

**Ministry of Higher Education and Scientific Research
Supervision and Scientific Evaluation Body
Quality Assurance and Academic Accreditation Directorate
Accreditation Department**



**Guide for the Description of the
Academic Program and Course
College of Physical Education and
Sports Sciences
Al-Mustansiriyah University**

2025 - 2024

Introduction

The educational program is considered a coordinated and organized package of courses that includes procedures and experiences arranged as academic syllabi. Its primary purpose is to build and refine graduates' skills, making them qualified to meet labor market requirements. It is reviewed and evaluated annually through internal or external auditing procedures and programs, such as the External Examiner Program.

The academic program description provides a brief summary of the main features of the program and its courses, indicating the skills intended to be acquired by students based on the objectives of the academic program. The importance of this description lies in the fact that it serves as the cornerstone for obtaining program accreditation, and it is written by the teaching staff under the supervision of the scientific committees in the academic departments.

This guide, in its second edition, includes a description of the academic program after updating the items and sections of the previous guide in light of the developments and advancements in the educational system in Iraq. It includes the description of the academic program in its traditional form (annual or semester system), in addition to adopting the generalized academic program description according to the letter of the Directorate of Studies No. T M3/2906 dated 3/5/2023 regarding programs that adopt the Bologna Path as the basis of their operation.

In this context, we can only stress the importance of writing the descriptions of academic programs and course syllabi to ensure the proper conduct of the educational process.

Concepts and Terminology

Academic Program Description: Provides a concise summary of its vision, mission, and objectives, including an accurate description of the intended learning outcomes according to specific learning strategies.

Course Description: Provides a brief summary of the most important characteristics of the course and the expected learning outcomes that the student is supposed to achieve, demonstrating whether the student has made full use of the available learning opportunities. It is derived from the program description.

Program Vision: An ambitious image of the future of the academic program to be developed, inspiring, motivating, realistic, and applicable.

Program Mission: Clearly outlines the objectives and the necessary activities to achieve them in a concise manner, as well as defining the paths and directions of the program's development.

Program Objectives: Statements that describe what the academic program intends to achieve within a specific period and should be measurable and observable.

Curriculum Structure: All the courses/subjects included in the academic program according to the adopted learning system (semester, annual, Bologna path), whether they are required by the Ministry, University, College, or Scientific Department, along with the number of credit units.

Learning Outcomes: A set of compatible knowledge, skills, and values acquired by the student after successfully completing the academic program. Learning outcomes must be defined for each course in a way that aligns with the program objectives.

Teaching and Learning Strategies: The strategies used by faculty members to develop student teaching and learning. These are plans followed to achieve learning objectives. That is, they describe all classroom and extracurricular activities to achieve the program's learning outcomes.

Academic Program Description Template

University Name: Al-Mustansiriyah University

College: College of Physical Education and Sport Sciences

Scientific Department: Department of Physical Education and Sport Sciences

Name of the Academic or Professional Program: Bachelor of Physical Education and Sport Sciences

Name of the Final Degree: Bachelor of Physical Education and Sport Sciences

Study System: Annual

Date of Program Description Preparation: 15-5-2024

Date of File Completion: 15-5-2024



Name of the Head of the Theoretical Sciences Department

Prof. Dr. Hardan Aziz Salman

Date: 15/9/2024



Name of Head of Team Games Branch

Asst. Prof. Dr.

Muhammad Mutlaq Badr

Lazem

Date: 15/9/2024



Name of the Head of the Individual Sports Branch:

Prof. Dr. Ghada

Mahmoud Jassim

Date: 15/9/2024



Assistant Dean for Scientific Affairs

Asst. Prof. Dr. Riyadh Muzher

Khuraibet

Date: 15/9/2024

File Audited by:

Quality Assurance and University Performance Division

Name of the Director of the Quality Assurance and University Performance Division:

Assistant Professor Rand Issa Abboud

Date: 22/9/2024

Signature: 



Dean's Approval

Prof. Dr. Hussam Saeed

Al-Moumen

1. Program Vision

Local leadership and global excellence in the fields of physical education and sports sciences.

2. Program Mission

The college seeks to prepare highly qualified sports personnel both scientifically and practically, focusing on training specialized teachers who possess the necessary educational and sports knowledge and skills, contributing to the development of the educational process, serving the community, and meeting labor market needs.

3. Program Objectives

- Graduate scientifically and professionally qualified teachers and sports specialists to meet the needs of the local and regional labor market.
- Develop academic programs that enhance creative thinking and innovation in the fields of physical education and sports sciences.
- Support applied scientific research and produce sports research that contributes to community service and sports development.
- Apply quality and academic accreditation standards in programs and curricula to achieve institutional excellence.
- Strengthen scientific cooperation with local, regional, and international universities in the fields of physical education and sports sciences.
- Develop the educational and training environment using modern technologies to support students' skills and practical training.
- Contribute to community service by implementing educational, developmental, and awareness-raising sports programs.

- Support sports innovation and market scientific and research products related to sports and health.
- Adopt good governance in college management and promote the principles of transparency and accountability.

4. Program Accreditation

None

5. Other External Influences

None

6. Program Structure

Program Structure	Number of Courses	Credit Units	Percentage	Notes
Institutional Requirements	8	8	8	Core Course
College Requirements	43	43	43	Core Course
Department Requirements	43	43	43	Core Course
Summer Training	Not available		Not available	Core Course
Others				Core Course

- Notes may include whether the course is core or elective.

7. Program Description

Academic Year / Level	Course Code	Course Title	Course Type	Credit Hours
2024 – 2025				
First Year	55501101	History and Philosophy of Physical Education	Theoretical	2
	55501102	Anatomy	Theoretical	2
	55501103	Arabic Language	Theoretical	2
	55501104	Rights and Democracy	Theoretical	2
	55501105	English Language	Theoretical	2
	55501106	Computers	Theoretical & Practical	2
	55502101	Football	Practical	2
	55502102	Basketball	Practical	2
	55502106	Scouting	Practical	2
	55503101	Athletics	Practical	2
	55503102	Swimming	Practical	2
	55503109	Weightlifting	Practical	2

2024 – 2025				
Second Year	55501209	Testing and Measurement	Theoretical	2
	55501203	Sports Training Science	Theoretical	2
	55501211	Statistics	Theoretical	2
	55501201	Biomechanics	Theoretical	2
	55501206	English Language	Theoretical	2
	55501418	Computers	Theoretical & Practical	2
	55501205	Crimes of the Ba'ath Party	Theoretical	2
	55501214	Arabic Language	Theoretical	2
	55501215	Computers	Theoretical & Practical	
	55501212	Rhythmic Gymnastics	Practical	2
	55501207	Apparatus Gymnastics	Practical	2
	55501204	Boxing	Practical	2
	55501213	Athletics	Practical	2
	55502202	Basketball	Practical	2
	55502203	Volleyball	Practical	2
	55502205	Teaching Methods	Practical	2
	55502204	Handball	Practical	2
2024 – 2025				
Third Year	55501312	Scientific Research	Theoretical	2
	55501302	Motor Learning	Theoretical	2
	55501314	Sports Injury Rehabilitation	Theoretical	2
	55501313	Sports Physiology	Theoretical	2
	55501318	Rhythmic Gymnastics	Practical	2
	55501317	Apparatus Gymnastics	Practical	2
	55501319	Fencing	Practical	2
	55501315	Wrestling	Practical	2
	55501316	Racket Sports	Practical	2

	55502305	Teaching Methods	Practical	2
	55502304	Handball	Practical	2
	55502301	Football	Practical	2
	55502303	Volleyball	Practical	2
2024 – 2025				
Fourth Year	55501417	Graduation Research Project	Theoretical	2
	55501404	Sports Psychology	Theoretical	2
	55501403	Sports Training Science	Theoretical	2
	55501415	Management and Organization	Theoretical	2
	55501416	Sports for Special Populations	Theoretical	2
	55501418	Computers	Theoretical & Practical	2
	55501411	Athletics	Practical	2
	55502408	Field Application	Practical	2
	55502402	Basketball	Practical	2
	55502404	Handball	Practical	2
	55502401	Football	Practical	2
	55502403	Volleyball	Practical	2

8. Expected Learning Outcomes of the Program

Knowledge

- Explains the fundamental concepts and theories in the fields of physical education and sport sciences.
- Interprets the scientific, physiological, educational, and psychological foundations of physical activity and sports training.
- Differentiates between modern methods and trends in designing educational and training programs.

- Describes the principles and tools of applied scientific research in sports and community service.
- Recognizes quality assurance standards and academic accreditation mechanisms and how to implement them in programs and courses.

Skills

- Employs critical and creative thinking skills in analyzing educational and sports problems and finding innovative solutions.
- Applies modern strategies and methods in teaching and training using digital technologies and advanced tools.
- Designs and plans training and rehabilitation programs that consider individual differences and support lifelong learning.
- Demonstrates high professional competence in practical and applied performance related to teaching and sports training tasks.
- Utilizes assessment and follow-up tools to improve learning outcomes and enhance professional performance.

Values

- Commits to Arab and Islamic values in all educational and professional practices inside and outside the work environment.
- Promotes principles of transparency, accountability, and good governance in academic and professional administration.
- Demonstrates a commitment to community service through the implementation of sports, educational, developmental, and awareness programs.
- Engages positively within multidisciplinary teams and exhibits leadership and responsibility skills.
- Shows eagerness for professional development and continuous self-learning throughout life.

9. Teaching and Learning Strategies

The program relies on diverse teaching and learning strategies aligned with modern developments in the educational and sports fields, aiming to efficiently achieve the intended learning outcomes. These strategies include theoretical lectures, practical applications, and field training, incorporating dialogue methods, discussions, and the use of motivational questioning for students. Additionally, the program employs modern presentation tools and interactive digital technologies. The program integrates contemporary strategies that foster creativity and innovation, such as critical thinking, problem-solving, project-based learning, brainstorming, cooperative learning, inquiry-based learning, and design thinking—all contributing to the development of students' higher-order thinking skills. Supportive practical activities are also implemented, such as sports festivals and annual scouting camps, which enhance leadership and teamwork skills. Furthermore, the program is committed to using educational platforms and modern technologies in teaching and training, providing a stimulating learning environment that supports lifelong learning and enhances the professional competence of program graduates.

10. Assessment Methods

- Daily exams
- Monthly exams
- Annual exams
- Oral exams
- Extracurricular activities

11. Teaching Staff					
Teaching Staff Members					
Name	Academic Title	Specialization		Position Type	
		General Specialization	Sub-Specialization	Permanent	Lecturer
Hossam Saeed Kareem Mahmoud Al-Mu'min	Professor	Physical Education	Sports Training / Futsal	Permanent	
Ali Salman Abdul Suwailem Al-Tarfi	Professor	Physical Education	Testing & Measurement / Wrestling / Combat Sports	Permanent	
Hassan Hadi Atiyah Matar Al- Hilali	Professor	Physical Education	Sports Injuries & Rehabilitation / Football	Permanent	
Intisar Muzher Saddam Habib Al- Dafa'i	Professor	Physical Education	Sports Training / Athletics	Permanent	
Zainab Hassan Faleh Hassan Al- Jubouri	Professor	Physical Education	Sports Psychology / Athletics	Permanent	
Ikhlas Hussein Daham Saud Al- Ma'amouri	Professor	Physical Education	Training Physiology / Swimming	Permanent	
Shaimaa Abdul Muttar Jahf Al- Tamimi	Professor	Physical Education	Sports Psychology / Gymnastics	Permanent	
Sabah Noori Hafez Kazem Al-Sudani	Professor	Physical Education	Motor Learning / Fencing	Permanent	
Haidar Majeed Hameed Saleh Al- Qudsi	Assistant Professor	Arts	Motor Learning / Swimming	Permanent	

Haidar Hassan Mohammed Ibrahim Al-Salihi	Assistant Professor	Physical Education	Information Technology	Permanent	
Faiza Abdul Jabbar Ahmed Al- Shiblawi	Professor	Physical Education	Training Physiology / Athletics	Permanent	
Sanaa Khalil Ubaid Hassan Al-Saeedi	Professor	Physical Education	Sports Training / Weightlifting	Permanent	
Ghusun Fadel Hadi Hussein Al- Shammari	Professor	Physical Education	Sports Physiology	Permanent	
Feryal Younis Noaman Jumaa Al- Khateeb	Assistant Professor	Physical Education	Sports Training / Gymnastics	Permanent	
Haidar Ghadban Ibrahim Hassoun Al-Jumaili	Assitant Professor	Physical Education	Sports Training / Football	Permanent	
Kareem Ubaiss Mohammed Fahad Al-Barisat	Assistant Professor	Physical Education	Sports Training / Paralympic Athletics	Permanent	
Abdul Ridha Shooli Ghadban Jabr Al-Furaiji	Lecturer	Physical Education	English / Linguistics	Permanent	
Mohammed Mutlik Badr Lazem Al- Sa'edi	Assistant Professor	Physical Education	Biomechanics / Basketball	Permanent	
Saad Amer Ismail Ibrahim Al-Salami	Assistant Professor	Physical Education	Teaching Methods / Football	Permanent	
Firas Ajeel Yawer Rasheed Al- Dawoodi	Assistant Professor	Physical Education	Teaching Methods / Swimming	Permanent	
Sawsan Jadooa Kazem Nasser Al- Na'eemi	Assistant Professor	Physical Education	Testing & Measurement / Volleyball	Permanent	
Zainab Falah Hassan Hussein Al-Obaidi	Lecturer	Physical Education	Management & Organization	Permanent	

Feryal Sami Khalil Mohammed Al-Zubaidi	Assistant Professor	Physical Education	Sports Injuries & Rehabilitation / Athletics	Permanent	
Anas Aidan Mousa Abdul Al-Janabi	Lectures	Management & Economics	Applied Statistics	Permanent	
Ghada Mahmoud Jasim Mohammed Al-Jumaili	Professor	Physical Education	Testing & Measurement / Racket Sports	Permanent	
Hardan Aziz Salman Nasser Al-Shammari	Professor	Physical Education	Testing & Measurement / Handball	Permanent	
Samaher Salman Alwan Hussein Al-Jubouri	Assistant Professor	Physical Education	Sports Injuries & Rehab / Volleyball	Permanent	
Wissam Sahib Hassan Aziz Al-Hamashi	Assistant Professor	Physical Education	Sports Physiology / Swimming	Permanent	
Hussein Alaa Mohsen Adhab Al-Taie	Assistant Professor	Physical Education	Sports Training / Basketball	Permanent	
Haidar Hassan Latif Hiyal Al-Asadi	Assistant Professor	Physical Education	Management & Organization	Permanent	
Riyadh Muzher Khuraibet Al-Azirij	Assistant Professor	Physical Education	Testing & Measurement / Football	Permanent	
Yaqoub Youssef Abdul Zahra Al-Bu Hamd	Assistant Professor	Physical Education	Motor Learning / Handball	Permanent	
Yusra Nasser Ghazi Mohammed Al-Zaki	Lecturers	Education	Grammar & Language	Permanent	
Zina Younis Hussein Ali Al-Sudani	Lecturers	Law	Criminal Law	Permanent	

Dalia Amer Saadoun Abdullah Al-Khafaji	Lecturers	Physical Education	History / Teaching Methods – Swimming	Permanent	
Mayada Taha Mutib Anbar Al- Obaidi	Lecturers	Physical Education	Sports Management	Permanent	
Ali Munati Ahmed Majman Al- Hamrani	Assistant Professor	Physical Education	Biomechanics / Volleyball	Permanent	
Abdul Kareem Abbas Mutlak Al- Subaihi	Lecturers	Physical Education	Curriculum & General Teaching Methods	Permanent	
Omar Abdul Ghafoor Al- Shammari	Professor	Physical Education	Motor Learning / Basketball	Permanent	
Rana Majid Thabit Saleh Al-Jubouri	Lecturers	Education	Arabic Language	Permanent	
Aseel Naji Fahd Makki Al-Musawi	Assistant Professor	Physical Education	Sports Psychology / Futsal	Permanent	
Ali Noori Ali Jawad Al-Obaidi	Assistant Professor	Physical Education	Psychology / Athletics	Permanent	
Omar Ali Mahdi Saleh Ajjam	Lectures	Physical Education	Sports Training / Boxing & Olympic Sports	Permanent	
Ahmed Hassan Yass Khudair Al- Ameri	Assistant Professor	Physical Education	Sports Physiology / Basketball	Permanent	
Haidar Ghazi Aziz Salman Al- Shammari	Assistant Professor	Physical Education	Biomechanics / Handball	Permanent	
Alaa Mohammed Jassim Al-Gharawi	Assistant Professor	Physical Education	Injury Rehab / Handball	Permanent	
Salman Dawood Taima Al-Azibi	Lectures	Physical Education	Biomechanics / Athletics	Permanent	

Hassan Noori Tarish Hassan Al- Azzawi	Assistant Professor	Physical Education	Sports Training / Athletics	Permanent	
Luay Sabah Faleh Dana Al-Shammari	Lectures	Physical Education	Sports Training / Track & Field	Permanent	
Haidar Ali Salman Abdul Suwailem Al-Tarfi	Assistant Professor	Physical Education	Testing & Measurement / Weightlifting (Disabled)	Permanent	
Maher Mohammed Ismail Al-Aboudi	Assistant Professor	Physical Education	Racket Sports / Sports Management	Permanent	
Abbas Ali Lafta Muslim Al-Kaabi	Assistant Professor	Physical Education	Sports Training / Athletics	Permanent	
Saif Abdul Zahra Hamza Al-Bahadli	Lectures	Physical Education	Injury Rehab / Wrestling	Permanent	
Rusul Ahmed Shihab Al- Shammari	Lectures	Physical Education	Motor Learning / Handball	Permanent	
Nasreen Abdul Hadi Jabr Al- Mushtat	Lectures	Computer Science	AI / Computer Science	Permanent	
Hossam Abbas Yass Jankan Al- Azzawi	Lectures	Physical Education	Sports Management / Fencing	Permanent	
Ali Mohammed Talib Jawad Al- Rubaie	Lectures	Physical Education	Learning / Swimming	Permanent	
Elham Ali Hassoun Abdulrazzaq Al- Samawi	Assistant Professor	Physical Education	Motor Learning / Gymnastics	Permanent	
Aya Haitham Khazal Abdulhameed Al- Na'eemi	Lectures	Physical Education	Motor Learning / Basketball	Permanent	
Hossam Jumaa Rashid Al-Saray	Lectures	Physical Education	Physiology / Physical Fitness	Permanent	

Aqeel Bahjat Abbas Mohammed Al-Haddad	Lectures	Physical Education	Sports Sociology / Football	Permanent	
Suha Darwish Abdul Ghafoor Al- Mutawalli	Lectures	Physical Education	Scouting	Permanent	
Abdullah Haidar Jawad Al-Jawahiri	Lectures	Management & Economics	Feasibility Studies / Project Evaluation	Permanent	
Thamer Amer Fakher Al-Gharawi	Lectures	Physical Education	Training Physiology / Volleyball	Permanent	
Omar Muzher Malik Abdullah Al-Fityan	Lectures	Physical Education	Biomechanics / Swimming	Permanent	
Fadel Tareq Amin Abdulkarim Al- Zubaidi	Assistant Lecturer	Physical Education	Training / Basketball	Permanent	
Ali Samoom Daghel Thamer Al- Fartousi	Professor	Physical Education	Testing & Measurement / Basketball	Permanent	
Ola Issa Aboud Mousa Al-Nadawi	Assistant Lecturer	Physical Education	Training Physiology / Athletics	Permanent	
Rand Issa Aboud Mousa Al-Nadawi	Assistant Lecturer	Physical Education	Training Physiology / Football	Permanent	
Azhar Khaled Maseer Al-Khafaji	Assistant Lecturer	Physical Education	Gymnastics Testing	Permanent	
Razan Saad Kareem Al-Zubaidi	Assistant Lecturer	Physical Education	Training / Field Events	Permanent	
Alyaa Mohammed Ali Kazem Jabr	Assistant Lecturer	Physical Education	Motor Learning / Basketball	Permanent	
Iman Shallaka Awad Al-Shahir	Assistant Lecturer	Physical Education	Biomechanics / Shooting	Permanent	
Lina Salam Farooq Abdulwahid Al- Khazraji	Assistant Lecturer	English	English Language	Permanent	
Suhair Raad Yahya Al-Bayati	Assistant Lecturer	Physical Education	Motor Learning / Swimming	Permanent	

Afnan Ahmed Mohammed Jassim Al-Lami	Assistant Lecturer	Education	Rhetoric	Permanent	
Diyar Nasir Majid Ali Al-Taie	Assistant Lecturer	Physical Education	Training / Fencing	Permanent	
Ahmed Jabbar Jasim Al-Kar'ani	Assistant Lecturer	Physical Education	Injury Rehab / Football	Permanent	
Fatima Abdul Ridha Hatem Al- Abadi	Assistant Lecturer	Physical Education	Training / Basketball	Permanent	
Ali Saleh Mahdi Al-Akeeli	Assistant Lecturer	Physical Education	Testing & Measurement / Football	Permanent	
Mustafa Basim Qasim Al-Sa'edi	Assistant Lecturer	Media	Media Management	Permanent	
Riam Emad Jassim Al-Jubouri	Assistant Lecturer	Physical Education	Physiology / Volleyball	Permanent	
Sadeer Mohammed Suleiman	Assistant Lecturer	Physical Education	Testing & Measurement / Basketball	Permanent	
Iman Kazem Hani Yassin	Assistant Lecturer	Physical Education	Injury Rehab / Track & Field	Permanent	
Hawraa Falah Jaloub Al-Maliki	Assistant Lecturer	Physical Education	Management / Track & Field	Permanent	
Qais Akram Sabaa Al-Kurwi	Assistant Lecturer	Physical Education	Motor Learning / Volleyball	Permanent	
Ahmed Mohammed Abdullah Al- Shuraifi	Assistant Lecturer	Physical Education	Training / Athletics	Permanent	
Saja Rahim Rashid Ashour Al-Khazali	Assistant Lecturer	Physical Education	Sports Biomechanics / Athletics	Permanent	
Taha Mohsen Rashid Ghadir Al- Zuhairi	Assistant Lecturer	Science		Permanent	

Zeina Wajdan Jabbar Ali Al- Aboud	Assistant Lecturer	Physical Education	Medical Physics	Permanent	
Nabil Abbas Hammadi Tuwaih Al-Maliki	Assistant Lecturer	Physical Education	Kinesthetic Learning / Badminton	Permanent	
Ihab Ahmed Nouri Ahmed Al-Zaidi	Assistant Lecturer	Physical Education	Sports Management	Permanent	
Al-Hassan Hadi Abdul Hamid Hamidi Al-Zaidi	Assistant Lecturer	Physical Education	Coaching / Racket Sports / Badminton	Permanent	
Nadra Hamid Majeed Hamid Al- Shakarji	Assistant Lecturer	Physical Education	Management and Organization	Permanent	
Idris Jabbar Qasim Baniyan Al- Fartousi	Assistant Lecturer	Physical Education	Kinesthetic Learning / Basket	Permanent	
Ali Ma'araj Muftin Manshood Al-Saidi	Assistant Lecturer	Physical Education	Coaching / Athletics	Permanent	
Manaf Ibrahim Hassan Ibrahim Al- Nadawi	Assistant Lecturer	Physical Education	Psychology / Fencing	Permanent	
Muhammad Amer Mahmoud Rajab Al-Jubouri	Assistant Lecturer	Physical Education	Kinesthetic Learning / Wrestling	Permanent	
Ali Jassim Hassan Waqf	Assistant Lecturer	Physical Education	Psychology / Football	Permanent	
Karrar Ya'rab Katof Abdul Hassan Al-Shihani	Assistant Lecturer	Physical Education		Permanent	
Sara Imad Abdul Amir Za'oun Al- Khazariji	Assistant Lecturer	Physical Education	Physical Education	Permanent	
Amira Ghazi Saleh Mahmoud Al-Qara Ghali	Assistant Lecturer	Law	Public Law	Permanent	

Ali Aboud Qasim Sadkhan Al-Fariji	Assistant Lecturer	Administration and Economics	Administration and Economics	Permanent	
Mustafa Bahr Musa Bahr Al- Saidi	Assistant Lecturer	Physical Education	Quality Management	Permanent	
Maryam Mohsen Karim Aboud Al- Khafaji	Assistant Lecturer	Faculty of Media	Radio and Television	Permanent	
Bakr Khaldoun Khazal Rahim Al- Obaidi	Assistant Lecturer	Physical Education	Football	Permanent	
Ali Sajid Mahmoud Latif Al- Khailani	Assistant Lecturer	Physical Education	Weightlifting	Permanent	
Kamal Hadib Abdul Redha Alwan Al-Akili	Assistant Lecturer	Physical Education	Handball Coaching / Teaching Methods	Permanent	
Wissam Mazhar Bandar Obaid Al- Yaidi	Assistant Lecturer	Physical Education	Sports Management	Permanent	
Aithar Khader Qasim Mohammed Al-Janabi	Assistant Lecturer	Physical Education	Kickboxing	Permanent	
Haider Ali Hussein Kumait Rasitmi	Assistant Lecturer	Physical Education	Training Methods	Permanent	
Zainab Hajim Kazem Jabara	Assistant Lecturer	History	History of the Islamic East		

Professional Development

Orientation for New Faculty Members

The college seeks to ensure the smooth integration of new faculty members into the academic work environment by implementing a comprehensive orientation program. This program includes an introduction to the college's vision, mission, and strategic objectives, along with a detailed presentation of the applicable academic and administrative policies, such as curriculum planning, course descriptions, academic advising, and evaluation systems. The mechanisms of e-learning, quality assurance, and academic accreditation standards are also explained. Each new faculty member is assigned an experienced academic supervisor to provide technical and pedagogical support during the first semester, which enhances their professional competence from the beginning of their appointment.

Professional Development for Faculty Members

The college adopts a sustainable professional development plan aimed at enhancing faculty members' scientific and educational competencies in line with modern developments in higher education. This plan includes organizing workshops and training courses in areas such as active teaching strategies, e-learning, outcome-based assessment, and course design using quality-based methodologies. Participation in local and international scientific and research conferences is supported, and publishing in peer-reviewed scientific journals is encouraged. Professional development activities are considered part of the annual performance indicators and contribute to building a motivating academic environment that enhances the quality of teaching and research processes.

12. Admission Criteria

- Determining the preparatory school GPA, which is adopted as a key component within the criteria for selection.
- Conducting health, physical, and skill tests aimed at assessing the physical and technical aspects related to the nature of the specialization.
- Conducting personal interviews to assess the student's psychological and social traits, intrinsic motivation, and suitability for the specialization.
- Establishing standard scores through the analysis of test and interview results based on fair and transparent scientific standards.
- Announcing final results after official approval by the relevant authorities, in accordance with general admission rules and the available capacity.

13. Key Information Sources About the Program

Course Title	Curriculum / Author Name
Anatomy	Prof. Dr. Qais Al-Douri
English Language (1)	New Headway Beginner Student's Book
Arabic Language	General Arabic
History and Philosophy	Prof. Dr. Mundhir Al-Tayyib
Human Rights	Ministry Curriculum
Computers	Computer Basics – Dr. Ziyad Mohammed Aboud
Testing and Measurement	Prof. Dr. Ali Salman Abdul
Sports Training	Prof. Dr. Amer Fakher Shagati
Statistics	Prof. Dr. Ali Samoom
Biomechanics	Prof. Dr. Samir Muslat
English Language (2)	New Headway Pre-Intermediate Student's Book
Crimes of the Ba'ath Party	(Ministry Curriculum)
Scientific Research	Prof. Dr. Hassan Hadi Atiya
Motor Learning	Prof. Dr. Ya'rub Khayoun

Physiology	Prof. Dr. Fadel Kamel
Injury Rehabilitation	Prof. Dr. Hassan Hadi Atiya
Sports Psychology	Prof. Dr. Nizar Al-Talib
Sports Training Science	Prof. Dr. Amer Fakher Shagati
Sports for Special Populations	Asst. Prof. Dr. Kareem Ubaiss
Sports Management	Dr. Jalal Al-Abadi
Computers (Advanced)	Computer Applications – Dr. Ziyad Mohammed Aboud
Football	Dr. Ghazi Saleh
Swimming	Dr. Muqdad Jaafar
Scouting and Guidance	Dr. Thaer Rasheed Matar
Athletics	Prof. Dr. Amer Fakher
Weightlifting	Dr. Jamil Mansour
Basketball	Dr. Ali Samoom
Handball	Prof. Dr. Dhia Al-Khayyat
Teaching Methods	Dr. Imad Tu'ma
Volleyball	Dr. Tareq Razoqi & Dr. Hussein Sabhan
Rhythmic Gymnastics	Dr. Ameera Abdulwahid & Dr. Shaimaa Abdul Muttar
Boxing	Dr. Mousa Jawad
Apparatus Gymnastics	Dr. Shaimaa Abdul Muttar
Wrestling	Dr. Hamdan Al-Kubaisi
Fencing	Dr. Dhafir Namous
Apparatus Gymnastics (Repeated)	Dr. Shaimaa Abdul Muttar
Graduation Research Project	—
Field Practicum	—

14. Program Development Plan

The college has adopted a comprehensive development plan for the academic program, aiming to enhance the quality of education and achieve learning outcomes aligned with labor market requirements and sustainable development goals. This plan includes the following key axes:

- Enhancing the use of electronic devices and modern technologies in presenting educational content and delivering lectures, thereby promoting interactive learning and developing students' digital skills.
- Activating the Academic and Educational Supervision Unit to serve as a supportive tool for students during their academic journey by providing academic and psychological counseling, and assistance in selecting appropriate courses and career paths.
- Supporting students' psychological and cognitive aspects by incorporating programs in sports psychology and mental education to strengthen focus, mental flexibility, and psychological readiness for high-level performance.
- Introducing a course on students' rights and responsibilities at both the university and human levels, in order to enhance their legal and institutional awareness and help build responsible and socially active individuals.
- Adopting modern teaching and learning strategies that foster creative and critical thinking and stimulate self-directed learning, such as problem-based learning, project-based learning, brainstorming, and cooperative learning—all aimed at developing advanced intellectual and professional skills.
- Emphasizing the principle of lifelong learning by preparing students to keep up with scientific and professional developments after graduation and by promoting a culture of continuous self-improvement.
- Raising the academic and professional competence of graduates to qualify them for the local and regional job market through the development of scientific content, provision of practical field training, and updating of course materials to match modern job requirements in physical education and sport sciences.
- Strengthening the program's role in community service by implementing sports, awareness, and educational initiatives that respond to societal needs and contribute to improving the physical and healthy lifestyle of various population groups.

Program Skills Matrix															
				Required Learning Outcomes of the Program											
Academic Year / Level	Course Code	Course Title	Core / Elective	Knowledge				Skills				Values			
				A1	A2	A3	A4	B1	B2	B3	B4	C1	C2	C3	C4
2024–2025 – First Year	55501101	History and Philosophy of Physical Education	Core	✓		✓	✓		✓	✓		✓	✓	✓	✓
	55501102	Anatomy	Core	✓	✓	✓	✓	✓		✓	✓		✓		✓
	55501103	Arabic Language	Core			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	55501104	Human Rights and Democracy	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	55501105	English Language	Core			✓	✓	✓	✓	✓	✓	✓		✓	
	55501106	Computers	Core	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓

- Please place a check mark (✓) in the boxes corresponding to the individual learning outcomes from the program that are subject to assessment

Program Skills Matrix (Continued)															
				Required Program Learning Outcomes											
Academic Year / Level	Course Code	Course Title	Core / Elective	Knowledge				Skills				Values			
				A1	A2	A3	A4	B1	B2	B3	B4	C1	C2	C3	C4
2024–2025 – First Year	55502101	Football	Core	✓	✓	✓	✓		✓	✓	✓	✓	✓		✓
	55502102	Basketball	Core	✓	✓	✓	✓		✓	✓	✓	✓	✓		✓
	55502106	Scouting	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	55503101	Athletics	Core	✓	✓	✓	✓		✓	✓	✓	✓	✓		✓
	55503102	Swimming	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	55503109	Weightlifting	Core		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

- Please place a check mark (✓) in the boxes corresponding to the individual learning outcomes from the program that are subject to assessment

Program Skills Matrix															
				Required Program Learning Outcomes											
Academic Year / Level	Course Code	Course Title	Core / Elective	Knowledge				Skills				Values			
				A1	A2	A3	A4	B1	B2	B3	B4	C1	C2	C3	C4
2024–2025 – Second Year	55501205	Rhythmic Gymnastics	Core	✓			✓	✓		✓	✓	✓	✓	✓	✓
	55501207	Apparatus Gymnastics	Core	✓			✓	✓		✓		✓	✓	✓	
	55501204	Boxing	Core	✓			✓	✓		✓	✓	✓	✓	✓	
	55501201	Athletics	Core	✓				✓		✓		✓	✓	✓	
	55502202	Basketball	Core	✓			✓	✓		✓	✓	✓	✓	✓	
	55502203	Volleyball	Core	✓			✓	✓	✓	✓	✓	✓	✓	✓	
	55502205	Teaching Methods	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
	55502204	Handball	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

- Please place a check mark (✓) in the boxes corresponding to the individual learning outcomes from the program that are subject to assessment

Program Skills Matrix															
				Required Program Learning Outcomes											
Academic Year / Level	Course Code	Course Title	Core / Elective	Knowledge				Skills				Values			
				A1	A2	A3	A4	B1	B2	B3	B4	C1	C2	C3	C4
2024–2025 – Second Year	55501209	Testing and Measurement	Core	✓			✓	✓	✓	✓	✓	✓	✓	✓	✓
	55501203	Sports Training Science	Core	✓			✓	✓	✓	✓	✓	✓	✓	✓	✓
	55501211	Statistics	Core	✓			✓	✓	✓	✓	✓	✓	✓	✓	✓
	55501201	Biomechanics	Core	✓			✓		✓	✓	✓	✓	✓	✓	✓
	55501206	English Language	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	55501418	Computers	Core		✓			✓	✓	✓	✓	✓	✓	✓	✓
	55501205	Crimes of the Ba'ath Party	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

- Please place a check mark (✓) in the boxes corresponding to the individual learning outcomes from the program that are subject to assessment

Program Skills Matrix															
				Required Program Learning Outcomes											
Academic Year / Level	Course Code	Course Title	Core / Elective	Knowledge				Skills				Values			
				A1	A2	A3	A4	B1	B2	B3	B4	C1	C2	C3	C4
2024–2025 – Third Year	55501312	Scientific Research	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	55501302	Motor Learning	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	55501314	Sports Medicine	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	55501313	Physiology	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

- Please place a check mark (✓) in the boxes corresponding to the individual learning outcomes from the program that are subject to assessment

Program Skills Matrix															
				Required Program Learning Outcomes											
Academic Year / Level	Course Code	Course Title	Core / Elective	Knowledge				Skills				Values			
				A1	A2	A3	A4	B1	B2	B3	B4	C1	C2	C3	C4
2024-2025 – Third Year	55501318	Rhythmic Gymnastics	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	55501317	Apparatus Gymnastics	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	55501313	Fencing	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	55501315	Wrestling	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	55501316	Racket Sports	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	55502305	Teaching Methods	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	55502304	Handball	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	55502301	Football	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	55502303	Volleyball	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

- Please place a check mark (✓) in the boxes corresponding to the individual learning outcomes from the program that are subject to assessme

Program Skills Matrix															
			Required Program Learning Outcomes												
Academic Year / Level	Course Code	Course Title	Core / Elective	Knowledge				Skills				Values			
				A1	A2	A3	A4	B1	B2	B3	B4	C1	C2	C3	C4
2024–2025 – Fourth Year	55501411	Athletics	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	55502402	Basketball	Core			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	55502404	Handball	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	55502401	Football	Core	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓
	55502403	Volleyball	Core	✓	✓		✓			✓	✓	✓	✓	✓	✓
	55502408	Field Training	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

- Please place a check mark (✓) in the boxes corresponding to the individual learning outcomes from the program that are subject to assessment

Program Skills Matrix															
				Required Program Learning Outcomes											
Academic Year / Level	Course Code	Course Title	Core / Elective	Knowledge				Skills				Values			
				A1	A2	A3	A4	B1	B2	B3	B4	C1	C2	C3	C4
2023–2024 – Fourth Year	55501417	Graduation Research Project	Core	✓		✓	✓				✓	✓	✓	✓	✓
	55501404	Sports Psychology	Core	✓		✓			✓	✓	✓		✓	✓	✓
	55501403	Sports Training Science	Core	✓		✓			✓	✓	✓		✓	✓	✓
	55501415	Management and Organization	Core	✓		✓			✓	✓	✓		✓	✓	✓
	55501416	Special Populations in Sports	Core	✓		✓	✓	✓	✓	✓	✓		✓	✓	✓

- Please place a check mark (✓) in the boxes corresponding to the individual learning outcomes from the program that are subject to assessment



Al-Mustansiriya University
College of Physical Education and
Sports Sciences

Course Description – First Stage

Arabic language course description

1- Course Name

Arabic language

2- Course Code

55501103

3- Semester / Academic Year

2024–2025

4- Date of Preparation

01/09/2024

5- Mode of Attendance

4 units – 2 hours per week

6- Total Credit Hours / Units

2 Credit Units – 2 Practical Hours per Week

7- Course Instructors

Ms. Yusra Nasser Ghazi Mohammed Al Zaki

yosrinasir@Uomustansiriyah.edu.iq

8- Course Objectives

Course Objectives

Introducing students to basic grammar rules and the infallibility of Arabic, and training them to write scientific research free of linguistic errors.

