

## 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.**

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

- 9. Course Objectives**
- 1- Understand what is meant by decathlon games for men and sevens for women theoretical and mechanical foundations.**
  - 2- Understand how races are performed and distributed on the first day (morning and evening) and the second (morning and evening).**
  - 3- Understand and apply how the technical performance of the events and the legal cases of each event.**
  - 4- Understand the mechanical laws of effectiveness and how to diagnose errors through them**

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

**A. Knowledge and understanding**

Knowing and understanding the theoretical foundations of the subject and the -1 various sports activities related to the material and the various technical stages these .events contain within the theoretical foundations of the subject

.How to find degrees of difficulty for events -2

Understand the mechanical foundations of events and how to benefit from them in -3

. diagnosing performance

.How to manage races in field and track sports -4

### **B - Subject-specific skills**

Skills for effectiveness and how to teach it, diagnose and fix errors and scientific -1  
.application in accordance with the law and the theoretical foundations of them  
.Designing races to allow effective participation of students -2  
Develop educational and training programs in line with the school's programs -3  
.and school activity for championships  
. Discovering talented students in the field of these games -4  
Using educational and training means to facilitate the educational and training -5  
.process  
Effective and optimal use of available resources in the service of the educational -6  
.process

### **Teaching and learning methods**

**Providing students with the theoretical and technical foundations -1  
of the events**

**Increasing students' knowledge through homework and preparing -2  
reports on the subject**

**Asking students to access the Internet to provide information and -3  
knowledge on the subject**

**Assigning students to enter the library to increase knowledge of -4  
the theoretical framework of the subject**

### **Evaluation methods**

**.Daily tests with multiple-choice questions for subjects -**

- **Participation grades for students' challenging competition questions.**
- **Setting grades for assigned homework.**
- **Practical Testing of Effectiveness**
- **Diagnosis of errors in performance and development of corrective exercises**
- **Discuss how to arrange events during the race.**
- **Discusses how school tournaments and clubs do events**

### **C- Thinking skills**

**.Chooses the legal procedures for the event and how to set it up -1**  
**Chooses the appropriate plan for the development of students in education and -2**  
**.training**  
**Chooses the most appropriate means for the advancement of the institution in .3**  
**.which he is arranged**  
**4- Determines the requirements for special jobs in the establishment of field and**  
**track championships.**

### **d. General and transferable skills (other skills related to employability and (personal development**

**.Time management to achieve the maximum benefit and the best return -1**  
**Using the means of effective communication skills and the ability to work -2**  
**.together to activate the processes related to the sports field**  
**Using methods and procedures to collect, build and analyze databases using -3**

.the computer  
 Writing reports and memoranda and presenting them using modern means of -4  
 .communication and technology  
 Active participation in local and national physical education professional .5  
 .gatherings and in the wider educational field  
 Practicing continuous learning and self-learning in the sports field and in life -6  
 .in general  
 .Leading individuals to achieve the desired goals -7  
 8- 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 hours	Understand the theoretical foundations of composite games	What are composite ?games	Built-in presence	Theoretical and practical exam
2	2 hours	Understand the theoretical foundations of composite games	Distribution of complex games during the race days	Built-in presence	Theoretical and practical exam
3	2 hours	Understanding degrees of difficulty	Event difficulty scores	Built-in presence	Theoretical and practical exam
4	2 hours	Learn to apply the 100m and 200m effectiveness	Technical stages of the 100m and 200m races	Built-in presence	Theoretical and practical exam
5	2 hours	Learn to apply the effectiveness of pushing gravity	Technical stages of the effectiveness of thrust gravity	Built-in presence	Theoretical and practical exam
6	2 hours	Learn to apply the effectiveness of pushing gravity	Practical application of effective push gravity	Built-in presence	Theoretical and practical exam
7	2 hours	Learn to apply the effectiveness of javelin throw	Technical stages of javelin throwing effectiveness	Built-in presence	Theoretical and practical exam
8	2 hours	Learn to apply the effectiveness of javelin throw	What are the player's ?fouls	Built-in presence	Theoretical and practical exam
9	2 hours	Learn to judge the effectiveness of javelin throw	Effectiveness Law	Built-in presence	Theoretical and practical exam
10	2 hours	Learn how to diagnose errors	Mechanical foundations	Built-in presence	Theoretical and practical exam
11	2 hours	Learn to apply high jump effectiveness	Technical stages of the high jump	Built-in presence	Theoretical and practical exam
12	2 hours	Judging the high jump event	Legal rules for the event	Built-in presence	Theoretical and practical exam
13	2 hours	Technical Performance Appraisal	How to calculate the steps	Built-in presence	Theoretical and practical exam
14	2 hours	Diagnosis of	Mechanical Performance Technique	Built-in presence	Theoretical and practical

