

## Academic Program Description Form

**Review the performance of higher education institutions ((Academic Program Review)**

### Course Description

**This academic program description provides a brief summary of the most important characteristics of the program and the learning outcomes expected of the student to achieve, proving whether he has made the most of the available opportunities. They must be linked to the description of the programme.**

1- Educational institution	Faculty of Physical Education and Sports Sciences
2- University Department / Center	
3- Course name /code	Arena and Square
4- Programs in which it enters	Physical Education and Sports Sciences
5. Available attendance forms	Full Time – Daily
6-Semester/Year	First and second / 2023- 2024
7- Number of study hours (total)	One hour a week 2
<b>8. Date of preparation of the description</b>	2024
<b>9. Course Objectives</b>	
1- Identify the concepts of events for throwing, jumping and running games in terms of (learning and mastering the technical stages of performance, training, law for each event).	
2- Focusing on the number of teachers who are able to teach the subject in schools upon graduation and appointment.	
3- Focusing on the number of coaches capable of training the game in clubs and other institutions.	
4- These skills can be used to train and teach the various events of the game in other institutions.	
5- Identifying the students' capabilities and scientific and practical abilities through conducting exams.	
6- Motivating students among themselves for positive competition in the achievement of scientific material.	
<b>10. Required learning outcomes and methods of teaching, learning and assessment</b>	
<b>A- Knowledge and understanding</b>	
1- Students are able to gain knowledge and understanding to learn the technical stages of each event.	
2- Students are able to acquire knowledge and understanding to train different events of the arena and the field.	

<p>3- Students gain knowledge and understanding to teach various arena and field events.</p> <p>4- Students will gain knowledge and understanding of the law of arena and field events.</p> <p>5- Students will gain knowledge and understanding of judging various arena and field events.</p> <p>6- Students are able to gain knowledge and understanding through the continuous and repeated application of performance for each event.</p>
<p><b>B - Subject-specific skills</b></p>
<p>1- Apply the technical stages of each event.</p> <p>2- Apply the exercises specific to each event.</p> <p>3- Apply and use appropriate training and learning methods for each event through the use of aids. Discovering talent in various arena and field events.</p>
<p><b>Teaching and learning methods</b></p>
<p>1- Provide students with the basics and topics related to knowledge and understanding of various events related to the arena and field.</p> <p>2- Presentation and explanation of the field and field material by the academic teaching staff.</p> <p>3- Developing the performance technique for various events by explaining the event, learning and application.</p>
<p><b>Evaluation methods</b></p>
<p>1- Work on conducting multiple practical tests for students during the semester curriculum.</p> <p>2- Work on conducting theoretical tests for students during the semester curriculum.</p> <p>3- Work on setting grades for extra-curricular activities related to the game as well as for participants in tournaments.</p>
<p><b>C – Thinking skills</b></p>
<p><b>d. General and transferable skills (other skills related to employability and .(personal development</b></p> <p><b>.Time management to achieve the maximum benefit and the best return -1</b></p> <p><b>Using the means of effective communication skills and the ability to work -2</b></p> <p><b>.together to activate the processes related to the sports field</b></p> <p><b>Using methods and procedures to collect, build and analyze databases using -3</b></p> <p><b>.the computer</b></p> <p><b>Writing reports and memoranda and presenting them using modern means -4</b></p> <p><b>.of communication and technology</b></p> <p><b>Active participation in local and national physical education professional</b></p> <p><b>.gatherings and in the wider educational field</b></p> <p><b>Practicing continuous learning and self-learning in the sports field and in life -6</b></p> <p><b>.in general</b></p> <p><b>.Leading individuals to achieve the desired goals -7</b></p> <p><b>8- Knowledge of one of the foreign languages to activate the work environment when needed.</b></p>