9- Teaching and Learning Strategies

Strategie

Learn the basics of the Arabic language.
Clarifies Arabic language concepts.

10- Course Structure

Week	Hours	Intended Learning Outcomes	Unit/Topic	Teaching Method	Assessment Method
1	2	The student distinguishes between primary and secondary signs.	Literature in language and terminology	Theoretical Lectures	Student Participation in the Lesson

2	2	Distinguishes between parts of speech.	- Articles: Types and characteristics (memorizing the model of "The Shirt of Happiness")	Theoretical Lectures	Student Participation in the Lesson
3	2	Distinguishes between inflected and passive nouns.	Common linguistic errors	Theoretical Lectures	Student Participation in the Lesson
4	2	Explain literature by reading terminology.	First exam/First course	Theoretical Lectures	Student Participation in the Lesson
5	2	Understand the article and its types.	Style	Theoretical Lectures	Student Participation in the Lesson
6	2	Learn common linguistic errors.	The play, its elements, and characteristics	Theoretical Lectures	Student Participation in the Lesson
7	2	First Exam/First Course	Examples of poets (Al-Jawahiri) and memorizing the poem "Dijlah Al-Khair"	Theoretical Lectures	Student Participation in the Lesson
8	2	Explain style.	The Arabic novel	Theoretical Lectures	Student Participation in the Lesson
9	2	Explain the play.	The maqama	Theoretical Lectures	Student Participation in the Lesson
10	2	Learn poetic examples.	Number and its rules: singular and compound, and reading numbers	Theoretical Lectures	Student Participation in the Lesson
11	2	Explain the Arabic novel.	Writing the open and connected taa'	Theoretical Lectures	Student Participation in the Lesson
12	2	Explain the maqama.	Second exam/First course	Theoretical Lectures	Student Participation in the Lesson
13	2	Explain the number and its rules.	Rewriting the open and connected taa'	Exam	Exam Grade
14	2	How to write the letter taa.	Subject and predicate (types/deletion/advancement)	Theoretical Lectures	Student Participation in the Lesson
15	2	Second Exam/First Course	Kana and its sisters: the reason for calling them defective verbs/their types	Theoretical Lectures	Student Participation in the Lesson

16	2	Repeat how to write the letter taa.	In and its sisters (verb-like letters, their predicate types, and the positions of the kasra of the hamza of In	Theoretical Lectures	Student Participation in the Lesson
17	2	Explain the subject and predicate.	Literature in language and terminology	Theoretical Lectures	Student Participation in the Lesson
18	2	Explain kāna and its sisters and the reason for their name.	- Articles: Types and characteristics (memorizing the model of "The Shirt of Happiness")	Theoretical Lectures	Student Participation in the Lesson
19	2	Explain in and its sisters.	Common linguistic errors	Theoretical Lectures	Student Participation in the Lesson
20	2	How to memorize a surah.	Memorizing Surah Ad-Duha with its explanation, meanings, interpretation, and linguistic aspects.	Theoretical Lectures	Student Participation in the Lesson
21	2	First Exam/Second Course	First Exam/Second Course	Exam Grade	Exam Grade
22	2	Explain and listen to the sound of Arabic letters.	The Sound of Arabic Letters and the Solar and Lunar Letters	Theoretical Lectures	Student Participation in the Lesson
23	2	Explain poetic examples (Al-Mutanabbi).	Examples of Poets (Al-Mutanabbi): His Biography, Characteristics of His Poetics, and Poetic Themes	Theoretical Lectures	Student Participation in the Lesson
24	2	Explain punctuation marks.	Punctuation Marks	Theoretical Lectures	Student Participation in the Lesson
25	2	Learn about Al-Farazdaq.	Al-Farazdaq and Poetic Antitheses	Theoretical Lectures	Student Participation in the Lesson
26	2	How to write the letters Ḍād and Ḍād.	Writing the Letters Dhad and Dhad	Theoretical Lectures	Student Participation in the Lesson
27	2	Learn (types of literature).	(Types of Literature, Storytelling, Qarqouz, Shadow Play)	Theoretical Lectures	Student Participation in the Lesson
28	2	Explain the nominal and verbal sentence.	Nominal and Verbal Sentences	Theoretical Lectures	Student Participation in the Lesson
29	2	Explain the short story and its characteristics.	Short Stories and Their Characteristics	Theoretical Lectures	Student Participation in the Lesson

30	2	Second Exam/Second Course	Second Exam/Second Course	Exam Grade	Exam Grade
11- Course Assessment					
- Monthly Tests: 25% - Mid-Semester Exam: 25% - Final Exam: 50%					
12- Learning Resources					
equired textbooks (methodology, if available)		Not available			
Primary references (sources)		Not available			
Recommended supporting books and references (scientific journals, reports)		Ibn Aqil's Commentary on Ibn Malik's Alfiyyah / Edited by Muhammad Abd al-Hamid / Beirut / 2008, Al-Bahr al-Muhit by Abu Hayyan al-Andalusi, Beirut / 1993, Lisan al-Arab by Ibn Manzur / Bulaq, Egypt Edition, Shadha al-Arif fi Fann al-Sarf by al-Hamlawi 2003, The Pre-Islamic Era by Shawqi Dayf / Egypt / Date / The Abbasid Era by Shawqi Dayf / Egypt / Date, Dictation Book / Ministry of Education 1995 / Arabic Language for Non-Specialization Departments / First Stage / Ghanem Jawad Rida / University of Baghdad 2011			
Electronic references, websites		Not available			
equired textbooks (methodology, if available)		Not available			

English language Course Description

1- Course Name

English language

2- Course Code

55501105

3- Semester / Academic Year

2024–2025

4- Date of Preparation

01/09/2024

5- Mode of Attendance

4 units – 2 hours per week

6- Total Credit Hours / Units

2 Credit Units – 2 Practical Hours per Week

7- Course Instructors

M.M. Lina Salam Farouk Abdul

Lina.Salam@uomustansiriyah.edu.iq

8- Course Objectives

Course Objectives

Teaching first-year students English grammar, everyday language and the general terms related to different types of sports

9- Teaching and Learning Strategies

Strategie

Learn the basics of the English language.
Explain English language concepts.

10- Course Structure

Week	Hours	Intended Learning Outcomes	Unit/Topic	Teaching Method	Assessment Method
1	2	Identify the concept of Physical Education and recognize basic English sports terms.	Physical Education & English Language: General Introduction	Student Participation in the Lesson	Student Participation in the Lesson

2	2	Recognize different types of sports and use antonyms appropriately in spoken and written contexts.	Unit One: Sports, Key Words & Spotlights: Antonyms, Language Awareness: Types of Sports, Project Work: What other kinds of sport?	Student Participation in the Lesson	Student Participation in the Lesson
3	2	Differentiate between individual and team sports, identify body parts, and apply greeting expressions in conversation.	Individual & Team Sports, Vocabulary: The Human Body, Conversation: Greeting, Exercises, Class Discussion.	Student Participation in the Lesson	Student Participation in the Lesson
4	2	Read and comprehend basic dialogues, demonstrating correct pronunciation and intonation.	<i>Unit One Student's Book: Hello p6.</i>	Student Participation in the Lesson	Student Participation in the Lesson
5	2	Use the present tense forms am/are/is and possessive adjectives my/your in simple sentences.	Grammar: <i>am/are/is, my/your p6. This is.... p7.</i>	Student Participation in the Lesson	Student Participation in the Lesson
6	2	Ask and answer simple questions such as “How are you?” and “What’s this in English?”; recognize numbers 1–10.	Vocabulary: <i>How are you?, What's this in English?, Numbers 1-10.</i>	Student Participation in the Lesson	Student Participation in the Lesson
7	2	Introduce oneself and others using everyday greetings such as “Good morning.”	Skill Work: <i>Speaking, Introductions.</i> Everyday English: <i>Good Morning.</i>	Student Participation in the Lesson	Student Participation in the Lesson
8	2	Demonstrate understanding of vocabulary and grammar through a formal assessment.	The First Exam	Student Participation in the Lesson	Student Participation in the Lesson

9	2	Identify football-related vocabulary, use synonyms, and recognize common sports acronyms and abbreviations.	<i>Unit Two: Football, Key Words & Spotlight: Synonyms, Language Awareness: Acronyms & Abbreviations, Project Work: What kind of occasion do you have?.</i>	Student Participation in the Lesson	Student Participation in the Lesson
10	2	Use clothing vocabulary in conversation and respond appropriately in greetings.	Review, Vocabulary: Clothes, Conversation: Greeting, Exercises, Class Discussion.	Student Participation in the Lesson	Student Participation in the Lesson
11	2	Engage in introductory dialogues and apply polite expressions such as “Nice to meet you.”	<i>Unit One Workbook: Introductions p4, Nice to meet you p5.</i>	Student Participation in the Lesson	Student Participation in the Lesson
12	2	Recognize and use plurals in simple nouns and recall numbers 1–10 confidently.	Vocabulary: <i>What's this in English? P6, Numbers 1-10 p6. Plurals p7.</i>	Student Participation in the Lesson	Student Participation in the Lesson
13	2	Apply everyday greetings appropriately in spoken interactions.	Everyday English: <i>Good morning p8.</i>	Student Participation in the Lesson	Student Participation in the Lesson
14	2	Review and consolidate vocabulary, grammar, and conversation skills from Unit One.	Don't Forget!: <i>Revision p9.</i>	Student Participation in the Lesson	Student Participation in the Lesson
15	2	Apply acquired knowledge and skills in the second formative assessment.	The Second Exam	exam	Exam
16	2	Identify athletics-related vocabulary, understand initials, and discuss athletics in simple terms.	<i>Unit Three: Athletics, Key Words & Spotlights: Initials, Language Awareness: Athletics,</i>	Student Participation in the Lesson	Student Participation in the Lesson

			Project Work: Who are you?.		
17	2	Describe daily routines in English and introduce oneself confidently.	Review, Vocabulary: Daily Routine, Conversation: Introducing Yourself, Exercises, Class Discussion.	Student Participation in the Lesson	Student Participation in the Lesson
18	2	Read and comprehend the “Your World” text, identifying main ideas.	<i>Unit Two Student's Book:</i> Your World p12.	Student Participation in the Lesson	Student Participation in the Lesson
19	2	Use the pronouns he/she/they and possessive adjectives his/her correctly.	Grammar: <i>he/she/they, his/her</i> p13	Student Participation in the Lesson	Student Participation in the Lesson
20	2	Identify country names, adjectives, and common nouns in context.	Vocabulary: <i>countries</i> p12, <i>adjectives</i> p16, <i>nouns</i> p16.	Student Participation in the Lesson	Student Participation in the Lesson
21	2	Read short texts aloud and use numbers 11–30 in conversation.	Skill Work: <i>Reading and Speaking</i> p16. Everyday English: <i>Numbers</i> 11-30 p17.	Student Participation in the Lesson	Student Participation in the Lesson
22	2	Demonstrate acquired knowledge and communication skills in the first exam.	The First Exam	exam	exam
23	2	Recognize weightlifting-related vocabulary, understand word formation, and discuss the sport’s history simply.	<i>Unit Four:</i> Weightlifting, Key Words & Spotlights: Word Formation, Language Awareness: History of Weightlifting, Project Work: What about your family?.	Student Participation in the Lesson	Student Participation in the Lesson
24	2	Describe family members and relationships using	Review, Vocabulary: Family, Conversation: Introducing Others,	Student Participation in the Lesson	Student Participation in the Lesson

		basic English structures.	Exercises, Class Discussion.		
25	2	Identify countries and use the present tense forms am/are/is accurately in speech and writing.	<i>Unit Two Workbook: Countries</i> p10. <i>am/are/is</i>		Student Participation in the Lesson
26	2	Understand and respond to listening passages related to social events such as weddings.	Listening: <i>At a wedding</i> p12.		Student Participation in the Lesson
27	2	Form and answer basic questions; use adjectives such as good and awful appropriately.	Questions, Adjectives <i>good/awful</i> p12.		Student Participation in the Lesson
28	2	Read short descriptive texts and comprehend listening passages about locations and people.	Reading: <i>Where are they?</i> p13. Listening: <i>She's from Berlin?</i> P14.		Student Participation in the Lesson
29	2		Everyday English: <i>Numbers 11-30</i> p14. Don't Forget!: <i>Revision</i> p15.		Student Participation in the Lesson
30	2		The Second Exam		exam

11- Course Assessment

- Monthly Tests: 25%
- Mid-Semester Exam: 25%
- Final Exam: 50%

12- Learning Resources

equired textbooks (methodology, if available)	Khayoon, Y. et. al. (2011). One Step Up To Sports & English. Baghdad, Al-Kalema Al-Taiba Publishers
Primary references (sources)	non
Recommended supporting books and references (scientific journals, reports)	Jafar, Baan (2010) New English Course for First Year Iraqi Students at Colleges of Physical Education. Baghdad, Dar Al-Asdeqa'.
Electronic references, websites	non
equired textbooks (methodology, if available)	Wikipedia the Free Online Encyclopaedia. http://www.wikipedia.org

Course Description for the Philosophy of History of Sports

1- Course Name

the Philosophy of History of Sports

2- Course Code

55501101

3- Semester / Academic Year

2024–2025

4- Date of Preparation

01/09/2024

5- Mode of Attendance

4 units – 2 hours per week

6- Total Credit Hours / Units

2 Credit Units – 2 Practical Hours per Week

7- Course Instructors

Dr. Dalia Amer Saadoun

dr.dalia@uomustansiriyah.edu.iq

Mayada Taha Mutab Anbar Al-Obaidi

8- Course Objectives

Course Objectives

- Introduce students to the concept and importance of sports history.
- Explain the objectives of studying sports history in ancient and modern contexts.
- Highlight the role of sports in the civilizations of the ancient world and the Renaissance.
- Introduce students to philosophy as a basis for understanding the development of sports and its institutions, including the Olympic Committee.

9- Teaching and Learning Strategies

Strategie

- Define the concept of sports history and explain its importance.
- Illustrate the development of sports in ancient and modern civilizations.
- Traces the development of Olympic thought through historical and

		philosophical context. Analyze the relationship between sports and society throughout history.			
10- Course Structure					
Week	Hours	Intended Learning Outcomes	Unit/Topic	Teaching Method	Assessment Method
1	2	The student understands the concept of sports history.	Concept of History	Theoretical Lectures	Analytical Class Discussions
2	2	Understands the importance of studying sports history and explains its significance.	Importance of Studying Sports History	Theoretical Lectures	In-Lecture Discussions
3	2	Understands the objectives of studying sports history.	Objectives of Studying Sports History	Theoretical Lectures	In-Lecture Discussions
4	2	Understands the importance of sports in Mesopotamia.	Sports in Mesopotamian Civilizations	Theoretical Lectures	In-Lecture Discussions
5	2	Analyzes the relationship between sports and society in ancient Egypt.	Sports in the Nile Valley Civilization (Ancient Egypt)	Theoretical Lectures	In-Lecture Discussions
6	2	Understands the history of sports in Greece.	Sports in Ancient Greek Civilization	Theoretical Lectures	In-Lecture Discussions
7	2	Explains the development of sports in ancient and modern civilizations.	Sports in Roman Civilization	Theoretical Lectures	In-Lecture Discussions
8	2	Exam	First Exam of the First Semester	Exam Paper	Exam Grade
9	2	Understands the development of physical activity throughout the ages.	The Development of Physical Activity in the Middle Ages	Theoretical Lectures	In-Lecture Discussions
10	2	Links historical events to sports developments.	The European Renaissance and its Role in Reviving Physical Activity	Theoretical Lectures	In-Lecture Discussions
11	2	Analyzes the relationship between sports and society in different eras.	Sports in Ancient Islamic Societies	Theoretical Lectures	In-Lecture Discussions

12	2	Introduces students to philosophy as a basis for understanding the development of sports and its institutions, including the Olympic Committee.	Philosophical Concepts and Their Application to Sports	Theoretical Lectures	In-Lecture Discussions
13	2	Introduces students to philosophy as a basis for understanding the development of sports and its institutions, including the Olympic Committee.	Natural and Social Philosophy in the Sports Context	Theoretical Lectures	Exam Grade
14	2	Understands the ancient Olympic movement.	The Development of the Ancient Olympic Movement	Theoretical Lectures	In-Lecture Discussions
15	2	Exam	Second Exam of the First Semester	Theoretical Lectures	In-Lecture Discussions
16	2	Connects historical events to sports developments.	The Origins of the Modern Olympic Committee	Theoretical Lectures	In-Lecture Discussions
17	2	Understands sports life in the past.	Sports Life in the Nineteenth Century	Theoretical Lectures	Short Research Assignments on Historical Figures or Events
18	2	Introduces students to philosophy as a basis for understanding the development of sports and its institutions, including the Olympic Committee.	Modern Philosophical Trends in Sports	Theoretical Lectures	In-Lecture Discussions
19	2	Links historical events to sports developments.	Sports in the Modern Era and Its Relationship to Modernity and Technology	General Questions	In-Lecture Discussions
20	2	Compares philosophical and historical concepts that influence physical activity. Compares philosophical and historical concepts that influence physical activity.	The Relationship between Sports and Globalization from a Philosophical Perspective	Exam	Exam Grade
21	2	Exam	Physical Education as an Educational and Philosophical Concept Throughout History	Theoretical Lectures	In-Lecture Discussions
22	2	Links historical events to sporting developments.	First Exam of the Second Semester	Theoretical Lectures	In-Lecture Discussions

23	2	Learns about the development of Iraqi sports.	Sports in the Arab World - Historical Backgrounds	Theoretical Lectures	In-Lecture Discussions
24	2	Uses objectivity and scientific analysis in discussing historical issues.	The Development of Iraqi Sports and the Role of Clubs and Society	Theoretical Lectures	In-Lecture Discussions
25	2	Demonstrates respect for the cultural heritage of sports.	The Impact of Colonialism and Political Transformations on the History of Sports	Theoretical Lectures	In-Lecture Discussions
26	2	Learns about influential sports figures.	Education and Sports in Iraqi National History	Theoretical Lectures	Short Research Assignments on Historical Figures or Events
27	2	Analyzes the relationship between sports and society throughout the ages.	Influential Historical Figures In Sports	Theoretical Lectures	In-Lecture Discussions
28	2	Learns to recall previous information.	Global Crises and Their Impact on Sports	Exam Paper	In-Class Discussions and Analyses
29	2	Exam	General Review	Theoretical Lectures	Exam
30	2	Intended Learning Outcomes	Annual Final Exam	Theoretical Lectures	Exam

11- Course Assessment

- Monthly Tests: 25%
- Mid-Semester Exam: 25%
- Final Exam: 50%

12- Learning Resources

equired textbooks (methodology, if available)	Dr. Munther Al-Khatib, The Book of Ancient History
Primary references (sources)	Abdul Aziz Salah Salem, Sports Through the Ages: Its History and Effects, Cairo, 1998
Recommended supporting books and references (scientific journals, reports)	Muhammad Ali Hafez, The Origins of Ancient Sports History, Dar Al-Jeel Printing House, Cairo, 1970
Electronic references, websites	None
equired textbooks (methodology, if available)	None

Course description for Human Rights

1- Course Name

Human Rights

2- Course Code

55501104

3- Semester / Academic Year

2024–2025

4- Date of Preparation

01/09/2024

5- Mode of Attendance

4 units – 2 hours per week

6- Total Credit Hours / Units

2 Credit Units – 2 Practical Hours per Week

7- Course Instructors

M.M. Shireen

8- Course Objectives

Course Objectives

- Provide students with basic concepts about the origin and historical development of human rights.
- Explain the position of divine laws and positive laws on human rights.
- Identify international and regional legal frameworks and institutions concerned with human rights.
- Consolidate an understanding of the principles and components of democracy as a guarantee of rights and freedoms.

9- Teaching and Learning Strategies

Strategie

- Introduces the concept of human rights and their history.
- Clarifies the philosophical and legal foundations of rights.
- Explains the principles of democracy and the political systems associated with

	them. • Analyzes comparative human rights charters and systems. • Evaluates the impact of international organizations in defending rights. • Employs concepts of democracy to understand the structure of the modern state. • Promotes respect for individual and collective rights. • Commits to justice and equality in behavior and thought. • Appreciates diversity, coexistence, and democratic dialogue, based on Islamic and Arab values that call for respect for others, rejection of discrimination, and the establishment of principles of consultation, tolerance, and coexistence.
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10- Course Structure

Week	Hours	Intended Learning Outcomes	Unit/Topic	Teaching Method	Assessment Method
1	2	Introduces the concept of human rights and its history.	Human Rights in Ancient Civilizations	theoretical lecture	Student participation in the lesson
2	2	Explain the position of divine laws on human rights.	(Greek-Roman)	theoretical lecture	Student participation in the lesson
3	2	Identify the legal sources of human rights in Britain.	The Position of Divine Laws on Human Rights	theoretical lecture	Student participation in the lesson
4	2	Explain human rights in the United States.	Legal Sources of Human Rights in Britain	theoretical lecture	Student participation in the lesson
5	2	Identify the legal sources of human rights in France.	Human Rights in the United States	theoretical lecture	Student participation in the lesson
6	2	Explain French constitutions and declarations.	Legal Sources of Human Rights in France	theoretical lecture	Student participation in the lesson
7	2	Explain the Charter of the United Nations.	French Constitutions and Declarations Following the Declaration of Rights of 1789	theoretical lecture	Student participation in the lesson

8	2	Identify the international organization.	The Charter of the United Nations	theoretical lecture	Student participation in the lesson
9	2	Explain the draft Arab Charter.	International Organizations and Bodies Working on Human Rights Issues	theoretical lecture	Student participation in the lesson
10	2	Identify non-governmental organizations.	Draft Arab Charter on Human Rights	theoretical lecture	Student participation in the lesson
11	2	Identify Amnesty International.		theoretical lecture	Student participation in the lesson
12	2	Identify the International Committee.	Non-Governmental Organizations and Their Role in Defending Human Rights	theoretical lecture	Student participation in the lesson
13	2	Identify the Arab Organization.	Amnesty International (Objectives of the Organization and its Working Bodies)	theoretical lecture	Student participation in the lesson
14	2	Explain the role of international non-governmental organizations.	International Committee of the Red Cross	theoretical lecture	Student participation in the lesson
15	2	Explain the concept of international law.	Arab Organization for Human Rights	theoretical lecture	Student participation in the lesson
16	2	Explain international convergence.	The Role of International Non-Governmental Organizations Concerned with Human Rights	theoretical lecture	Student participation in the lesson
17	2	Explain how to understand the relationship between Islam and democracy.	The Concept of International Humanitarian Law and Its Historical Development	theoretical lecture	Student participation in the lesson
18	2	How democracy emerged and developed.	International Convergence between International Humanitarian Law and Human Rights Law	theoretical lecture	Student participation in the lesson
19	2	What are the methods of democratic governance?	How to Understand the Relationship between Islam and Democracy	theoretical lecture	Student participation in the lesson
20	2	Explain the basic components of democracy.	The Origin and Development of Democracy	theoretical lecture	Student participation in the lesson

21	2	Explain the characteristics of a democratic state.	Methods of Democratic Governance	theoretical lecture	Student participation in the lesson
22	2	Diversity of a democratic society.	Basic Components of Democracy	theoretical lecture	Student participation in the lesson
23	2	Explain elections and democracy.	Characteristics of a Democratic State	theoretical lecture	Student participation in the lesson
24	2	How to recognize democratic ethics.	Diversity of Democratic Society	theoretical lecture	Student participation in the lesson
25	2	What is the culture of democracy?	Elections and Democracy	theoretical lecture	Student participation in the lesson
26	2	Explain democracy and education.	Democratic Ethics and Sincere Mutual Assistance	theoretical lecture	Student participation in the lesson
27	2	Explain democratic governance.	Culture of Democracy	theoretical lecture	Student participation in the lesson
28	2	Explain presidents and prime ministers.	Democracy and Education	theoretical lecture	Student participation in the lesson
29	2	Explain the parliamentary system.	Governance Democratic	theoretical lecture	Student participation in the lesson
30	2	Explain economic policy and pluralism.	Presidents and Prime Ministers under Democratic Systems	theoretical lecture	Student participation in the lesson

11- Course Assessment

- Monthly Tests: 25%
- Mid-Semester Exam: 25%
- Final Exam: 50%

12- Learning Resources

equired textbooks (methodology, if available)	Lectures by the instructor
Primary references (sources)	None
Recommended supporting books and references (scientific journals, reports)	None
Electronic references, website	None
equired textbooks (methodology, if available)	None

Anatomy Course Description

1- Course Name

Anatomy

2- Course Code

55501102

3- Semester / Academic Year

2024–2025

4- Date of Preparation

01/09/2024

5- Mode of Attendance

4 units – 2 hours per week

6- Total Credit Hours / Units

2 Credit Units – 2 Practical Hours per Week

7- Course Instructors

Prof. Dr. Ghosoon Fadel Hadi

ghsoonhh@yahoo.com

8- Course Objectives

Course Objectives

Introducing students to the structure of the athlete's body and the human body in general in order to prepare students for health sciences in the field of sports and other sports sciences, including sports physiology and rehabilitation of sports injuries.

9- Teaching and Learning Strategies

Strategie

Anatomy of the muscular system, the skeletal system, and the nervous, respiratory, and circulatory systems.

10- Course Structure

Week	Hours	Intended Learning Outcomes	Unit/Topic	Teaching Method	Assessment Method
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1	2	Introduction to Anatomy	Introduction to Anatomy and the Importance of Studying Anatomy in Sports	Theoretical Lecture	Student Participation in Lecture
2	2	Explain cell structure	Cell Structure and Identification of Cell Organelles	Theoretical Lecture	Student Participation in Lecture
3	2	Understand tissue anatomy	Tissue Anatomy and Identification of Their Types	Theoretical Lecture	Student Participation in Lecture
4	2	Understand the anatomy of the musculoskeletal system	Anatomy of the Locomotor System (Skeletal and Muscular Systems)	Theoretical Lecture	Student Participation in Lecture
5	2	Understand the anatomy of the rib cage	- Anatomy of the Axial Skeletal System (Skull and Spine Anatomy)	Theoretical Lecture	Student Participation in Lecture
6	2	Understand the limb skeleton	Anatomy of the Rib Cage	Theoretical Lecture	Student Participation in Lecture
7	2	Understand the lower extremities	Appendix Skeleton (Upper Extremities)	Theoretical Lecture	Student Participation in Lecture
8	2	First Exam of the First Semester	Lower Extremities	Theoretical Lecture	Student Participation in Lecture
9	2	Explain the articular system	First Exam of the First Semester	Theoretical Lecture	Student Participation in Lecture
10	2	Explain the anatomy of cartilage	Articular System (Identification of the Types of Joints in the Body)	Theoretical Lecture	Student Participation in Lecture
11	2	Explain the muscular system	Cartilage Anatomy and Identification of the Types of Cartilage in the Body	Written Exam	Exam
12	2	Understand the structure of skeletal muscles	Muscular System: Identification of Types of Muscles and General Characteristics of Muscles	Theoretical Lecture	Student Participation in Lecture
13	2	Explain the types of muscle fibers	Structure of Skeletal Muscles	Theoretical Lecture	Student Participation in Lecture
14	2	Understand the most important muscles in	Types of Muscle Fibers	Theoretical Lecture	Student Participation in Lecture

		the body			
15	2	Second Exam of the First Semester	Identification of the Most Important Muscles in the Body and Identification of the Mechanism of Muscle Action in the Body	Theoretical Lecture	Student Participation in Lecture
16	2	Explain ligaments	Second Exam of the First Semester	Theoretical Lecture	Student Participation in Lecture
17	2	Explain tendons	Ligaments and Identification of Their Types	Theoretical Lecture	Student Participation in Lecture
18	2	Understand the nervous system	Tendons and Identification of Their Most Important Types	Theoretical Lecture	Student Participation in Lecture
19	2	Understand the types of nerve cells	Nervous System (Structure of the Nerve Cell)	Written Exam	Student Participation in Lecture
20	2	Explain the components of the nervous system	Types of Nerve Cells in the Human Body	Teaching Method	Student Participation in Lecture
21	2	Explain the peripheral nervous system	Components of the Nervous System (Central Nervous System)	Theoretical Lecture	Student Participation in Lecture
22	2	First Exam of the Second Semester	Peripheral Nervous System	Theoretical Lecture	Student Participation in Lecture
23	2	Explain the circulatory system	First Exam of the Semester Second Grade	Theoretical Lecture	Student Participation in Lecture
24	2	Understand the structure of the heart	Circulatory System (Components of the Circulatory System)	Theoretical Lecture	Student Participation in Lecture
25	2	Understand the structure of the blood	Structure of the Heart	Theoretical Lecture	Student Participation in Lecture
26	2	Explain the blood vessels	Structure of Blood	Theoretical Lecture	Student Participation in Lecture
27	2	Explain the anatomy of the respiratory system	Blood Vessels (Veins and Arteries)	Theoretical Lecture	Student Participation in Lecture

28	2	Understand the respiratory divisions	Anatomy of the Respiratory System (Conductive Section of the Respiratory System)	Theoretical Lecture	Student Participation in Lecture
29	2	Explain the anatomy of the lungs	Respiratory Section (of the Respiratory System)	Theoretical Lecture	Student Participation in Lecture
30	2	Second Exam of the Second Semester	Anatomy of the Lungs	Exam	Exam

11- Course Assessment

- Monthly Tests: 25%
- Mid-Semester Exam: 25%
- Final Exam: 50%

12- Learning Resources

equired textbooks (methodology, if available)	Anatomy for Physical Education Students, by Dr. Qais Ibrahim Al-Douri - 1980
Primary references (sources)	A Brief History of Anatomy for Physical Education Students, by Dr. Fadel Kamel Madhkur - 2008
Recommended supporting books and references (scientific journals, reports)	Anatomy for Physical Education and Sports Sciences, by Dr. Ahmed Hassan Yas
Electronic references, websites	None
equired textbooks (methodology, if available)	None

Computer Course Description

1- Course Name

Computer

2- Course Code

55501106

3- Semester / Academic Year

2024–2025

4- Date of Preparation

01/09/2024

5- Mode of Attendance

Weekly in-person lectures

6- Total Credit Hours / Units

2 Credit Units – 2 Practical Hours per Week

7- Course Instructors

Asst. Dr. Abdul Karim Abbas

kareamabass11@Uomustansiriyah.edu.Iq

8- Course Objectives

Course Objectives

- Provide students with basic knowledge of computer components and functions.
- Develop their ability to use operating system applications and manage files.
- Educate students about cybersecurity concepts and software licensing.
- Empower students to use computers safely and securely in the educational environment.

9- Teaching and Learning Strategies

Strategie

- Learn computer basics and components.
- Explains the concepts of data and information, operating systems, and computer security.
- Explains license types and forms of security threats.
- Operates the computer and interacts with the desktop, icons, and files.

