

## 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 description of the programme.

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

#### 9. **Course Objectives**

- 1- Delivering information, knowledge and mathematical skills to students
- 2- Create a safe and healthy environment for learners to ensure effective learning
- 3- Applying various learning methods to follow up and develop the performance of students
- 4- Providing the student with theoretical knowledge in rhythmic gymnastics, mastering the basic skills of the instrument and working with musical rhythm
- 5- Providing the student with physical skills and using them to strengthen her personality and ability to perform the kinetic formation with the tool
- 6- Developing motor coordination and creating a sense of the beauty of movement among students

#### 10. Learning outcomes and teaching, learning and assessment methods

##### 1- **Knowledge and understanding**

- 1 - The ability to acquire information about rhythmic gymnastics and its characteristics to become able to cope with it
- 2 - To be familiar with the mechanisms of solving physical and skill problems and be able to distinguish between their components.
- 3 - Learn about the physical foundations and skills so that she is able to deal with the

teacher when evaluating and training her on the skill.

4 - Familiarity with the factors affecting learning and how to deal with them.

5- Be able to apply the foundations of education and self-training of skills and teach them in the future.

### B - Subject-specific skills

1- Applications in the field of specialized sports

2- A general description of the skills of rhythmic gymnastics for all five instruments with the ability to design rhythmic formations

3- Designing appropriate teaching aids for the educational activities provided

4. Effective use of available services and resources to meet diverse educational needs

5- Participate in the development of plans and rules for the evaluation and periodic measurement of rhythmic gymnastics activities

### Teaching and learning methods

1- Providing students with the basics and topics related to knowledge and systems described in a

2- Clarification and explanation of study materials by the academic staff

3- Providing students with knowledge through applied duties

4- Improving students' skills by visiting websites to obtain additional knowledge of the materials

5- Cooperative learning and self-learning

### Evaluation methods

- Setting grades for the assigned practical duties.

- Participation grades for students' difficult theoretical and applied competition questions.

- Practical and monthly tests more than once.

### C- Thinking skills

1- Active participation

2- Teamwork and the ability to think

3- Choosing the most appropriate sports media that contribute to the advancement

4. Selection of appropriate actions for performance-related activities

5- Presenting students' ideas to perform formations in creative ways and enjoy wide imagination and high ability to visualize mentally.

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.





