 13 | Hours 4 | | Delivery areas | Built-in presence | |
| | Hours 4 | | Ways to receive | Built-in presence | |

| | | | | | |
|---|---|---|---|---|---|
| 14 | | | the stick | | |
| 15 | Hours 4 | | Theoretical-practical exam | **Built-in presence** | Degree - Time |
| 16 | Hours 4 | | The effectiveness of throwing the javelin Holding and carrying the javelin | **Built-in presence** | |
| 17 | Hours 4 | | Approximate jogging | **Built-in presence** | |
| 18 | Hours 4 | | Rhythmic steps | **Built-in presence** | |
| 19 | Hours 4 | | Pass the throwing suit and stability | **Built-in presence** | |
| 20 | Hours 4 | | Theoretical-practical exam | **Built-in presence** | Degree-distance |
| 21 | Hours 4 | | Weight push effectiveness Hold and carry the weight | **Built-in presence** | |
| 22 | Hours 4 | | Readiness and payment | **Built-in presence** | |
| 23 | Hours 4 | | Piste piste | **Built-in presence** | |
| 24 | Hours 4 | | Flinging | **Built-in presence** | |
| 25 | Hours 4 | | Theoretical-practical exam | **Built-in presence** | Degree-distance |
| 26 | Hours 4 | | The effectiveness of the high jump near running | **Built-in presence** | |
| 27 | Hours 4 | | Upgrading | **Built-in presence** | |
| 28 | Hours 4 | | Crossbar crossing | **Built-in presence** | |
| 29 | Hours 4 | | landings | **Built-in presence** | |
| 30 | Hours 4 | | Theoretical-practical exam | **Built-in presence** | Height - degree |

| 12. Infrastructure | |
|---|---|
| : Required readings<br> ▪ Basic texts<br> ▪ Course Books | The book of arena and field games written by Prof. Dr. Talib Faisal Al-Saffar Prof. Dr. Sareeh Abdul Karim Al-Fadhli + |

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| ▪ Other | Internet Information Network |
| Special requirements ( including e.g. workshops, periodicals, software, websites ) | Websites & Workshops |
| Social services ( e.g. guest lectures, vocational training and field studies ) | Field Studies |

| 13. Acceptance | |
|---|---|
| Prerequisites | There isn't any |
| Minimum number of students | 150 |
| The largest number of students | 250 |