	• Creates files and folders, and executes copy, delete, and restore commands. • Apply system settings, such as setting the time and date and customizing backgrounds. • Adheres to digital ethics and respects data privacy, based on the principles of honesty and integrity derived from Islamic and Arab values. • Demonstrates responsibility in handling software and information devices. • • Works collaboratively within the computer lab
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10- Course Structure

Week	Hours	Intended Learning Outcomes	Unit/Topic	Teaching Method	Assessment Method
1	2	The student learns the basics of computers	Introduction to Computer Basics and Phases of the Computer Lifecycle	Theoretical Lectures	Lesson Participation
2	2	The student distinguishes between data and information	The Electronic Computer (Computer): Data and Information	Theoretical Lectures	Lesson Participation
3	2	The student learns how to use a computer	Computer Features and Areas of Use	Theoretical Lectures	Lesson Participation
4	2	Distinguishes between computer classifications	Computer Classifications (by Purpose, Size, Data Type, Operating System)	Theoretical Lectures	Lesson Participation
5	2	The student understands and retrieves general information	Review and Questions on Content from Previous Weeks	Theoretical and Practical Lecture	Practical Application and Live Lab Interaction
6	2	The student learns about the internal and external components of a computer	Knowledge of Internal and External Components of a Computer	Theoretical Lecture	Live Lab Interaction
7	2	The student distinguishes between the physical parts of a computer	Physical Parts of a Computer: Chassis, Motherboard, Storage Media	Practical Lecture	Live Lab Interaction
8	2	Learn about input devices	Input Devices	Practical Lecture	Live Lab Interaction
9	2	Learn about output devices	Output Devices	Practical Lecture	Exam

10	2	Exam	First Monthly Exam	Exam	Interactive Lab Lecture
11	2	Learn about the system unit inside a computer case	Computer Case (System Unit)	Theoretical Lecture	Presentation and Demonstrations
12	2	Learn about the central processing unit	Central Processing Unit, Bits, Bytes, and BIOS	Practical Lecture	Presentation and Demonstrations
13	2	Learn about software entities	Software Entities, Number Systems, and Review	Practical Lecture	Student Participation
14	2	Exam	Second Monthly Exam	Exam	Exam
15	2	Learn about software licenses	Computer Security, Software Licensing, Digital Ethics	Interactive Theoretical Lecture	Class Discussions in the Lab
16	2	Learn about types of cyber breaches	Types of Licensing, Cyber Hacks and Their Sources	Theoretical Lecture	Student Participation in the Class
17	2	Learn about security risks	Most Common Security Risks	Theoretical Lecture	Class Discussions
18	2	Learn about malware	Malware (Viruses, Their Characteristics, Types, and Harmful Effects)	Theoretical Lecture	Lecture Discussions
19	2	Exam	Third Monthly Exam	Exam	Exam
20	2	Learn about steps to protect against hacking	Steps to Protect Against Hacking	Theoretical Lecture	Class Discussions and Group Work Tasks
21	2	Learn about steps to protect against hacking	Steps to Protect Against Hacking	Practical Lecture	Practical Lab Discussions
22	2	Learn about the harms of computer health	Dangers of Computers on Health, General Review	Practical and Theoretical Lecture	Practical Lab Interaction
23	2	Explains the concepts of data and information, operating systems, and computer security. The student	Definition of Operating Systems, Their Functions, and Objectives Types and Applications	Exam	Practical Lab Interaction

		learns how to use computer icons.			
24	2	The student creates files and folders, and executes copy, delete, and restore commands.	Desktop, Turning on and Off the Computer, and Using Icons	Teaching Method	Practical Lab Interaction
25	2	The student changes the time and date.	Files and Folders: Creating, Renaming	Theoretical Lectures	Live Lab Interaction
26	2	The student changes the background and time.	Copying, Cutting, Deleting, and Restoring	Theoretical Lectures	Live Lab Interaction
27	2	Review	User Settings: Backgrounds, Time, Date	Theoretical Lectures	Students apply what they have learned in the lab
28	2	Exam	User Settings: Backgrounds, Time, Date	Exam	Exam
29	2	Intended Learning Outcomes	Comprehensive Review	Theoretical and Practical Lecture	Review
30	2	The student learns the basics of computers	Annual Final Exam	Exam	Exam

11- Course Assessment

- Monthly Exams: 20%
- Practical Activities and Training: 20%
- Daily Exams and Class Participation: 10%
- Final Exam (Theoretical and Practical): 50%

12- Learning Resources

equired textbooks (methodology, if available)	Computer Basics and Office Applications (Part One)
Primary references (sources)	
Recommended supporting books and references (scientific journals, reports)	Ron White & Timothy Downs, How Computers Work, 9th Edition, 2007. Handbook of Information Security, Vol. 2, John Wiley & Sons, Inc., 2006
Electronic references, websites	• Microsoft's official website www.microsoft.com

Weights Course Description

1- Course Name

Weights

2- Course Code

55503109

3- Semester / Academic Year

2024–2025

4- Date of Preparation

01/09/2024

5- Mode of Attendance

Weekly in-person lectures

6- Total Credit Hours / Units

2 Credit Units – 2 Practical Hours per Week

7- Course Instructors

Asst. Prof. Dr. Haider Ali Salman

Haider_sport@uomustansiriyah.edu.iq

8- Course Objectives

Course Objectives

- Educational objectives: To teach basic weightlifting skills.
- Cognitive objectives: To teach international weightlifting law.

9- Teaching and Learning Strategies

Strategie

- Theoretical lectures: To clarify the concepts of weightlifting laws.
- Practical lectures: To learn weightlifting skills.
- Individual assignments: To write short reports and sports applications.

10- Course Structure

Week	Hours	Intended Learning Outcomes	Unit/Topic	Teaching Method	Assessment Method
1	2	Strength Training -	Types of Strength - Definition - Forms	Lecture	Participation and Attendance

2	2	Learning how to train for different types of muscle contractions	Types of Muscle Contraction	Lecture	Observation
3	2	Training using the Station System	Station System - Circular System	Lecture	Daily Exams
4	2	Speed - Training Methods	Speed - Concept - Training Methods	Lecture	Daily Exams
5	2	Endurance - Training Methods	Endurance - Concept - Training Methods	Lecture	Activities, Participation, and Attendance
6	2	Learning warm-up exercises with a stick	Warm-up - Warm-up with a Stick	Lecture	Observation
7	2	Learning the snatch skill	Snatch Skill	Lecture	Semester Reports
8	2	Overcoming common snatch mistakes	Common Mistakes in Snatch Skill	Lecture	Taking Semester Exams
9	2	Flexibility - Training Methods	Flexibility - Concept - Training Methods	Lecture	Participation and Attendance
10	2	Learning technical performance - Weightlifting	Technical Performance - Weightlifting	Lecture	Daily Exams
11	2	Learning the clean and jerk skill	Jet Skill	Lecture	Participation and Attendance
12	2	Learning the clean and jerk skill	Learning the Jet Skill	Lecture	Participation and Attendance
13	2	Through exercises	Common Mistakes in the Jet Skill	Lecture	Participation and Attendance
14	2	Overcoming common clean and jerk mistakes	How to Record the Axial Inertia of the Weight Path	Lecture	Daily Exams
15	2	Learning how to record the axial inertia of the weight path	An Analysis Study of Some Weightlifters	Lecture	Taking Semester Exams

16	2	Discussing an analytical study of some weightlifters	Working with Juniors	Lecture	Participation and Attendance ...
17	2	Working with juniors through exercises	Loading in Weightlifting Training	Lecture	Assessment Method
18	2	Load training in weightlifting training	The Relationship Between the Number of Repetitions and the Intensity of the Stimulus	Lecture	Participation and Attendance
19	2	Repetition training and stimulus intensity	A Sample Training Unit - How to Write It	Lecture	Observation
20	2	Learning a training unit model - How to write it	Training Beginner Weightlifters	Lecture	Daily Exams
21	2	How to train beginner weightlifters	The Weightlifting Coach	Lecture	Daily Exams
22	2	The personality of the coach in weightlifting	Sports Injuries in Weightlifting	Lecture	Activities, Participation, and Attendance
23	2	Avoiding sports injuries in weightlifting	International Weightlifting Laws	Lecture	Observation
24	2	Learning international weightlifting law	Physiological Factors or Functions and Changes That Occur in Weightlifters During Work	Lecture	Semester Reports
25	2	Maintaining physiological factors or functions and changes that occur to weightlifters during work	Training in Hypoxic Conditions	Lecture	Taking Semester Exams
26	2	Increasing training in conditions of hypoxia	How to Reduce Weight for Weightlifters	Lecture	Participation and Attendance
27	2	Learning How to Lose Weight for Weightlifters	The Effect of Psychological Factors on Weightlifters	Lecture	Daily Exams
28	2	Increase the Impact of the Psychological Factor on Weightlifters	Study Anxiety in Weightlifters	Lecture	Participation and Attendance

29	2	Reducing Anxiety in Weightlifters	Nutrition	Lecture	Participation and Attendance
30	2	Learn Nutrition	Steroids	Lecture	Participation and Attendance

11- Course Assessment

- Monthly Exams: 20%
- Practical Activities and Training: 20%
- Daily Exams and Class Participation: 10%
- Final Exam (Theoretical and Practical): 50%

12- Learning Resources

equired textbooks (methodology, if available)	Theoretical and scientific foundations of weightlifting
Primary references (sources)	None
Recommended supporting books and references (scientific journals, reports)	None
Electronic references, websites	None

Weights Course Description

1- Course Name

Weights

2- Course Code

55503109

3- Semester / Academic Year

2024–2025

4- Date of Preparation

01/09/2024

5- Mode of Attendance

Weekly in-person lectures

6- Total Credit Hours / Units

2 Credit Units – 2 Practical Hours per Week

7- Course Instructors

Prof. Sanaa Khalil Obaid Hassan Al-Saeedi

Assistant Professor Hussam Juma Rashid Adhadh Al-Saray

jumahusam82@gmail.com

Assistant Professor Azhar Khaled Massir Hassan Al-Khafaji

azharkhalid@uomustansiriyah.edu.iq

8- Course Objectives

Course Objectives

- Educational objectives: To teach basic weightlifting skills.
- Cognitive objectives: To teach international weightlifting law.

9- Teaching and Learning Strategies

Strategie

- Theoretical lectures: To clarify the concepts of weightlifting laws.
- Practical lectures: To learn weightlifting skills.
- Individual assignments: To write short reports and sports applications.

10- Course Structure

Week	Hours	Intended Learning Outcomes	Unit/Topic	Teaching Method	Assessment Method
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1	2	Strength Training -	Types of Strength - Definition - Forms	Lecture	Participation and Attendance
2	2	Learning how to train for different types of muscle contractions	Types of Muscle Contraction	Lecture	Observation
3	2	Training using the Station System	Station System - Circular System	Lecture	Daily Exams
4	2	Speed - Training Methods	Speed - Concept - Training Methods	Lecture	Daily Exams
5	2	Endurance - Training Methods	Endurance - Concept - Training Methods	Lecture	Activities, Participation, and Attendance
6	2	Learning warm-up exercises with a stick	Warm-up - Warm-up with a Stick	Lecture	Observation
7	2	Learning the snatch skill	Snatch Skill	Lecture	Semester Reports
8	2	Overcoming common snatch mistakes	Common Mistakes in Snatch Skill	Lecture	Taking Semester Exams
9	2	Flexibility - Training Methods	Flexibility - Concept - Training Methods	Lecture	Participation and Attendance
10	2	Learning technical performance - Weightlifting	Technical Performance - Weightlifting	Lecture	Daily Exams
11	2	Learning the clean and jerk skill	Jet Skill	Lecture	Participation and Attendance
12	2	Learning the clean and jerk skill	Learning the Jet Skill	Lecture	Participation and Attendance
13	2	Through exercises	Common Mistakes in the Jet Skill	Lecture	Participation and Attendance
14	2	Overcoming common clean and jerk mistakes	How to Record the Axial Inertia of the Weight Path	Lecture	Daily Exams

15	2	Learning how to record the axial inertia of the weight path	An Analysis Study of Some Weightlifters	Lecture	Taking Semester Exams
16	2	Discussing an analytical study of some weightlifters	Working with Juniors	Lecture	Participation and Attendance ...
17	2	Working with juniors through exercises	Loading in Weightlifting Training	Lecture	Assessment Method
18	2	Load training in weightlifting training	The Relationship Between the Number of Repetitions and the Intensity of the Stimulus	Lecture	Participation and Attendance
19	2	Repetition training and stimulus intensity	A Sample Training Unit - How to Write It	Lecture	Observation
20	2	Learning a training unit model - How to write it	Training Beginner Weightlifters	Lecture	Daily Exams
21	2	How to train beginner weightlifters	The Weightlifting Coach	Lecture	Daily Exams
22	2	The personality of the coach in weightlifting	Sports Injuries in Weightlifting	Lecture	Activities, Participation, and Attendance
23	2	Avoiding sports injuries in weightlifting	International Weightlifting Laws	Lecture	Observation
24	2	Learning international weightlifting law	Physiological Factors or Functions and Changes That Occur in Weightlifters During Work	Lecture	Semester Reports
25	2	Maintaining physiological factors or functions and changes that occur to weightlifters during work	Training in Hypoxic Conditions	Lecture	Taking Semester Exams
26	2	Increasing training in conditions of hypoxia	How to Reduce Weight for Weightlifters	Lecture	Participation and Attendance
27	2	Learning How to Lose Weight for Weightlifters	The Effect of Psychological Factors on Weightlifters	Lecture	Daily Exams

28	2	Increase the Impact of the Psychological Factor on Weightlifters	Study Anxiety in Weightlifters	Lecture	Participation and Attendance
29	2	Reducing Anxiety in Weightlifters	Nutrition	Lecture	Participation and Attendance
30	2	Learn Nutrition	Steroids	Lecture	Participation and Attendance

11- Course Assessment

- Monthly Exams: 20%
- Practical Activities and Training: 20%
- Daily Exams and Class Participation: 10%
- Final Exam (Theoretical and Practical): 50%

12- Learning Resources

equired textbooks (methodology, if available)	Theoretical and scientific foundations of weightlifting
Primary references (sources)	None
Recommended supporting books and references (scientific journals, reports)	None
Electronic references, websites	None

Athletics Course Description

1- Course Name

Athletics

2- Course Code

55503101

3- Semester / Academic Year

2024–2025

4- Date of Preparation

01/09/2024

5- Mode of Attendance

Weekly in-person lectures

6- Total Credit Hours / Units

2 Credit Units – 2 Practical Hours per Week

7- Course Instructors

Asst. Prof. Dr. Ferial Sami Khalil

ferialsami921@gmail.com

Assistant Professor Saja Rahim Rashid

saja.rahem@uomustansiriyah.edu.iq

8- Course Objectives

Course Objectives

- Providing students with the basic and theoretical skills for athletics events.
- Familiarizing themselves with the international rules governing races and competitions.
- Developing students' motor and technical abilities in races, throwing, and jumping.
- Enabling students to understand the motor mechanics and techniques of each event.

9- Teaching and Learning Strategies

Strategie

- Knows the specifications of athletics equipment and tools.
- Explains the technical rules for each event.
- Distinguishes between the technical performance stages in each type of running, throwing, and jumping event.

	• Apply proper motor performance for walking, sprinting, relaying, and throwing events. • Correctly executes the basic stages of jumping and high jumping. • Evaluates the physical and skill performance of themselves and their teammates. • Commits to team spirit and fair competition. • Demonstrates a commitment to safety and discipline on the field. • Interacts positively with their teammates and demonstrates respect for sporting rules, based on Islamic and Arab values that promote the principles of respect, fair play, tolerance, and adherence to good morals in all situations
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10- Course Structure

Week	Hours	Intended Learning Outcomes	Unit/Topic	Teaching Method	Assessment Method
1	2	Participation and Attendance	Participation and Attendance	Participation and Attendance	Participation and Attendance
2	2	Participation and Attendance	Participation and Attendance	Participation and Attendance	Participation and Attendance
3	2	Participation and Attendance	Participation and Attendance	Participation and Attendance	Participation and Attendance
4	2	Participation and Attendance	Participation and Attendance	Participation and Attendance	Participation and Attendance
5	2	Participation and Attendance	Participation and Attendance	Participation and Attendance	Participation and Attendance
6	2	Participation and Attendance	Participation and Attendance	Participation and Attendance	Participation and Attendance
7	2	Participation and Attendance	Participation and Attendance	Participation and Attendance	Participation and Attendance
8	2	Participation and Attendance	Participation and Attendance	Participation and Attendance	Participation and Attendance

[illegible]

24	2	Participation and Attendance	Participation and Attendance	Participation and Attendance	Participation and Attendance
25	2	Participation and Attendance	Participation and Attendance	Participation and Attendance	Participation and Attendance
26	2	Participation and Attendance	Participation and Attendance	Participation and Attendance	Participation and Attendance
27	2	Participation and Attendance	Participation and Attendance	Participation and Attendance	Participation and Attendance
28	2	Participation and Attendance	Participation and Attendance	Participation and Attendance	Participation and Attendance
29	2	Explanation of the Competition Rules	Second Theory Test	Exam	Exam
30	2	Explanation of the Techniques of Each Start	Second Practical Test	Exam	Exam

11- Course Assessment

- Monthly Exams: 20%
- Practical Activities and Training: 20%
- Daily Exams and Class Participation: 10%
- Final Exam (Theoretical and Practical): 50%

12- Learning Resources

equired textbooks (methodology, if available)	Lectures
Primary references (sources)	IAAF Rules Academic Publications on the Mechanics of Athletic Performance Event Refereeing Guides
Recommended supporting books and references (scientific journals, reports)	None
Electronic references, websites	None

Scouting Education Course Description

1- Course Name

Scouting Education

2- Course Code

55502106

3- Semester / Academic Year

2024–2025

4- Date of Preparation

01/09/2024

5- Mode of Attendance

Weekly in-person lectures

6- Total Credit Hours / Units

2 Credit Units – 2 Practical Hours per Week

7- Course Instructors

Asst. Prof. Dr. Suha Darwish Abdel Ghafour

suha7451@gmail.com

Asst. Dr. Zainab Falah Hassan Hussein

8- Course Objectives

Course Objectives

- Introducing students to the history, foundations, and principles of the Scouting movement.
- Developing basic scouting skills and techniques and applying them in the field.
- Instilling national values, discipline, self-reliance, and teamwork.
- Preparing students for active participation in scouting camps and activities.

9- Teaching and Learning Strategies

Strategie

- Defines the Scouting movement, its history, and principles.
- Explains the tools and components of Scouting activity.
- Demonstrates the concept of expeditions, camping, and flag-raising ceremonies.
- Implements practical skills for knots, tying, directions, and pioneering.
- Participates actively in games, shouts, and ceremonies.

	•Plans and participates in a field trip according to Scouting instructions. •Adheres to discipline, order, and team spirit. •Shows respect for the nation's symbols and Scouting principles, based on •Islamic and Arab values that call for patriotism, dedication to work, organized obedience, and fostering a spirit of public service. •Demonstrates a commitment to physical activity and cooperation during practical application.
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10- Course Structure

Week	Hours	Intended Learning Outcomes	Unit/Topic	Teaching Method	Assessment Method
1	2	Explaining the history of the World, Arab, and Iraqi Scouting Movement - Discipline and Order - Scout Shouts and Games	History of the World, Arab, and Iraqi Scouting Movement - Discipline and Order - Scout Shouts and Games	Lecture	Participation and Attendance
2	2	Learning ropes and knots (simple, square, spliced, short, hunter) - Scout Shouts	Ropes and Knots (Simple, Square, Connective, Short, Hunter) - Scout Shouts	Lecture	Participation and Attendance
3	2	Learning the principles and objectives of the Scouting Movement - Scout ties (peg, ladder, woodcutter)	Principles and Objectives of the Scouting Movement - Scout Ties (Peg, Ladder, Woodcutter)	Lecture	Participation and Attendance
4	2	Learning - the salute, the promise, and the law	Moral and Physical Examples - The Salute, the Promise, and the Law	Lecture	Participation and Attendance
5	2	How to wear the Scout uniform and its components	The Scout Uniform and Its Components - The Square Course	Lecture	Participation and Attendance
6	2	Training with the Scout stick: types and benefits -	The Scout Stick: Types and Benefits - The Scissors Course	Lecture	Participation and Attendance
7	2	Explaining the age groups in Scouting	Age Stages in Scouting - The Diamond Course	Lecture	Participation and Attendance

8	2	Learning formation signals (whistle, hand) -	Formation Signals (Whistle, Hand) - Practical Application of Formations	Lecture	Participation and Attendance
9	2	Explaining the Scout programs -	Scouting Programs - The Handkerchief Knot - Shouts and Games	Lecture	Participation and Attendance
10	2	Training with fire types	Types of Fires - Practical Application	Lecture	Participation and Attendance
11	2	Explaining directions and estimating distances -	Directions and Estimating Distances - Practical Field Training	Lecture	Participation and Attendance
12	2	Examination	Theoretical Test and First Practical Test	Lecture	Participation and Attendance
13	2	Learning field trips:	Surfing Trips: Types and Importance - Field Application	Lecture	Participation and Attendance
14	2	Explaining camp and jamboree - Pioneer activities	Camp and Jamboree - Pioneer Activities (Clothing Shop, Kitchen, Gate, Boot, Chair)	Lecture	Participation and Attendance
15	2	Explaining communication in Scouting	Communication In Scouting - Group Exercises	Lecture	Participation and Attendance
16	2	Learning morning sports - Inspections and evening parties	Morning Sports - Inspections and Summer Parties	Lecture	Participation and Attendance
17	2	Learning competitions and visits between pioneers	Competitions and Visits Between Pioneers	Lecture and Practical Examples	Participation and Attendance
18	2	Learning the flag-raising ceremony -	Flag Raising Ceremonies - Field Application	Lecture	Participation and Attendance
19	2	Explaining field trip preparations - Tools and supplies	Outdoor Trip Preparations - Tools and Supplies	Lecture + Practical Examples	Participation and Attendance
20	2	Learning how to Camping	Camping - Tent Pitching and Demolition - Types of Tent	Lecture	Participation and Attendance
21	2	How to choose a camping site and ventilate your tent – Field application	How to Choose a Camping Site and Ventilate a Tent - Field Application	Activity	Participation and Attendance

22	2	Learn group scouting competitions	Group Scouting Competitions	Lecture	Participation and Attendance
23	2	Theoretical and final practical tests	Theoretical Exam and Final Practical Exam	Practical Test	Participation and Attendance
24	2	Educational exercises for previous topics	Review of Previous Topics	Written Test	Participation and Attendance
25	2	Educational exercises for previous topics	Review of Previous Topics	Teaching Method	Participation and Attendance
26	2	Educational exercises for previous topics	Review of Previous Topics	Lecture	Participation and Attendance
27	2	Educational exercises for previous topics	Review of Previous Topics	Lecture	Participation and Attendance
28	2	Educational exercises for previous topics	Review of Previous Topics	Lecture	Participation and Attendance
29	2	Educational exercises for previous topics	Review of Previous Topics	Lecture	Conducting midterm exams
30	2	Intended Learning Outcomes	Review of Previous Topics	Lecture	Conducting midterm exams

11- Course Assessment

- Monthly Exams: 20%
- Practical Activities and Training: 20%
- Daily Exams and Class Participation: 10%
- Final Exam (Theoretical and Practical): 50%

12- Learning Resources

equired textbooks (methodology, if available)	Diaa Al-Din Baraa Jawad, Theories and Applications of Scouting Education, First Edition, Baghdad, Al-Munir Office, 2010.
Primary references (sources)	Muad Salman Ibrahim, Waad Abdul Rahim Farhan, Encyclopedia of Scouting Education, First Edition, Dar Al-Ahmadi, Baghdad, 2012.
Recommended supporting books and references (scientific journals, reports)	None
Electronic references, websites	None

Swimming Course Description

1- Course Name

swimming

2- Course Code

55503102

3- Semester / Academic Year

2024-2025

4- Date of Preparation

01/09/2024

5- Mode of Attendance

Weekly in-person lectures

6- Total Credit Hours / Units

2 Credit Units – 2 Practical Hours per Week

7- Course Instructors

Prof. Dr. Wissam Sahib Hassan	wessam-2008w@uomustansiriyah.edu.iq
Prof. Dr. Ikhlas Hussein Daham	
Mr. Dr. Haider Majeed Hamid	
Saleh Al-Qudsi	Hydmaha67@yahoo.com
Mr. Dr. Ali Mohammed Talib	amadalimhmed123@gmial.com
Mr. Suhair Raad Yahya Abdul Latif Al-Bayati	suhairraad@uomustansiriyah.edu.iq
Mr. Eman Kazim Hani Yassin Al-Tamimi	Eman.k.a@uomustansiriyah.edu.iq

8- Course Objectives

Course Objectives

- Teaching basic Olympic swimming skills.
- Training students in water rescue techniques and methods.
- Enhancing students' self-confidence in aquatic environments.
- Providing them with knowledge of the International Olympic Swimming Rules

		and first aid principles.			
9- Teaching and Learning Strategies					
Strategie		• Explains the theoretical concepts of swimming, its benefits, and history. • Explains the rules of Olympic swimming, pelvic measurements, and safety principles. • Learns the causes of drowning, rescue techniques, and first aid. • Correctly performs freestyle, backstroke, butterfly, and breaststroke. • Apply the skills of buoyancy, gliding, launching, and breathing.			
10- Course Structure					
Week	Hours	Intended Learning Outcomes	Unit/Topic	Teaching Method	Assessment Method
1	2	Explaining the History of Swimming	History of Swimming	a lecture	Theoretical lectures using educational aids.
2	2	Learning Swimming, Its Benefits	The Importance of Swimming, Its Benefits	a lecture	Practical application in the pool.
3	2	Explaining Swimming Pool Measurements	Olympic Pool Dimensions	a lecture	Viewing illustrative and educational videos.
4	2	Learning the Basic Principles of Freestyle Swimming	Initial Principles of Teaching Freestyle Swimming - Part One	a lecture	Theoretical lectures
5	2	Learning the Basic Principles of Freestyle Swimming	Initial Principles of Teaching Freestyle Swimming - Part Two	a lecture	Theoretical lectures using educational aids.
6	2	Learning the Basic Principles of Freestyle Swimming	Initial Principles of Teaching Freestyle Swimming - Part Three	a lecture	Practical application in the pool.
7	2	Practical Exercises	Practical Application of Basic Freestyle Skills	a lecture	Practical application in the pool.
8	2	First Monthly Exam	First Monthly Exam	First Monthly Exam	Exam.

9	2	Learn How to Save a Drowning Person	Drowning and Its Causes	a lecture	Theoretical lectures using educational aids.
10	2	Learn Rescue Methods and Techniques	Rescue Methods and Techniques - Part One	a lecture	Practical application in the pool.
11	2	Learn Rescue Methods and Techniques	Rescue Methods and Techniques - Part Two	a lecture	Viewing educational videos.
12	2	Learn First Aid	First Aid Related to Water Activities	a lecture	Simulating and representing rescue situations in a training environment.
13	2	Practical Application on Rescue and First Aid	Practical Application of Rescue and First Aid	a lecture	Theoretical lectures using educational aids.
14	2	Second Monthly Exam	Second Monthly Exam	a lecture	Practical application in the pool.
15	2	First Monthly Exam	First Monthly Exam	a lecture	Viewing educational videos.
16	2	How Swimming Affects the Human Body	The Effect of Swimming on the Human Body from a Health and Functional Perspective	a lecture	Simulating and representing rescue situations in a training environment.
17	2	How to Teach Freestyle Swimming	Freestyle Swimming Instruction	a lecture	Practical application in the pool.
18	2	How to Teach Backstroke	Backstroke Instruction	a lecture	Practical application in the pool.
19	2	How to Teach Butterfly	Butterfly Swimming Instruction	a lecture	Viewing educational videos.
20	2	How to Teach Breaststroke	Breaststroke Instruction	a lecture	Simulating and representing rescue situations in a training environment.
21	2	Practical Application	Practical Application of the Four Types of Swimming	a lecture	Practical application in the pool.

22	2	Third Monthly Exam	Third Monthly Exam	Exam	Exam
23	2	Learn Exercises	Comprehensive Review of Theoretical Concepts and Practical Skills	a lecture	Viewing educational videos.
24	2	Learn Exercises	Comprehensive review of theoretical concepts and practical skills	a lecture	Simulating and representing rescue situations in a training environment.
25	2	Learn Exercises	Comprehensive review of theoretical concepts and practical skills	a lecture	Theoretical lectures using educational aids.
26	2	Learn Exercises	Comprehensive review of theoretical concepts and practical skills	a lecture	Practical application in the pool.
27	2	Learn Exercises	Comprehensive review of theoretical concepts and practical skills	a lecture	Viewing educational videos.
28	2	Final Exam	Final Exam	Final Exam	Exam
29	2				
30	2				

11- Course Assessment

- Monthly Exams: 20%
- Practical Activities and Training: 20%
- Daily Exams and Class Participation: 10%
- Final Exam (Theoretical and Practical): 50%

12- Learning Resources

equired textbooks (methodology, if available)	Swimming: Learning, Training, and Laws – Prof. Dr. Muqdad Al-Sayed Jaafar, 1988
Primary references (sources)	Modern Olympic Swimming – Prof. Dr. Muqdad Al-Sayed Jaafar, 2006
Recommended supporting books and references (scientific journals, reports)	None
Electronic references, websites	• Publications of the International Swimming Federation (FINA)

Course Description	
1- Course Name	
basketball	
2- Course Code	
55502102	
3- Semester / Academic Year	
2024–2025	
4- Date of Preparation	
01/09/2024	
5- Mode of Attendance	
Weekly in-person lectures	
6- Total Credit Hours / Units	
2 Credit Units – 2 Practical Hours per Week	
7- Course Instructors	
Asst. Prof. Dr. Omar Abdul Ghafoor omar-abdulghfoor1975@uomustansiriyah.edu.iq	
Asst. Dr. Aya Haitham Khazal ayahaitham47@uomustansiriyah.edu.iq	
Asst. Prof. Sudeer Mohammed Suleiman sdeer@uomustansiriyah.edu.iq	
8- Course Objectives	
Course Objectives	• Teaching Basic Skills - Training • Providing students with theoretical knowledge of advanced offensive and defensive tactics in basketball. • Providing students with the skills necessary for refereeing and interpreting the provisions of the International Laws of the Game. • Enabling students to apply and analyze various team play systems. • Enhancing practical performance through field training and practical matches.
9- Teaching and Learning Strategies	
Strategie	•Theoretical lectures: To provide students with the basic concepts, rules, and advanced tactics of basketball. •Practical field exercises: To apply motor skills, offensive and defensive plans,

	and practical refereeing. •Interactive learning: Through class discussions, technical analysis of performance, and practical match management. •Use of a practice-based learning approach: By engaging students in real-life game situations to enhance their practical understanding of the rules and tactics.
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10- Course Structure

Week	Hours	Intended Learning Outcomes	Unit/Topic	Teaching Method	Assessment Method
1	2	Basic Skills and How to Learn Them	Basic Skills Explained	Practical Participation + Performance Evaluation	Practical Training + Field Play
2	2	Explanation of Receiving and Handing in Basketball	Receiving and Handing Over in Basketball	Practical Participation + Performance Evaluation	Practical Training + Field Play
3	2	Explanation of Handoffs	Explaining Handoffs	Reports + Practical Evaluation	Lecture + Practical Application
4	2	Explanation of Chest Handoffs	Explaining Chest Handoffs	Practical Participation + Practical Test	Practical Application + Field Play
5	2	Explanation of its performance using model presentations	Explaining Their Performance with Models	Test Results + Practical Evaluation	Lecture + Practical Application
6	2	Explanation of Rebound Handoffs	Explaining Rebound Handoffs	Practical Participation + Technical Evaluation	Practical Training + Field Play
7	2	Explanation of its performance using model presentations	Explaining Their Performance with Models	Practical Participation + Practical Test	Practical Application + Field Play
8	2	Explanation of Overhead (Long) Handoffs	Explaining Overhead Handoffs (Long)	Practical Participation + Practical Evaluation	Practical Application + Field Play
9	2	And Over-the-Shoulder Handoffs	And Over-the-Shoulder Handoffs	Practical Participation + Technical Evaluation	Practical Application + Field Play
10	2	Explanation of its performance using model presentations	Explaining Their Performance with Models	Practical Participation + Technical Evaluation	Practical Application + Field Play

11	2	Explanation of High and Low Tapping Skills	Explaining High and Low Tapping Skills	Exam	Practical Application + Field Play
12	2	First Month Exam	First Month Exam	Practical Participation + Practical Evaluation	Practical Application + Field Play
13	2	Explanation of Tapping with a Change of Direction	Explaining Tapping with a Change of Direction	Theoretical Exam	Exam Grade
14	2	Explanation of the Skill of Scoring from a Standing Position	Explaining the Skill of Standing Scoring	Written Exam	Practical Application + Field Play
15	2	Explanation of the Skill of Scoring from a Jump	Explaining the Skill of Jumping Scoring	Field Exam	Theory Lecture
16	2	Explanation of the Skill of Ladder Scoring	Explaining the Skill of Ladder Scoring	Practical Participation + Technical Evaluation	Written Exam
17	2	Explanation of Compound Skills (Handoffs and Taps)	Explaining the Types of Compound Skills (Handoffs and Tappings)	Exam	Practical Test
18	2	Second Month Exam	Second Month Exam	Practical Participation + Judging Test	Practical Training
19	2	Detailed Explanation of Scoring, Its Types and Where It Is Used	A Detailed Explanation of Scoring, Its Types and Where It Is Used	Practical Participation + Judging Test	Exam Paper
20	2	Explanation of Skill Scoring from a Standing Position	Explaining Standing Scoring	Practical Participation + Judging Test	Lecture + Structured Play
21	2	Explanation of Skill Scoring from a Jump	Explaining Jumping Scoring	Practical Participation + Legal Evaluation	Lecture + Structured Play
22	2	Explanation of Ladder Scoring	Explaining Ladder Scoring	Practical Participation + Judging Test	Lecture + Structured Play
23	2	Explanation of the Double Dribble and Ball Carrying Violation	Explaining the Violation of Double Dribble and Ball Carrying	Practical Participation + Judging Test	Practical Application + Field Play
24	2	Explanation of the Walking Violation	Explaining the Violation of Walking	Practical Participation + Practical Evaluation ...	Lecture + Practical Application

				Judging Test	
25	2	Explanation of How to Execute an 8-Second Violation	Explaining How to Execute an 8-Second Violation	Paper-based Exam	Practical Application + Field Play
26	2	Explanation of How to Execute a 3-Second Violation	Explaining How to Execute a 3-Second Violation	Teaching Method	Practical Application
27	2	Explanation of How to Execute a 5-Second Violation	Explaining How to Execute a 5-Second Violation	Practical Participation + Performance Evaluation	Practical Application
28	2	Explanation of How to 24-second violation execution	Explaining How to Execute a 24-Second Violation Second exam	Practical Participation + Performance Evaluation	Practical Application
29	2	Exam	Exam	Exam	Exam Grade
30	2				

11- Course Assessment

- Monthly Exams: 20%
- Practical Activities and Training: 20%
- Daily Exams and Class Participation: 10%
- Final Exam (Theoretical and Practical): 50%