11. Course Structure				
	Required	Name of the	Method of	Evaluation

The week	Hours	Learning Outcomes	unit/course or topic	education	method
1- Meeting with students and talking to them about the required materials	2	Practical understanding of effectiveness		Built-in presence	Practical exam
2- Restoration on the general fitness of students	2	Practical understanding of effectiveness		Built-in presence	Practical exam
3- Focus on the general fitness of students	2	Practical understanding of effectiveness		Built-in presence	Practical exam
4- Running race distance (3000 m) obstacles	2	Practical understanding of effectiveness		Built-in presence	Practical exam
5- Technical stages of running 3000 m obstacles	2	Practical understanding of effectiveness		Built-in presence	Practical exam
6- Legal rules for the effectiveness 3000 m	2	Practical understanding of effectiveness		Built-in presence	Practical exam
7- Practical exam	2	Practical application of effectiveness		Built-in presence	Practical exam (grade)
8- 400m hurdles race	2	Practical understanding of effectiveness		Built-in presence	Practical exam
9- Technical stages of the 400m hurdles race	2	Practical understanding of effectiveness		Built-in presence	Practical exam
10-Training steps for the 400m hurdles	2	Practical understanding of effectiveness		Built-in presence	Practical exam
11-Specifications of the 400m hurdles race technique	2	Practical understanding of effectiveness		Built-in presence	Practical exam
12-International Law 400m hurdles	2	Practical understanding of effectiveness		Built-in presence	Practical exam
13. Barrier height and distances for men and women	2	Practical understanding of effectiveness		Built-in presence	Practical exam
14- Practical and theoretical exam (first semester)	2	Theoretical answer and practical exam		Built-in presence	Practical and theoretical exam (grade)
15. Hammer Throw Competition	2	Practical understanding of effectiveness		Built-in presence	Practical exam
16. Technical stages of hammer throw performance	2	Practical understanding of effectiveness		Built-in presence	Practical exam
17. Instructional steps for hammer throw	2	Practical understanding of effectiveness		Built-in presence	Practical exam
Hammer Cage-18	2	Practical understanding of effectiveness		Built-in presence	Practical exam
19. Hammer throwing rules	2	Practical understanding of effectiveness		Built-in presence	Practical exam
20-Practical exam	2	Practical application of effectiveness		Built-in presence	Practical exam (grade)
		Practical			

<b>21. The effectiveness of pole jumping</b>	2	<b>understanding of effectiveness</b>		<b>Built-in presence</b>	<b>Practical exam</b>
<b>22. Stages of the technical effectiveness of winning the stick (pole)</b>	2	<b>Practical understanding of effectiveness</b>		<b>Built-in presence</b>	<b>Practical exam</b>
<b>23. Technical characteristics of the effectiveness</b>	2	<b>Practical understanding of effectiveness</b>		<b>Built-in presence</b>	<b>Practical exam</b>
<b>24. Instructional Steps</b>	2	<b>Practical understanding of effectiveness</b>		<b>Built-in presence</b>	<b>Practical exam</b>
<b>Legal Rules for .25 Effectiveness</b>	2	<b>Practical understanding of effectiveness</b>		<b>Built-in presence</b>	<b>Practical exam</b>
<b>Practical exam-26</b>	2	<b>Practical application of effectiveness</b>		<b>Built-in presence</b>	<b>Practical exam (grade)</b>
<b>Effectiveness 4× 400-27 Mail</b>	2	<b>Practical understanding of effectiveness</b>		<b>Built-in presence</b>	<b>Practical exam</b>
<b>Methods of delivery .28 and receipt of the stick</b>	2	<b>Practical understanding of effectiveness</b>		<b>Built-in presence</b>	<b>Practical exam</b>
<b>Legal Rules for the-29 effectiveness of 4×400 m mail</b>	2	<b>Practical understanding of effectiveness</b>		<b>Built-in presence</b>	<b>Practical exam</b>
<b>A30-Practical and theoretical exam (second semester)</b>	2	<b>Theoretical answer and practical exam</b>		<b>Built-in presence</b>	<b>Practical and theoretical exam (grade)</b>
<b>No exam staff</b>	2	<b>Practical application of events</b>		<b>Built-in presence</b>	<b>Practical and theoretical exam (grade)</b>

<b>12. Infrastructure</b>
<ul style="list-style-type: none"> <li>▪ Basic texts</li> <li>▪ Course Books</li> <li>▪ Other</li> </ul>
Special requirements (including e.g. workshops, periodicals, (software, websites
Social services (e.g. guest lectures, vocational training and (field studies

<b>13. Acceptance</b>	
Prerequisites	There isn't any

Minimum number of students	150
The largest number of students	250

the page 3