		errors			exam
15	2 hours	Learn to apply the effectiveness of the long jump	Technical stages of the long jump	Built-in presence	Theoretical and practical exam
16	2 hours	and diagnosis of errors	Flight modes and legal rules	Built-in presence	Theoretical and practical exam
17	2 hours	and diagnosis of errors	Mechanical foundations	Built-in presence	Theoretical and practical exam
18	2 hours	Learn to apply high jump effectiveness	Technical stages of the 400m race	Built-in presence	Theoretical and practical exam
19	2 hours	Learn technical performance	How to sprint a race	Built-in presence	Theoretical and practical exam
20	2 hours	Learn technical performance	Enemy with a bow	Built-in presence	Theoretical and practical exam
21	2 hours	Learn to apply high jump effectiveness	Technical stages of the 110m hurdles	Built-in presence	Theoretical and practical exam
22	2 hours	Learn technical performance	How to traverse the barrier	Built-in presence	Theoretical and practical exam
23	2 hours	Learn technical performance	Running between barriers	Built-in presence	Theoretical and practical exam
24	2 hours	and diagnosis of errors	Mechanical foundations	Built-in presence	Theoretical and practical exam
25	2 hours	Learn to apply high jump effectiveness	1500m Event	Built-in presence	Theoretical and practical exam
26	2 hours	Learn technical performance	Technical stages	Built-in presence	Theoretical and practical exam
27	2 hours	and diagnosis of errors	Mechanical foundations	Built-in presence	Theoretical and practical exam
28	2 hours	Learn to apply high jump effectiveness	The effectiveness of jumping with a stick	Built-in presence	Theoretical and practical exam
29	2 hours	Learn technical performance	Technical stages	Built-in presence	Theoretical and practical exam
30	2 hours	and diagnosis of errors	Mechanical foundations	Built-in presence	Theoretical and practical exam

## 12. Infrastructure

Arena and field games (Dr. Sareeh Abdul Karim - -1  
(Mr. Talib Faisal

Technical analysis and biomechanical games for -2  
men and sevens for women and methods of training

<p>: Required readings</p> <ul style="list-style-type: none"> <li>▪ Basic texts</li> <li>▪ Course Books</li> <li>▪ Other</li> </ul>	<p>(Dr. Akram Hussein Jabr  <b>3 - athletics (education - training - guidance )</b>  <b>(A.M. Dr. Amer Fakher - Prof. Mahdi Kazim)</b>  <b>Encyclopedia of Athletics (Dr. Mohamed -4</b>  <b>(Othman</b></p>
<p>Special requirements ( including e.g. workshops, periodicals, software, websites )</p>	<p>Degrees of difficulty for sports events from a -1  special concept  International law of field and track games and -2  updates  The Internet and the Copedia website -3  Electronic Library of Alexandria -4</p>
<p>Social services ( e.g. guest lectures, vocational training and field studies )</p>	<p>Development lectures in youth centers and -1  clubs  Workshops in clubs and youth centers -2</p>

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