12- Learning Resources

equired textbooks (methodology, if available)	Muhammad Hassan Ahmad: Basic Basketball Skills Training, Cairo, Dar Al-Nashr and Al-Tawzi', 1985.
Primary references (sources)	None
Recommended supporting books and references (scientific journals, reports)	None
Electronic references, websites	None

Football Course Description

1- Course Name

football

2- Course Code

55502101

3- Semester / Academic Year

2024–2025

4- Date of Preparation

01/09/2024

5- Mode of Attendance

Weekly in-person lectures

6- Total Credit Hours / Units

2 Credit Units – 2 Practical Hours per Week

7- Course Instructors

Dr. Hasan Hadi Atiya

drhasan66@uomustansiriyah.edu.iq

Asst. Lecturer Ahmed Jabbar Jasim

ahmedjabbar@uomustansiriyah.edu.iq

8- Course Objectives

Course Objectives

History of football and teaching basic football skills

9- Teaching and Learning Strategies

Strategie

Basic defensive and offensive skills

10- Course Structure

Week	Hours	Intended Learning Outcomes	Unit/Topic	Teaching Method	Assessment Method
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1	2	1. Physical exercises in the university's playground. 2. Jogging on the edges of the field (with an introduction to the field)	Introduction to the History of Football	Practical, Theoretical, and Field Application Lectures	Student performance of exercises
2	2	1. Handling. 2. Short Handling. 3. Medium Handling. 4. Long Handling.	Definition of Basic Skills	Practical, Theoretical, and Field Application Lectures	Student performance of exercises
3	2	1. Applications of common types of handling and blocking. 2. Common handling and blocking.	Importance of Basic Skills in Match Results	Practical, Theoretical, and Field Application Lectures	Student performance of exercises
4	2	1. Consolidation of common handling and blocking skills	Offensive Skills	Practical, Theoretical, and Field Application Lectures	Student performance of exercises
5	2	1. Exercises during movement: Handling and blocking	Types of Handling	Practical, Theoretical, and Field Application Lectures	Student performance of exercises
6	2	Various movement forms using random, intensive, and variable learning methods to consolidate previous skills	Short Handling	Practical, Theoretical, and Field Application Lectures	Student performance of exercises
7	2	1. Exercises during movement: Long Handling and Blocking	Medium Handling	Practical, Theoretical, and Field Application Lectures	Student performance of exercises
8	2	Stopping exercises. 2. Learning how to position the body during blocking	Long Handling	Practical, Theoretical, and Field Application Lectures	Student performance of exercises
9	2	Application of common types of blocking. 2. Combining skills: Ball handling and blocking	Types of Blocking	Practical, Theoretical, and Field Application Lectures	Student performance of exercises
10	2	Application of types of blocking with the chest. 2. Chest blocking exercises	Foot Blocking	Practical, Theoretical, and Field Application Lectures	Student performance of exercises

		during movement			
11	2	Application of types of blocking with the head using random and variable training methods.	Chest Blocking	Practical, Theoretical, and Field Application Lectures	Student performance of exercises
12	2	First Month Exam	Head Blocking	Practical, Theoretical, and Field Application Lectures	Student performance of exercises
13	2	Learn how to score with the foot and with any preferred body part	Exam	Exam	Exam
14	2	Application of scoring from a stationary position. 2. Application of scoring from movement.	Scoring in Football	Practical, Theoretical, and Field Application Lectures	Student performance of exercises
15	2	Application Scoring with your head and any part of your head. 2. Combining the long pass with heading the ball.	Scoring with the Foot	Practical, Theoretical, and Field Application Lectures	Student performance of exercises
16	2	Learn the side throw skill and common mistakes using it.	Scoring with the Head	Practical, Theoretical, and Field Application Lectures	Student performance of exercises
17	2	Second Month Exam	Throw-in	Practical, Theoretical, and Field Application Lectures	Student performance of exercises
18	2	1. Apply defensive skills and learn the defensive player's stance. 2. Apply defensive ball skills.	Exam	Exam	Exam
19	2	1. Practical application of intercepting and clearing the ball. 2. Various defensive movements.	Defensive Skills in General	Practical, Theoretical, and Field Application Lectures	Student performance of exercises

20	2	Practical application of how to cover from the opposite side of the ball.	Cutting the Ball	Practical, Theoretical, and Field Application Lectures	Student performance of exercises
21	2	Practical applications of defending against an attacker and when to use the slide.	Covering	Practical, Theoretical, and Field Application Lectures	Student performance of exercises
22	2	How to head the ball, whether from a standing position or a jump.	Gliding	Practical, Theoretical, and Field Application Lectures	Student performance of exercises
23	2	Exam	Exam	Exam	Exam
24	2	1. Practical application of defending against an attacker's dribble. Individual defense of high balls.	Exam	Exam	Student performance of exercises
25	2	Practical application of the defensive player's stance during a defensive operation.	Defensive Skills	Practical, Theoretical, and Field Application Lectures	Student performance of exercises
26	2	Practical application of how to monitor an attacker during set pieces.	Individual Defense	Practical, Theoretical, and Field Application Lectures	Student performance of exercises
27	2	Learn how to stand while defending.	Defending Player's Stance	Practical, Theoretical, and Field Application Lectures	Student performance of exercises
28	2	Practical application of defending against a dribble.	Defending Player's Position	Practical, Theoretical, and Field Application Lectures	Student performance of exercises
29	2	Practical application of defending against a pass and how to intercept it.	Defending Player's Movement	Practical, Theoretical, and Field Application Lectures	Student performance of exercises
30	2	Practical application of defending against scoring and preventing a player from scoring.	Defending Against Rolling	Practical, Theoretical, and Field Application Lectures	Student performance of exercises

11- Course Assessment

- Monthly Exams: 20%
- Practical Activities and Training: 20%
- Daily Exams and Class Participation: 10%
- Final Exam (Theoretical and Practical): 50%

12- Learning Resources

equired textbooks (methodology, if available)	Ghazi Saleh Mahmoud; Basic Football Skills, 1st ed.: Dar Al-Kutub for Printing and Publishing, 2005
Primary references (sources)	Thamer Mohsen; Football, 2nd ed.: Mosul, Dar Al-Kutub for Printing and Publishing, 2001
Recommended supporting books and references (scientific journals, reports)	None
Electronic references, websites	None



Al-Mustansiriya University
College of Physical Education and
Sports Sciences

Course Description – Second Stage

English Language Course Description

1- Course Name

English Language

2- Course Code

55501206

3- Semester / Academic Year

2024–2025

4- Date of Preparation

01/09/2024

5- Mode of Attendance

Weekly in-person lectures

6- Total Credit Hours / Units

2 hours per week / 4 academic units

7- Course Instructors

Mr. Abdul Ridha Shouli Ghadhan

redha1000@uomustansiriyah.edu.iq

8- Course Objectives

Course Objectives

- Develop students' skills in English grammar and general/sports vocabulary.
- Improve reading, writing, listening, and speaking skills in academic and general contexts.
- Enable students to use English terminology and tools related to physical education and sports.
- Enhance students' abilities to communicate scientifically and practically using English

9- Teaching and Learning Strategies

Strategie

- Theoretical lectures: Traditional classroom instruction.
- Interactive lectures: Question-and-answer-based sessions.
- Homework: Assignments involving short virtual dialogues on lecture topics and content.

10- Course Structure

Week	Hours	Learning Outcomes	Topic	Teaching Methods	Assessment
1	2	Intro to PE terms and usage	Introduction to PE and English	Lecture	Participation
2	2	Key sports terms	Unit 1: Sports Terms & Types	Lecture	Participation
3	2	Human body terms, greetings, exercises	Individual/Team Sports Vocabulary	Lecture	Participation
4	2	Social expressions, dictionary use, grammar basics	Unit 1 from Headway	Lecture	Participation
5	2	Letter writing, communication, listening/reading	Informal Letters, Listening/Speaking/Reading	Lecture	Participation
6	2	Conversations, country descriptions	Unit 2	Lecture	Participation
7	2	Listening, writing, lifestyles	Annoying Behaviors, USA Life	Lecture	Participation
8	2	First Midterm Exam	Exam	Written	Exam
9	2	Football terminology	Unit 2: Football	Lecture	Participation
10	2	Clothing vocabulary & dialogues	Clothes & Discussion	Lecture	Participation
11	2	Time expressions and tenses	Unit 3	Lecture	Participation
12	2	Story writing and discussions	Writing, Listening, Reading	Lecture	Participation
13	2	Shopping vocabulary	Unit 4: Let's Go Shopping	Lecture	Participation
14	2	Forms, town surveys	Reading, Speaking	Lecture	Participation
15	2	Second Midterm Exam	Exam	Written	Exam
16	2	Boxing vocabulary	Unit 3: Boxing	Lecture	Participation
17	2	Daily routines, introductions	Vocabulary Practice	Lecture	Participation
18	2	Tennis expressions & emotions	Unit 5	Lecture	Participation
19	2	Postcards, future planning	Reading, Listening, Speaking	Lecture	Participation
20	2	Directions and comparisons	Unit 6	Lecture	Participation
21	2	City discussions	Living Abroad, Millionaires	Lecture	Participation

22	2	First Midterm Exam	Exam	Written	Exam
23	2	Weightlifting vocabulary	Unit 4: Weightlifting	Lecture	Participation
24	2	Family discussion	Vocabulary: Family	Lecture	Participation
25	2	English grammar practice	Unit 7	Lecture	Participation
26	2	Biographies and interviews	Listening, Roleplay	Lecture	Participation
27	2	Health and job vocabulary	Unit 8	Lecture	Participation
28	2	Formal letters and dialogues	Reading and Speaking	Lecture	Participation
29	2	Review and student presentations	Final Practice	Lecture	Participation
30	2	Second Midterm Exam	Exam	Written	Exam

11- Course Assessment

- Daily attendance and participation
- Oral exams
- Monthly exams
- First semester grade: 25%
- Second semester grade: 25%
- Final exam (theoretical): 50%

12- Learning Resources

Prescribed Textbooks	Khayoon, Y. et al. (2011). <i>One Step Up To Sports & English</i> . Baghdad: Al-Kalema Al-Taiba.
Main References	Jafar, Baan (2010). <i>New English Course for First-Year Iraqi Students at Colleges of Physical Education</i> .
Recommended Supporting References	Encyclopaedia Britannica. CD-ROM 2007
Online References	Wikipedia: http://www.wikipedia.org
Prescribed Textbooks	Khayoon, Y. et al. (2011). <i>One Step Up To Sports & English</i> . Baghdad: Al-Kalema Al-Taiba.

Sports Training Science Course Description

1- Course Name

Sports Training Science

2- Course Code

55501203

3- Semester / Academic Year

2024–2025

4- Date of Preparation

01/09/2024

5- Mode of Attendance

Weekly in-person lectures

6- Total Credit Hours / Units

2 hours / 4 academic units

7- Course Instructors

Faiza Abdul-Jabbar Ahmed Abdul-Shiblawi

fawzyalmawla@yahoo.com

8- Course Objectives

Course Objectives

- Introduce students to the concepts of sports training science and its importance in developing physical and skill performance.
- Enable students to understand the components of training load and its scientific basis.
- Provide students with the knowledge required to plan short- and long-term training processes.
- Enhance students' ability to analyze muscle fatigue and how to deal with overtraining

9- Teaching and Learning Strategies

Strategie

- **Lectures:** Explaining modern training science concepts (training cycles, stages, strategies).

	• Group assignments: Dividing students into groups and assigning them to prepare training units for specific programs (based on stage, sport, age group, time period, or training goal). • Discussion and problem-solving: Presenting a training problem and discussing possible solutions. • Case studies: Reviewing and analyzing previous training programs used by national teams or clubs to identify strengths and weaknesses.
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10- Course Structure

Week	Hours	Learning Outcomes	Topic	Teaching Method	Assessment
1	2	Understanding the definition and history of sports training science	Introduction to Sports Training	Theoretical	In-class participation
2	2	Understanding training load and its role in training programs	Components of Training Load	Theoretical	In-class participation
3	2	Understanding how to apply training load in different training goals	Fields of Training Load	Theoretical	In-class participation
4	2	Understanding the principles of sports training and how to build suitable programs	Basic Principles of Training	Theoretical	In-class participation
5	2	Understanding how to design training programs	Training Rules	Theoretical	In-class participation
6	2	First Midterm Exam	-	Theoretical	Exam grade
7	2	Understanding the stages of training and how to measure them	Training Stages	Theoretical	In-class participation
8	2	Understanding the concept of rest in training and its timing	Rest in Training	Theoretical	In-class participation
9	2	Calculating rest based on type of performance (physical or skill)	Performance-Based Rest	Theoretical	In-class participation
10	2	Understanding volume and intensity and how to balance them	Volume and Intensity Relationship	Theoretical	In-class participation
11	2	Understanding how to manage training units and programs	Sports Management	Theoretical	In-class participation

12	2	Understanding basic management skills for coaches	Key Management Skills	Theoretical	In-class participation
13	2	Second Midterm Exam	-	Theoretical	Exam grade
14	2	Planning training units based on goals and athlete characteristics	Principles of Training Planning	Theoretical	In-class participation
15	2	Understanding stages of successful planning	Sports Planning	Theoretical	Written exam
16	2	Identifying barriers to planning and how to adapt	Planning Obstacles	Theoretical	In-class participation
17	2	Understanding types and purposes of planning	Types of Sports Planning	Theoretical	In-class participation
18	2	Understanding the definition and types of training units	Training Unit	Theoretical	In-class participation
19	2	Final Midterm Exam	-	Theoretical	Exam grade
20	2	Understanding muscle fatigue physiologically	Muscle Fatigue	Theoretical	In-class participation
21	2	Understanding causes of fatigue and how to address them	Causes of Muscle Fatigue	Theoretical	In-class participation
22	2	Understanding types of fatigue and its relation to training	Types of Muscle Fatigue	Theoretical	In-class participation
23	2	Learning physiological theories that explain fatigue	Theories of Muscle Fatigue	Theoretical	In-class participation
24	2	How coaches identify and deal with fatigue	External Signs of Fatigue	Theoretical	In-class participation
25	2	Second Midterm Exam	-	Theoretical	Exam grade
26	2	Review of muscle fatigue unit	Muscle Fatigue Review	Theoretical	In-class participation
27	2	Coach skills for dealing with overtraining	Overload Management	Theoretical	In-class participation
28	2	Practicing how to calculate training intensity	Intensity Calculation	Theoretical	In-class participation
29	2	Comprehensive Final Exam		Theoretical	Exam grade
30	2	Written Final Exam		Theoretical	Exam grade

11- Course Assessment

- Daily attendance
- Oral exams
- Monthly exams
- Written tests
- Reports
- First Semester: 25%
- Second Semester: 25%
- Final Exam (theoretical): 50%

12- Learning Resources

Prescribed Textbook	"Sports Training Science - Systems of Training Youth for High Levels"
Main References	None
Recommended References (Journals, Reports)	None
Electronic Resources / Websites	None

Computers Course Description

1- Course Name

Computers

2- Course Code

55501215

3- Semester / Academic Year

2024–2025

4- Date of Preparation

01/09/2024

5- Mode of Attendance

Weekly in-person lectures

6- Total Credit Hours / Units

2 Hours – 2 Credit Units

7- Course Instructors

Asst. Lecturer Nisreen Abdulhadi Jabr Al-Mushtat
nisreen1987@uomustansiriyah.edu.iq

8- Course Objectives

Course Objectives

- To teach students the most important software applications for statistical and mathematical processing.
- To familiarize students with Microsoft Office applications and their educational uses.

9- Teaching and Learning Strategies

Strategie

- **Theoretical Lectures:** Presenting the course content using a traditional lecture format.
- **Interactive Applied Lectures:** Hands-on application of lecture content directly in the computer lab.
- **Technology Utilization:** Using the internet to explore real-world applications of the course topics.
- **Homework Assignments:** Students submit practical reports and present them in front of classmates.

10- Course Structure

Week	Hours	Learning Outcomes	Unit / Topic	Teaching Methods	Assessment
1	2	Introduction to Excel and its uses	Excel 2010	Lecture	In-class participation
2	2	Understanding spreadsheet interfaces and basic functions	Introduction to Excel Interface	Lecture	Participation
3	2	Understanding Excel functions	Excel Functions	Practical	Lab performance
4	2	Understanding formulas	Formulating Data (Formula)	Practical	Lab activity
5	2	Gaining data entry skills	Entering Data	Theory & Practical	Interactive lab
6–9	2/week	Practice printing worksheets	Printing Worksheet	Practical	Lab performance
10	2	Assessment	Printing Worksheet	Practical	Exam
11–13	2/week	Advanced printing skills	Printing Worksheet	Practical	Presentations
14	2	Midterm Exam			Exam
15	2	Introduction to Microsoft Word	Word 2010	Lecture	Participation
16–17	2/week	Word processing skills	Text Formatting & Editing	Lecture	Discussion
18	2	Word applications	Microsoft Word 2010	Interactive	Class activity
19	2	Word functions	Word Functions	Exam	Graded Exam
20	2	Final Term Exam			Score
21	2	Introduction to PowerPoint	PowerPoint 2010	Lecture	Discussion
22–24	2/week	Creating and editing slides	Presentations & Animations	Lecture & Practical	Group Work
25–29	2/week	Saving and animating presentations	Functions & Save Presentations	Practical	Lab application
30	2	Final Exam			Final Exam

11- Course Assessment

- Monthly Exams (First and Second): 20%
- Practical Lab Performance: 20%
- Daily Assessments: 10%
- Final Exam (Theory + Practice): 50%

12- Learning Resources

Required Textbook	Jean Kotsiovos, MA; Carolynne Faddis, MS; Loralyn Duley, MS. Microsoft Office 2010: Productivity Strategies for Today and Tomorrow, 2014. Bernd Held. Microsoft Excel Functions & Formulas, Texas: Wordware Publishing, 2007. TRAINING (2010)
Web References	office.microsoft.com Microsoft Word 2010 Help Create Your First Word Document
Main References	None
Recommended Journals / Reports	None

Statistics Course Description

1- Course Name

Statistics

2- Course Code

55501211

3- Semester / Academic Year

2024–2025

4- Date of Preparation

01/09/2024

5- Mode of Attendance

Weekly in-person lectures

6- Total Credit Hours / Units

2 hours / 4 credit units

7- Course Instructors

Alaa Shnaishel Jeter Ali Al-Saadi

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8- Course Objectives

Course Objectives

- Enhance students' scientific understanding of statistics and data.
- Understand statistical laws and concepts.
- Enable students to use statistical tools for data analysis in graduation projects

9- Teaching and Learning Strategies

Strategie

- **Traditional Lectures:** Introducing the nature and importance of statistics and its value in scientific research.
- **Applied Lectures:** After learning basic statistical methods, students apply simple numerical data to introduce applied statistics in physical education and sport sciences.
- **Clarification:** Explain meanings of statistical results and how to interpret them.
- **Analytical Thinking:** Reinforce analytical skills and precision in handling data.
- **Decision-Making:** Develop the ability to make decisions based on statistical outcomes

10- Course Structure

Week	Hours	Learning Outcomes	Unit/Topic	Teaching Methods	Assessment Methods
1	2	What is statistics? Why do we study it? What is data? How to interpret statistical data?	Definition and importance of statistics, types of data, statistical research methods	Lecture	In-class participation
2	2	Understanding statistical tables and frequency distributions	Frequency distributions (simple & grouped)	Lecture	In-class participation
3	2	Understanding statistical population and graphical representation	Cumulative frequency, histograms, frequency polygons, pie charts	Lecture	In-class participation
4	2	Understanding measures of central tendency	Mean for ungrouped and grouped data	Lecture	In-class participation
5	2	Understanding the median and ungrouped data	Median for ungrouped data	Lecture	In-class participation
6	2	Median in grouped data	Median for grouped data	Lecture	In-class participation
7	2	Understanding mode based on data types	Mode for grouped and ungrouped data	Lecture	In-class participation
8	2	Gaining practical skills	Exercises and practical applications	Lecture	In-class participation
9	2	First semester exam	Exam	In-class participation	
10	2	Understanding measures of dispersion	Range (ungrouped & grouped)	Lecture	In-class participation
11	2	Understanding mean deviation	Mean deviation (ungrouped & grouped)	Lecture	In-class participation
12	2	Handling grouped mean deviation	Mean deviation (grouped)	Lecture	In-class participation
13	2	Developing applied skills	Applications and exercises	Lecture	In-class participation
14	2	Understanding variance	Variance (ungrouped)	Lecture	In-class participation
15	2	Variance for grouped data	Variance (grouped)	Lecture	In-class participation
16	2	Understanding standard deviation	Standard deviation (ungrouped)	Lecture	In-class participation
17	2	Standard deviation for grouped data	Standard deviation (grouped)	Lecture	In-class participation
18	2	Applied statistical skills	Applications and exercises	Lecture	In-class participation
19	2	Understanding skewness and using median	Skewness using median (grouped & ungrouped)	Lecture	In-class participation
20	2	Skewness using mode	Skewness using mode (grouped & ungrouped)	Lecture	In-class participation
21	2	Practice skills	Exercises and applications	Lecture	In-class participation
22	2	Second semester exam	Exam	In-class participation	
23	2	Understanding correlation	Simple linear correlation (Pearson)	Lecture	In-class participation

24	2	Understanding Spearman's rank correlation	Spearman's rank correlation	Lecture	In-class participation
25	2	Understanding contingency coefficient	Contingency coefficient	Lecture	In-class participation
26	2	Understanding partial correlation	Partial correlation	Lecture	In-class participation
27	2	First exam for second semester	Exam	In-class participation	
28	2	Understanding Z and T scores	Z-score, T-test for independent samples	Lecture	Practical assessment
29	2	Applying T-tests for different sample types	T-test for equal and unequal independent samples	Lecture	In-class participation
30	2	Final exam for second semester	Final Exam	In-class participation	

11- Course Assessment

- First Semester: 25%
- Second Semester: 25%
- Final Exam (Theoretical): 50%
- Total Grade: 100%

12- Learning Resources

Prescribed Textbooks:	<i>Statistical Applications and Use of Computers in Sports Research</i> – by Prof. Dr. Wadi'a Yassin Mohammed and Prof. Dr. Hassan Mohammed
Main References	<i>Tests and Principles of Statistics in the Sports Field</i> – by Qais Naji Abdul Jabbar and Bastawisi Ahmed
Recommended Journals and Periodicals	None currently
Online / Electronic Resources	None currently

Arabic Language Course Description

1- Course Name

Arabic Language

2- Course Code

55501214

3- Semester / Academic Year

2024–2025

4- Date of Preparation

01/09/2024

5- Mode of Attendance

Weekly in-person lectures

6- Total Credit Hours / Units

4 units – 2 hours per week

7- Course Instructors

Rana Majid Thabet Saleh Al-Jubouri

rana_aljoporeauro@uomustansiriyah.edu.iq

8- Course Objectives

Course Objectives

- Introduce students to the basic rules of the Arabic language.
- Develop their ability to write scientific research papers free from linguistic errors.
- Protect the integrity of Arabic-speaking students' speech and writing from mistakes

9- Teaching and Learning Strategies

Strategie

- **Traditional Lecture Method:** Presenting the subject and its importance as the primary language of communication and thought in Arabic-speaking countries
- **Interactive Lecture Method:** Reading aloud, discussion in Classical Arabic, with continuous correction and reinforcement by the instructor

10- Course Structure

Week	Hours	Learning Outcome	Unit / Topic	Teaching Method	Assessment Method
1	2	Distinguish between transitive and intransitive verbs	Transitivity and Intransitivity in Verbs (1)	Lecture	Participation
2	2	Continuation on transitive/intransitive verbs	Transitivity and Intransitivity in Verbs (2)	Lecture	Participation
3	2	Differentiate between solar and lunar letters	Alphabet, Solar & Lunar Letters	Lecture	Participation
4	2	Identify the poet and linguistically analyze his work	Abu Firas Al-Hamdani – Critical Analysis of “The Lamenting Dove”	Lecture	Participation
5	2	Daily exam	Review	Written Assessment	
6	2	Recognize common language mistakes	Common Language Mistakes (1)	Lecture	Participation
7	2	Continuation on language mistakes	Common Language Mistakes (2)	Lecture	Quiz
8	2	Identify the subject in sentences	The Subject	Lecture	Participation
9	2	Analyze works of poet Nazik Al-Malaika	Nazik Al-Malaika (1)	Lecture	Participation
10	2	Continuation of Nazik Al-Malaika's poetry	Nazik Al-Malaika (2)	Lecture	Participation

11- Course Assessment

- Daily preparation
- Oral exams
- Written exams
- Reports
- First semester: 25%
- Second semester: 25%
- Final exam (theoretical): 50%
- Total: 100%

12- Learning Resources

Prescribed Textbooks	None
Main References	None
Recommended Supporting Materials	Sharh Ibn Aqil on Alfiya Ibn Malik", edited by Muhammad Abdul Hamid, Beirut, 2008 "Al-Bahr Al-Muheet" by Abu Hayyan Al-Andalusi, Beirut, 1993 "Lisan Al-Arab" by Ibn Manzur, Bulaq Press, Egypt "Shadha Al-Arf fi Fan Al-Sarf" by Al-Hamlaawi, 2003 "The Pre-Islamic Era" by Shawqi Daif, Egypt "The Abbasid Era" by Shawqi Daif, Egypt "Arabic Dictation" – Ministry of Education, 1995 "Arabic for Non-Specialized Departments – Second Grade", authored by Abdul Qadir Hassan Amin, Mohammed Hussein Al-Yassin, and Dr. Qahtan Rasheed Al-Tamimi, 1981
Online References / Websites:	None

Sports Biomechanics Course Description

1- Course Name

Sports Biomechanics

2- Course Code

55501201

3- Semester / Academic Year

2024-2025

4- Date of Preparation

01/09/2024

5- Mode of Attendance

Weekly in-person lectures

6- Total Credit Hours / Units

4 2hours / 2 credit units

7- Course Instructors

Asst. Prof. Dr. Ali Manati Ahmed

dr.ali.m.a@uomustansiriyah.edu.iq

Asst. Prof. Dr. Mohammed Mutlak Badr Lazim Al-Saedi

dr.badr@uomustansiriyah.edu.iq

8- Course Objectives

Course Objectives

- Understand physical laws through Newtonian physics and their application to human body movement.
- Recognize the relationship between biomechanics and various sports sciences.
- Interpret motor phenomena in sports activities using scientific laws.
- Correlate theoretical and practical results related to mechanical law applications.
- Scientifically analyze performance and achievement levels through motion analysis and feedback.
- Apply course outputs in future research projects.

9- Teaching and Learning Strategies

Strategie	• Comprehending fundamental physical laws related to motion and biomechanics. • Understanding the integration of biomechanics with other sports sciences. • Learning components of the musculoskeletal system (muscles, bones, joints) and their impact on athletic performance. • Analyzing athletic performance using kinematics and kinetics concepts. • Applying practical biomechanics (levers, speed, acceleration, equilibrium, center of gravity). • Designing motion analysis models using accurate scientific tools. • Developing scientific thinking in understanding sports motor performance. • Promoting discipline in measurement and result analysis. • Emphasizing ethical conduct and scientific integrity aligned with Islamic and Arab values.
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10- Course Structure

Week	Hours	Topics	Learning Activities	Assessment
1	2	Introduction to Biomechanics – Historical Overview – Types of Motion	Lecture	Class Participation
2	2	Body Axes and Planes – Bone and Joint Classifications – Basic Human Movements	Lecture	Student Participation
3	2	Kinematics vs. Kinetics – Muscle Types – Motor Units – Muscle Fibers Characteristics	Lecture	Class Participation
4	2	Types of Muscle Contraction: Static, Dynamic, Isotonic	Lecture	Student Engagement
5	2	Levers: Types, Components, Laws, and Applications	Lecture	Class Participation
6	2	Muscle Action and Levers – Biomechanical View of Technique	Lecture	In-Class Exercises
7	2	Midterm Exam (1st Semester)	Exam	
8	2	Introduction to Kinematics – Distance and Displacement	Lecture	Student Participation
9	2	Scalar and Vector Quantities – Types of Movement	Lecture	Class Discussion
10	2	Speed and Velocity – Acceleration – Sports Applications	Lecture	Problem Solving
11	2	Projectile Motion – Influencing Factors – Trajectory Length	Lecture	Student Participation
12	2	Angular Kinematics – Definitions and Applications	Lecture	Class Participation
13	2	Midterm Exam (2nd Semester)	Exam	
14	2	Grade Distribution and Question Review	Discussion	
15	2	General Review for 1st Semester	Review	
16	2	Introduction to Linear Kinetics – Scientific Factors Affecting Motion	Lecture	Class Participation
17	2	Force – Resultant Forces – Force Analysis	Lecture	Student Exercises

18	2	Centrifugal and Centripetal Forces – External/Internal Force Interaction	Lecture	Student Participation
19	2	Work, Power, and Energy – Applications and Calculations	Lecture	Practical Application
20	2	Collisions – Laws and Calculations	Lecture	Class Participation
21	2	Pressure – Definitions and Examples	Lecture	Class Discussion
22	2	Midterm Exam (2nd Semester – Part 1)	Exam	
23	2	Angular Kinetics – Couple Forces – Equilibrium	Lecture	Student Participation
24	2	Center of Gravity – Determination and Biomechanical Relevance	Lecture	Class Participation
25	2	Stability – Determining Factors – Angle of Fall – Equations	Lecture	Student Exercises
26	2	Energy Measures – Moment of Inertia – Angular Momentum – Angular Kinetic Energy	Lecture	Student Engagement
27	2	Qualitative and Quantitative Motion Analysis – Mechanical Laws Applications	Lecture	Practical Exercises
28	2	Measured Variables – Applied Examples	Lecture	Practical Assessment
29	2	Biomechanical Modeling for Various Sports Skills	Lecture	Student Participation
30	2	Final Exam (2nd Semester – Part 2)	Exam	

11- Course Assessment

- Midterm Exams: 20%
- Daily Exams: 15%
- Projects and Reports: 10%
- Final Exam (Theory & Practical): 50%
- Total: 100%

12- Learning Resources

Required Textbook	Samir Maslat Al-Hashemi; <i>Sports Biomechanics</i> , 3rd ed., Baghdad: Al-Nibras, 2010.
Main References:	Sareeh Abdul Karim Al-Fadhli; <i>Biomechanics Applications in Sports Training and Motor Performance</i>, 2nd ed., Baghdad: University of Baghdad, 2010. Mohammed Jassim Mohammed Al-Khalidi; <i>Biomechanics in Physical Education and Sports</i>, University of Kufa, 2012. Susan J. Hall; <i>Basic Biomechanics</i>, 6th ed., New York: McGraw-Hill, 2012
Recommended Journals & Reports	None
Electronic Resources / Websites	None

Crimes of the Baath Regime in Iraq Course Description

1- Course Name

Crimes of the Baath Regime in Iraq

2- Course Code

55501205

3- Semester / Academic Year

2024–2025

4- Date of Preparation

01/09/2024

5- Mode of Attendance

Weekly in-person lectures

6- Total Credit Hours / Units

2 Hours / 2 Units

7- Course Instructors

Asst. Lecturer Afnan Ahmed Mohammed

afnan.ahmed93@uomustansiriyah.edu.iq

8- Course Objectives

Course Objectives

- To introduce future generations to the crimes committed by the Baath Party, which ruled Iraq for almost four decades.
- To raise awareness of the numerous human rights violations categorized as acts of genocide.

9- Teaching and Learning Strategies

Strategie

- Discussing the preservation of Iraqi memory through documenting crimes, genocides, tyranny, and oppression caused by the Baath Party.
- Reading poetry condemning the former regime.
- Instilling intellectual and moral resistance against extremist and chauvinist ideologies.
- Promoting patriotism and preserving Iraq's republican system

10- Course Structure

Week	Hours	Learning Outcomes	Topic	Learning Methods	Evaluation Method
1	2	Understanding the exclusionary ideology of the Baath Party	Introduction to the syllabus	Theoretical lecture with documentation	Class participation
2	2	Understanding the definition and types of crimes	Concept and classification of crimes	Theoretical lecture with documentation	Class participation
3	2	Identifying legally documented crimes of the Baath Party	Crimes of the regime according to the Supreme Criminal Court	Theoretical lecture with documentation	Class participation
4	2	Understanding international crimes	Types of international crimes	Theoretical lecture with documentation	Class participation
5	2	Reviewing decisions of the Supreme Criminal Court	Judicial decisions against the Baath Party	Theoretical lecture with documentation	Class participation
6	2	Understanding psychological crimes used by totalitarian regimes	Psychological crimes and mechanisms	Theoretical lecture with documentation	Class participation
7	2	Understanding psychological effects of Baathist crimes	Psychological effects of crimes	Theoretical lecture with documentation	Written exam
8	2	Understanding Baathist social crimes	Social crimes	Theoretical lecture with documentation	Class participation
9	2	Understanding the Baath Party's stance on religion	Baathist views on religion	Theoretical lecture with documentation	Class participation
10	2	Understanding the motives behind religious exploitation	Intent behind Baathist interpretations of religion	Theoretical lecture with documentation	Class participation
11	2	Recognizing brutal human rights violations	Human rights violations – Part 1	Theoretical lecture with documentation	Class participation
12	2	Recognizing brutal human rights violations	Human rights violations – Part 2	Theoretical lecture with documentation	Class participation
13	2	Recognizing brutal human rights violations	Human rights violations – Part 3	Theoretical lecture with documentation	Class participation
14	2	Reviewing oppressive political decisions	Political violations and decisions	Theoretical lecture with documentation	Class participation
15	2	Educating students about Baathist detention centers	Locations of prisons and forced disappearances	Theoretical lecture with documentation	Class participation
16	2	Understanding environmental crimes by the Baath Party	Environmental crimes in Iraq	Theoretical lecture with documentation	Class participation
17	2	Understanding Baathist nuclear pollution	Nuclear radiation pollution	Theoretical lecture with documentation	Class participation
18	2	Studying environmental negligence in Basra	Environmental damage in Basra	Theoretical lecture with documentation	Class participation
19	2	Recognizing the use of prohibited weapons	Use of internationally banned weapons	Theoretical lecture with documentation	Class participation
20	2	Studying the Halabja massacre	Halabja crime	Theoretical lecture with documentation	Class participation
21	2	Understanding destruction of Iraqi cities	Destruction of towns and villages	Theoretical lecture with documentation	Class participation

22	2	Understanding the drying of Iraqi marshes	Draining of the marshlands	Theoretical lecture with documentation	Class participation
23	2	Understanding agricultural destruction crimes	Bulldozing of orchards	Theoretical lecture with documentation	Class participation
24	2	Recognizing the use of mass graves	Mass grave crimes	Theoretical lecture with documentation	Class participation
25	2	Reviewing the chronology of mass graves	Timeline of mass grave events	Theoretical lecture with documentation	Class participation
26	2	Documenting historical classifications of graves	Chronological classification of mass graves	Theoretical lecture with documentation	Class participation
27	2	Identifying extermination-related mass graves	Genocide graves (1979-2003)	Theoretical lecture with documentation	Class participation
28	2	Studying the massacre of the Barzani Kurds	Barzani Kurdish grave	Theoretical lecture with documentation	Class participation
29	2	Studying the Anfal genocide	Anfal genocide grave	Theoretical lecture with documentation	Class participation
30	2	Final Exam	Final Exam	Written examination	Exam score

11- Course Assessment

- Daily attendance and participation
- Oral examinations
- Written exams
- Reports
- First semester: 25%
- Second semester: 25%
- Final written exam: 50%

12- Learning Resources

Prescribed Textbooks	Instructor's lectures
Main References	None
Supplementary Materials (Recommended Journals, Reports):	Decisions of the Iraqi High Criminal Court Reports from international and local human rights organizations UN documents on crimes in Iraq Reports from the former Iraqi Ministry of Human Rights
Online Resources:	None

Tests Course Description

1- Course Name

Tests

2- Course Code

55501209

3- Semester / Academic Year

2024–2025

4- Date of Preparation

01/09/2024

5- Mode of Attendance

Weekly in-person lectures

6- Total Credit Hours / Units

2 Hours / 2 Units

7- Course Instructors

Ali Salman Abd Suwailim Al-Tarfi

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8- Course Objectives

Course Objectives

Train teachers and coaches to correctly use measurement and testing processes and to evaluate students and athletes in various sports using appropriate procedures.

