

**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 program description.

<b>1. Educational institution</b>	<b>University of Al-Qadisiyah / Faculty of Physical Education and Sports Sciences</b>
<b>2. University Department / Center</b>	
<b>3. Course Name/Code</b>	<b>Gymnastics Devices -3-Female Students /</b>
<b>4. Programs in which he enters</b>	<b>Physical Education and Sports Sciences</b>
<b>5. Available Attendance Forms</b>	<b>Full Time – Daily</b>
<b>6. Semester / Year</b>	<b>First and second / 2023 - 2024</b>
<b>7. Number of Credit Hours (Total)</b>	<b>42 hours per week</b>
<b>8. The history of preparation of this description</b>	<b>2024</b>

**Course Objectives .9**

1- 2- Teaching basic skills on technical gymnastics devices (floor mat movements, balance beam, jumping horse).

2- 4- Learn about the history of Artistic gymnastics

3- Updating the curricula by the teachers of gymnastics

4- Planning for the financial aspects of gymnastics

5- Determine the requirements for gymnastics

6- - Develop solutions to educational 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-The use of modern strategies in learning
View skills on a device DATA SHOW2-
3-Use of rugs, gloves and low-rise balance beam
4- Identify 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 regulations related to administrative work in the material of gymnastics devices .
A6- Explains the psychological aspects of athletes. Which enables him to develop human resources in gymnastics .
<b>B - Subject-specific skills</b>
B1-Teaching basic skills on technical gymnastics devices and students' mastery of gymnastics skills according to the vocabulary of the course and for each semester
B2-Teaching methods of help and explaining skills
Development of the elements of physical strength (strength - agility - flexibility of managing and driving the environment of gymnastics F3-
<b>Teaching and learning methods</b>
Provide students with the basics and topics related to knowledge 1-
- Clarification and explanation of study materials by the academic staff 2-
3- Asking students to visit the library to obtain academic knowledge of artistic gymnastics
Developing students' skills by increasing websites to obtain additional -4 knowledge of the subjects
<b>Evaluation methods</b>
Daily theoretical and practical exams 1-
Quarterly Reports 2-
- 3-Conducting periodic exams and a practical test of the given skills
Other Activities and Participations-4
<b>C- Thinking skills</b>
C1- Determines the appropriate legal procedures for activities related to gymnastics

C2- Sets 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- Identify the most important injuries from the wrong performance
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- Active participation in professional communities for physical education, local and national gymnastics and in the wider educational field
D6 - Practice of continuing education and self-education in the field of sports Gymnastics 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		Meeting with students for general and private fitness	Built-in presence	Tests
3-4	4		A brief history of gymnastics and the types of ground movements rug	Built-in presence	

5	4		Learn the skill of rolling the front and back of the ball on the floor mat	<b>Built-in presence</b>	
6	4		Teaching the skill of saddle ascending to sit on the balance beam	<b>Built-in presence</b>	
7	4		Going up and down on the bar	<b>Built-in presence</b>	
8	4		Performing the skill of the scale of all kinds on the bar	<b>Built-in presence</b>	
9- 10	4		Presentation of an educational film about the kinetic composition on the balance beam	<b>Built-in presence</b>	Performance correction
11	4		Learn the skill of diving	<b>Built-in presence</b>	Performance correction
12	4		Daily exam The skill of rolling the front ball on the floor mat and the skill of saddle climbing to sit on the balance beam	<b>Built-in presence</b>	
13 – 14	4		Repeating previous skills in the form of a kinetic chain	<b>Built-in presence</b>	
15	4		Practical and theoretical exam	<b>Built-in presence</b>	
16	4		Special fitness with re-skilled skills	<b>Built-in presence</b>	
17 -18 -19	4		Performing the skill of rolls of various types on the floor mat	<b>Built-in presence</b>	
20-21	4		Performing the skill of rolls of	<b>Built-in presence</b>	

			different types on the bar		
22	4		Perform skills in the form of a chain of movement	<b>Built-in presence</b>	
23 – 24	4		Performing the skill of the human wheel	<b>Built-in presence</b>	
25 – 26	4		Perform the skill of standing on the head on the floor mat	<b>Built-in presence</b>	
27 – 28	4		Perform the skill of standing on the head on the bar	<b>Built-in presence</b>	
29	4		Repeat previous skills with an exam	<b>Built-in presence</b>	Practical exam
30	4		The exam is not practical and theoretical	<b>Built-in presence</b>	

9- Infrastructure	
Required readings:	International Law of Artistic Gymnastics for Women, -1 2009 translated by Hoda Shehab, Ferdous Majeed
▪ Basic texts	2- Gymnastics Guide - Miss - Mohamed Ibrahim Shehata 2007
▪ Course Books	3- Artistic gymnastics for women in the field of learning, Paradise Majeed Amen 2015
▪ Other	4- Internet networks
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
	Lectures at Al-Rafidain Sports Club and their titles were as follows:
	1- The quality of education is one of the fruits of scientific research 2014
	2- With science and knowledge we improve sports and society 2015
	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

Social services (e.g. guest lectures, vocational training and field studies )	the formation of the personality of young players 2016
	5- Medicine and nutritional supplements between health and physical education 2016
	6- Smoking reduces stamina and hinders improved physical performance 2017
	7- Innovation in the sports sector 2016
	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- Visiting the internal departments and getting acquainted with the reality of female students in them 2018
	12- Educational Guidance and Social Services 2022
	13- Ways to develop the leadership spirit of students of the Faculty of Physical Education 2024
	Lectures in the representatives of the Olympic Committee as follows:
	1- Educational Guidance
	2- Burnout for people with disabilities 2022
	4- Recreation and psychological stress 2023

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