

Academic Program Description Form

Review the performance of higher education institutions ((Academic Program Review)

Academic Program Description

This academic program description provides a brief summary of the most important characteristics of the program and the learning outcomes expected of the student to achieve, proving whether he has made the most of the available opportunities. It is accompanied by a description of each course within the program

1. Educational institution	University of Qadisiyah
2. University Department / Center	Faculty of Physical Education and Sports Sciences
3. Academic Program Name	Sports Training
4. Final Certificate Name	Doctor
5. School System	annual
6. Accredited Accreditation Program	There isn't any
7. Other external influences	Field visits
8. History of the preparation of the description	20/10/2023

9. Objectives of the Academic Program	
The concept of sports training, its objectives, rules and general principles of training	
How to plan daily, weekly, monthly and annual training	
How to control the training load	
Solving problems with sports training and reaching the athlete to high sports achievement	
Fitness and its components	
Directing accurate scientific advice, which increases the speed of learning and reaching the result to be achieved.	

10. Required learning outcomes and teaching, learning and assessment methods	
Understand the process of sports training and the student's ability to train in	

the field through planning the training unit and how to address the problems he faces during training

B - Subject-specific skills

Information analysis - interpretation of information - building a daily training unit - making a student capable of making development by training to achieve sports achievements

Teaching and learning methods

1- **Using PowerPoint programs**
 2- **Interpreting information about sports training**
How to train physical qualities and know the training stresses used for each physical attribute

Evaluation methods

Theoretical exam

Field Application

:Activities within the lecture

By presenting the material through the PowerPoint program and giving the student an opportunity to explain and interpret the concepts of each word touched on in the lecture.

Methods used in education (teaching)
Presentation of the lecture using the PowerPoint program, explaining this with video and illustrations.

Teaching aids used

1-
 1- **Activities in the classroom: questions related to creative thinking**

D. General and Transferable Skills

: Evaluation Methods

Theoretical questions – classroom interaction

11. Program Architecture

12. Certificates and Credit Hours

Level/Year	Course or Course Code	Name of the course, course or course	Credit Hours
			Two hours

Course Description Form

Review the performance of higher education institutions ((review of the academic program))	
1. Educational institution	University of Qadisiyah
2. University Department / Center	Faculty of Physical Education and Sports Sciences Department/Theoretical Sciences Branch
3. Course Name/Code	
4. Programs in which he enters	Bachelor of Physical Education and Sports Sciences
5. Available Attendance Forms	weekly
6. Semester / Year	First Semester / 2023
7. Number of Credit Hours (Total)	Two hours a week
8. The history of preparation of this description	20/10/ 2023
9. Course Objectives	Teaching the student the concept of sports training and how to plan training units and according to the direction of the unit As well as how to use the training load for each physical characteristic

Course Description

10. Learning outcomes and teaching, learning and assessment methods

A. Knowledge and understanding					
A1- Identify the concept of special fitness					
B1 – Defining the course, determining the steps of the curriculum and knowing its vocabulary			B - Subject-specific skills		
B2 – Discussing the conditions for building the course and determining the stages of building and circulating the curriculum					
B3 – Induction and discussion through cooperative learning, research and learning by thinking					
B4-					
Teaching and learning methods					
1- Lecture method					
2- Method of discussion and expression of opinions on the subject					
3- Practicality in the fitness hall					
Evaluation methods					
1-					
C- Thinking skills					
Teaching and learning methods					
Evaluation methods					
11. Course structure 30 weeks					
The week	Hours	Required Learning Outcomes	Name of the unit/course or topic	Method of education	Evaluation method
Definition of the material and vocabulary of the weeks	2	Understand and comprehend		PowerPoint - Blackboard	Participation
Chapter One (The Concept of (Sports Training Sports Training Objectives Sports Training Duties	2	Understand and comprehend		PowerPoint - Blackboard	Participation
Sports Training Rules	2	Understand and comprehend		PowerPoint - Blackboard	Participation
(Training Load Concept) Types of training load Influencing factors Training load components	2	Understand and comprehend		PowerPoint - Blackboard	Participation
External load Intensity divisions Intensity measurement methods Training load size	2	Understand and comprehend		PowerPoint - Blackboard	Participation

Gradient by pregnancy Relationship of intensity to volume Determine the size of the stimulus Comfort Load intensity	2	Understand and comprehend		PowerPoint - Blackboard	Participation
Training load grades Load lifting rules (Fatigue (causes, types	2	Understand and comprehend		PowerPoint - Blackboard	Participation
Basic settings for physical) :training and preparation General physical preparation .Special physical preparation	2	Understand and comprehend		PowerPoint - Blackboard	Participation
Entrance to the physical counter and fitness :Fitness concept Definition of fitness	2	Understand and comprehend		PowerPoint - Blackboard	Participation
Physical preparation :General physical preparation :Special physical preparation	2	Understand and comprehend		PowerPoint - Blackboard	Participation
Muscular strength -1 The importance of muscular strength Factors affecting strength	2	Understand and comprehend		PowerPoint - Blackboard	Participation
Types and forms of muscle contractions	2	Understand and comprehend		PowerPoint - Blackboard	Participation
Types of muscular strength Great Power Maximum power Speed characteristic force Stretched strength Explosive power Muscular strength training	2	Understand and comprehend		PowerPoint - Blackboard	Participation
Stretching Types Physiological causes of fatigue Methods used in stretching training Stretching development rules :The importance of the table The different forms of the division of the table	2	Understand and comprehend		PowerPoint - Blackboard	Participation
First Semester Exam	2	Answer		Paper and pen	degree
Speed Forms of speed :Transitional speed training -1 :Kinetic speed training -2 3- Speed of response trg	2	Understand and comprehend		PowerPoint - Blackboard	Participation
Basic conditions for developing :responsiveness Factors affecting the speed of :response :Response Sections Advantages of responsiveness Advantages of the speed of :complex motor response	2	Understand and comprehend		PowerPoint - Blackboard	Participation
:Passing the speed barrier □ Ways and means of speed - development	2	Understand and comprehend		PowerPoint - Blackboard	Participation
				PowerPoint -	

Importance	Flexibility Types	2	Understand and comprehend		Blackboard	Participation
	Resilience training methods	2	Understand and comprehend		PowerPoint - Blackboard	Participation
	Agility, its importance and types	2	Understand and comprehend		PowerPoint - Blackboard	Participation
	Agility training methods	2	Understand and comprehend		PowerPoint – Blackboard	Participation
	Sports Training Methods	2	Understand and comprehend		PowerPoint – Blackboard	Participation
	Sports Nutrition	2	Understand and comprehend		PowerPoint – Blackboard	Participation
	Sports Selection	2	Understand and comprehend		PowerPoint – Blackboard	Participation
	Daily Sports Planning	2	Understand and comprehend		PowerPoint – Blackboard	Participation
	Weekly Sports Planning	2	Understand and comprehend		PowerPoint – Blackboard	Participation
	Monthly Sports Planning	2	Understand and comprehend		PowerPoint – Blackboard	Participation
	Annual Plan	2	Understand and comprehend		PowerPoint – Blackboard	Participation
Second Semester Exam		2	Reply		Paper and pen	degree

Prerequisites	
Minimum number of students	150
The largest number of students	250

Subject Teacher Subject Teacher Head of Branch

Mr. Drhim Ruwaih Habib

Prof. Ali Atshan Khalaf

Assoc. Prof. Ali
Badawi Tabour

Subject Teacher Subject Teacher

Assoc. Prof. Ammar Muthana

Assoc. Prof. Jaafar Shuail