9- Teaching and Learning Strategies

Strategie

- **Traditional Lectures:** Reviewing the historical development of measurement and evaluation through applied examples for each course topic.
- **Applied Lectures:** Practical application of measurement and evaluation mechanisms, identifying different types of tests and how to interpret numerical outputs, introducing various testing devices, and understanding self-assessment tests by referees, all aligned with each scheduled topic.

10- Course Structure

Week	Hours	Intended Learning Outcomes	Unit/Topic	Teaching Methods	Assessment Method
1	2	Introduction to measurement and evaluation, its importance and practical applications	What is measurement and testing, and its importance for PE teachers and coaches	Lecture	Student participation via questions
2	2	Understanding historical development of measurement and evaluation	Historical overview of measurement, testing, and evaluation	Lecture	Student participation via questions
3	2	Understanding what measurement and evaluation are	Definition, types, importance, and application of measurement	Lecture	Student participation via questions
4	2	Understanding the concept of testing	Definition, types, importance, and application of testing	Lecture	Student participation via questions
5	2	Understanding the concept of evaluation	Definition, types, importance, and application of evaluation	Lecture	Student participation via questions
6	2	Understanding differences among measurement, testing, and evaluation	Differences and sequencing between the three concepts	Lecture	Student participation via questions
7	2	Midterm Exam 1	Written Exam	Written Exam	Exam Grade
8	2	Understanding test types and appropriate use	Types of tests: standardized, researcher/teacher/coach-developed	Practical	Student participation via questions
9	2	Learning steps to construct a test	Steps for designing performance tests (physical, motor, skill, functional)	Lecture	Student participation via questions
10	2	Understanding test foundations and classifications	Scientific bases of tests: Validity – types and how to determine	Lecture	Student participation via questions
11	2	Continued: Scientific bases of tests	Reliability – types and how to determine	Lecture	Student participation via questions
12	2	Continued: Scientific bases of tests	Objectivity – types and how to determine	Exam	Student participation via questions
13	2	Understanding discriminatory ability	Discriminatory power and how to determine	Written Exam	Student participation via questions
14	2	General review	Review	Lecture	Student participation via questions
15	2	Exam	Final assessment	Exam	Exam Grade
16	2	Organizing and implementing tests	Management of testing in sports and considerations	Lecture	Student participation via questions

17	2	Understanding measurement errors	Measurement errors in physical education	Lecture	Student participation via questions
18	2	Acquiring practical testing skills	Practical tests: skill and physical (assigned homework)	Lecture	Student participation via questions
19	2	Gaining applied knowledge	Practical tests: motor and functional (assigned homework)	Lecture	Student participation via questions
20	2	Understanding anthropometric measurements	Importance in sports	Exam	Student participation via questions
21	2	Understanding classification concepts	Classification: concepts, types, indicators (1)	Lecture	Student participation via questions
22	2	Continued: classification concepts	Classification: concepts, types, indicators (2)	Lecture	Student participation via questions
23	2	Monthly Exam 2	Exam	Written Exam	Exam Grade
24	2	Understanding norms and standards	Concepts, types, derivation of standards	Lecture	Student participation via questions
25	2	Understanding normal distribution	Bell curve and its importance	Lecture	Student participation via questions
26	2	Understanding standard scores	Types and importance	Lecture	Student participation via questions
27	2	Understanding normative levels	How to determine normative levels	Lecture	Student participation via questions
28	2	How to standardize a test	Steps and procedures of test standardization	Lecture	Student participation via questions
29	2	Monthly Exam 3	Written Exam	Written Exam	Exam Grade
30	2	General review for second semester topic			

11- Course Assessment

- Daily attendance and participation
- Oral examinations
- Written exams
- Reports
- First semester: 25%
- Second semester: 25%

- Final written exam: 50%

12- Learning Resources

Prescribed Textbooks	Instructor's lectures
Main References	None
Supplementary Materials (Recommended Journals, Reports):	Decisions of the Iraqi High Criminal Court Reports from international and local human rights organizations UN documents on crimes in Iraq Reports from the former Iraqi Ministry of Human Rights
Online Resources	None

Basketball Course Description	
1- Course Name	
Basketball	
2- Course Code	
55502202	
3- Semester / Academic Year	
2024–2025	
4- Date of Preparation	
01/09/2024	
5- Mode of Attendance	
Weekly in-person lectures	
6- Total Credit Hours / Units	
2 Credit Units – 2 Practical Hours per Week	
7- Course Instructors	
Aya Haitham Khazal Abdulhameed Al-Nuaimi Sdeer Mohammed Sulaiman Dawood Al-Naseri Aliaa Mohammed Ali Kazem Jabr Blailam	
ayahaitham47@uomustansiriyah.edu.iq sdeer@uomustansiriyah.edu.iq aliaamohammed@uomustansiriyah.edu.iq	
8- Course Objectives	
Course Objectives	• Introduce students to the Amateur Basketball Law issued by the International Basketball Federation (FIBA). • Develop the ability to manage basketball games from both legal and technical perspectives. • Train students in refereeing mechanics at all stages and details. • Equip students with skills to analyze refereeing errors and deal with different officiating situations.
9- Teaching and Learning Strategies	
Strategie	• Theoretical Lectures: Provide students with fundamental concepts of basketball rules. • Practical Field Training: Apply motor skills, offensive and defensive tactics, and practical refereeing.

	• Interactive Learning: Engage in class discussions, performance analysis, and practical game management. • Practice-Based Learning: Involve students in real game situations to enhance applied understanding of rules and tactics. • Teach refereeing mechanics and collective match management through model referee movements inside the court and role rotation.
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10- Course Structure

Week	Hours	Intended Learning Outcomes	Unit / Topic	Teaching Methods	Assessment Method
1	2	Understanding team play in basketball	Introduction to team play in basketball and team management	Practical preparation + review of previous year	Practical training + field play
2	2	Introduction to defensive basics in basketball	Defense in basketball – Zone defense and basic formations	Practical preparation + review of previous year	Practical training + field play
3	2	Introduction to fast break in basketball	Offense in basketball – Types and uses of fast break	Practical preparation + review of previous year	Lecture + practical application
4	2	Introduction to mixed offense in basketball	Offense in basketball – Types and uses of set offense	Practical preparation + review of previous year	Practical application + field play
5	2	Introduction to international amateur rules, court & equipment	International Basketball Rules – Court, equipment, game timing	Lecture + practical application	—
6	2	Understanding player, coach, and team staff roles	International Basketball Rules – Teams, players, officials	Practical training + field play	—
7	2	Understanding the role of the referee	International Basketball Rules – Referees: responsibilities and duties	Practical application + field play	—
8	2	Exam	—	—	Exam paper

9	2	Understanding how to start a basketball game	International Basketball Rules – Jump ball and game start	Video presentation	Practical application + field play
10	2	Understanding violations and fouls	International Basketball Rules – Introduction to violations & fouls	Practical participation + technical assessment	Practical application + field play
11	2	Definition and types of violations	International Basketball Rules – Types of violations, penalties & procedures	Exam	Exam grade
12	2	Definition and types of fouls	International Basketball Rules – Types of fouls and penalties	Practical participation + assessment	Practical application + field play
13	2	Understanding free throws	International Basketball Rules – Granting and executing free throws	Theoretical exam	Theoretical lecture
14	2	Understanding table officials	International Basketball Rules – Table officials' roles and duties	Written test	Written exam
15	2	Mid-Year Exam	—	—	Exam paper
16	2	Collective match management & referee movement	International Basketball Rules – Game management and refereeing mechanics	Practical participation + technical assessment	Practical training
17	2	Practical game simulations & referee positions in offense/defense	International Basketball Rules – Game management and refereeing mechanics	Exam	Exam paper
18	2	Understanding time-outs & substitutions	International Basketball Rules – Substitution, time-out, bench rules	Practical participation + refereeing test	Lecture + organized play
19	2	Referee movement and role exchange	International Basketball Rules – Game management and refereeing mechanics	Practical participation + refereeing test	Lecture + organized play
20	2	Understanding the score sheet	International Basketball Rules – Score sheet, responsibilities, and symbols	Practical participation + refereeing test	Lecture + organized play

21	2	Collective match management & refereeing procedures	International Basketball Rules – Game management and refereeing mechanics	Practical participation + legal evaluation	Practical application + field play
22	2	Exam	—	—	Exam paper
23	2	Collective match management & refereeing procedures	International Basketball Rules – Game management and refereeing mechanics	Practical participation + refereeing evaluation	Practical application + field play
24	2	Match management strategies	International Basketball Rules – Refereeing strategy & match management	Practical participation + practical evaluation	Practical application
25	2	Understanding scoring for field goals & free throws	International Basketball Rules – Championships & point calculation	Practical participation + practical evaluation	Practical application
26	2	Practical Exam	—	—	Practical performance test
27	2	Acquiring applied skills	International Basketball Rules – Educational games	Practical participation + refereeing test	Practical application
28	2	Final Theoretical Exam (Second Semester)	—	—	Written exam
29	2	Educational games	International Basketball Rules – Educational matches	—	—
30	2	Final Annual Exam	—	—	Exam paper

11- Course Assessment

- Monthly Exams: 20%
- Practical Activities and Training: 20%
- Daily Exams and Class Participation: 10%
- Final Exam (Theoretical and Practical): 50%

12- Learning Resources

Required Textbooks	International Amateur Basketball Rules 2021 Basketball Training / Raed Jabbar Baqer, 2000
Main References	None

Recommended Supporting Materials (Journals, Reports)	None
Electronic Resources / Websites:	Publications of the International Basketball Federation (FIBA) Official refereeing websites

Volleyball Course Description

1- Course Name

Volleyball

2- Course Code

55502203

3- Semester / Academic Year

2024–2025

4- Date of Preparation

01/09/2024

5- Mode of Attendance

Weekly in-person lectures

6- Total Credit Hours / Units

2 Credit Units – 2 Practical Hours per Week

7- Course Instructors

Samaher Salman Alwan Hussein Ali Al-Jubouri
Riam Emad Jasim Mohammed Al-Jubouri

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riyamemad93@uomustansiriyah.edu.iq

8- Course Objectives

Course Objectives

- Develop the basic and technical skills in volleyball.
- Enable students to perform passing, serving, spiking, blocking, and court defense.
- Introduce students to the basic rules of the game and match organization.
- Prepare female students for active participation in team games and foster teamwork spirit.

9- Teaching and Learning Strategies

Strategie

- **Traditional Lecture Method:** Explaining the skill from all aspects, highlighting common mistakes, followed by supervised practical application.
- **Group Application Method:** Dividing students into practical groups; under the supervision of the instructor, students perform, self-evaluate, and correct with guidance and follow-up from the instructors.

	• Mini-Competitions and Games Method: The instructor selects small competitive teams and designs mini-competition styles for each group to increase the repetition of skill performance.
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10- Course Structure

Week	Hours	Intended Learning Outcomes	Unit / Topic	Teaching Methods	Assessment Methods
1	2	Introduction to Volleyball	Features of Volleyball / Explanation of Basic Skills – Demonstration and execution steps of overhead pass	Lecture	Participation & Attendance
2	2	Learning the history of the game	Origin of Volleyball & its history in Iraq – Training for overhead pass	Lecture	Participation & Attendance
3	2	Learning and acquiring the forearm pass	Demonstration and execution steps of forearm pass	Lecture	Participation & Attendance
4	2	Learning through repetition	Combined drills for overhead & forearm pass	Lecture	Participation & Attendance
5	2	Learning through repetition	Combined drills for overhead & forearm pass	Lecture	Participation & Attendance
6	2	Learning underhand serve	Demonstration and execution steps of underhand serve	Lecture	Participation & Attendance
7	2	Learning through repetition	Underhand serve drills combined with passing skills	Lecture	Participation & Attendance
8	2	Learning overhand serve	Demonstration and execution steps of overhand (tennis) serve	Practical Test	Daily Exams
9	2	Learning through repetition	Overhand serve drills combined with passing skills	Lecture	Participation & Attendance
10	2	Repetition of basic skills	Serve & pass drills	Lecture	Participation & Attendance
11	2	Introduction to team play	Explaining volleyball team play	Lecture	Participation & Attendance
12	2	Theoretical exam	Theoretical exam	Lecture	Participation & Attendance

13	2	Practical exam	Practical exam	—	Participation & Attendance
14	2	Practical exam	Practical exam	Exam	Participation & Attendance
15	2	Skill classification in volleyball	Review of first semester topics – Difference between technical & basic skills	Exam	Midterm Exam
16	2	Learning the spike	Demonstration and execution steps of spiking	Lecture	Participation & Attendance
17	2	Acquiring skill through repetition	Spike drills	Lecture	Participation & Attendance
18	2	Learning the block	Demonstration and execution steps of blocking	Lecture	Participation & Attendance
19	2	Acquiring skill through repetition	Block drills	Lecture	Participation & Attendance
20	2	Learning court defense	Demonstration and execution steps of court defense	Lecture	Participation & Attendance
21	2	Acquiring skill through training	Court defense drills	Lecture	Participation & Attendance
22	2	Combined skills training	Drills combining basic & technical skills	Lecture	Participation & Attendance
23	2	Combined skills training	Drills combining basic & technical skills	Lecture	Participation & Attendance
24	2	Acquiring skill through play	Skill drills with simplified two-team play	Non-class Activity	—
25	2	Acquiring skill through play	Skill drills with simplified two-team play	Daily Test	Daily Test
26	2	Acquiring skill through play	Skill drills with simplified two-team play	Lecture	Participation & Attendance
27	2	Acquiring skill through play	Skill drills with simplified two-team play	Lecture	Participation & Attendance
28	2	Theoretical exam	Theoretical exam	—	Exam
29	2	Practical exam	Practical exam	—	Exam

30	2	Practical exam	Practical exam	—	Exam
11- Course Assessment					
• Daily preparation • Oral exams • Monthly exams • Written exams • Reports • First semester: 25% • Second semester: 25% • Final exam (Practical + Theoretical): 50%					
12- Learning Resources					
Required Textbooks		Lecturer's notes			
Main References:		International Volleyball Rules			
Recommended Supporting Materials (Journals, Reports)		None			
Electronic Resources / Websites:		Publications of the International Volleyball Federation (FIVB) Documented educational videos from sports academies			

Boxing Course Description

1- Course Name

Boxing

2- Course Code

55501204

3- Semester / Academic Year

2024–2025

4- Date of Preparation

01/09/2024

5- Mode of Attendance

Weekly in-person lectures

6- Total Credit Hours / Units

2 Credit Units – 2 Practical Hours per Week

7- Course Instructors

Asst. Prof. Dr. Omar Ali MahdiEmail:

8- Course Objectives

Course Objectives

- Teach the basic skills of boxing.
- Learn self-defense techniques.
- Build self-confidence.
- Teach the international rules of amateur boxing.

9- Teaching and Learning Strategies

Strategie

- **Traditional Lecture Method:** Explain the skill in detail, review common mistakes, then practice without an opponent using supportive tools, with follow-up and correction by the instructor.
- **Shadow Boxing Method:** By looking in the mirror, students perform the skill, monitor movement and execution, and self-correct or receive feedback from peers or the instructor.
- Explain the basic concepts of boxing.
- Teach the articles of the international amateur boxing rules.

	• Differentiate between types of punches and various defenses. • Emphasize personal safety and the principle of ethical commitment.
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10- Course Structure

Week	Hours	Intended Learning Outcomes	Unit / Topic	Teaching Methods	Assessment Methods
1	2	Learn the history of the sport	Overview of boxing history / Ready stance and fist positioning	Lecture	Participation & Attendance
2	2	Acquire applied knowledge of basic skills	Movement from ready stance forward and backward with error correction	Lecture	Participation & Attendance
3	2	Acquire applied knowledge of basic skills	Movement from ready stance to both sides with error correction	Lecture	Participation & Attendance
4	2	Acquire skill through application and repetition	Review all movements from ready stance + left straight punch to head from stationary position	Lecture	Participation & Attendance
5	2	Learn the straight punch	Left straight punch to head from movement + left straight punch to body from stationary	Lecture	Participation & Attendance
6	2	Learn defense in boxing	Hand defense against left straight to head and body	Lecture	Participation & Attendance
7	2	Acquire applied knowledge of defense	Defense against left straight to head and body using trunk and legs	Lecture	Participation & Attendance
8	2	Acquire skill through application and repetition	Apply left straight punches to head/body and their defenses with partner	Exam	Participation & Attendance
9	2	Exam	Exam	—	Exam
10	2	Learn and apply skill	Right straight punch to head from stationary and moving positions	Lecture	Participation & Attendance
11	2	Learn and apply skill; identify common errors	Hand defense against right straight to head + right straight to body from stationary	Lecture	Participation & Attendance

12	2	Learn and apply skill; identify common errors	Right straight to body from movement + defense against right straight to head using trunk and legs	Lecture	Participation & Attendance
13	2	Learn and apply skills	Combine right & left straight punches to head/body and their defenses with partner	Lecture	Participation & Attendance
14	2	Learn and apply skills	Right & left hooks to head from stationary and moving positions + feedback	Lecture	Participation & Attendance
15	2	Learn and apply skills	Defense against right & left hooks to head with partner	Lecture	Midterm Exam
16	2	Exam	Exam	—	Exam
17	2	Learn and apply skills	Right & left uppercuts to head and body from stationary and moving positions with partner	Lecture	Participation & Attendance
18	2	Apply all skills	Short sparring rounds applying all punches and defenses, engaging all students	Lecture	Participation & Attendance
19	2	Learn boxing rules	Explain amateur boxing rules starting with Article 1 (the ring) + apply all skills with partner	Lecture	Participation & Attendance
20	2	Learn rule details	Explain Articles 2–4 + apply all skills with partner	Lecture	Participation & Attendance
21	2	Learn rule details	Explain rules for judges/referees + apply in sparring with students acting as officials	Lecture	Participation & Attendance
22	2	Learn rule details	Explain rules on (Draw)	Lecture	Participation & Attendance
23	2	Learn rule details	Explain rules for the referee + apply in sparring with students as referees	Lecture	Participation & Attendance
24	2	Learn rule details	Explain rules for decisions in boxing + practical application in the ring by instructor	Lecture	Participation & Attendance

25	2	Apply rules	Students apply decision rules practically in the ring with corrections	Lecture	Participation & Attendance
26	2	Exam	Exam	—	Exam
27	2	Learn rule details	Explain rules on fouls, scoring, and knockdowns + apply practically in the boxing hall	Lecture	Participation & Attendance
28	2	Review previous lecture + practical application in ring	Review & Apply	Lecture	Participation & Attendance
29	2	Conduct sparring in the ring applying boxing rules by students acting as officials	Practical Application	Participation & Attendance	
30	2	Comprehensive exam for all students	Final Exam	—	Exam

11- Course Assessment

- Daily preparation
- Oral exams
- Monthly exams
- Written exams
- Reports
- First Semester: 25%
- Second Semester: 25%
- Final Exam (Practical + Theoretical): 50%

12- Learning Resources

Required Textbooks	<i>Boxing: Teaching, Training, Officiating</i> – Prof. Dr. Mohammed Jassam Arab
Main References	None
Recommended Supporting Materials (Journals, Reports)	None
Electronic Resources / Websites	None

Gymnastics Course Description

1- Course Name

Gymnastics

2- Course Code

55501215

3- Semester / Academic Year

2024–2025

4- Date of Preparation

01/09/2024

5- Mode of Attendance

Weekly in-person lectures

6- Total Credit Hours / Units

2 Credit Units – 2 Practical Hours per Week

7- Course Instructors

Asst. Prof. Dr. Ferial Younis Nouman Juma
Lecturer Azhar Khalid Maseer Hassan Al-Khafaji

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azharkhalid@uomustansiriyah.edu.iq

8- Course Objectives

Course Objectives

- Traditional lecture method for presenting and explaining the lesson, highlighting common errors, and learning methods.
- Using skills within gymnastic movement sequences and how to evaluate them.
- Group learning method: students are divided into practical groups under the supervision of the instructor to evaluate performance, correct errors, and provide feedback.

9- Teaching and Learning Strategies

Strategie

- Theoretical explanation supported by demonstrations.
- Practical applications for skill execution.
- Peer and instructor feedback during exercises.

10- Course Structure

Week	Hours	Intended Learning Outcomes	Unit / Topic	Learning Methods	Assessment Method
1	2	Understanding gymnastics and its history	Brief introduction to artistic gymnastics	Lecture	Student participation in applying learned skills
2	2	Understanding what gymnastics is and its types	Types of gymnastics	Lecture	Student participation in applying learned skills
3	2	Learning floor exercises and their basics	Floor exercises	Lecture	Student participation in applying learned skills
4	2	Understanding the importance of floor exercises	Importance of floor exercises in gymnastics	Lecture	Student participation
5	2	Linking floor exercises with other physical activities	Importance of learning floor exercises	Lecture	Student participation
6	2	Understanding basic positions preparing for floor exercises	Basic positions for floor exercises	Lecture	Student participation
7	2	Learning types of floor rolls	Types of rolls	Lecture	Student participation
8	2	Learning skill execution and common errors	Forward tucked roll	Practical test	Student participation
9	2	Learning skill execution and common errors	Forward straddle roll	Lecture	Student participation
10	2	Learning skill execution and common errors	Forward pike roll	Lecture	Student participation
11	2	Learning skill execution and common errors	Handstand	Lecture	Student participation
12	2	Learning skill execution and common errors	Handstand	Exam	Student participation
13	2	Learning skill execution and common errors	Front balance stand	Practical application	Student participation
14	2	—	First semester exam	Exam	Exam grade
15	2	Learning skill execution and common errors	Cartwheel	Lecture	Student participation
16	2	Learning skill execution and common errors	Cartwheel	Lecture	Student participation

17	2	Learning skill execution and common errors	Arabian salto	Lecture	Student participation
18	2	Learning skill execution and common errors	Arabian salto	Lecture	Student participation
19	2	Understanding safety measures during application	Safety procedures on apparatus	Lecture	Student participation
20	2	Understanding apparatus specifications	Vault apparatus	Practical application	Student participation
21	2	Understanding apparatus specifications	Apparatus measurements	Lecture	Student participation
22	2	Understanding technical principles	Technical principles of vault movements	Lecture	Student participation
23	2	Understanding the stages of vaulting	Stages of vault	Practical vault application	Student participation
24	2	Understanding movement details	Vault platform movements	Lecture	Student participation
25	2	Understanding movements	Static holds	Lecture + practical examples	Student participation
26	2	Gaining skill through training	Specific drills	Lecture	Student participation
27	2	Learning strength movements and applying them	Strength moves	Activity	Student participation
28	2	—	Second semester exam	Exam	Exam grade
29	2	Learning skill execution and common errors	Tumbling sequence	Practical application	Student participation
30	2	—	Final practical exam	Written test	Exam grade

11- Course Assessment

- First semester: 25%
- Second semester: 25%
- Final exam (Practical + Theoretical): 50%

12- Learning Resources

Required Textbooks	<i>Basic Principles for Learning Motor Skills in Artistic Gymnastics</i>
Main References	None
Recommended Supporting Materials (Journals, Reports)	None
Electronic Resources / Websites	None

Teaching Methods Course Description

1- Course Name

Teaching Methods

2- Course Code

55502205

3- Semester / Academic Year

2024–2025

4- Date of Preparation

01/09/2024

5- Mode of Attendance

Weekly in-person lectures

6- Total Credit Hours / Units

2 Credit Units – 2 Practical Hours per Week

7- Course Instructors

Dr. Dalia Amer Saadoun Abdullah Al-Khafaji

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8- Course Objectives

Course Objectives

- Introduce students to modern concepts of methods and strategies for teaching physical education.
- Enable students to prepare various teaching plans (regular, unit-based, and diversified).
- Equip students with the practical abilities necessary to successfully implement classroom lessons.
- Enhance analytical and organizational skills of student-teachers during real teaching situations

9- Teaching and Learning Strategies

Strategie

- **Traditional Lecture Method:** Explaining each item in the syllabus thoroughly and reviewing its importance.
- **Applied Lecture Method:** Field-based model application where students acquire leadership skills for conducting lessons, with emphasis on verbal communication and effective time management.

	• Comprehensive Lecture Method: After completing each major topic in the syllabus, a model lesson is implemented under the supervision of the course instructor for reinforcement and correction.
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10- Course Structure

Week	Hours	Intended Learning Outcomes	Unit / Topic	Learning Methods	Assessment Method
1	2	Understanding a brief history of PE in Iraq	Historical overview of PE in Mesopotamia	Lecture	Participation & attendance
2	2	Understanding basic concepts of teaching methods	General concepts of teaching methods	Lecture	Participation & attendance
3	2	Identifying types of teaching methods	Types of general teaching methods	Lecture	Participation & attendance
4	2	Understanding general methods for teaching PE	General methods in teaching PE	Lecture	Participation & attendance
5	2	Understanding general methods for teaching motor skills	Main methods for teaching motor skills	Lecture	Participation & attendance
6	2	Defining the PE teacher	PE teacher	Lecture	Participation & attendance
7	2	Understanding the qualities of a PE teacher	Qualities of a PE teacher	Lecture	Participation & attendance
8	2	—	Practical exam	Daily exams	
9	2	Understanding physical exercises	Concept of physical exercises	Lecture	Participation & attendance
10	2	Understanding the scientific description of exercises	Physical exercises vs. daily movements	Lecture	Participation & attendance
11	2	—	Exam	Participation & attendance	
12	2	Understanding relationship of exercises to sports	Physical exercises and sports relationship	Exam	Participation & attendance
13	2	—	Types of physical exercises	Written exam	Participation & attendance

14	2	Gaining practical knowledge	Practical applications of exercise positions	Lecture	Practical exam
15	2	—	Exam	—	
16	2	Practical applications of derived basic positions	Derived basic positions	Lecture	Participation & attendance
17	2	Practical applications of various derived positions	Various derived positions	Lecture	Participation & attendance
18	2	Understanding terms and definitions in exercises	Terminology in physical exercises	Lecture	Participation & attendance
19	2	Practical applications of exercise terminology	Exercise terminology	Lecture	Participation & attendance
20	2	Learning how to write an exercise	Writing a physical exercise	Exam	Oral exams
21	2	Learning verbal commands for exercises	Commands in physical exercises	Lecture	Participation & attendance
22	2	Practical applications of verbal commands	Commands in physical exercises	Lecture	Participation & attendance
23	2	—	Exam	Participation & attendance	
24	2	Understanding parts of verbal commands	Sections of verbal commands in exercises	Lecture	Daily exams
25	2	Teaching and explaining new exercises	Teaching a new physical exercise	Lecture + practical examples	Participation & attendance
26	2	Learning return movements and classifications	Return movements	Lecture	Participation & attendance
27	2	Understanding exceptions and terminology in verbal commands	Exceptions & terminology in commands	Lecture	Participation & attendance
28	2	Learning lesson plans and writing them	Writing a PE lesson plan	—	Participation & attendance
29	2	Understanding lesson plan sections	Sections of a PE lesson plan	Practical exam	Midterm exams
30	2	Understanding time division and transitions in lessons	Time division in PE lesson plans	Written exam	Final exams

11- Course Assessment

- Daily preparation
- Oral exams
- Monthly exams
- Written exams
- Reports
- First semester: 25%
- Second semester: 25%
- Final exam (Practical + Theoretical): 50%

12- Learning Resources

Required Textbooks	<i>Methods of Teaching Physical Education</i> / Dr. Abbas Ahmed Saleh Al-Samarrai, 1987, Dr. Ismail Abdul Zaid, and others. <i>Practical Education in Physical Education</i> / Dr. Ismail Abdul Zaid, Firas Ajeel Yawer, Imad Tuma Radi, 2019.
Main References	—
Recommended Supporting Materials (Journals, Reports)	Reports, scientific journals, and online databases.
Electronic Resources/Websites	Posters Video clips Use of music

Athletics Course Description

1- Course Name

Athletics

2- Course Code

55501213

3- Semester / Academic Year

2024–2025

4- Date of Preparation

01/09/2024

5- Mode of Attendance

Weekly attendance

6- Total Credit Hours / Units

2 hours per week / 4 academic units

7- Course Instructors

Assoc. Prof. Abbas Ali Lafta Muslim Al-Kaabi

abbasali.1965@yahoo.com

Asst. Lecturer Idrees Jabbar Qasim

idreesjabbar4@gmail.com

8- Course Objectives

Course Objectives

- Provide students with the fundamental theoretical and practical skills in track and field.
- Familiarize students with international regulations governing races and competitions.
- Develop students' motor and technical abilities in running, throwing, and jumping events.
- Enable students to understand the biomechanics and techniques of each event.

9- Teaching and Learning Strategies

Strategie

- Practical Lecture: Using the traditional lecture method to explain skills, address common errors, and provide corrections, followed by practical application with continuous feedback.

	- Mini-Competition Method: At the end of each lesson, applying small competitions between students to increase practice opportunities and build experiential knowledge under the supervision of instructors..
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10- Course Structure

Week	Hours	Learning Outcomes	Topic	Teaching Methods	Assessment
1	2	Introduce students to the concept of muscular strength, its types, and its importance in sports performance	Concepts and Types of Muscular Strength	Lecture	Participation & Attendance
2	2	Differentiate types of muscular contraction and apply practical examples	Types of Muscular Contraction	Lecture	Participation & Attendance
3	2	Identify training systems (circuit – stations – fartlek) and apply them	Training Systems: Circuit – Stations – Fartlek	Lecture	Participation & Attendance
4	2	Understand the concept of speed and methods of development using practical training	Speed: Concept and Methods of Development	Lecture	Participation & Attendance
5	2	Assess students' understanding of previous skills through a practical test	Exam	Practical	Exam Grade
6	2	Define speed endurance and apply appropriate exercises	Speed Endurance	Lecture	Participation & Attendance
7	2	Identify types of endurance and training methods	Endurance: Types and Training	Lecture	Participation & Attendance
8	2	Master types of warm-up (static and dynamic) and apply them	Warm-up: Static and Dynamic	Lecture	Participation & Attendance
9	2	Understand flexibility, its importance, and training methods	Flexibility: Concept and Training	Lecture	Participation & Attendance
10	2	Perform technical execution of each track and field event	Technical Performance in Track and Field	Lecture	Participation & Attendance
11	2	Practical evaluation of technical performance acquired	Exam	—	Exam Grade
12	2	Identify common technical errors in events and ways to correct them	Common Technical Errors	Lecture	Participation & Attendance
13	2	Analyze elite athletes' performance to learn from their techniques	Performance Analysis of Elite Athletes	Applied Lecture	Participation & Attendance

14	2	Design appropriate training for beginners in track and field	Training with Beginners	Lecture	Participation & Attendance
15	2	Evaluate practical understanding of rules and techniques	Midterm Exam (forms & events)	Exam	Exam Grade
16	2	Understand training load concepts and its elements	Training Load Concepts	Lecture	Participation & Attendance
17	2	Analyze the relationship between intensity and frequency in training load	Intensity vs Frequency	Lecture	Participation & Attendance
18	2	Design a complete training session	Designing Training Session	Exam	Exam
19	2	Develop training plans for beginners	Beginners' Training	Lecture	Participation & Attendance
20	2	Define coach's role and responsibilities in track and field	Coach's Role in Track and Field	Lecture	Participation & Attendance
21	2	Identify common injuries in track and field and prevention methods	Common Injuries & Prevention	Lecture	Participation & Attendance
22	2	Understand international track and field regulations	International Rules of Track and Field	Lecture	Participation & Attendance
23	2	Analyze physiological changes during sports performance	Physiological Changes During Performance	Lecture + Practical Examples	Participation & Attendance
24	2	Study training under hypoxic conditions and apply examples	Training under Hypoxic Conditions	Lecture	Daily Exam
25	2	Study psychological factors affecting performance	Psychological Factors in Performance	Lecture + Practical Examples	Participation & Attendance
26	2	Analyze sports anxiety and its impact on performance	Sports Anxiety Analysis	Lecture	Participation & Attendance
27	2	Understand fundamentals of sports nutrition and apply to track athletes	Sports Nutrition	Activity	Participation & Attendance
28	2	Comprehensive course review with practical applications	Comprehensive Review & Applications	Lecture	Participation & Attendance
29	2	Final practical exam for technical skills	Final Practical Exam	Practical Exam	—
30	2	Measure theoretical knowledge	Final Written Exam	Lecture + Practical Examples	—

11- Course Assessment

- Theoretical Exams – 20%
- Practical Exams – 20%
- Performance & Attendance – 10%
- Final Exam – 50%

12- Learning Resources

Prescribed Textbooks	Track and Field Encyclopedia – Dr. Amer Fakher, Asmaa Kambash, Prof. Faiza Abdul Jabbar .(2009) .(2002) Applications of Technical Principles in Track and Field – Prof. Amer Fakher Shughati .(International Association of Athletics Federations – Official Rules .(IAAF Coaching Manual for Track and Field Training (1996), Assoc. Prof. Wissal Mahmoud International Rules in Track and Field – Learning, Technical Stages, Officiating (2023), Assoc. Prof. Abbas Ali Lafta Track and Field: Training, Learning, Technical Stages, Officiating (2023), Assoc. Prof. Zainib Joni.
Main References	None
Recommended Supporting References	None
Online References	None
Prescribed Textbooks	None



Al-Mustansiriya University
College of Physical Education and
Sports Sciences

Course Description – Third Stage

Handball Course Description

1- Course Name

Handball

2- Course Code

55502202

3- Semester / Academic Year

2024–2025

4- Date of Preparation

01/09/2024

5- Mode of Attendance

Weekly in-person lectures

6- Total Credit Hours / Units

2 Credit Units – 2 Practical Hours per Week

7- Course Instructors

Asst. Prof. Dr. Rusul Ahmed Shihab

rusul48@uomustansiriyah.edu.iq

8- Course Objectives

Course Objectives

- Introduce students to the fundamentals and skills of defense and attack in handball.
- Familiarize students with the basics of handball rules and regulations.

