

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	Swimming /
4. Programs in which he enters	Physical Education and Sports Sciences
5. Available Attendance Forms	Full Time – Daily
6. Semester / Year	First / 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- Communicating information, knowledge and skills related to swimming.	
2- Creating a safe and healthy environment for learners to ensure the effectiveness of learning.	
3- Applying various evaluation methods to follow up and develop the swimming learning program.	
4 - Knowledge of the role of physical education in general and swimming in particular in the establishment and consolidation of customs and traditions.	
5- Spreading the humanitarian and religious role in learning to swim as a sport that has a humanitarian and national role.	

10. Learning outcomes and teaching, learning and assessment methods

A- Knowledge and understanding

- The foundations of providing swimming skills in a way that enables the student to - determine goals and methods of achieving them
- Principles and methods of implementation of skills and legal rules for swimming -
- Principles and policies necessary for the process of learning to swim -
- Fitness components (health, motor and physical) to learn to swim -
- Various assessment methods as an input to improve learning to swim and promote - physical and social development
- Foundations of management and organization of competitions and festivals

B - Subject-specific skills

- Performance of basic skills for different swimming methods -
- Design educational activities that achieve the participation of students in the - implementation
- Planning and implementing educational skills appropriate to individual differences -
- Apply the appropriate calendar method and use its tools -
- Designing appropriate teaching aids for swimming -
- Effective use of available services and resources to meet the needs of learning - swimming techniques

Teaching and learning methods
Providing students with the basics and topics related to knowledge of swimming - skills Clarification and explanation of swimming skills by the teacher - Providing students with knowledge by directing students to swimming sites -
Evaluation methods
. Daily tests with multiple-choice questions for subjects - - Participation grades for students' challenging competition questions . - Setting grades for the student who comes with educational sites for swimming.
C- Thinking skills Selects the appropriate legal procedures for swimming related to sports management - Selects the appropriate plan for swimming in light of the Ministry's strategy - Selects the most appropriate sports media that contribute to the advancement of the - college's activities
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 memorize	Basic principles of learning to swim	Built-in presence	Paper and pen
2	2	Understand and memorize	The importance of swimming and its benefits	Built-in presence	Paper and pen
3	2	Understand and memorize	Factors affecting learning to swim	Built-in presence	Paper and pen
4	2	Understand and memorize	The influence of physical and anatomical factors on the process of learning to swim	Built-in presence	Paper and pen
5	2	Understand and memorize	The effect of swimming on the psychological state	Built-in presence	Paper and pen
6	2	Understand and memorize	Organization of swimming lessons	Built-in presence	Paper and pen
7	2	Understand and memorize	Effects of swimming on the heart, circulation and respiratory system	Built-in presence	Paper and pen

8	2	Understand and memorize	Tips and advice for beginners and trainers	Built-in presence	Paper and pen
9	2	Understand and memorize	Freestyle, History	Built-in presence	Paper and pen
10	2	Performance & Application	Body posture and movement of arms and legs	Built-in presence	performance
11	2	Performance & Application	Backstroke , Body Position	Built-in presence	performance
12	2	Performance & Application	Movement of arms and legs	Built-in presence	performance
13	2	Performance & Application	Breaststroke , Body Posture	Built-in presence	performance
14	2	Performance & Application	Movement of arms and legs	Built-in presence	performance
15	2	Performance & Application	examination	Built-in presence	performance
16	2	Performance & Application	Butterfly Swimming , Body Position	Built-in presence	performance
17	2	Performance & Application	Movement of arms and legs	Built-in presence	performance
18	2	Performance & Application	Compatibility between breathing and arm and leg movements in swimming modes	Built-in presence	performance
19	2	Performance & Application	Water ingress - starting and its types	Built-in presence	performance
20	2	Performance & Application	pirouette	Built-in presence	performance
21	2	Understand and memorize	Causes of drowning, means of security and prevention of drowning	Built-in presence	Paper and pen
22	2	Understand and memorize	Methods and methods of rescuing the drowned and the stages of rescue	Built-in presence	Paper and pen
23	2	Performance & Application	Cases of drowning and methods of removal	Built-in presence	performance
24	2	Performance & Application	Jumping into the water	Built-in presence	performance
25	2	Understand and memorize	Planning in swimming	Built-in presence	Paper and pen
		Understand	Paragraphs of the	Built-in	Paper and

26	2	and memorize	International Swimming Law	presence	pen
27	2	Performance & Application	Practical lesson	Built-in presence	performance
28	2	Performance & Application	Practical lesson	Built-in presence	performance
29	2	Performance & Application	Practical lesson	Built-in presence	performance
30	2	Understand and memorize	examination	Built-in presence	Paper and pen

12. Infrastructure

<ul style="list-style-type: none"> ▪ Basic texts ▪ Course Books ▪ Other 	<p>Prof. Haider Mahdi Salman, Assoc. Prof. Dr. -1 Abdul Hussein Majed Mohammed (swimming (for beginners Scientific foundations for learning and training - (swimming (Maher Ahmed and Mustafa Ahmed Teaching swimming in sports training -2 curricula (Mohamed Hussein Mohamed Abdel (Moneim</p>
Special requirements (including e.g. workshops, periodicals, software, websites)	Workshop targets students on team leadership and swimming competitions management
Social services (e.g. guest lectures, vocational training and field studies)	Giving a qualitative lecture at Al-Mahnaweya Sports Club on the psychological preparation of sports teams before the competition

13. Acceptance

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