

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	Faculty of Physical Education and Sports Sciences
3. Course Name/Code	/
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)	4 hours per week
8. The history of preparation of this description	2024

9. Course Objectives

- Teaching the method of help and explanation of skills
- Encourage students to master the performance of basic skills in the artistic performance of gymnastics
- Teaching basic skills on technical gymnastics devices (ground mat - parallel device - throat device - obstacle device - jumping platform device - handles horse device)
- Development of elements of physical strength (strength - agility - flexibility)
- Learn about the articles of the Gymnastics Law

10. Learning outcomes and teaching, learning and assessment methods

A- Knowledge and understanding

Understand the motor program of the skill and how to perform in order to reach good performance in a smooth, compatible and economical manner

B - Subject-specific skills

Forming an image of the learner about the required skill by memorizing the motor program
Analysis and interpretation of information –
Error detection –
Finding development in learning-

Teaching and learning methods

Presentation of skills by the teacher -1

Use all devices and gloves (ground mat - parallel device - throat -2 device - obstacle device - jumping platform device - horse handles (device

Using modern strategies in learning -3

4- VIEW SKILLS ON THE DATASHOW DEVICE

The use of rugs, gloves, parallel and low height -5

Evaluation methods

- . Daily tests with multiple-choice questions for subjects -
- Participation grades for students' challenging competition questions .
- Setting grades for assigned homework .
- Applied Tests

C- Thinking skills

Developing intellectual and physical abilities in creating various - physical exercises

- Developing students' creative thinking by designing groups of exercises for each student

Design exercises for benefit -

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 resources of the college library

D3- Identify the most important injuries expected from the wrong performance

.D4- Leading individuals to achieve the desired goals

D5- Familiarity with the development of the law of gymnastics and keeping pace

with it.

11. Course Structure					
The week	Hours	Required Learning Outcomes	Name of the unit/course or topic	Method of education	Evaluation method
1	4	Behavioral motor	Replay movements from the second stage	Built-in presence	Written, oral and applied exams
2	4	Behavioral motor	Replay movements from the second stage	Built-in presence	Written, oral and applied exams
3	4	Behavioral motor + cognitive mental	The Human Wheel + Players' Rights and Duties	Built-in presence	Written, oral and applied exams
4	4	Behavioral motor + cognitive mental	Snorkeling + Instructor Rights	Built-in presence	Written, oral and applied exams
5	4	Behavioral motor + cognitive mental	Entry and exit of the man (horse handles) + player discounts	Built-in presence	Written, oral and applied exams
6	4	Behavioral motor + cognitive mental	Back turn +) Descent from the Hook) + Player Discounts	Built-in presence	Written, oral and applied exams
7	4	Behavioral motor + cognitive mental	Back roll of the pivot (parallel) + responsibilities and duties of the coach	Built-in presence	Written, oral and applied exams
8	4	Behavioral motor + cognitive mental	Back roll of the pivot (parallel) + descent from the pulling + Technical Committee Regulations	Built-in presence	Written, oral and applied exams
9	4	Behavioral motor + cognitive mental	Practical exam with movements + theoretical exam	Built-in presence	Written, oral and applied exams
	4	Behavioral motor	The Arabian	Built-in presence	Written, oral

10		+ cognitive mental	Leap (Ground Carpet) + Responsibilities and Duties of Referees		and applied exams
11	4	Behavioral Motor + Cognitive mental	The Arabian Jump (Ground Rug) + Jury Composition	Built-in presence	Written, oral and applied exams
12	4	Behavioral motor	Front hands jump on the floor mat	Built-in presence	Written, oral and applied exams
13	4	Behavioral motor	Front hands jump on the floor mat	Built-in presence	Written, oral and applied exams
14	4	Behavioral Motor + Cognitive mental	Angular attachment of inverted attachment + replay of law articles	Built-in presence	Written, oral and applied exams
15	4	Behavioral motor + cognitive mental	First Semester Exam (Practical (+ Theoretical	Built-in presence	Written, oral and applied exams
16	4	Behavioral motor + cognitive mental	Front hand jump on the jump platform + D committee actions	Built-in presence	Written, oral and applied exams
17	4	Behavioral motor + cognitive mental	Front Hand Jump on Jump Platform + Committee Actions E	Built-in presence	Written, oral and applied exams
18	4	Behavioral motor	Pronation of brachial attachment to the parallel apparatus	Built-in presence	Written, oral and applied exams
19	4	Behavioral motor	Pronation of brachial attachment to the parallel apparatus	Built-in presence	Written, oral and applied exams
20	4	Behavioral motor + cognitive mental	Shoulder course on the throat device + procedures of	Built-in presence	Written, oral and applied exams

			time referees + secretarial		
21	4	Behavioral motor + cognitive mental	The skill of climbing by clicking on the obstacle device + arranging the seating places of the rulers	Built-in presence	Written, oral and applied exams
22	4	Behavioral motor + cognitive mental	The skill of climbing with cups on the obstacle device + evaluating the exercise with championships	Built-in presence	Written, oral and applied exams
23	4	Behavioral motor	The skill of going out by clicking on the device of the mind	Built-in presence	Written, oral and applied exams
24	4	Behavioral motor	Anterior swing emergence of brachial attachment to the parallel apparatus	Built-in presence	Written, oral and applied exams
25	4	Behavioral motor	Anterior swing emergence of brachial attachment to the parallel apparatus	Built-in presence	Written, oral and applied exams
26	4	Behavioral motor + cognitive mental	Second semester exam (practical (+ theoretical	Built-in presence	Written, oral and applied exams
27	4	Cognitive mental	Law (calculation of the final score (of players	Built-in presence	Written, oral and applied exams
28	4	Behavioral motor	Review past transactions	Built-in presence	Written, oral and applied exams
29	4	Behavioral motor	Semester practical exam	Built-in presence	Written, oral and applied exams
30	4	Behavioral motor	No exam staff	Built-in presence	Written, oral and applied exams

12. Infrastructure	
<p>: Required readings</p> <ul style="list-style-type: none"> ▪ Basic texts ▪ Course Books ▪ Other 	<p>- Salem Ahmed Bani Hamdan: Artistic Gymnastics from A to Z, 1st Edition, Amman, Jordan, Arab Society Library for Publishing and Distribution, 2021</p> <p>- Shaima Abed Matar, Yaqoub Youssef Abdel Zahra: Basic Principles for Learning Motor Skills in Artistic Gymnastics (Boys and Girls), 1st Edition, Baghdad, Iraq, Al-Noor Library for Printing and Publishing, 2021.</p> <p>- Saeb Attia Ahmed Al-Obaidi, Ibrahim Khalil Murad: Gymnastics for the second grades, Baghdad, Baghdad University Press, 1985</p> <p>Mohammed Jawad Kazem and - Tariq Nizar Majeed: International Law of Men's Artistic Gymnastics 2017-2020</p>
Special requirements (including e.g. workshops, periodicals, software, websites)	Workshop on training methods in gymnastics
Social services (e.g. guest lectures, vocational training and field studies)	<p>- Giving a lecture at Al-Ittifaq Club entitled (The Importance of Nutrition and Sports Food)</p> <p>Giving a lecture at Al-Ittifaq Club - entitled (Injuries resulting from overtraining and how to prevent (training injuries</p>

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