9- Teaching and Learning Strategies

Strategie

- **Theoretical Lectures:** To explain the concepts of handball rules.
- **Practical Lectures:** To teach the basic skills of handball.
- **Individual Assignments:** Writing short reports and applying practical sports activities.

10- Course Structure

Week	Hours	Intended Learning Outcomes	Unit / Topic Title	Teaching Methods	Assessment Method
1	2	Legal articles (1-2), principles of defense in handball, physical exercises, defensive	Introduction	Lecture	Participation & Attendance

		movements, practical drills (passing, receiving, feints, shooting)			
2	2	Refereeing signals, defensive drills (2v1, 3v2)	Referee Signals	Lecture	Participation & Attendance
3	2	Legal articles (3-4), defensive drills with refereeing	Rules	Lecture	Participation & Attendance
4	2	Legal articles (5-7), positioning of teams and referees	Rules	Lecture	Participation & Attendance
5	2	Legal articles (8-10), referee signal applications, team play	Rules	Lecture	Participation & Attendance
6	2	Video analysis, defensive formation (6-0)	Video Analysis	Lecture	Participation & Attendance
7	2	Quiz	Exam	Lecture	Quizzes
8	2	Legal articles (11-13), defensive formation (5-1)	Rules + Play	Lecture + Discussion	Participation & Attendance
9	2	Score sheet, defensive play transitions	Score Sheet	Lecture	Participation & Attendance
10	2	Legal articles (14-16), defensive formation (4-2)	Rules + Play	Lecture	Participation & Attendance
11	2	Legal articles (17-18), official match play	Rules + Play	Lecture	Participation & Attendance
12	2	Video analysis of handball match (defense & attack)	Video Analysis	Lecture	Participation & Attendance
13	2	Legal clarifications, principles of attack	Rules	Lecture	Participation & Attendance
14	2	Legal clarifications, stages of attack, fast break	Rules	Lecture	Participation & Attendance
15	2	Midterm Exam	Exam	Written Test	Midterm Exam
16	2	Review legal articles (7-8), drills in defense and attack	Rules	Lecture	Participation & Attendance
17	2	Stages of defense, defensive drills	Rules	Lecture	Participation & Attendance
18	2	Types of defense: individual, group, team	Rules	Lecture	Participation & Attendance
19	2	Review legal articles (10-15), team positioning	Rules	Lecture	Participation & Attendance
20	2	Review legal articles (16-17), defense methods	Rules	Lecture	Participation & Attendance
21	2	Defensive formation (6-0): advantages, disadvantages, applications	Play	Lecture	Participation & Attendance
22	2	Quiz	Exam	Test	Quizzes
23	2	International rules review, zone defense (5-1)	Rules + Play	Lecture	Participation & Attendance
24	2	Review score sheet, table referee duties	Rules + Play	Lecture	Participation & Attendance
25	2	Defensive formation (4-2): advantages, disadvantages	Rules + Play	Lecture + Practical	Participation & Attendance
26	2	Defensive formations (3-2-1), (2-1-3), (3-3)	Rules + Play	Lecture	Participation & Attendance

27	2	Man-to-man defense: types, principles, close marking	Play	Lecture + Discussion	Participation & Attendance
28	2	Mixed defense: types and applications	Play	Lecture	Participation & Attendance
29	2	Legal clarifications, stages of attack, fast break	Rules + Play	Lecture	Participation & Attendance
30	2	Final Exam	Exam	Written Test	Final Exam

11- Course Assessment

- Daily participation and attendance.
- Oral exams.
- Monthly quizzes.
- Written exams.
- Reports.
- First semester: 25%.
- Second semester: 25%.
- Final exam (practical + theoretical): 50%.

12- Learning Resources

Required Textbooks	International Handball Federation. (2022). Handball Laws. Official Arabic Version, IHF Headquarters, Basel, Switzerland.
Main References	Al-Husseini, Mohamed Abdel Moneim. (2019). Handball – Basic Skills and Offensive and Defensive Plans. Cairo: Dar Al-Fikr Al-Arabi. Al-Shammari, Abdullah Aziz. (2020). Handball Refereeing. Amman: Safaa Publishing and Distribution House.
Recommended Supporting Materials (Journals, Reports)	Al-Taie, Hassan Kazim. (2021). Foundations and Rules of Handball. Baghdad: Dar Al-Kutub Al-Jami'iyah. Czerwinski, J., & Taborsky, F. (2018). Handball: Skills, Tactics, and Rules. London: Meyer & Meyer Sport. Lames, M., & Hansen, G. (2019). Performance Analysis in Team Handball. Human Kinetics
Electronic Resources / Websites	Official website of the International Handball Federation: https://www.ihf.info Specialized handball educational and training platforms (such as YouTube, handball training channels, and online training courses).

Football Course Description

1- Course Name

Football

2- Course Code

55502202

3- Semester / Academic Year

2024–2025

4- Date of Preparation

01/09/2024

5- Mode of Attendance

Weekly in-person lectures

6- Total Credit Hours / Units

2 Credit Units – 2 Practical Hours per Week

7- Course Instructors

Assoc. Prof. Dr. Riyad Mazher Khreibet

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Asst. Lect. Ali Saleh Mahdi

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8- Course Objectives

Course Objectives

- Introduce students to the International Laws of Football.
- Highlight the importance of practicing football.
- Familiarize students with the latest technologies used in matches.

9- Teaching and Learning Strategies

Strategie

- **Educational Objectives:** Practice basic skills in football.
- **Cognitive Objectives:** Teach the International Laws of Football according to the latest update.
- **Teaching Methods:** Theoretical lectures – Practical training – Periodic tests – Field applications.

10- Course Structure

Week	Hours	Intended Learning Outcomes	Unit/Topic	Teaching Methods	Assessment Method
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1	2	Introduction to Football Laws	General lecture	Lecture	Participation & Attendance
2	2	Field measurements	Laws	Lecture	Participation & Attendance
3	2	Law 1	Laws	Lecture	Participation & Attendance
4	2	Law 2	Laws	Lecture	Participation & Attendance
5	2	Law 3	Laws	Lecture	Participation & Attendance
6	2	Law 4	Laws	Lecture	Participation & Attendance
7	2	Law 5	Laws	Lecture	Participation & Attendance
8	2	Practical daily exam (previous materials)	Practical application	Practical test	Daily Exams
9	2	Law 6	Laws	Lecture	Participation & Attendance
10	2	Law 7	Laws	Lecture	Participation & Attendance
11	2	Law 8	Laws	Lecture	Participation & Attendance
12	2	Law 9	Laws	Lecture	Participation & Attendance
13	2	Law 10	Laws	Written test	Participation & Attendance
14	2	Practical exam (previous materials)	Practical application	Lecture	Practical Exam
15	2	Theoretical exam	Exam	Exam	Daily Exams
16	2	Review of previous laws	Laws	Lecture	Participation & Attendance
17	2	Law 11	Laws	Lecture	Participation & Attendance
18	2	Law 12	Laws	Lecture	Participation & Attendance
19	2	Law 14	Laws	Lecture	Participation & Attendance
20	2	Practical daily exam (previous materials)	Exam	Exam	Oral Exams
21	2	Law 15	Laws	Lecture	Participation & Attendance
22	2	Law 16	Laws	Lecture	Participation & Attendance
23	2	Law 17	Laws	Lecture	Participation & Attendance
24	2	Practical daily exam (previous materials)	Exam	Practical test	Daily Exams
25	2	Report assignment: match analysis	—	Lecture + Applied Examples	Participation & Attendance

26	2	Report discussion	—	Lecture	Participation & Attendance
27	2	Extracurricular activity (poster exhibition)	—	Activity	Participation & Attendance
28	2	Review of all laws	Laws	Review	Participation & Attendance
29	2	Practical exam	Exam	Practical test	Final Exams
30	2	Theoretical exam	Exam	Written test	Final Exams

11- Course Assessment

- Monthly Exams: 20%
- Practical Activities and Training: 20%
- Daily Exams and Class Participation: 10%
- Final Exam (Theoretical and Practical): 50%

12- Learning Resources

Required Textbooks	The Laws of the Game – FIFA.
Main References	The International Laws of Football – latest update
Recommended Supporting Materials (Journals, Reports)	Scientific journals specializing in football, technical reports
Electronic Resources / Websites:	FIFA official website (www.fifa.com), specialized training websites

Volleyball Course Description

1- Course Name

Volleyball

2- Course Code

55502202

3- Semester / Academic Year

2024–2025

4- Date of Preparation

01/09/2024

5- Mode of Attendance

Weekly in-person lectures

6- Total Credit Hours / Units

2 Credit Units – 2 Practical Hours per Week

7- Course Instructors

Asst. Prof. Dr. Samaher Salman Alwan

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Assistant Professor Riyam Emad

riyamemad93@uomustansiriyah.edu.iq

8- Course Objectives

Course Objectives

- Introduce students to offensive skills in volleyball.
- Introduce students to defensive skills in volleyball.

9- Teaching and Learning Strategies

Strategie

- **Educational Objectives:** Practice and develop basic volleyball skills.
- **Teaching Methods:** Theoretical lectures – Practical training – Dividing students into groups for application and refereeing – Reviewing the rules.

10- Course Structure

Week	Hours	Intended Learning Outcomes	Teaching Methods
1	2	Game features / basic skills	Explanation, demonstration, review
2	2	Chapter 1 of the official rules (equipment and facilities)	Practical training
3	2	Chapter 3 (playing format) – official signals	Practical training

4	2	Chapter 5 (interruptions, time-outs, and delays)	Practical training
5	2	Chapter 4 (playing actions)	Practical training
6	2	Chapter 8 (refereeing corps and procedures)	Practical training
7	2	Official signals of referees and line judges	Two-team play
8	2	Dividing students into groups for refereeing and playing	Practical application
9	2	Same as previous week	Practical application
10	2	Same as previous week	Practical application
11	2	Same as previous week	Practical application
12	2	Same as previous week	Practical application
13	2	Review of rules and their applications	Review
14	2	Theoretical exam	Written test
15	2	Practical exam	Practical test
16	2	Review of Chapter 1 – playing and refereeing	Practical application
17	2	Chapter 2 (coach's duties and responsibilities)	Playing and refereeing
18	2	Chapter 6 (libero player and characteristics)	Playing and refereeing
19	2	Chapter 7 (participant conduct)	Playing and refereeing
20	2	Score sheet	Playing and refereeing
21	2	Score sheet	Playing and refereeing
22	2	Defensive skill training	Practical training
23	2	Combined skills training	Practical training
24	2	Playing and refereeing according to official rules using score sheet	Practical application
25	2	Same as previous week	Practical application
26	2	Same as previous week	Practical application
27	2	Beach volleyball rules	Playing and application
28	2	Review of game fundamentals	Review
29	2	Theoretical exam	Written test
30	2	Practical exam	Practical test

11- Course Assessment

- Daily preparation
- Oral exams
- Monthly quizzes
- Written exams
- Reports
- **Weighting:**
- First Semester: 25%
- Second Semester: 25%
- Final Exam (Practical + Theoretical): 50%

12- Learning Resources

Required Textbooks	Volleyball textbook – Ministry of Higher Education
Main References	Official Volleyball Rules – FIVB.
Recommended Supporting Materials (Journals, Reports)	Specialized journals and scientific research.
Electronic Resources / Websites:	Official FIVB websites and educational volleyball sites.

Fencing Course Description

1- Course Name

Fencing

2- Course Code

55501319

3- Semester / Academic Year

2024–2025

4- Date of Preparation

01/09/2024

5- Mode of Attendance

Weekly in-person lectures

6- Total Credit Hours / Units

2 Credit Units – 2 Practical Hours per Week

7- Course Instructors

Mr. Sabah Nouri Hafedh

sabahIng55@yahoo.com

Assist. Prof. Dr. Hossam Abbas Yas

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8- Course Objectives

Course Objectives

- Introduce students to the rules of fencing.
- Introduce students to the basic skills of fencing.
- Highlight the importance of practicing fencing

9- Teaching and Learning Strategies

Strategie

- **Educational Objectives:** Practice basic fencing skills.
- **Cognitive Objectives:** Teach the international fencing rules according to the latest update

10- Course Structure

Week	Hours	Intended Learning Outcomes	Unit / Topic	Teaching Methods	Assessment Method
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1	2	History of fencing and requirements for a fencer	History of Fencing	Lecture	Participation & Attendance
2	2	Types of fencing weapons and specifications – fencing piste	Basic Skills	Lecture	Participation & Attendance
3	2	Holding the weapon – basic stance – salute	Basic Skills	Lecture	Participation & Attendance
4	2	On-guard position – advance – retreat	Basic Skills	Lecture	Participation & Attendance
5	2	Reverse advance – reverse retreat – lunge – recovery from lunge	Basic Skills	Lecture	Participation & Attendance
6	2	Fleche – engagement – disengagement – re-engagement – blade absence	Basic Skills	Lecture	Participation & Attendance
7	2	Simple attack and its types	Basic Skills	Lecture	Participation & Attendance
8	2	Compound attack and its types	Basic Skills	Practical Test	Daily Exams
9	2	Counterattack – stop hit – time counterattack	Basic Skills	Lecture	Participation & Attendance
10	2	Feint attack – purposes and forms	Basic Skills	Lecture	Participation & Attendance
11	2	Defense – fundamentals and main types	Basic Skills	Lecture	Participation & Attendance
12	2	Seventh and eighth parries – special defenses	Basic Skills	Lecture	Participation & Attendance
13	2	Straight, circular, half-circular, and diagonal parries	Basic Skills	Written Test	Participation & Attendance
14	2	Practical exam on previous materials	Practical Application	Lecture	Practical Exam
15	2	Theoretical exam	Exam	Exam	Daily Exams
16	2	Attack preparation and its types	Basic Skills	Lecture	Participation & Attendance
17	2	Blade grips and their types	Basic Skills	Lecture	Participation & Attendance
18	2	Miscellaneous attacks	Basic Skills	Lecture	Participation & Attendance
19	2	Riposte and its types	Basic Skills	Lecture	Participation & Attendance
20	2	Fencing referee – characteristics and duties	Rules	Exam	Oral Exams
21	2	Judges – appointment of referees – referee signals	Rules	Lecture	Participation & Attendance
22	2	Penalties – types and classifications	Rules	Lecture	Participation & Attendance
23	2	Official individual fencing competitions	Rules	Lecture	Participation & Attendance
24	2	Direct elimination	Rules	Practical Test	Daily Exam
25	2	Team competitions	Rules	Lecture + Application	Participation & Attendance
26	2	Refereeing forms	Rules	Lecture	Participation & Attendance

27	2	Rule review	Rules	Activity	Participation & Attendance
28	2	International wrestling rules (for reference)	Rules	Review	Participation & Attendance
29	2	Practical exam	Exam	Practical Test	Final Exams
30	2	Final exam	Exam	Written Test	Final Exams

11- Course Assessment

- Daily preparation
- Oral exams
- Monthly exams
- Written exams
- Reports
- **Weighting:**
- First Semester: 25%
- Second Semester: 25%
- Final Exam (Practical + Theoretical): 50%

12- Learning Resources

Required Textbooks	<i>Fundamentals of Fencing</i> – Ministry of Higher Education
Main References	International Fencing Rules (FIE).
Recommended Supporting Materials (Journals, Reports)	Scientific articles on fencing training and refereeing
Electronic Resources / Websites:	Official website of the International Fencing Federation – www.fie.org

Teaching Methods Course Description

1- Course Name

Teaching Methods

2- Course Code

55502202

3- Semester / Academic Year

2024–2025

4- Date of Preparation

01/09/2024

5- Mode of Attendance

Weekly in-person lectures

6- Total Credit Hours / Units

2 Credit Units – 2 Practical Hours per Week

7- Course Instructors

Asst. Prof. Dr. Firas Ajeel Yawer

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8- Course Objectives

Course Objectives

- . Enable students to acquire general knowledge in teaching methods.
- Equip students with the ability to identify types of lesson plans and how to write them.
- Provide students with experience in leading a lesson.

9- Teaching and Learning Strategies

Strategie

- Interactive theoretical lectures.
- Practical application of lesson plans.
- Classroom activities and discussions.

10- Course Structure

Week	Hours	Intended Learning Outcomes	Unit / Topic	Teaching Method	Assessment Method
1	2	Understand the concept of teaching	Teaching Methods	Lecture	Participation & Attendance

2	2	Prepare teaching plans	Teaching Methods	Lecture	Participation & Attendance
3	2	Identify main objectives of a physical education lesson	Teaching Methods	Lecture	Participation & Attendance
4	2	Understand the teaching plan	Teaching Methods	Lecture	Participation & Attendance
5	2	Recognize the sections of the teaching plan	Teaching Methods	Lecture	Participation & Attendance
6	2	Prepare a unit plan	Teaching Methods	Lecture	Participation & Attendance
7	2	Practical application of a lesson plan	Teaching Methods	Lecture	Participation & Attendance
8	2	Exam	Teaching Methods	Practical Test	Daily Exams
9	2	Prepare a varied plan	Teaching Methods	Lecture	Participation & Attendance
10	2	Practical application of the varied plan	Teaching Methods	Lecture	Participation & Attendance
11	2	Write and apply 10 different plans (regular, unit, varied)	Practical Application	Lecture	Participation & Attendance
12	2	Varied educational activities (association)	Teaching Methods	Exam	Participation & Attendance
13	2	Identify types of physical exercises	Practical Application	Written Test	Participation & Attendance
14	2	Prepare for a physical education lesson	Teaching Methods	Lecture	Practical Exam
15	2	Exam	Teaching Methods	Exam	Daily Exams
16	2	Importance of organization in a physical education lesson	Teaching Methods	Lecture	Participation & Attendance
17	2	Types of formations in a physical education lesson	Teaching Methods	Lecture	Participation & Attendance
18	2	Stages of primary education	Teaching Methods	Lecture	Participation & Attendance
19	2	Fundamental movements	Teaching Methods	Lecture	Participation & Attendance
20	2	Practical applications of a lesson plan	Teaching Methods	Exam	Oral Exams
21	2	Teacher's duties in the first stage	Teaching Methods	Lecture	Participation & Attendance
22	2	Secondary education stage	Teaching Methods	Lecture	Participation & Attendance
23	2	Physical education lessons for the secondary stage	Teaching Methods	Exam	Participation & Attendance
24	2	Exam	Teaching Methods	Lecture	Daily Exam
25	2	Special methods in teaching physical education	Teaching Methods	Lecture + Application	Participation & Attendance
26	2	Practical applications of a lesson plan	Teaching Methods	Lecture	Participation & Attendance

27	2	Sudden movements and recreational exercises	Teaching Methods	Activity	Participation & Attendance
28	2	Discipline and control in physical education lessons	Teaching Methods	Review	Participation & Attendance
29	2	Mosston's direct styles + practical applications	Teaching Methods	Practical Test	Final Exams
30	2	Final Exam	Teaching Methods	Written Test	Final Exams

11- Course Assessment

- Daily preparation
- Oral exams
- Monthly exams
- Written exams
- Reports
- **Weighting:**
- First Semester: 25%
- Second Semester: 25%
- Final Exam (Practical + Theoretical): 50%

12- Learning Resources

Required Textbooks	<i>Teaching Methods</i> – Ministry of Higher Education.
Main References	Academic references in physical education and teaching methods
Recommended Supporting Materials (Journals, Reports)	Scientific journals, specialized reports in physical education.
Electronic Resources / Websites:	Educational websites specialized in teaching methods and physical education.

Basketball Course Description

1- Course Name

Basketball

2- Course Code

55502202

3- Semester / Academic Year

2024–2025

4- Date of Preparation

01/09/2024

5- Mode of Attendance

Weekly in-person lectures

6- Total Credit Hours / Units

2 Credit Units – 2 Practical Hours per Week

7- Course Instructors

Prof. Dr. Ali Salman Al-Tarfi

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8- Course Objectives

Course Objectives

- Introduce students to the rules of wrestling.
- Highlight the importance of practicing wrestling.

9- Teaching and Learning Strategies

Strategie

- **Educational Objectives:** Practice basic wrestling skills.
- **Knowledge Objectives:** Teach the international rules of wrestling according to the latest update.

10- Course Structure

Week	Hours	Intended Learning Outcomes	Unit / Topic	Teaching Method	Assessment Method
1	2	Learn about the history of wrestling in different civilizations	History of Wrestling	Lecture	Participation & Attendance
2	2	Understand the educational and ethical values of wrestling	Educational and Ethical Values	Lecture	Participation & Attendance
3	2	Learn objectives, types, and stages of selection in wrestling	Selection in Wrestling	Lecture	Participation & Attendance

4	2	Understand general and specific preparation and their objectives	Physical Preparation	Lecture	Participation & Attendance
5	2	Identify the components of physical fitness specific to wrestling	Physical Fitness Components	Lecture	Participation & Attendance
6	2	Learn basic principles of wrestling skills	Basic Principles	Lecture	Participation & Attendance
7	2	Practice the ready stance	Ready Stance	Lecture	Participation & Attendance
8	2	Practical test of previous skills	Practical Application	Practical Test	Daily Exams
9	2	Learn movement on the mat	Mat Movement	Lecture	Participation & Attendance
10	2	Learn the “arch” skill in wrestling	Arch Technique	Lecture	Participation & Attendance
11	2	Practice general and specific preparatory exercises	Preparatory Exercises	Lecture	Participation & Attendance
12	2	Understand the importance, benefits, and types of warm-up	Warm-up	Lecture	Participation & Attendance
13	2	Learn competition and semi-competition exercises	Competition Exercises	Written Test	Participation & Attendance
14	2	Practical test of previous materials	Practical Application	Lecture	Practical Exam
15	2	Theoretical exam	Exam	Exam	Daily Exams
16	2	Learn skill preparation in wrestling	Skill Preparation	Lecture	Participation & Attendance
17	2	Learn planning preparation in wrestling	Planning Preparation	Lecture	Participation & Attendance
18	2	Understand the concepts of tactics and techniques	Tactics & Techniques	Lecture	Participation & Attendance
19	2	Learn basic and modern training methods	Training Methods	Lecture	Participation & Attendance
20	2	Learn plyometric, weight, and circuit training	Physical Training	Exam	Oral Exams
21	2	Learn pendulum, fartlek, and simulation training	Various Training Methods	Lecture	Participation & Attendance
22	2	Learn pressure, isotonic, and isometric training	Various Training Methods	Lecture	Participation & Attendance
23	2	Learn objectives and steps of psychological preparation	Psychological Preparation	Lecture	Participation & Attendance
24	2	Long-term and short-term psychological preparation and mental skills	Psychological Preparation for Wrestlers	Practical Test	Daily Exam
25	2	Learn about healthy nutrition for athletes	Health Preparation	Lecture + Application	Participation & Attendance
26	2	Learn about weight loss problems, injuries, and doping	Injuries & Doping	Lecture	Participation & Attendance
27	2	Learn effects of doping and detection methods	Anti-Doping	Activity	Participation & Attendance
28	2	Review the international wrestling rules	Rules	Review	Participation & Attendance
29	2	Practical exam	Exam	Practical Test	Final Exams

30	2	Final exam	Exam	Written Test	Final Exams
11- Course Assessment					
• Daily preparation • Oral exams • Monthly exams • Written exams • Reports • Weighting: • First Semester: 25% • Second Semester: 25% • Final Exam (Practical + Theoretical): 50%					
12- Learning Resources					
Required Textbooks		<i>Wrestling</i> – Ministry of Higher Education.			
Main References		International Wrestling Rules (UWW).			
Recommended Supporting Materials (Journals, Reports)		Scientific articles and training reports in wrestling			
Electronic Resources / Websites:		United World Wrestling official website – www.uww.org			

Artistic Gymnastics Course Description (Students)

1- Course Name

Artistic Gymnastics Course Description (Students)

2- Course Code

55501317

3- Semester / Academic Year

2024-2025

4- Date of Preparation

01/09/2024

5- Mode of Attendance

Weekly in-person lectures

6- Total Credit Hours / Units

2 Credit Units – 2 Practical Hours per Week

7- Course Instructors

Asst. Prof. Dr. Ferial Younis Noman san

flower929@uomustansiriyah.edu.iq

Asst. Prof. Eman Shlaqa Awad

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8- Course Objectives

Course Objectives

- Educational objectives: To teach basic skills in artistic gymnastics.
- Cognitive objectives: To teach the International Law of Men's Artistic Gymnastics 2020-2024.

9- Teaching and Learning Strategies

Strategie

- .Theoretical lectures: To clarify the concepts of artistic gymnastics law
- .Practical lectures: To learn basic artistic gymnastics skills •

	Individual assignments: To write short reports and sports applications
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10- Course Structure

Week	Hours	Intended Learning Outcomes	Unit/Topic	Teaching Method	Assessment Method
1	2	Introduction to the principles of international men's artistic gymnastics law + Introduction to the six men's artistic gymnastics apparatuses	Introductory Lecture	Lecture	Participation and Attendance
2	2	Floor exercise mat, handstand skill + Main purpose of the arbitration law	Ground Movement Mat	Lecture	Observation
3	2	Human wheel skill + Types of gymnastics championships + Player rights and responsibilities	Human Wheel	Lecture	Daily Exams
4	2	Arab vault skill + Coach rights and responsibilities, Judges' rights and responsibilities	Arabian Jump	Lecture	Daily Exams
5	2	Arab vault skill + Duties of technical committee members, Organization of apparatus committees		Lecture	Activities, Participation, and Attendance
6	2	Front roll skill + Front handspring skill, Parallel bar apparatus	Forward Rolls	Lecture	Observation
7	2	Front and back swing skill + Duties of judges of the (D) and (E) committees, Evaluation of exercise content (D) and (E) grades	Parallel Bar	Lecture	Semester Reports
8	2	Herniated humerus skill		Lecture	Taking Semester Exams
9	2	Shoulder stand skill from the swing + Difficulty level rules, Requirements of movement groups and landing (Special requirements)	Bullet Pronation	Practical and Theoretical Lecture	Participation and Attendance

10	2	Landing from the front swing with a half turn inward + Anchor points, Description of exercise presentation	Shoulder Stand	Lecture + Discussion	Daily Exams
11	2	Chin-up apparatus, Pronation skill	Landing from Swings	Lecture	Participation and Attendance
12	2	Front rotation skill + Limits of technical performance and body position errors (formal performance), Committee deductions E	Chin-Up Bar	Lecture	Participation and Attendance
13	2	Small Back Spin, Floor Mat Apparatus		Lecture	Participation and Attendance
14	2	Half Spin Landing	Practical/Theoretical Exam	Lecture	Daily Exams
15	2	First Semester Theory and Practice Exam	Grips Bar	Lecture	Taking Semester Exams
16	2	Ring Grips Apparatus, Single Step Up with Change of Direction + Information on Exercise Presentation, Information on D Grade		Lecture	Participation and Attendance ...
17	2	Leggings in and out of Legs Skill	Vaulting Platform	Lecture	Assessment Method
18	2	Lateral Spins Skill + Table of Fouls and Deductions for Floor Exercises, D Committee Deductions		Lecture	Participation and Attendance
19	2	Landing Skill (Half Spin with Transfer to Horse)	Rings Bar	Lecture	Observation
20	2	Landing Skill (Half Spin with Transfer to Horse) + Pommel Horse Apparatus, Description of the Exercise on the Pommel Horse		Practical and Theoretical Exam	Daily Exams
21	2	Vaulting Platform Apparatus, Forehand Jump Skill	Practical/Theoretical Exam, Second Semester	Lecture	Daily Exams

22	2	Forehand and Backhand Jump Skill + Pommel Horse Apparatus, Description of the Exercise on the Pommel Horse	Final Practical Exam	Lecture	Activities, Participation, and Attendance
23	2	Ring Apparatus, Forehand and Backhand Skill + Pommel Horse Apparatus, Description of the Exercise on the Pommel Horse	Unit/Topic	Lecture	Observation
24	2	Front Shoulder Spin Skill	Introductory Lecture	Lecture	Semester Reports
25	2	Shoulder Spin Skill + Special Requirements, Table of Deductions for the Pommel Equipment	Ground Movement Mat	Lecture	Taking Semester Exams
26	2	Back Shoulder Spin Skill	Human Wheel	Lecture	Participation and Attendance
27	2	Landing from the Forehand Swing + Description of the Exercise on the Vault Table	Arabian Jump	Lecture	Daily Exams
28	2	Landing from the Forehand Swing + Description of the Exercise on the Barbell		Lecture	Participation and Attendance
29	2	Semester Exam Theoretical and practical second semester	Practical/Theoretical Exam, Second Semester	Practical and Theoretical Lecture	Participation and Attendance
30	2	Final practical exam	Final Practical Exam	Final Practical Exam	Final Practical Exam

11- Course Assessment

- Monthly Exams: 20%
- Practical Activities and Training: 20%
- Daily Exams and Class Participation: 10%
- Final Exam (Theoretical and Practical): 50%

12- Learning Resources

equired textbooks (methodology, if available)	Men's Artistic Gymnastics Law (2020–2024).
Primary references (sources)	• Scientific journals specializing in artistic gymnastics.
Recommended supporting books and references (scientific journals, reports)	• Recent academic reports and research.
Electronic references, websites	• International Gymnastics Federation: https://www.gymnastics.sport

Course description for the subject of sports rehabilitation

1- Course Name

Annual curriculum for the subject of sports rehabilitation

2- Course Code

55501314

3- Semester / Academic Year

2024–2025

4- Date of Preparation

01/09/2024

5- Mode of Attendance

Weekly in-person lectures

6- Total Credit Hours / Units

2 Credit Units – 2 Practical Hours per Week

7- Course Instructors

Prof. Dr. Hassan Hadi Attia

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Assistant Professor Dr. Samaher Salman Alwan

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Assistant Professor Dr. Alaa Mohammed Jassim

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Assistant Professor Dr. Ferial Sami Khalil

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8- Course Objectives

Course Objectives

- Introduce students to the body's systems, their injuries, and the mechanics of each injury, including prevention, first aid, and treatment.
- Introduce students to the importance of rehabilitating sports injuries.
- Introduce students to injuries that athletes may sustain as a result of participating in sports activities.
- Introduce students to the basic principles of treating and rehabilitating injuries.

