

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

The week	Hours	Required Learning Outcomes	Name of the unit/course or topic	Method of education	Evaluation method
		Understand	Introduction to		

1	2	and comprehend	Weightlifting	Built-in presence	Oral, written and practical exams
2	2	Understand and comprehend	Stages of weight lifting effectiveness Kidnapping lift	Built-in presence	Oral, written and practical exams
3	2	Understand and comprehend	The stage of starting the kidnapping lift	Built-in presence	Oral, written and practical exams
4	2	Understand and comprehend	First Pull Stage	Built-in presence	Oral, written and practical exams
5	2	Understand and comprehend	Phase of movement of the knees	Built-in presence	Oral, written and practical exams
6	2	Understand and comprehend	Second Pull Stage	Built-in presence	Oral, written and practical exams
7	2	Understand and comprehend	Full Stretch Phase	Built-in presence	Oral, written and practical exams
8	2	Understand and comprehend	Falling below the weight	Built-in presence	Oral, written and practical exams
9	2	Understand and comprehend	Squatting	Built-in presence	Oral, written and practical exams
10	2	Understand and comprehend	Advancement and proof	Built-in presence	Oral, written and practical exams
11	2	Understand and comprehend	Full Lift Training	Built-in presence	Oral, written and practical exams
12	2	Understand and comprehend	Common mistakes	Built-in presence	Oral, written and practical exams
13	2	Understand and comprehend	Full Lift Training	Built-in presence	Oral, written and practical exams
14	2	Understand and comprehend	Practical exam	Built-in presence	Oral, written and practical exams
15	2	Understand and comprehend	Theoretical exam	Built-in presence	Oral, written and practical exams
16	2	Understand and comprehend	Stages of weight lifting effectiveness Raise the netter	Built-in presence	Oral, written and practical exams
	2	Understand	The stage of starting	Built-in	Oral, written and

17		and comprehend	to raise the netter	presence	practical exams
18	2	Understand and comprehend	First Pull Stage	Built-in presence	Oral, written and practical exams
19	2	Understand and comprehend	Phase of movement of the knees	Built-in presence	Oral, written and practical exams
20	2	Understand and comprehend	Second Pull Stage	Built-in presence	Oral, written and practical exams
21	2	Understand and comprehend	Full Stretch Phase	Built-in presence	Oral, written and practical exams
22	2	Understand and comprehend	Lifting weight to the chest	Built-in presence	Oral, written and practical exams
23	2	Understand and comprehend	Squatting	Built-in presence	Oral, written and practical exams
24	2	Understand and comprehend	Advancement and proof	Built-in presence	Oral, written and practical exams
25	2	Understand and comprehend	The weight is above the head	Built-in presence	Oral, written and practical exams
26	2	Understand and comprehend	Common mistakes	Built-in presence	Oral, written and practical exams
27	2	Understand and comprehend	Full Lift Training	Built-in presence	Oral, written and practical exams
28	2	Understand and comprehend	Law of Effectiveness	Built-in presence	Oral, written and practical exams
29	2	Understand and comprehend	Practical exam	Built-in presence	Oral, written and practical exams
30	2	Understand and comprehend	Theoretical exam	Built-in presence	Oral, written and practical exams

12. Infrastructure

<p>: Required readings</p> <ul style="list-style-type: none"> ▪ Basic texts ▪ Course Books 	<ul style="list-style-type: none"> - Introduction to weightlifting, preparation and the art of performance. Prof. Wadih Yassin Prof. Adel Turki - Weightlifting (Ahmed Abdullah Shehadeh)
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▪ 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