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	Weight lifting/
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	

- Knowledge and understanding of special weightlifting activities in terms of (learning and mastering the technical stages of performance, training, law for each event).
- Numbers of teachers capable of teaching the subject in schools upon graduation and appointment.
- Numbers of coaches capable of training the game in clubs and other institutions.
- Utilize these skills in training and teaching various events of the game in other institutions.

10. Learning outcomes and teaching, learning and assessment methods

A- Knowledge and understanding \

- 1- Enable students to acquire knowledge and understanding to learn the technical stages of each event.
- 2- Enable students to acquire knowledge and understanding to train various weightlifting events.
- 3- Enable students to acquire knowledge and understanding of teaching various weightlifting activities.
- 4- Enable students to acquire knowledge and understanding of the law of

weightlifting activities.

5- Enable students to acquire knowledge and understanding of judging various special weightlifting events.

Enable students to gain knowledge and understanding through the continuous .and repeated application of performance for each event

B - Subject-specific skills

- 1- Perform the technical stages of each event.
- 2- Perform the exercises for each event.
- 3- Use appropriate training and learning methods for each event through the use of aids.

Discovering talents in various special weightlifting events.

Teaching and learning methods

- 1- Provide students with the basics and topics related to knowledge and understanding of various weightlifting events.
- 2- Clarification and explanation of weightlifting by the academic teaching staff.

 Developing the performance technique for various events by

 .explaining the event, learning and application

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

- Defining the course and determining the steps of the educational curriculum and its vocabulary.
- Discuss the conditions for building the course and determine the stages of building and circulating the curriculum.
- 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

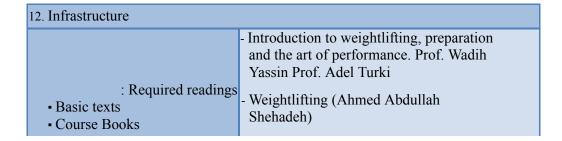
.D7- Leading individuals to achieve the desired goals

D8- Knowledge of one of the foreign languages to activate the work environment when needed.

11. Course Structure					
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19	2	Understand and comprehen d	Phase of movement of the knees	Built-in presence	Oral, written and practical exams
20	2	Understand and comprehen d	Second Pull Stage	Built-in presence	Oral, written and practical exams
21	2	Understand and comprehen d	Full Stretch Phase	Built-in presence	Oral, written and practical exams
22	2	Understand and comprehen d	Lifting weight to the chest	Built-in presence	Oral, written and practical exams
23	2	Understand and comprehen d	Squatting	Built-in presence	Oral, written and practical exams
24	2	Understand and comprehen d	Advancement and proof	Built-in presence	Oral, written and practical exams
25	2	Understand and comprehen d	The weight is above the head	Built-in presence	Oral, written and practical exams
26	2	Understand and comprehen d	Common mistakes	Built-in presence	Oral, written and practical exams
27	2	Understand and comprehen d	Full Lift Training	Built-in presence	Oral, written and practical exams
28	2	Understand and comprehen d	Law of Effectiveness	Built-in presence	Oral, written and practical exams
29	2	Understand and comprehen d	Practical exam	Built-in presence	Oral, written and practical exams
30	2	Understand and comprehen d	Theoretical exam	Built-in presence	Oral, written and practical exams



• Other	Features of the educational and training process for young people in weightlifting (Prof. Wadih Yassin (Prof. Adel Turki
Special requirements (including e.g. workshops, periodicals, software, websites)	Workshop entitled (The Latest Amendments to (the International Law of Weightlifting
Social services (e.g. guest lectures, vocational training and field studies)	Holding an arbitration training - course for physical education teachers and weightlifting coaches

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

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