9- Teaching and Learning Strategies

Strategie	• Enabling students to gain general knowledge of sports rehabilitation • Enabling students to gain knowledge of the importance of sports rehabilitation • Enabling students to gain general knowledge of the means and methods of treating and rehabilitating sports injuries • Enabling students to gain knowledge of the dangers of using steroids • Enabling students to acquire the ability to perform first aid.
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10- Course Structure

Week	Hours	Intended Learning Outcomes	Unit/Topic	Teaching Method	Assessment Method
1	2	Definition of Sports Injuries + Introduction to Sports Injuries + Sports Injuries + Concept of Injury + Definition of Injury + Effects of Injury + Characteristics of Sports Injuries + Causes of Injuries + Injuries Due to Subjective (Personal) Factors + Injuries Due to External Factors + Injuries Due to Internal Factors.	Introduction to Sports Injuries	Theoretical Lecture	Participation and Attendance
2	2	Diagnosis of Sports Injuries + Health Responsibilities of a Coach or Sports Instructor + Seasonal Distribution of Injuries + Initial Measures (First Aid) to be Taken in the Event of an Injury (On-Site PRICE) + Recovery Period + When Should the Injured Person Continue Training + Infections and Healing Processes.		Lecture	Participation and Attendance
3	2	Skeletal System + Skeletal System + Anatomical Introduction + Some Bone Injuries + Bone Bruises + Fractures + Spine (Sacrum, Spinal Column) + Anatomical Introduction + Injuries of the Spine + Pelvis + Femur.	Sports Injuries	Theoretical	Participation and Attendance

4	2	Joints + Anatomical Introduction + Joint Injuries + Joint Bruises + Knee Joint + Anatomical Structure of the Knee Joint + Common Injuries of the Knee Joint + Knee Joint Bruise + Patellar (Kneecap) Injuries.	Skeletal System	Lecture	Participation and Attendance
5	2	Meniscus and their injuries + Dislocation and its types + Finger joint sprains	Joints	Lecture	Participation and Attendance
6	2	Ankle injuries + Ligaments + Knee joint ligaments and injuries + Women's sports and physiological differences.	Cartilage	Lecture	Participation and Attendance
7	2	Monthly exam	Muscular System	Lecture	Participation and Attendance
8	2	The muscular system + Anatomical introduction + Types of muscle tissue + Muscle contraction (muscle contraction) + Muscle injuries + Muscle pain + Muscle bruise + Muscle spasm + Muscle cramp + Muscle strain + Muscle tears.	Tendons	Lecture	Participation and Attendance
9	2	Tendons + Anatomical introduction + Tendon injuries + Tendon rupture + Tennis elbow injury + Achilles tendon injury + Groin strain injuries + Benefits of exercise on posture + Differences between women and men regarding the muscular system.	Nervous System	Lecture	Participation and Attendance
10	2	The nervous system + Nerve cells + Divisions of the nervous system + Nervous system injuries + Sports and depression + Sports and memory + Sports and insomnia + Sleep.	Migraine	Practical Test	Participation and Attendance

11	2	Sports and migraines + Sports and anxiety + The nervous system and motor learning + The nervous system and the athlete's state before competition + The effect of sports on the nervous system + Differences between women and men (psychological characteristics). The five senses + The nervous system and the senses + Components of receptors + Types and functions of sensory receptors + The five senses + First: Sight (eyes)	Sensations	Lecture	Daily Exams
12	2	Monthly exam	Sense of Smell	Lecture	Participation and Attendance
13	2	Second: Smell (nose) + Third: Hearing (ears) + Fourth: Taste (tongue) + Fifth: Touch (skin)	Skin	Lecture	Participation and Attendance
14	2	The integumentary system + Skin structure + Skin functions + Major skin injuries + Skin blisters + Skin blisters + Skin fungi + Abrasions + Skin bruises (bruises).	Wounds	Lecture	Participation and Attendance
15	2	Monthly exam	Sunstroke	Exam	Participation and Attendance
16	2	Wounds + Acne + Temperature regulation + Body temperature + Skin mechanics in maintaining a constant body temperature + Major ways the body loses heat + Thermal injuries + Sunburn + Heat cramps + Heat syncope + Water depletion + Salt depletion. Heatstroke (heat stroke) + Frostbite + Green hair + Prevention of heat	Respiratory System	Written Test	Participation and Attendance

		illnesses + Sweating and exercise + Sweating as a disease prevention + Tips for maintaining healthy skin.			
17	2	Respiratory system + Concept of breathing + Respiratory organs + Mechanisms of respiratory function + Respiratory movements + Respiratory injuries.	Airway Obstruction	Lecture	Practical Exam
18	2	Airway obstruction + Apnea + Chest injuries + Differences between men and women regarding the respiratory system + Common breathing patterns.	Circulatory System	Exam	Daily Exams
19	2	Circulatory system (cardiovascular) + Heart + Circulation + Effect of exercise on the circulatory system + Blood vessels + Blood components + Factors affecting the heart + Exercise and the heart + Hemorrhagic shock + Vascular injuries.	Bleeding	Lecture	Participation and Attendance
20	2	Bleeding + Cardiac arrest + Exercise in cases of irregular heartbeat + Differences between men and women regarding the circulatory system + Relationship between exercise and high blood pressure (hypertension).	Digestive System	Lecture	Participation and Attendance
21	2	Digestive system + Anatomical introduction + Functions of the digestive system + Parts of the digestive system + Digestive system injuries + Maxillofacial injuries + Abdominal injuries	Nutrition	Lecture	Participation and Attendance
22	2	Severe internal (closed) injury + External abdominal injuries + Exercise and free roots.	Energy Systems	Lecture	Participation and Attendance

23	2	Monthly Exam	Urinary System	Exam	Oral Exams
24	2	Sports Nutrition + The Importance of Food + Food Categories + Types of Nutrients (Food Sources) (Food Classification) + Carbohydrates + Fats (Lipids) + Proteins + Vitamins + Minerals (Salts) + Water + The Role of the Athletic Trainer and Instructor in Reducing and Preventing Sports Nutritional Injuries + Nutritional Supplements + Race Day Nutrition + Post-Race Nutrition + The Effect of Food Types on Athletic Performance.	Unit/Topic	Lecture	Participation and Attendance
25	2	Energy Production Systems + Practical Benefits of Studying Energy Systems + The Relationship of Studying Energy Systems to Some Injuries That Athletes May Suffer From + Differences Between Men and Women Regarding the Digestive System + Advice for Athletes	Introduction to Sports Injuries	Lecture + Practical Examples	Participation and Attendance
26	2	The Urinary System + Components of the Urinary System + Kidneys + Ureter + Urinary Bladder + Urethra + Urinary Tract Injuries + Kidney Bruises or Ruptures + Ruptures of the Bladder and Urethra + Sports and the Urinary System	Sports Injuries	Lecture	Participation and Attendance
27	2	Requesting General Homework and Reports in the Field of Rehabilitation	Skeletal System	Activity	Daily Exam

28	2	Discussion of Homework	Joints	Review	Participation and Attendance
29	2	Comprehensive Review of Study Material Before the Final Exam	Cartilage	Practical Test	Participation and Attendance
30	2	Exam		Written Test	Participation and Attendance

11- Course Assessment

- Monthly Exams: 20%
- Practical Activities and Training: 20%
- Daily Exams and Class Participation: 10%
- Final Exam (Theoretical and Practical): 50%

12- Learning Resources

equired textbooks (methodology, if available)	Fundamentals of Sports Rehabilitation and Sports Injuries – published by the Ministry of • .Higher Education or approved by the college
Primary references (sources)	.Textbooks on sports anatomy, sports injury science, and first aid •
Recommended supporting books and references (scientific journals, reports)	.International Journal of Sports Rehabilitation Sciences • Reports on recent research in the treatment of sports injuries •
Electronic references, websites	https://www.sportsinjuryclinic.net • https://www.ncbi.nlm.nih.gov •

Course Description for Motor Learning

1- Course Name	
Annual curriculum for motor learning	
2- Course Code	
55501302	
3- Semester / Academic Year	
2024-2025	
4- Date of Preparation	
01/09/2024	
5- Mode of Attendance	
Weekly in-person lectures	
6- Total Credit Hours / Units	
2 Credit Units – 2 Practical Hours per Week	
7- Course Instructors	
Asst. Prof. Dr. Haider Majeed Hamid Hydmaha67@yahoo.com Asst. Prof. Dr. Ilham Ali Hassoun wd85washak85@uomustansiriyah.edu.iq	
8- Course Objectives	
Course Objectives	• Teach students the importance and fundamentals of motor learning in physical education. • Teach students the importance of motor development and its impact on the sports field. • Benefit from learning and development applications in physical education research.
9- Teaching and Learning Strategies	
Strategie	Explaining the subject of motor learning and motor pathways, identifying the concept of learning and how to perform skills, identifying how to correct performance through feedback between what has been done and what should be done, learning theories and research on how to perform it in motor learning and the special processes that affect performance and learning, as well as how to teach the subject through total, partial, random, and other exercises.

10- Course Structure

Week	Hours	Intended Learning Outcomes	Unit/Topic	Teaching Method	Assessment Method
1	2	Motor Learning - Sports Training	Introduction to Motor Learning	Lecture	Participation and Attendance
2	2	Physical Abilities, Their Types, and Measurements	Physical Abilities	Lecture	Participation and Attendance
3	2	Learning Motor Abilities	Motor Abilities	Lecture	Participation and Attendance
4	2	Comparison Between Physical and Motor Abilities	Motor Abilities	Lecture	Participation and Attendance
5	2	Classification of Skills by Movement Type	Skills	Lecture	Participation and Attendance
6	2	Closed and Open Skills	Types of Skills	Lecture	Participation and Attendance
7	2	Exam	Measurement and Learning	Lecture	Participation and Attendance
8	2	Testing and Measurement in Motor Learning	Mental Processes	Lecture	Daily Exams
9	2	Mental Processes (Part One)	Mental Processes	Practical Test	Participation and Attendance
10	2	Mental Processes (Part Two)	Decision-Making Speed	Lecture	Participation and Attendance
11	2	Factors Affecting Decision-Making Speed	Physiological Movement	Lecture	Participation and Attendance
12	2	How Movement Occurs Physiologically	Sensation	Lecture	Participation and Attendance

13	2	Sources of Sensory Information	Recapitulation	Lecture	Participation and Attendance
14	2	Repetition of Previous Examinations	First Semester Exam	Exam	Practical Exam
15	2	First Semester Exam	Learning Theories	Written Test	Daily Exams
16	2	Motor Learning Theories (Closed Loop)	Learning Theories	Lecture	Participation and Attendance
17	2	Motor Learning Theories (Open Loop)	Cybernetics Theory	Exam	Participation and Attendance
18	2	Cybernetics Theory	Exercise Scheduling	Lecture	Participation and Attendance
19	2	Methods of Motor Skill Learning - Random and Sequential Training	Exercise Scheduling	Lecture	Participation and Attendance
20	2	Intensive and Distributed Training - Constant and Variable	Exercise Scheduling	Lecture	Oral Exams
21	2	Variable and Constant Training - Mental Experimentation	Feedback	Lecture	Participation and Attendance
22	2	Feedback Concepts	Feedback	Lecture	Participation and Attendance
23	2	Learning Feedback Strategy	Learning Transfer	Exam	Participation and Attendance
24	2	Learning Transfer - Types of Transfer - Conference Factors on Learning Transfer	Biorhythms	Lecture	Daily Exam
25	2	Biorhythm - Biorhythm Theories	Motor Development	Lecture + Practical Examples	Participation and Attendance
26	2	Motor Development - General Concepts	Learning Theories	Lecture	Participation and Attendance
27	2	Learning Theories Motor	Individual Differences	Activity	Participation and Attendance

28	2	Individual differences among athletes	Mental Processes	Review	Participation and Attendance
29	2	Mental processes in children (comparative)		Practical Test	Participation and Attendance
30	2	Second semester exam		Written Test	Permanent Exams

11- Course Assessment

- Monthly Exams: 20%
- Practical Activities and Training: 20%
- Daily Exams and Class Participation: 10%
- Final Exam (Theoretical and Practical): 50%

12- Learning Resources

equired textbooks (methodology, if available)	• Motor learning and its applications in physical education and sports.
Primary references (sources)	• Scientific books and publications in the field of motor learning and its theories.
Recommended supporting books and references (scientific journals, reports)	• Scientific research in journals of movement sciences and physical education.
Electronic references, websites	https://www.sciencedirect.com • https://www.researchgate.net

Course Description for Rhythmic Gymnastics (Female Students)

1- Course Name

Annual curriculum for rhythmic gymnastics (female students)

2- Course Code

55501318

3- Semester / Academic Year

2024-2025

4- Date of Preparation

01/09/2024

5- Mode of Attendance

Weekly in-person lectures

6- Total Credit Hours / Units

2 Credit Units – 2 Practical Hours per Week

7- Course Instructors

Prof. Dr. Shaima Abdul Matar

Assistant Professor Dr. Ilham Ali Hassoun

wd85washak85@uomustansiriyah.edu.iq

8- Course Objectives

Course Objectives

- Educational objectives: To teach basic skills in rhythmic gymnastics.
- Cognitive objectives: To teach the International Law of Rhythmic Gymnastics.

9- Teaching and Learning Strategies

Strategie

- .Theoretical lectures: To clarify the concepts of artistic gymnastics law
- .Practical lectures: To learn basic artistic gymnastics skills
- Individual assignments: To write short reports and sports applications.

10- Course Structure

Week	Hours	Intended Learning Outcomes	Unit/Topic	Teaching Method	Assessment Method
1	2	General Fitness	Introduction	Lecture	Participation and Attendance
2	2	Repeat movements learned in the previous year	General Fitness	Lecture	Participation and Attendance
3	2	Step Hop, Flex-Extend Step Hop, Flex-Extend Step Hop with Change	Specific Fitness	Lecture	Participation and Attendance
4	2	Rope Tool: Jumping with and without bounce on both feet with rope rotation	Rope Tool	Lecture	Participation and Attendance
5	2	Jumping with and without bounce on one foot with rope rotation	Rope Tool	Lecture	Participation and Attendance
6	2	Rope Rotation with run: Jumping with and without bounce	Rope Tool	Lecture	Participation and Attendance
7	2	Rope Tool: Forward rope rotation with jogging in two steps and forward rope rotation with three steps. Double turns	Rope Tool	Lecture	Participation and Attendance
8	2	Rope Tool: Jumping with arms crossed from backward rotation. Step jump with forward rope rotation	Scissor Jump	Lecture	Participation and Attendance
9	2	Scissor jump with and without knees with forward rope rotation	Parallel + Rule	Practical Test	Daily Exams
10	2	Rope Tool: Jumping glide with rope rotation	Foot Touch	Lecture	Participation and Attendance
11	2	Rope Tool: Alternating jump with rope rotation	Hop	Lecture	Participation and Attendance
12	2	Pendulus swing forward and sideways		Lecture	Participation and Attendance

13	2	Triple step forward	Kinetic Chain	Lecture	Participation and Attendance
14	2	Triple step with rotation		Exam	Participation and Attendance
15	2	Triple step with weight	Foot Touch Jump	Written Test	Practical Exam
16	2	Rope Tool: Horizontal rope swing. Rope rotation in all directions. Rope rotations of all shapes and sizes		Lecture	Daily Exams
17	2	Scissor jump forward and backward. Half scissor jump Rope device course: Rope rotation with a gazelle jump / Rope rotation around the body / Rope rotation and insertion from under the leg and release from under the other leg / Rope throw with one and two hands	Hoop Tool	Exam	Participation and Attendance
18	2	Article 5 of the Artistic Gymnastics Law (Theoretical Subject) 1- Uneven parallel bars. Repetition of previous skills + Ascent with a back rotation of the high bar.	Hoop Tool	Lecture	Participation and Attendance
19	2	Foot touch jump forward/backward/Basque step.	Hoop Tool	Lecture	Participation and Attendance
20	2	Reverse pendulum swing rope device with a waltz step.	Scissor Jump	Lecture	Participation and Attendance
21	2	Teaching various types of partridges.	Hoop Tool	Lecture	Oral Exams
22	2	Compulsory series training.	Hoop Tool	Lecture	Participation and Attendance
23	2	Practical and theoretical exam.	Hoop Tool	Exam	Participation and Attendance

24	2	Special fitness + Compulsory series review.	Hoop Tool	Lecture	Participation and Attendance
25	2	Side foot touch jump. Foot touch jump with a half turn.	Hoop Tool	Lecture + Practical Examples	Daily Exam
26	2	Forward and side pendulum swing hoop device. Horizontal swing.	Hoop Tool	Lecture	Participation and Attendance
27	2	Forward and side pendulum swing hoop device.		Activity	Participation and Attendance
28	2	Horizontal swing. Swing in the shape of a forward/overhead swing.		Review	Participation and Attendance
29	2	Side pendulum swing hoop device.		Practical Test	Participation and Attendance
30	2	Switching hoop from one hand to the other in an arc.		Written Test	Permanent Exams

11- Course Assessment

- Monthly Exams: 20%
- Practical Activities and Training: 20%
- Daily Exams and Class Participation: 10%
- Final Exam (Theoretical and Practical): 50%

12- Learning Resources

equired textbooks (methodology, if available)	International Rhythmic Gymnastics Code.
Primary references (sources)	Rhythmic gymnastics training and technique books.
Recommended supporting books and references (scientific journals, reports)	Scientific journals specializing in rhythmic gymnastics.
Electronic references, websites	https://www.gymnastics.sport

Course Description for Racket Games

1- Course Name

2- Course Code

3- Semester / Academic Year

2024-2025

4- Date of Preparation

01/09/2024

5- Mode of Attendance

Weekly in-person lectures

6- Total Credit Hours / Units

2 Credit Units – 2 Practical Hours per Week

7- Course Instructors

Asst. Prof. Maher Mohamed Ismail mi374520@gmail.com

Assistant Prof. Zeina Wajdan

8- Course Objectives

Course Objectives

- Introducing students to the rules of racket games.
- Introducing students to and teaching basic badminton skills.
- Introducing students to and teaching basic tennis skills.

9- Teaching and Learning Strategies

Strategie

.Educational objectives: Practice basic skills in racket games
Cognitive objectives: Learn the latest update of international racket game law.

10- Course Structure

Week	Hours	Intended Learning Outcomes	Unit/Topic	Teaching Method	Assessment Method
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1	2	Introduction to curriculum vocabulary and a brief overview of the history of tennis.	History of Tennis	Lecture	Participation and Attendance
2	2	Goals of tennis, game requirements (courts, equipment).	Basic Skills ...	Lecture	Participation and Attendance
3	2	Fundamentals and principles of tennis, preparation,	Basic Skills	Lecture	Participation and Attendance
4	2	Grip and its types.	Basic Skills	Lecture	Participation and Attendance
5	2	Explanation of the forehand groundstroke.	Basic Skills	Lecture	Participation and Attendance
6	2	Basic tennis skills.	Basic Skills	Lecture	Participation and Attendance
7	2	Repetition of the forehand groundstroke.	Basic Skills	Lecture	Participation and Attendance
8	2	Daily exam, student assignments.	Basic Skills	Practical Test	Participation and Attendance
9	2	Explanation of the backhand groundstroke.	Basic Skills	Lecture	Daily Exams
10	2	Repetition of the backhand groundstroke.	Basic Skills	Lecture	Participation and Attendance
11	2	Explanation of the serve and its types.	Basic Skills	Lecture	Participation and Attendance
12	2	Serving the serve.	Theoretical Exam	Lecture	Participation and Attendance
13	2	Theoretical exam.	Basic Skills	Exam	Participation and Attendance
14	2	Explanation of tennis refereeing.	Practical Application	Written Test	Participation and Attendance

15	2	Playing and refereeing.	Exam	Lecture	Practical Exam
16	2	Practical exam.	History	Exam	Daily Exams
17	2	Historical overview of badminton, introduction to the court and equipment.	Basic Skills	Lecture	Participation and Attendance
18	2	Basic motor skills (grip, basic grips).	Basic Skills	Lecture	Participation and Attendance
19	2	Receiving, ready stance.	Basic Skills	Lecture	Participation and Attendance
20	2	Serving, serving rules.	Basic Skills	Lecture	Participation and Attendance
21	2	Students will perform the serve several times.	Basic Skills	Lecture	Oral Exams
22	2	The forehand.	Basic Skills	Exam	Participation and Attendance
23	2	Students will practice the forehand.	Basic Skills	Lecture	Participation and Attendance
24	2	Theoretical exam.	Exam	Lecture + Practical Examples	Participation and Attendance
25	2	The backhand.	Basic Skills	Lecture	Daily Exam
26	2	Students' application of the backhand stroke.	Basic Skills	Activity	Participation and Attendance
27	2	Explanation of refereeing.	Law	Review	Participation and Attendance
28	2	Play and refereeing.	Law	Practical Test	Participation and Attendance
29	2	Tennis review.	Exam	Written Test	Participation and Attendance

30	2	Badminton review.	Exam	Written Test	Permanent Exams
11- Course Assessment					
• Monthly Exams: 20% • Practical Activities and Training: 20% • Daily Exams and Class Participation: 10% • Final Exam (Theoretical and Practical): 50%					
12- Learning Resources					
equired textbooks (methodology, if available)		International rules for racket sports (tennis, badminton).			
Primary references (sources)		Coaching and instructional books for racket sports.			
Recommended supporting books and references (scientific journals, reports)		Scientific journals for individual sports and racket sports			
Electronic references, websites		https://www.itftennis.com https://bwfbadminton.com			

Course description for the subject of sports physiology

1- Course Name

Annual curriculum for the subject of sports physiology

2- Course Code

55501313

3- Semester / Academic Year

2024–2025

4- Date of Preparation

01/09/2024

5- Mode of Attendance

Weekly in-person lectures

6- Total Credit Hours / Units

2 Credit Units – 2 Practical Hours per Week

7- Course Instructors

Prof. Dr. Ikhlas Daham Al-Mansouri

Dr.Aklias@yohoa.com

8- Course Objectives

Course Objectives

1. Identify the benefits of using this science and employing it to serve athletes.
2. Identify the forms and methods of sports training that affect an athlete's functional systems.
3. Identify the differences in the impact on functional systems according to age, gender, and training age among athletes.
4. Identify the functional systems, both in terms of description and function, that are affected by sports training.

9- Teaching and Learning Strategies

Strategie	.Enabling students to acquire a general knowledge of sports physiology .Gaining the ability to practice and benefit from scientific knowledge of sports physiology Cells and functional body systems and the effects of various sports training on them, such as the nervous system, muscular system, skeletal system, circulatory system, nutrition, energy production systems, calorie counting, and fuel metabolism.
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10- Course Structure

Week	Hours	Intended Learning Outcomes	Unit/Topic	Teaching Method	Assessment Method
1	2	Introduction to the curriculum vocabulary and a brief overview of physiology, cell structure and contents.	Physiology	Lecture	Participation and Attendance
2	2	The functional effect of sports training on cells.	Functional Effect	Lecture	Participation and Attendance
3	2	The nervous system: nerve signal transmission, synapses.	Nervous System	Lecture	Participation and Attendance
4	2	The physiological basis of the function of proprioceptors in muscles, PNF exercises.	Physiological Foundations	Lecture	Participation and Attendance
5	2	Exam.		Lecture	Participation and Attendance
6	2	The muscular system: contraction mechanism, contraction regulation, energy required for contraction.	Nervous System	Lecture	Participation and Attendance
7	2	Characteristics of working muscles, effect of training on muscles.	Muscle	Practical Test	Participation and Attendance
8	2	The heart and vascular system: pulse rate, estimation of effort intensity using pulse rate.	Heart	Lecture	Participation and Attendance
9	2	Heart size, cardiac output, stroke volume.	Heart	Lecture	Daily Exams

10	2	Exam.	Blood Pressure	Exam	Participation and Attendance
11	2	Blood pressure, hemoglobin, recovery (rest) from training.	Respiratory System	Written Test	Participation and Attendance
12	2	The respiratory system, working muscles, breathing mechanics.	Respiratory System	Lecture	Participation and Attendance
13	2	Changes in breathing, effect of oxygen.	Respiratory System	Exam	Participation and Attendance
14	2	Pulmonary ventilation, oxygen capacity, vital capacity and its factors.	Respiratory System	Lecture	Participation and Attendance
15	2	Respiration and muscle work, maximal oxygen uptake.	Energy	Lecture	Practical Exam
16	2	Energy and reconstruction (rest).	Energy Systems	Lecture	Daily Exams
17	2	Sports activities, reconstruction (rest), energy production systems.	Nutrition	Lecture	Participation and Attendance
18	2	Food and control of Weight, Metabolic Rate, and Energy Balance	Nutrition	Exam	Participation and Attendance
19	2	Calorie Counting Theories	Metabolism	Lecture	Participation and Attendance
20	2	Exam	Krebs Cycle	Lecture	Participation and Attendance
21	2	Fuel Metabolism: Carbohydrate Metabolism	Glycogen	Exam	Oral Exams
22	2	Anaerobic Glycolysis, Krebs Cycle		Lecture + Practical Examples	Participation and Attendance
23	2	Glycogen	Metabolism	Lecture	Participation and Attendance
24	2	Exam	Metabolism	Activity	Participation and Attendance

25	2	Metabolism, Fat Metabolism, Protein Metabolism, ATP Production	Metabolism	Review	Daily Exam
26	2	Stages of Life Processes: Carbohydrates	Metabolism	Practical Test	Participation and Attendance
27	2	Carbohydrate Intake, Glycogen-Increasing Training, Theories	Metabolism	Written Test	Participation and Attendance
28	2	Fat	Physiology	Lecture	Participation and Attendance
29	2	Proteins	Functional Effect	Lecture	Participation and Attendance
30	2	Second Semester Exam	Nervous System	Lecture	Permanent Exams

11- Course Assessment

- Monthly Exams: 20%
- Practical Activities and Training: 20%
- Daily Exams and Class Participation: 10%
- Final Exam (Theoretical and Practical): 50%

12- Learning Resources

equired textbooks (methodology, if available)	Sports physiology and its applications in athletic training.
Primary references (sources)	General and sports physiology books.
Recommended supporting books and references (scientific journals, reports)	Specialized journals in sports physiology.
Electronic references, websites	https://www.sciencedirect.com https://www.researchgate.net



Al-Mustansiriya University
College of Physical Education and
Sports Sciences

Course Description – Fourth Stage

Handball Course Description	
1- Course Name	
Handball	
2- Course Code	
55502405	
3- Semester / Academic Year	
2024–2025	
4- Date of Preparation	
01/09/2024	
5- Mode of Attendance	
Weekly in-person lectures	
6- Total Credit Hours / Units	
2 Credit Units – 2 Practical Hours per Week	
7- Course Instructors	
Assoc. Prof. Dr. Alaa Mohammed Jasim alaamuhammad@uomustansiriyah.edu.iq Lecturer Ola Issa Aboud Al-Nadawi olaissa9@uomustansiriyah.edu.iq	
8- Course Objectives	
Course Objectives	• Provide students with theoretical knowledge on advanced offensive and defensive tactics in handball. • Develop students' skills in refereeing and interpreting the international rules of the game. • Enable students to apply and analyze various team play systems. • Enhance practical performance through field training and applied matches.
9- Teaching and Learning Strategies	
Strategie	• Theoretical Lectures: Deliver fundamental concepts, rules, and advanced tactics of handball.

	• Practical Field Training: Apply motor skills, offensive and defensive strategies, and refereeing. • Interactive Learning: Engage students through class discussions, performance analysis, and match management. • Practice-Based Learning: Involve students in real game situations to strengthen their applied understanding of tactics and rules.
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10- Course Structure

Week	Hours	Intended Learning Outcomes	Unit/Topic	Teaching Method	Assessment Method
1	2	Acquire general preparation elements and control in play	General preparation training + play & refereeing	Practical training + field play	Practical participation + performance evaluation
2	2	Master specific preparation elements and control in play	Specific preparation training + play & refereeing	Practical training + field play	Practical participation + performance evaluation
3	2	Plan a handball training program with practical applications	Training program planning for handball + practical applications	Lecture + practical application	Reports + practical evaluation
4	2	Motor learning of handball skills	Using training schedules to learn handball skills + play & refereeing	Practical application + field play	Practical participation + practical test
5	2	Conduct handball-specific tests and measurements	Testing and measurement in handball + play & refereeing	Lecture + practical application	Test results + practical evaluation
6	2	Implement fast individual and team attack	Fast individual & team attack in handball + play & refereeing	Practical training + field play	Practical participation + technical evaluation
7	2	Apply the 5:1 offensive plan from different positions	Attack from positions in handball + 5:1 offensive plan + play & refereeing	Practical application + field play	Practical participation + practical test
8	2	Apply the 2:4 offensive plan	2:4 offensive plan + play & refereeing	Practical application + field play	Practical participation + practical test
9	2	Execute the finishing phase of attacks	Finishing phase in handball + play & refereeing	Practical application + field play	Practical participation + technical evaluation

10	2	Use the numerical superiority tactic	Numerical superiority tactic + play & refereeing	Practical application + field play	Practical participation + technical evaluation
11	2	Apply the position exchange tactic	Position exchange tactic + play & refereeing	Practical application + field play	Practical participation + practical evaluation
12	2	Apply screening and half position exchange tactics	Screening + half position exchange + play & refereeing	Practical application + field play	Practical participation + practical evaluation
13	2	Understand beach handball (history and rules)	Beach Handball (History and Rules)	Theoretical Lecture	Written Exam
14	2	Conduct the theoretical exam for the course	Theoretical Exam	Written Exam	Written Exam
15	2	Conduct the practical exam for the course	Practical Exam	Practical Exam	Field Exam
16	2	Apply offensive and defensive schemes	Practical application of offensive and defensive schemes	Practical training	Practical participation + technical evaluation
17	2	Apply handball rules (Articles 1–5)	Organized play with refereeing (Applying Rules 1–5 with signals)	Lecture + organized play	Practical participation + refereeing test
18	2	Apply handball rules (Articles 6–10)	Organized play with refereeing (Applying Rules 6–10 with signals)	Lecture + organized play	Practical participation + refereeing test
19	2	Apply handball rules (Articles 11–15)	Organized play with refereeing (Applying Rules 11–15 with signals)	Lecture + organized play	Practical participation + refereeing test
20	2	Apply handball rules (Articles 16–18)	Organized play with refereeing (Applying Rules 16–18 with signals)	Lecture + organized play	Practical participation + refereeing test
21	2	Apply various game situations with legal clarification	Practical application of various game situations with legal clarification + play & refereeing	Practical application + field play	Practical participation + legal evaluation
22	2	Manage handball matches	Handball match management + play & refereeing	Lecture + practical application	Practical participation + refereeing test
23	2	Organized play with refereeing	Organized play with refereeing	Practical application + field play	Practical participation + refereeing evaluation

24	2	Use the match score sheet	Match score sheet + play & refereeing	Practical application	Practical participation + practical evaluation
25	2	Apply score registration in handball matches	Practical registration in the score sheet during a match	Practical application	Practical participation + practical evaluation
26	2	Perform scorer and timekeeper duties	Duties of the scorer and timekeeper with practical application + play & refereeing	Practical application	Practical participation + practical evaluation
27	2	Apply referee signals with correct indications	Practical application of referee signals with their meanings + play & refereeing	Practical application	Practical participation + refereeing test
28	2	Conduct psychological preparation for handball players	Psychological preparation for handball players	Lecture + practical application	Discussion + practical evaluation
29	2	Conduct the final theoretical exam	Final Theoretical Exam	Written Exam	Written Exam
30	2	Conduct the final practical exam	Final Practical Exam	Practical Exam	Field Exam

11- Course Assessment

- Monthly Exams: 20%
- Practical Activities and Training: 20%
- Daily Exams and Class Participation: 10%
- Final Exam (Theoretical and Practical): 50%

12- Learning Resources

Required Textbooks	International Handball Rules – Translated by Dr. Saad Mohsen Ismail.
Main References	- Ahmed Araibi Ouda, Handball and its Basic Elements, 1st Edition, Tripoli: Dar Al-Matbouat, 1998.- Dhiaa Al-Khayat, Noufal Al-Hayali, Handball, 2nd Edition, Mosul: Dar Al-Kutub, 2001.
Recommended Supporting References (Scientific Journals, Reports, etc.)	- International Handball Federation (IHF), Handball Coaching Manuals. - Refereeing and Sports Training Journals issued by sports federations.
Electronic References & Websites	- www.ihf.info – Official website of the International Handball Federation. - Educational platforms for sports training (Coursera, YouTube – Certified Coaching Channels).

Athletics Course Description	
1- Course Name	
Athletics	
2- Course Code	
55501411	
3- Semester / Academic Year	
2024–2025	
4- Date of Preparation	
01/09/2024	
5- Mode of Attendance	
Weekly in-person lectures	
6- Total Credit Hours / Units	
2 Credit Units – 2 Practical Hours per Week	
7- Course Instructors	
Assoc. Prof. Dr. Feryal Sami	
Assist. Prof. Dr. Ali Nouri Ali Alinoori80@uomustansiriyah.edu.iq	
8- Course Objectives	
Course Objectives	• . Provide students with comprehensive knowledge about combined events (heptathlon), including rules, technical stages, and training requirements. • Develop physical abilities (strength, speed, endurance, agility) to meet the demands of each event. • Equip students with the technical and tactical skills necessary for all heptathlon events. • Prepare students to officiate in track and field heptathlon competitions.
9- Teaching and Learning Strategies	

Strategie	• Theoretical Lectures: Explain technical concepts, stages, and event regulations. • Practical Field Training: Apply technical and physical skills for each heptathlon event. • Interactive Learning: Use discussions, video presentations, and performance analysis. • Practice-Based Learning: Engage students in practical scenarios and competition simulations.
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10- Course Structure

Week	Hours	Intended Learning Outcomes	Unit/Topic	Teaching Method	Assessment Method
1	2	Understand combined events in general	Introduction to Combined Events	Lecture	Written/Oral Questions
2	2	Explain the structure and events of the heptathlon	Overview of Heptathlon Events	Lecture	Participation
3	2	Identify event order and competition rules	Event Order and Competition Rules	Lecture	Oral Evaluation
4	2	Describe shot put technique	Shot Put – Technical Explanation	Lecture + Video	Practical Evaluation
5	2	Apply legal rules and detect errors	Shot Put – Rules and Errors	Practical	Observation Checklist
6	2	Perform strength-specific drills	Strength Training for Glide & Throw Phase	Practical Training	Practical Assessment
7	2	Execute technical phases with emphasis on glide and release	Shot Put – Phases with Glide Focus	Practical + Drills	Practical Test
8	2	Understand 100m hurdles techniques	Women's 100m Hurdles	Lecture + Video	Written Test
9	2	Apply preparatory and basic drills for hurdles	Educational and Preparatory Drills for Hurdles	Practical Training	Practical Participation
10	2	Improve leading and trailing leg action	Specific Drills for Lead and Trail Legs	Practical	Practical Evaluation
11	2	Apply rules and recognize faults	Hurdles – Competition Rules and Faults	Lecture + Practical	Observation
12	2	Describe long jump technique	Long Jump – Full Technical Explanation	Lecture + Video	Practical Evaluation
13	2	Apply preparatory drills for long jump	Educational and Preparatory Drills	Practical Training	Practical Assessment
14	2	Develop explosive strength and take-off phase	Power Drills for Take-off Phase	Practical	Practical Test

15	2	Understand javelin throw technique	Javelin Throw – Technical Explanation	Lecture + Video	Written/Practical Test
16	2	Correct crossing and release errors	Javelin – Emphasis on Crossover and Release	Practical	Practical Observation
17	2	Apply rules and detect legal faults	Javelin – Rules and Faults	Lecture + Practical	Practical Test
18	2	Perform specific drills to enhance javelin performance	Special Drills for Javelin	Practical Training	Practical Evaluation
19	2	Understand 200m sprint techniques	200m Sprint – Technical Explanation	Lecture + Video	Written Test
20	2	Develop sprint speed and speed endurance	Drills for Sprint Speed and Endurance	Practical	Practical Evaluation
21	2	Understand high jump technique	High Jump – Video & Technical Explanation	Lecture + Video	Written/Practical
22	2	Improve take-off and bar clearance	Specific Drills for High Jump	Practical Training	Practical Test
23	2	Apply technical phases with basic rules	High Jump – Technical Phases and Rules	Lecture + Practical	Practical Assessment
24	2	Reapply 200m sprint techniques	200m Sprint – Full Explanation	Lecture + Video	Written Evaluation
25	2	Enhance speed endurance	Sprint Speed Endurance Training	Practical	Practical Participation
26	2	Understand sprint mechanics	200m Mechanics and Requirements	Lecture + Practical	Oral Evaluation
27	2	Understand 800m race technique	800m Race – Full Technical Explanation	Lecture	Written Test
28	2	Develop special endurance for middle distances	Endurance Drills for 800m	Practical Training	Practical Evaluation
29	2	Apply technical phases and breathing mechanics	800m – Phases and Breathing Technique	Lecture + Practical	Practical Test
30	2	Officiate track and heptathlon events	Officiating Track & Heptathlon Events	Lecture + Field Application	Refereeing Test

11- Course Assessment

- Monthly Exams: 20%
- Practical Activities and Training: 20%
- Daily Exams and Class Participation: 10%
- Final Exam (Theoretical and Practical): 50%

12- Learning Resources

Required Textbooks	Amer Fakhher Shaghathi et al., <i>Encyclopedia of Track and Field for Girls</i> , Baghdad: Al-Karrar Office, 2009
Main References	IAAF (World Athletics), <i>Regional Development Center</i> , Cairo, 2011
Recommended Supporting References	Scientific journals on athletics; bulletins from the International Athletics Federation
Electronic References & Websites	- www.worldathletics.org - Educational platforms (YouTube, Coursera – Track & Field Coaching Channels)

Volleyball Course Description

1- Course Name

Volleyball

2- Course Code

55502403

3- Semester / Academic Year

2024–2025

4- Date of Preparation

01/09/2024

5- Mode of Attendance

Weekly in-person lectures

6- Total Credit Hours / Units

2 Credit Units – 2 Practical Hours per Week

7- Course Instructors

Asst. Prof. Dr. Ali Manati Ahmed

dr.ali.m.a@Uomustansiriyah.edu.Iq

8- Course Objectives

Course Objectives

- Review and apply official volleyball rules.
- Train students in the execution of basic and technical skills.
- Develop students' ability to implement advanced offensive and defensive strategies.
- Enhance refereeing skills through active participation in match officiating.
- Strengthen tactical and technical performance through continuous practical applications.

