

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	Boxing/
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- Teaching the method of helping and explaining the skills.
- 2- Creating a safe and healthy environment for learners to ensure the effectiveness of learning skills.
- 3- Active and positive interaction of students with the basic skills surrounding sports work.
- 4- Urging students to master the performance of basic skills in motor performance of boxing.
- 5 - Development of the elements of physical strength (strength - flexibility - agility).
- 6- Familiarize yourself with the articles of the Boxing Law.

10. Learning outcomes and teaching, learning and assessment methods

- A- Knowledge and understanding**
- .The student should know the concept of boxing
- The student should acquire boxing skills
- To distinguish between offensive and defensive skills in the game of boxing
- .The student should apply the skills to fixed boxing machines
- .The student should apply the skills to mobile boxing machines
- .To be familiar with the legal materials of the boxing game

B - Subject-specific skills

Use educational materials on the ground in a practical way to apply and understand them

- Interpretation of movements and the way they are performed -2
- Correcting errors and not repeating them -3

Teaching and learning methods

The method of the lecture and its presentation by the teacher

The way of discussion and expressing opinions on the subject

Practicality in the boxing hall

Use all devices, gloves and punching bag

Evaluation methods

. Daily tests with multiple-choice questions for subjects -

- Participation grades for students' challenging competition questions .
- Setting grades for assigned homework .
- Applied tests.

C- Thinking skills

1- Using brainstorming to attract students' attention and develop mental abilities.

2- Using the mini-games method to master boxing skills

Use story style to draw students' attention about skill performance -3

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	Behavioral motor	History of boxing in Iraq and the Arab world	Built-in presence	Written, oral and applied exams
2	2	Behavioral motor + cognitive mental	Standby pause and conditions	Built-in presence	Written, oral and applied exams
3	2	Behavioral motor + cognitive mental	Movement of the feet and its types Moving by crawling	Built-in presence	Written, oral and applied exams
4	2	Behavioral motor + cognitive mental	Conditions for moving by crawling	Built-in presence	Written, oral and applied exams
5	2	Behavioral motor + cognitive mental	Division of punches in terms of shape	Built-in presence	Written, oral and applied exams
6	2	Behavioral motor + cognitive mental	Features of the straight punch	Built-in presence	Written, oral and applied exams
7	2	Behavioral motor + cognitive mental	Articles of Law 1-3	Built-in presence	Written, oral and applied exams
8	2	Behavioral motor + cognitive mental	Practical test with movements + theoretical exam	Built-in presence	Written, oral and applied exams
	2	Behavioral motor	The difference between	Built-in presence	Written, oral

9		+ cognitive mental	amateur and professional boxing		and applied exams
10	2	Behavioral motor + cognitive mental	Side punch	Built-in presence	Written, oral and applied exams
11	2	Behavioral motor + cognitive mental	Defense Departments and Types	Built-in presence	Written, oral and applied exams
12	2	Behavioral motor + cognitive mental	Defend using arms	Built-in presence	Written, oral and applied exams
13	2	Behavioral motor + cognitive mental	Defend using the trunk	Built-in presence	Written, oral and applied exams
14	2	Behavioral motor + cognitive mental	Defense using the feet	Built-in presence	Written, oral and applied exams
15	2	Behavioral motor + cognitive mental	First Semester Exam (Theoretical – Practical)	Built-in presence	Written, oral and applied exams
16	2	Behavioral motor + cognitive mental	Articles of Law 4-7	Built-in presence	Written, oral and applied exams
17	2	Behavioral motor + cognitive mental	Division of punches by purpose	Built-in presence	Written, oral and applied exams
18	2	Behavioral motor + cognitive mental	Introductory punches and counter punches	Built-in presence	Written, oral and applied exams
19	2	Behavioral motor + cognitive mental	Basic punches and their conditions	Built-in presence	Written, oral and applied exams
20	2	Behavioral motor + cognitive mental	Articles of Law 9-12	Built-in presence	Written, oral and applied exams
21	2	Behavioral motor + cognitive mental	Boxing devices and tools	Built-in presence	Written, oral and applied exams
22	2	Behavioral motor + cognitive mental	Boxing Materials 13-17	Built-in presence	Written, oral and applied exams
23	2	Behavioral motor + cognitive mental	Article 18-19 of the Law. Practical	Built-in presence	Written, oral and applied exams

			application of exercises		
24	2	Behavioral motor + cognitive mental	Bullish Punch Defense	Built-in presence	Written, oral and applied exams
25	2	Behavioral motor + cognitive mental	Articles of Law 20-24	Built-in presence	Written, oral and applied exams
26	2	Behavioral motor + cognitive mental	Second semester exam practical + theoretical	Built-in presence	Written, oral and applied exams
27	2	Behavioral motor + cognitive mental	Skill and tactical preparation	Built-in presence	Written, oral and applied exams
28	2	Behavioral motor + cognitive mental	Boxing Training	Built-in presence	Written, oral and applied exams
29	2	Behavioral motor + cognitive mental	Articles of Law 25-30	Built-in presence	Written, oral and applied exams
30	2	Behavioral motor	No exam staff	Built-in presence	Written, oral and applied exams

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12. Infrastructure	
<ul style="list-style-type: none"> ▪ Basic texts ▪ Course Books ▪ Other 	<p>: Required readings</p> <p>- Mahmoud Abdullah Ahmed et al.: Boxing Education and Training, Methodological Book, Baghdad. 1990</p> <p>International Amateur Boxing - Federation Iraqi Central Boxing Federation, 2005</p>
Special requirements (including e.g. workshops, periodicals, software, websites)	Workshop on teaching and training aids in boxing
Social services (e.g. guest lectures, vocational training and field studies)	The meeting lectures on how to learn skills and how to prevent injuries

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