

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	Wrestling / WRES3211
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:

- A- Communicating information, knowledge and mathematical skills to students at different academic levels.
- B- Innovation, careful observation, planning, criticism and comparison in the lessons and activities of physical education at school
- C- Create a safe and healthy environment for learners to ensure effective learning.
- D- Apply the various evaluation methods to follow up and develop the school sports program and ensure that its objectives are achieved.
- E- Active and positive interaction with the community environment surrounding the work.
- H- Knowing the role of physical education and motor and sports activities in establishing and consolidating traditions and social norms.

10. Learning Outcomes, Teaching, Learning and Assessment Methods:

: A- **Knowledge and understanding**

- A1- Enable students to obtain knowledge and understanding to learn the basic skills .and grabs of freestyle wrestling and Roman standing and sitting
- A2- Enabling students to obtain knowledge and understanding of the training of the .grabs of standing and sitting for freestyle and Roman wrestling
- A3- Enabling students to obtain knowledge and understanding of teaching muscat .from standing and sitting for freestyle and Roman wrestling
- .A4- Enable students to obtain knowledge and understanding of the law of wrestling

A5- Enabling students to obtain knowledge and understanding of arbitration for the game of freestyle wrestling and Romanian
A6- Enable students to obtain knowledge and understanding through the continuous and repeated application of the grabs of standing and sitting for freestyle and Romanian wrestling

: B - Skills specific to the subject

B1- Performing the basic skills in freestyle and Roman wrestling from standing and sitting (stand-by, holding, movement of feet and legs, body position)
B2- Performing the special grabs for freestyle and Roman wrestling from standing and sitting
B3- Using appropriate learning and training methods for the grabs of freestyle and Roman wrestling
B4- Discovering talents in the game of wrestling
B5- Discovering students who excel athletically and developing special activities that develop their excellence
B6- Detecting cases of sports delay and physical disability and modifying the activity to suit them

Teaching and learning methods:

- Provide students with the basics and topics related to knowledge and understanding of the game of freestyle and Romanian wrestling.
- Clarification and explanation of wrestling material by the academic teaching staff.
- Develop basic skills and grabs for freestyle and Roman wrestling through material explanation, learning and application.
- Require students to visit the library to obtain academic knowledge related to academic vocabulary.
- Guiding students to improve their skills by visiting websites to obtain additional knowledge of the subjects

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

C1- Testing the evaluation method that is commensurate with the nature of learning grabs from standing and sitting for freestyle and Roman wrestling
A2- Research and selection of appropriate methods to collect information related to the development of knowledge and understanding of the game of wrestling
C3- Analysis of the skill levels of competitors in the performance of skills and grasps in freestyle and Roman wrestling
C4 - Analysis of sports behavior and the nature of its performance of the game of free wrestling and Romanian

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	2	Explanation of the history of wrestling	History of Wrestling	Built-in presence	Performance Appraisal
2	2	Clarify the concept of the grab	The concept of grabs	Built-in presence	Performance Appraisal
3	2	Explanation of readiness and standing and sitting positions	Standby position of standing and sitting	Built-in presence	Performance Appraisal
4	2	Explain the standing positions of the legs and their movement and how to hold as a skill and body position	Leg position, movement, musk and body position	Built-in presence	Performance Appraisal
5	2	Explain how to perform general preparatory exercises for strength, speed and stretching	General preparatory exercises (strength, speed, stretching)	Built-in presence	Performance Appraisal
6	2	Explain how to perform special preparatory exercises for strength, speed and stretching	Special preparatory exercises (strength, speed, stretching)	Built-in presence	Performance Appraisal
7	2	Explanation and performance of a free hold of standing (diving by tying the leg)	Perform a free grip from standing	Built-in presence	Performance Appraisal
8	2	Explanation and performance of a free hold of sitting (mats)	Perform a free grip from sitting	Built-in presence	Performance Appraisal
9	2	Explanation of theoretical material on the technical performance of the grabs (technique)	Technique	Built-in presence	Performance Appraisal
10	2	Explanation of theoretical material on planning in wrestling (tactics)	Tactic	Built-in presence	Performance Appraisal
11	2	Explanation of theoretical material on how to maneuver and dribble in wrestling	Maneuver and dribble	Built-in presence	Performance Appraisal
		Explain theoretical			Performance

