

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	Hamnastic / Tech2111
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)	4 hours per week
8. The history of preparation of this description	2024

9. Course Objectives

1- Explain and understand sports movements and clarify them

2- Examining the laws of sports movements and the conditions for their development

3- Improving the required technique in sports movement

4- Solving problems related to motor learning and high mathematical achievement

5- Helps the trainer to visualize the movement and deliver it to the learner

6- Providing accurate scientific advice, which increases the speed of learning and reaching the -6 .result

10. Learning outcomes and teaching, learning and assessment methods

A- Knowledge and understanding

- 1- Knowledge and basic information about artistic gymnastics.
- 2- Content specialized in learning some gymnastics skills.
- 3- The foundations and principles of teaching the art of teaching gymnastics.
- 4- Characterization, diagnosis and follow-up of learning movements.

- 5- Knowledge and scientific information on how to produce lectures for teaching and training gymnastics.
- 6- Teaching how to evaluate and judge sports performance.
- 7- Knowledge and general information about gymnastics injuries and first aid.

B - Subject-specific skills

- | | |
|---|----|
| .Perform gymnastic fillies well | -1 |
| .Use appropriate education and training methods for gymnastics | -2 |
| .Planning and implementing programs and plans | -3 |
| .Use teaching aids and take advantage of the available possibilities | -4 |
| .Design and manufacture of devices and aids | -5 |
| Using evaluation and teaching arbitration to improve the educational | -6 |
| .process | |
| .Dealing with injuries and injured in the field of specialized sports | -7 |
- 8- Using different educational methods to stimulate the maximum potential of students.

Teaching and learning methods

- 1- Providing students with the basics of teaching gymnastics skills.
- 2- Clarify, explain and present skills by the subject teacher.
- 3- Providing students with knowledge and searching for information through the required reports.
- 4- Asking students to visit the library to obtain academic knowledge related to study vocabulary.
- .Visiting websites to improve students' skills in scientific research -5

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

- 1- Analyze sports behavior and identify security and safety factors.
 - 2- Choose the appropriate evaluation method.
 - 3- Research in the selection of appropriate methods and research to collect data to solve problems.
 - 4- Study problems to find appropriate solutions to economic learning.
 - 5- Selects the most appropriate sports media that contribute to the advancement of the institution's activity
- 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	4	Performance and application	libra	Built-in presence	Performance Appraisal
2	4	Performance and application	Front rolling	Built-in presence	Performance Appraisal
3	4	Performance and application		Built-in presence	Performance Appraisal
4	4	Performance and application	Rear rolling	Built-in presence	Performance Appraisal
5	4	Performance and application		Built-in presence	Performance Appraisal
6	4	Performance and application	Standing on the head	Built-in presence	Performance Appraisal
7	4	Performance and application		Built-in presence	Performance Appraisal
8	4	Performance and application	Handstand	Built-in presence	Performance Appraisal
9	4	Performance and application		Built-in presence	Performance Appraisal
10	4	Performance and application	The Human Wheel	Built-in presence	Performance Appraisal
11	4	Performance and application		Built-in presence	Performance Appraisal
12	4	Performance and application	Arabian Leap	Built-in presence	Performance Appraisal
13	4	Performance and application		Built-in presence	Performance Appraisal
14	4	Performance and application	Stand on shoulders on parallel	Built-in presence	Performance Appraisal
15	4	Practical exam		Built-in presence	Performance Appraisal
16	4	Answer	Theoretical material	Built-in presence	degree
17	4	Performance and application	Weighted on a parallel device	Built-in presence	Performance Appraisal
18	4	Performance and application		Built-in presence	Performance Appraisal
19	4	Performance and application	Back rotation to stand on the shoulders on the parallel device	Built-in presence	Performance Appraisal
20	4	Performance and application		Built-in presence	Performance Appraisal
21	4	Performance and application	Going up by rotating on the pulling device	Built-in presence	Performance Appraisal
22	4	Performance and application		Built-in presence	Performance Appraisal
23	4	Performance and application	Minor Course	Built-in presence	Performance Appraisal
24	4	Performance and application		Built-in presence	Performance Evaluation
	4	Performance and	Jump open on the	Built-in	Performance

25		application	jumping platform	presence	Evaluation
26	4	Performance and application		Built-in presence	Performance Evaluation
27	4	Performance and application	Jump along the jumping platform	Built-in presence	Performance Evaluation
28	4	Performance and application		Built-in presence	Performance Evaluation
29	4	Performance & Application	Inverted attachment to the throat apparatus	Built-in presence	Performance Evaluation
30	4	Practical + theoretical exam		Built-in presence	Performance Evaluation + Answer

12. Infrastructure	
<p>: Required readings</p> <ul style="list-style-type: none"> ▪ Basic texts ▪ Course Books ▪ Other 	<p>Saeb Al-Obaidi -1 - 2- Shaima Abed Matar, Yaqoub Youssef Abdel Zahra: Basic Principles for Learning Motor Skills in Artistic Gymnastics (Boys and Girls), 1st Edition, Baghdad, Iraq, Al-Noor Library for Printing and Publishing, 2021. Mohammed Jawad Kazem and Tariq Nizar Majeed: -3 International Law of Men's Artistic Gymnastics 2017-2020</p>
Special requirements (including e.g. workshops, periodicals, software, websites)	Workshop on training methods in gymnastics
Social services (e.g. guest lectures, vocational training and field studies)	<p>Giving a lecture at the Sunni Club entitled (The importance of nutrition and sports food) Giving a lecture at the Sunni Club entitled (Sports injuries in gymnastics on how to prevent training injuries</p>

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

