

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	/
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:

- 1
- 2
- 1- Teaching the student the concept of sports training
- 2- How to plan training units and according to the direction of the unit
- 3- How to use the training load for each physical trait
- 4- Creativity in the way of observation and innovation for training units
- 5- Practical application of how to measure the training load in terms of volume
- 6- For practical application of how to measure the training load in terms of intensity
- 7- For practical application of how to measure the training load in terms of comfort
- 8- Interaction with the environment through training centers and training units for Al-Qadisiyah breeding teams
- 9- Give students the opportunity to explain one of the teaching weeks and give him self-confidence

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10. Learning outcomes and teaching, learning and assessment methods

A- Knowledge and understanding

- B- The concept of sports training
- C- How to plan daily, weekly, monthly and yearly friendliness
- D- How to control the training load
- E- Solving problems with sports training and reaching high sports achievement
- F- Fitness and its components
- G- Directing accurate scientific advice, which increases the speed of learning and reaching the result.

B - Subject-specific skills

- 1- Information Analysis
- 2- Interpretation of information
- 3- Building a daily training unit
- 4- Finding and making development by training
- 5- Apply how to use the module
- 6- Designing the annual plan from the student's point of view and dividing it in general throughout the year
- 7- Encouraging the student to visit the library and see the messages and theses on how to develop sports training plans
 - Developing the student's ability to discover the distinguished athlete by visiting the Sports Talent Center -8

Teaching and learning methods

- 1- Use of PowerPoint software
- 2- Interpreting information about the training load
- 3- **How to train physical qualities and know the training stresses used for each physical attribute.**
- 4- Encouraging the student to visit the library and see the messages and theses on how to develop sports training plans

Teaching the student how to enter the sites specialized in sports training -5
Watch

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

- Defining the course, determining the steps of the curriculum, and knowing its vocabulary -1**
- Discuss the conditions for building the course and determine the stages of building and circulating the curriculum -2**
- Induction and discussion through collaborative learning, research, and learning by thinking -3**