12	2	material on how tactical and strategic thinking in wrestling	Tactical thinking and strategy	Built-in presence	ce Appraisal
13	2	Explanation and performance of a Roman grab from standing (pulling the competitor down)	Performing a Roman Handle from Standing	Built-in presence	Performance Appraisal
14	2	Explanation and performance of a Roman hold of sitting (tying from the waist)	Performing a Roman Grip from Sitting	Built-in presence	Performance Appraisal
15	2	Conducting a theoretical and practical exam for the first semester	Practical and theoretical exam first semester	Built-in presence	Performance Appraisal
16	2	Explanation and performance of a free hold of standing (capturing the foot)	Perform a free grip from standing	Built-in presence	Performance Appraisal
17	2	Explanation and clarification of legal materials (5,4,3,2,1)	Wrestling Law	Built-in presence	Performance Appraisal
18	2	Explanation and clarification of legal articles (10,9,8,7,6)	Wrestling Law	Built-in presence	Performance Appraisal
19	2	Explanation and performance of a free hold of sitting (locking and pulling legs)	Perform a free grip from sitting	Built-in presence	Performance Appraisal
20	2	Explanation and performance of a Roman hold of standing (hip throw)	Performing a Roman Handle from Standing	Built-in presence	Performance Appraisal
21	2	Explanation and clarification of legal articles (15,14,13,12,11)	Wrestling Law	Built-in presence	Performance Appraisal
22	2	Explanation and clarification of legal articles (20,19,18,17,16)	Wrestling Law	Built-in presence	Performance Appraisal
23	2	Explanation and performance of a Roman grip of sitting (arm pulling)	Performing a Roman Grip from Sitting	Built-in presence	Performance Appraisal
24	2	Explanation and clarification of legal articles (25,24,23,22,21)	Wrestling Law	Built-in presence	Performance Appraisal
25	2	Explanation and clarification of legal articles (30,29,28,27,26)	Wrestling Law	Built-in presence	Performance Appraisal
26	2	Explanation and clarification of legal articles (35,34,33,32,31)	Wrestling Law	Built-in presence	Performance Appraisal
27	2	Explanation and clarification of legal articles (40,39,38,37,36)	Wrestling Law	Built-in presence	Performance Appraisal
		Conducting fights	Playing &		Performance

28	2	between students in the first semester + arbitration	Refereeing	Built-in presence	ce Appraisal
29	2	Conducting fights between students in the second semester + arbitration	Playing & Refereeing	Built-in presence	Performance Appraisal
30	2	Conducting a theoretical and practical exam for the second semester	Practical and theoretical exam second semester	Built-in presence	Performance + Theoretical Evaluation

12. Infrastructure :

<ul style="list-style-type: none"> ▪ Basic texts ▪ Course Books ▪ Other 	<p>: Required readings - Training in wrestling. (Abd Ali Nassif). - The foundations of training in wrestling. (Abd Ali Nassif). Sports learning and training in the game of - (wrestling (Ahmed Kamal</p>
Special requirements (including e.g. workshops, periodicals, software, websites)	<p>Wrestling class: - https://classroom.google.com/c/MTcxODgwMTEwMTI5?cjc=zy6xweo Google scholar Amir Musa Abas Hasan Al-Fida. .Workshops for wrestling law updates - Al-Qadisiyah Journal of Physical Education - .Sciences .The use of modern software to display the grabs -</p>
Social services (e.g. guest lectures, vocational training and field studies)	<p>Participation in lectures and workshops in - .conferences, seminars and scientific forums Participation in scientific research committees in - .the field</p>

13. Acceptance

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

