

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.

1. Educational institution	Faculty of Physical Education and Sports Sciences
2. University Department / Center	
3. Course Name/Code	Biomechanics /
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)	2 hours per week
8. The history of preparation of this description	2024

9. Course Objectives

The aim of teaching biomechanics to undergraduate students is to prepare students scientifically educational preparation that qualifies them to become professors and systematic researchers .

The right guidance to devote themselves to research and academic scientific studies .

Helps the student in analyzing sports movements .

Enriching the student's information on certain topics .

Self-reliance in studying problems and making judgments about them .

Follow the scientific methods and rules adopted in scientific experiments .

.Identify other sciences related to the movement of the athlete

.Study of human movement from the applied mechanical side

Study of the composition and structure of man from an anatomical point of view

10. Learning outcomes and teaching, learning and assessment methods

Knowledge and understanding

.Understand biomechanics .1

.The student's ability to conduct experiments in the college laboratories .2

.The use of programs and means that are used in the analysis of sports movements .3

.Relying on reliable sources to obtain information .4

5. The use of biomechanics in learning and training for various sports events.

B - Subject-specific skills					
.Information analysis .1					
.Interpretation of information .2					
.Error detection .3					
Finding and making development in learning and training .4					
.The use of biomechanics in the analysis of mathematical movements .5					
.How to use the devices to extract athletes' data in various events .6					
Teaching and learning methods					
.Interpretation of laws and information related to biomechanics -1					
2. Lecture method.					
3. The method of discussion and expressing opinions on the subject.					
4.- Practical application in laboratory laboratories .					
Evaluation methods					
. Daily tests with multiple-choice questions for subjects -					
- Participation grades for students' challenging competition questions .					
. Setting grades for assigned homework -					
- Theoretical exam .					
C- Thinking skills					
By presenting the anatomical composition of humans and the mechanical laws of biomechanics and starting to develop ideas for creative thinking.					
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. Course Structure					
The week	Hours	Required Learning Outcomes	Name of the unit/course or topic	Method of education	Evaluation method
1	2	Understand and comprehend	Biomechanics	PowerPoint - Blackboard	Oral and written exam
2	2	Understand and comprehend	Basic movements in the human body	PowerPoint - Blackboard	Oral and written exam
3	2	Understand and comprehend	Axles & Flats	PowerPoint - Blackboard	Oral and written exam
4	2	Understand and comprehend	Relativity of motion and coordinate system	PowerPoint - Blackboard	Oral and written exam
	2	Understand and	Rectal kinematic	PowerPoint -	Oral and