9- Teaching and Learning Strategies

Strategie

- **Theoretical Lectures:** To explain rules, offensive and defensive systems.
- **Practical Field Training:** To apply skills and execute tactical plans.
- **Interactive Learning:** Dividing students into teams with refereeing practice.

- **Practice-Based Learning:** Implementing drills and strategies through real game situations.

10- Course Structure

Week	Hours	Intended Learning Outcomes	Unit/Topic	Teaching Method	Assessment Method
1	2	Review official rules and basic skills	Quick review of rules + basic drills	Lecture + Practical	Practical Participation
2	2	Understand game types and refereeing	Types of Volleyball + Team Division	Practical + Game Play	Practical Evaluation
3	2	Apply 6:0 offensive system	Offensive System 6:0 (Setter in Position 3)	Practical + Game	Practical Evaluation
4	2	Apply 4:2 offensive system (Setter in Position 3)	Offensive System 4:2 (Setter in Position 3)	Practical + Game	Participation
5	2	Reinforce offensive strategies	Field Training	Practical	Practical Assessment
6	2	Apply 4:2 offensive system (Setter in Position 2)	Offensive System 4:2 (Setter in Position 2)	Practical + Game	Practical Evaluation
7	2	Integrate skills and strategies	Comprehensive Drills	Practical	Participation
8	2	Apply serve reception systems	Serve Reception (5-player, 4-player, 3-player)	Lecture + Practice	Practical Test
9	2	Apply Advanced Defense 6	Advanced Defense 6	Practical	Practical Evaluation
10	2	Combine offensive and defensive systems	Integrated Strategy Drills	Practical + Game	Participation
11	2	Execute 5:1 offensive system	Offensive System 5:1	Lecture + Practical	Practical Evaluation
12	2	Apply 6:2 offensive system	Offensive System 6:2	Practical + Game	Practical Evaluation
13	2	Apply Advanced Defense 6 (Delayed)	Defense 6 (Delayed)	Lecture + Practical	Practical Evaluation
14	2	Apply Free Player Defense	Defense System with Free Player	Practical	Practical Test
15	2	Apply attacker coverage system (2:3)	Attacker Coverage 2:3	Practical + Game	Practical Evaluation
16	2	Apply attacker coverage system (3:2)	Attacker Coverage 3:2	Practical + Game	Participation
17	2	Reinforce defensive and offensive strategies	Integrated Field Drills	Practical	Practical Evaluation
18	2	Improve coordination between strategies	Organized Play with Refereeing	Practical	Practical Assessment
19	2	Enhance tactical skills	Advanced Tactical Drills	Practical	Participation
20	2	Integrate all strategies	Full-Game Play with Refereeing	Practical	Practical Evaluation
21	2	Simulate official matches	Match Simulation with Refereeing	Practical	Participation
22	2	Evaluate tactical and technical performance	Organized Play + Performance Analysis	Practical	Technical Evaluation

23	2	Review defensive and offensive systems	Analytical Training	Practical	Participation
24	2	Final training before assessments	Field Training	Practical	Practical Evaluation
25	2	Organized matches with refereeing	Organized Play with Refereeing	Practical	Practical Test
26	2	Advanced final training	Advanced Drills	Practical	Practical Assessment
27	2	Preparation for examinations	Comprehensive Training	Practical	Participation
28	2	Theoretical Examination	Theoretical Knowledge Evaluation	Written Exam	Written Test
29	2	Practical Examination	Practical Performance Evaluation	Field Exam	Practical Test
30	2	Final Practical Examination	Final Evaluation of Course Performance	Field Exam	Comprehensive Evaluation

11- Course Assessment

- Monthly Exams: 20%
- Practical Activities and Training: 20%
- Daily Exams and Class Participation: 10%
- Final Exam (Theoretical and Practical): 50%

12- Learning Resources

Category	References
Required Textbooks	Official Volleyball Rules – Latest Edition
Main References	Training and refereeing manuals issued by the International Volleyball Federation
Supporting References	Scientific journals on volleyball coaching and refereeing
Electronic References	www.fivb.com – Educational Platforms (YouTube, Coursera)

Football Course Description

1- Course Name

Football

2- Course Code

55502401

3- Semester / Academic Year

2024-2025

4- Date of Preparation

01/09/2024

5- Mode of Attendance

Weekly in-person lectures

6- Total Credit Hours / Units

2 Credit Units – 2 Practical Hours per Week

7- Course Instructors

Asst. Prof. Dr. Haider Ghadhban Ibrahim

haedarw493@gmail.com

8- Course Objectives

Course Objectives

- Introduce students to the fundamental principles that coaches and instructors must follow in football.
- Train students to identify and select talented players in the sport.
- Enable students to design and implement effective football training programs.
- Provide students with knowledge and experience in building and applying training sessions.
- Train students to apply team formations and strategies in football.

9- Teaching and Learning Strategies

Strategie

- **Theoretical Lectures:** To provide essential concepts of training and tactical strategies.
- **Practical Field Training:** To apply theoretical knowledge in real game settings.

	• Interactive Learning: Through classroom discussions and performance analysis. • Practice-Based Learning: By involving students in designing and implementing full training sessions.
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10- Course Structure

Week	Hours	Intended Learning Outcomes	Unit/Topic	Teaching Method	Assessment Method
1	2	Understand the principles of coaching	Principles coaches/instructors must follow	Lecture + Practical	Participation
2	2	Talent identification in sports	Talent selection in sports	Practical + Discussion	Practical Evaluation
3	2	Define objectives of talent identification	Objectives of talent identification	Lecture + Practical	Practical Evaluation
4	2	Design training programs	Elements of designing physical training programs	Practical + Program Design	Practical Evaluation
5	2	Understand the concept of a training session	Concept of the training session	Lecture + Field Practice	Participation
6	2	Set goals for a training session	Objectives of the training session	Practical + Discussion	Practical Evaluation
7	2	Assess students' understanding	Mid-Semester Practical Test	Field Test	Practical Test
8	2	Differentiate between types of training sessions	Types of training sessions in football	Lecture + Practical	Practical Evaluation
9	2	Recognize forms of training sessions	Forms of training sessions in football	Practical + Game Play	Participation
10	2	Build a proper training session	Building the training session	Practical + Design	Practical Evaluation
11	2	Consider planning factors	Key considerations in planning training sessions	Lecture + Practical	Practical Evaluation
12	2	Manage time allocation within a session	Time division in a training session	Practical + Analysis	Participation
13	2	Identify parts of the training session	Parts of the training session	Practical + Training	Practical Evaluation
14	2	Organize training drills in sequence	Sequence of training session elements	Practical + Game	Practical Evaluation
15	2	Understand offensive strategies	Strategies in football	Lecture + Practical	Participation
16	2	Apply offensive team formations	Team formations in football	Practical + Game Play	Practical Evaluation
17	2	Conduct a midterm practical test	Practical Examination	Field Exam	Practical Evaluation
18	2	Integrate training elements	Comprehensive field drills	Practical	Participation
19	2	Develop physical and technical performance	Integrated training with gameplay	Practical	Practical Evaluation

20	2	Apply a full training session	Execution of a complete training session	Practical	Practical Evaluation
21	2	Conduct tactical training	Field play and performance analysis	Practical	Participation
22	2	Evaluate tactical performance	Organized play and technical assessment	Practical	Technical Evaluation
23	2	Review strategies and formations	Integrated field training	Practical	Participation
24	2	Final preparation before exams	Final field training	Practical	Practical Evaluation
25	2	Apply a training match	Organized play with refereeing	Practical	Practical Test
26	2	Conduct intensive tactical training	Advanced tactical drills	Practical	Participation
27	2	Perform final review	Final review drills	Practical	Practical Evaluation
28	2	Theoretical Examination	Knowledge assessment	Written Exam	Written Test
29	2	Practical Examination	Practical performance evaluation	Field Exam	Practical Test
30	2	Final Practical Examination	Final overall evaluation of performance	Field Exam	Comprehensive Evaluation

11- Course Assessment

- Monthly Exams: 20%
- Practical Activities and Training: 20%
- Daily Exams and Class Participation: 10%
- Final Exam (Theoretical and Practical): 50%

12- Learning Resources

Required Textbooks	Official Football (Soccer) Rules – Latest Edition
Main References	Modern Football Training Manuals (FIFA resources)
Supporting References	Scientific journals on football coaching and refereeing
Electronic References	www.fifa.com – Educational Platforms (YouTube, Coursera)

Basketball Course Description

1- Course Name

Basketball

2- Course Code

55502402

3- Semester / Academic Year

2024–2025

4- Date of Preparation

01/09/2024

5- Mode of Attendance

Weekly in-person lectures

6- Total Credit Hours / Units

2 Credit Units – 2 Practical Hours per Week

7- Course Instructors

Assoc. Prof. Dr. Mohammed Mutlaq Badr Al-Haj Lazim

dr.bader@uomustansiriyah.edu.iq

8- Course Objectives

Course Objectives

- Provide students with knowledge of team management principles in basketball.
- Develop students' understanding of defensive and offensive strategies.
- Train students on practical applications of various basketball tactics.
- Enhance leadership skills, decision-making, and game analysis.
- Prepare students for coaching and managing basketball teams effectively.

9- Teaching and Learning Strategies

Strategie	• Theoretical Lectures: To explain concepts of team management, strategies, and tactics. • Practical Field Training: To apply defensive and offensive strategies in game scenarios. • Interactive Learning: Class discussions, board work, and game simulations. • Practice-Based Learning: Involvement in real training sessions, match management, and tactical drills.
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10- Course Structure

Week	Hours	Intended Learning Outcomes	Unit/Topic	Teaching Method	Assessment Method
1	2	Introduction to team play and management	Introduction to team play in basketball; board symbols and teaching techniques	Lecture + Practical	Participation
2	2	Apply man-to-man defense basics	Man-to-man defense and basic techniques	Lecture + Field Practice	Practical Evaluation
3	2	Master individual defensive skills	Philosophy of individual defense; stance and techniques	Lecture + Gym Practice	Practical Assessment
4	2	Understand principles of man-to-man defense	Advantages and disadvantages; individual capabilities	Lecture + Practice	Participation
5	2	Apply types of man-to-man defense (by court area)	Full court, half court, key area defense	Lecture + Practical	Practical Test
6	2	Apply types of man-to-man defense (by distance)	Close, distant, pressing defense	Lecture + Practice	Practical Evaluation
7	2	Apply man-to-man defense (by marking)	Direct marking, switching defenders	Lecture + Practice	Practical Evaluation
8	2	Mid-term test	Practical Examination	Field Exam	Practical Test
9	2	Understand zone defense basics	Zone defense foundations, pros & cons	Lecture + Video	Written/Oral
10	2	Apply zone defense formations	2-1-2, 3-2, 2-3	Lecture + Practical	Practical Evaluation
11	2	Apply additional zone defense formations	1-2-2, 1-3-1, 2-2-1	Lecture + Practical	Practical Evaluation
12	2	Understand mixed defense concepts	Mixed defense basics, pros & cons	Lecture + Video	Participation
13	2	Apply mixed defense variations	1 man-to-man + 4 zone, 2 man-to-man + 3 zone	Lecture + Practice	Practical Evaluation
14	2	Apply advanced mixed defense	3 man-to-man + 2 zone (cross & longitudinal), 4 man-to-man + 1 zone	Lecture + Practical	Practical Test
15	2	End of first semester exam	Mid-Semester Exam	Written + Practical	Evaluation
16	2	Learn team offensive tactics	Physical and technical preparation for offense	Lecture + Gym	Practical Evaluation

17	2	Understand fast break strategy	Fast break advantages, disadvantages, and contingencies	Lecture + Video	Written Test
18	2	Apply fast break (no defense)	Fast break drills without defenders	Field Practice	Practical Evaluation
19	2	Apply fast break (numerical advantage)	2v1, 3v2, 4v3 drills	Practical Matches	Practical Evaluation
20	2	Manage fast break in competitive games	Managing fast break through game scenarios	Lecture + Field	Practical Evaluation
21	2	Apply sources of fast break	From rebounds, steals, jump balls, sideline inbounds	Field Practice	Practical Test
22	2	Tactical assessment test	Practical Examination	Field Test	Practical Evaluation
23	2	Organized offense vs. man-to-man	Screens (front, side, back, vertical, cross)	Field Matches	Practical Evaluation
24	2	Apply set plays against man-to-man defense	Automatic offense (20 sec), congestion offense	Field Matches	Practical Test
25	2	Organized offense vs. zone defense	Without center, with 1 center, with 2 centers	Lecture + Practice	Practical Evaluation
26	2	Special defensive cases	1v2, 2v3, full court pressure, forcing long passes	Lecture + Practical	Practical Evaluation
27	2	Special offensive cases	Transition from set to fast break; multi-plan offense	Field Matches	Practical Test
28	2	Understand training objectives	Specificity of basketball: physical, skill, psychological demands	Lecture	Written Evaluation
29	2	Understand annual training plan	Training plan objectives in the annual program	Lecture	Written Test
30	2	Leadership in coaching	Game leadership, communication, captain's role, coaching staff roles	Lecture	Written/Oral
31	2	Final Year Examination	Comprehensive Exam	Written + Practical	Final Evaluation

11- Course Assessment

- Practical Exams: 30%
- Theoretical Exams: 20%
- Daily Assessments & Class Participation: 20%
- Final Exam (Theoretical & Practical): 50%

12- Learning Resources

Required Textbooks	<i>Basketball for Amateurs</i> (Iyad Al-Azzawi, 2021)
Main References	<i>Basketball Training</i> (Raad Jaber Baqir, 2000)
Supporting References	FIBA publications and official coaching guides
Electronic References	www.fiba.basketball – Online Coaching Resources

Special Sports Course Description

1- Course Name

Special Sports

2- Course Code

55501416

3- Semester / Academic Year

2024–2025

4- Date of Preparation

01/09/2024

5- Mode of Attendance

Weekly in-person lectures

6- Total Credit Hours / Units

4 units – 2 hours per week

7- Course Instructors

Assoc. Prof. Dr. Kareem A. Mohammed

kareemzoom6420@gmail.com

Dr. Haider Ali Salman

haider_sport@uomustansiriyah.edu.iq

8- Course Objectives

Course Objectives	• Introduce students to the history and importance of adapted sports. • Explain disabilities, their types, causes, and classifications. • Identify treatment methods and techniques for integrating individuals with disabilities into society. • Equip physical education students with adequate knowledge to deal with people with disabilities. • Explain the rules and regulations of Paralympic sports.
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9- Teaching and Learning Strategies

Strategie	• Theoretical Lectures: Cover historical, medical, and social aspects of adapted sports. • Practical Sessions: Demonstrate and apply adapted physical activities. • Interactive Learning: Engage students in discussions and case studies. • Audio-Visual Materials: Use videos of Paralympic games and rehabilitation exercises.
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10- Course Structure

Week	Hours	Intended Learning Outcomes	Unit / Topic	Teaching Method	Assessment Method
1	2	Understand the history of adapted sports	Introduction and historical background – Disabled people in ancient and modern eras – Paralympic history	Lecture	Participation
2	2	Understand disability and its classifications	Definition – Disabled individual – Causes and classifications	Lecture	Written Assessment
3	2	Learn benefits of adapted physical education	Benefits of sports for people with disabilities – Choosing suitable activities	Lecture + Practical	Practical Evaluation
4	2	Identify adapted sports activities	Modified sports – Methods of adaptation – Goals – Classification	Lecture + Video	Practical Evaluation
5	2	Conduct first monthly test	First Monthly Exam	Written Test	Evaluation
6	2	Learn about visual impairment	General concept – Medical & functional classification – Negative effects	Lecture	Participation
7	2	Apply training for visually impaired	Sports training – Teacher's role – Suitable sports activities – Athletics for blind athletes	Lecture + Practical	Practical Evaluation
8	2	Conduct second test (1st semester)	Second Monthly Exam	Written Test	Evaluation
9	2	Learn about team sports for the blind	Goalball – PE programs – Movement skills – Local & international competitions	Lecture + Video	Participation
10	2	Understand motor disabilities	Classification – Nervous system injuries – Spinal cord injuries	Lecture	Written Test

11	2	Apply training for motor disabilities	Paralysis – Testing for lower-limb paralysis – Wheelchair competitions	Lecture + Practical	Practical Evaluation
12	2	Learn about cerebral palsy (CP)	Classification – Technical divisions – ISRA classification	Lecture	Participation
13	2	Understand hearing impairment	Deafness and muteness – Suitable sports activities	Lecture + Practical	Evaluation
14	2	Conduct third monthly test	Third Monthly Exam	Written Test	Evaluation
15	2	Learn about epilepsy	Definition – Types of seizures – Sports participation	Lecture	Participation
16	2	Understand amputation	Causes – Classification – Sports for amputees	Lecture + Video	Evaluation
17	2	Learn about poliomyelitis	Concept – Causes – Suitable sports	Lecture	Evaluation
18	2	Conduct mid-second semester test	Second Semester Exam	Written Test	Evaluation
19	2	Understand sports for cardiac patients	Chronic diseases – Types of heart disease – Effect of exercise	Lecture	Participation
20	2	Conduct fourth monthly test	Fourth Monthly Exam	Written Test	Evaluation
21	2	Learn about sports for diabetics	Diabetes – Training programs – Physiological effects of exercise	Lecture + Discussion	Evaluation
22	2	Understand muscular atrophy	Types – Causes – Effects of malnutrition	Lecture	Participation
23	2	Learn about assistive devices	Types of wheelchairs – Role of assistive devices	Lecture + Demonstration	Evaluation
24	2	Understand intellectual disabilities	Concept – Goals – Suitable sports	Lecture + Video	Evaluation
25	2	Learn about Down Syndrome	Concept – Causes – Classification	Lecture	Participation
26	2	Understand Autism	Definition – Characteristics – Impact of physical exercises	Lecture	Evaluation
27	2	Learn about rehabilitation for disabled individuals	Goals – Procedures – Teamwork – Program principles	Lecture + Practical	Evaluation
28	2	Conduct comprehensive test	Comprehensive Exam	Written Test	Evaluation
29	2	Discuss assignments	Assignment presentations and discussions	Class Discussion	Evaluation
30	2	Final review and discussion	Final assignments – Course summary	Class Discussion	Participation

11- Course Assessment

- Monthly Exams: 25%
- Practical and Projects: 25%
- Class Assignments: 25%
- Final Exam: 25%

12- Learning Resources

Required Textbooks	Kareem A. Mohammed; <i>Medical and Functional Classification in Athletics for Disabled Athletes</i> , 2019.
Main References	<i>Sports Encyclopedia for Disabled People</i> – Dhari Touma; <i>Medical Classification for Disabled Sports</i> , 2006.
Supporting References	Iman Abdul Amir & Ahmed Mohammed; <i>Sports for Disabled Individuals</i> , 2012. – Qais Ji'ad Khalaf & Alaa Khalaf Haidar; <i>Special Sports</i> , 2017.
Electronic References	Official Paralympic websites – Specialized educational platforms.

Computer Applications Course Description

1- Course Name	
Computer Applications	
2- Course Code	
55501418	
3- Semester / Academic Year	
2024–2025	
4- Date of Preparation	
01/09/2024	
5- Mode of Attendance	
Weekly in-person lectures	
6- Total Credit Hours / Units	
4 units – 2 hours per week	
7- Course Instructors	
Assoc. Prof. Dr. Haider Hassan Mohammed	
8- Course Objectives	
Course Objectives	• Teach students the essential software applications for statistical and mathematical processing. • Train students to use Microsoft Office programs (Excel, Word, PowerPoint) effectively.

	• Enable students to design spreadsheets, analyze data, create professional documents, and prepare presentations.
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9- Teaching and Learning Strategies

Strategie	• Theoretical Lectures: To explain the basic concepts of each program. • Practical Lab Sessions: For hands-on application of MS Office tools. • Interactive Learning: Through practical exercises and short projects. • Learning by Practice: Students will create documents, spreadsheets, and presentations during class.
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10- Course Structure

Week	Hours	Intended Learning Outcomes	Unit / Topic	Teaching Method	Assessment Method
1	2	Understand course goals and components	Introduction to Excel 2010	Lecture	Participation
2	2	Learn Excel basics	Interface – Data entry – Formatting – Settings – Printing	Lecture + Lab	Practical Evaluation
3	2	Apply basic Excel functions	Excel Functions	Lab Practice	Practical Evaluation
4	2	Formulate data using formulas	Formulating Data (Formula)	Lab Practice	Practical Evaluation
5	2	Enter advanced data	Entering Data	Lab Practice	Practical Evaluation
6	2	Prepare and print spreadsheets	Printing Worksheet	Lab Practice	Practical Evaluation
7	2	Apply additional spreadsheet exercises	Formatting and formulas training	Lab Practice	Participation
8	2	Apply advanced functions in Excel	Training on advanced Excel formulas	Lab Practice	Practical Evaluation
9	2	Complete a mini project in Excel	Creating reports using formulas	Lab Practice	Practical Evaluation
10	2	Perform an integrated Excel application	Full exercise on Excel tasks	Lab Practice	Practical Evaluation
11	2	Solve data analysis tasks	Problem-solving using Excel	Lab Practice	Practical Evaluation
12	2	Conduct full practical application	Create and print complete Excel files	Lab Practice	Practical Evaluation
13	2	First Practical Exam	Practical Exam – Excel	Lab Test	Practical Test
14	2	Introduction to Word 2010	Overview of Word and its capabilities	Lecture	Participation
15	2	Document preparation in Word	Create documents – Edit text – Spell check – Prepare for printing	Lab Practice	Practical Evaluation
16	2	Learn Word functions	Microsoft Word 2010 Functions	Lecture + Lab	Practical Evaluation
17	2	Apply Word tools	Tables – Images – Styles	Lab Practice	Practical Evaluation
18	2	Edit documents	Editing	Lab Practice	Practical Evaluation
19	2	Format documents and paragraphs	Formatting	Lab Practice	Practical Evaluation

20	2	Second Practical Exam	Practical Exam – Word	Lab Test	Practical Test
21	2	Introduction to PowerPoint 2010	Overview of presentation design	Lecture	Participation
22	2	Create presentation slides	Presentation Slides	Lab Practice	Practical Evaluation
23	2	Add effects and animations	Functions, Animations, Save Presentations	Lab Practice	Practical Evaluation
24	2	Design a complete presentation	Advanced PowerPoint creation	Lab Practice	Practical Evaluation
25	2	Customize templates and designs	Customizing slides	Lab Practice	Practical Evaluation
26	2	Enhance presentations with media	Inserting images and videos	Lab Practice	Practical Evaluation
27	2	Prepare a presentation project	Create a final presentation using PowerPoint	Lab Practice	Practical Evaluation
28	2	Comprehensive review	Review of Excel – Word – PowerPoint	Lab Practice	Participation
29	2	Preparatory practical test	Comprehensive Practice Exam	Lab Test	Practical Evaluation
30	2	Final Exam	Final Practical Exam	Lab Test	Final Evaluation

11- Course Assessment

- Lab Performance: 35%
- Daily Tests: 15%
- Projects: 10%
- Final Exam: 40%

12- Learning Resources

Required Textbooks	Jean Kotsiovos, MA et al. <i>Microsoft Office 2010: Productivity Strategies</i> , 2014.
Main References	Bernd Held. <i>Microsoft Excel Functions & Formulas</i> , 2007.
Supporting References	Debbie Minnerly. <i>Microsoft Word 2010 Training</i> , 2011.
Electronic References	office.microsoft.com – Specialized training platforms.

Sports Training Science Course Description

1- Course Name

Sports Training Science

2- Course Code

55501403

3- Semester / Academic Year

2024–2025

4- Date of Preparation

01/09/2024

5- Mode of Attendance

Weekly in-person lectures

6- Total Credit Hours / Units

4 units – 2 hours per week

7- Course Instructors

Prof. Dr. Sanaa Khalil Obaid

Dr.Sanaa-Kal2012@uomustansiriyah.edu.iq

8- Course Objectives

Course Objectives

- Introduce students to the fundamentals, stages, and determinants of sports training.
- Provide knowledge about talent identification and selection methods in sports.
- Explain training methods used to develop physical fitness components.
- Teach students about different physical abilities (strength, speed, endurance, flexibility, agility, coordination, balance) and how to test and improve them.
- Enable students to plan and design training programs effectively.

9- Teaching and Learning Strategies

Strategie

- **Theoretical Lectures:** To explain scientific principles of sports training.
- **Practical Applications:** To measure and develop physical fitness components.
- **Interactive Learning:** Through discussions and case analyses.
- **Use of Visual Aids:** Videos and field demonstrations.

10- Course Structure

Week	Hours	Intended Learning Outcomes	Unit / Topic	Teaching Method	Assessment Method
1	2	Understand the fundamentals of talent identification	Talent Identification	Lecture	Participation
2	2	Learn the stages of talent selection	Stages of Talent Selection Methods	Lecture + Discussion	Written Evaluation
3	2	Understand the selection methods in sports	Selection Methods in Sports	Lecture	Evaluation
4	2	Identify selection determinants	Determinants of Talent Selection in Sports	Lecture	Evaluation
5	2	Know the coach's pedagogical duties	Duties of the Sports Coach	Lecture	Participation
6	2	Learn the requirements of sports training	Requirements of Sports Training	Lecture + Practical	Evaluation
7	2	Understand energy systems	Energy Sources in Training	Lecture	Evaluation
8	2	First Test	First Exam	Written Test	Assessment
9	2	Learn training methods to develop fitness	Training Methods for Physical Fitness	Lecture + Practical	Practical Evaluation
10	2	Understand muscular strength and its tests	Muscular Strength – Types, Tests, and Influencing Factors	Lecture + Practical	Practical Evaluation
11	2	Learn about speed and its measurement	Speed – Importance, Tests, and Influencing Factors	Lecture + Practical	Practical Evaluation
12	2	Second Test	Mid-Semester Exam	Written Test	Assessment
13	2	Understand endurance and its tests	Endurance – Types, Importance, Tests	Lecture + Practical	Practical Evaluation
14	2	Learn flexibility and its development	Flexibility – Types, Importance, Tests, and Factors	Lecture + Practical	Practical Evaluation
15	2	Learn agility and its improvement	Agility – Types, Tests, and Influencing Factors	Lecture + Practical	Practical Evaluation
16	2	Third Test	Third Exam	Written Test	Assessment
17	2	Understand coordination and its measurement	Coordination – Types, Tests, and Factors	Lecture + Practical	Practical Evaluation
18	2	Learn about balance and its development	Balance – Types, Importance, Tests, and Factors	Lecture + Practical	Practical Evaluation
19	2	Apply comprehensive physical fitness tests	Field Tests for Physical Abilities	Practical	Practical Evaluation
20	2	Analyze test results	Data Analysis in Training	Practical + Discussion	Evaluation
21	2	Review physical fitness capabilities	Review of Physical Abilities and Their Training	Lecture	Participation
22	2	Present student projects	Student Presentations of Training Plans	Presentation + Discussion	Evaluation
23	2	Integrate training elements in programs	Designing Comprehensive Training Programs	Lecture + Practical	Evaluation
24	2	Analyze professional training videos	Case Studies of Elite Training	Video + Discussion	Participation

25	2	Apply field training	Field Practical Training	Practical	Practical Evaluation
26	2	Field analysis of applications	On-Field Performance Analysis	Practical + Discussion	Evaluation
27	2	Prepare and execute training sessions	Implementation of a Training Unit	Practical	Practical Evaluation
28	2	Final review before exams	Comprehensive Course Review	Lecture + Discussion	Participation
29	2	Final Theoretical Exam	Final Theoretical Exam	Written Test	Assessment
30	2	Final Practical Exam	Final Practical Exam	Practical Test	Assessment

11- Course Assessment

- Monthly Tests: 20%
- Practical and Training Activities: 20%
- Class Assignments and Projects: 10%
- Final Exam (Theory & Practical): 50%

12- Learning Resources

Required Textbooks	Recent publications on sports training science.
Main References	Lectures, academic references in training science.
Supporting References	Scientific journals and periodicals on sports training.
Electronic References	Educational websites and specialized sports training platforms.

Sports Psychology Course Description

1- Course Name

Sports Psychology

2- Course Code

55501404

3- Semester / Academic Year

2024–2025

4- Date of Preparation

01/09/2024

5- Mode of Attendance

Weekly in-person lectures

6- Total Credit Hours / Units

4 units – 2 hours per week

7- Course Instructors

Prof. Shaimaa Abdul Muttar

shaimaammutar@gmail.com

8- Course Objectives

Course Objectives

- Understand the importance of sports psychology in the athletic field.
- Identify psychological factors affecting athlete behavior.
- Learn the influence of sports practice on athlete personality development.
- Recognize the factors that enhance peak performance and personality growth in athletes

9- Teaching and Learning Strategies

Strategie

- **Theoretical Lectures:** To explain psychological concepts and their impact on sports performance.
- **Practical Applications:** Case studies and psychological assessments.
- **Interactive Learning:** Class discussions and problem-solving.
- **Use of Multimedia:** Videos and scientific materials in sports psychology.

10- Course Structure

Week	Hours	Intended Learning Outcomes	Unit / Topic	Teaching Method	Assessment Method
1	2	Understand sports psychology concepts and goals	Nature of Psychology – Sports Psychology – Its Goals	Lecture	Participation
2	2	Learn about the fields and tasks of sports psychology	Fields – Tasks – Importance in Society	Lecture + Discussion	Evaluation
3	2	Understand athlete personality and factors affecting it	Personality – Components – Types – Influencing Factors	Lecture	Evaluation
4	2	Identify personality theories and measurement	Personality Theories – Personality Assessment Tools	Lecture	Evaluation
5	2	Study memory and forgetting in sports context	Memory and Forgetting	Lecture + Discussion	Evaluation
6	2	Learn about motives and needs in sports	Motivation – Needs – Classification	Lecture	Evaluation
7	2	First Test	Short Exam	Written Test	Assessment
8	2	Understand athlete motivation techniques	Motivation Symptoms – Sources – Developing Motivation and Needs	Lecture	Evaluation
9	2	Learn about psychological attitudes	Psychological Attitudes – Components – Growth and Change	Lecture + Discussion	Evaluation
10	2	Study attitude theories and mental readiness	Attitude Theories – Readiness – Natural Inclination and Mental Ability	Lecture	Evaluation
11	2	Understand mental processes in athletes	Mental Processes	Lecture	Evaluation
12	2	Learn about sports intelligence	Intelligence in Sports Context	Lecture + Discussion	Evaluation
13	2	Identify weak athletes' characteristics	Low-Level Athletes – Educational Principles in Dealing with Them	Lecture	Evaluation
14	2	Understand sports groups and their goals	Groups – Goals – Types	Lecture	Evaluation
15	2	Second Test	Mid-Semester Exam	Written Test	Assessment
16	2	Study group cohesion in sports	Group Cohesion – Factors and Conditions	Lecture	Participation
17	2	Learn about psychological energy	Psychological Energy – Types – Influencing Factors	Lecture	Evaluation
18	2	Understand psychological energy in competitions	Energy in Competitions – Guidelines to Increase Athlete Readiness	Lecture + Discussion	Evaluation
19	2	Learn about courage and boldness	Courage and Boldness in Sports	Lecture	Evaluation
20	2	Study fear and anxiety in athletes	Fear – Anxiety – Effects on Performance	Lecture + Discussion	Evaluation
21	2	Third Test	Short Exam	Written Test	Assessment
22	2	Understand psychological trauma	Trauma – Types	Lecture	Evaluation

23	2	Learn how to deal with athletes with trauma	Trauma Effects – Coping Strategies	Lecture	Evaluation
24	2	Identify psychological problems in sports	Psychological Problems in Athletes	Lecture	Evaluation
25	2	Learn about psychological preparation in sports	Psychological Preparation – Short and Long Term – Goals	Lecture + Discussion	Evaluation
26	2	Study success and failure experiences	Experiences of Success and Failure	Lecture	Evaluation
27	2	Fourth Test	Short Exam	Written Test	Assessment
28	2	Understand sports ethics	Sports Ethics – Sports as a Value System	Lecture + Discussion	Evaluation
29	2	Study sportsmanship and moral indicators	Sportsmanship – Levels – Indicators of Good Conduct	Lecture	Evaluation
30	2	Final review and discussion	Final Course Review – Sportsmanship	Lecture + Discussion	Participation

11- Course Assessment

- Monthly Exams: 25%
- Mid-Semester Exam: 25%
- Final Exam: 50%

12- Learning Resources

Required Textbooks	Nizar Al-Talib & Kamel Louis, <i>Sports Psychology</i> , Baghdad, 1992.
Main References	Shaimaa Abdul Muttar & Iman Hamed Shehab, <i>Psychology in Physical Education and Sports Sciences</i> , Baghdad, 2018.
Supporting References	Recent lectures and research in sports psychology.
Electronic References	Educational websites specializing in sports psychology and mental training.

Sports Management and Organization Course Description

1- Course Name

Sports Management and Organization

2- Course Code

55501415

3- Semester / Academic Year

2024–2025

4- Date of Preparation

01/09/2024

5- Mode of Attendance

Weekly in-person lectures

6- Total Credit Hours / Units

4 units – 2 hours per week

7- Course Instructors

Asst. Dr. Zainab Falah Hassan

Z-aljassour88@uomustansiriyah.edu.iq

8- Course Objectives

Course Objectives

- Introduce students to the importance of management and its role in the success and development of sports organizations.
- Provide knowledge of the fundamentals of sports management and organization.
- Enable students to apply planning, organizing, leadership, and decision-making processes in sports institutions.
- Develop analytical skills to understand marketing, professionalism, and the economic aspects of sports.

9- Teaching and Learning Strategies

Strategie

- **Theoretical Lectures:** To explain the principles of management and organization.
- **Practical Applications:** Through case studies in sports management.
- **Interactive Learning:** Class discussions and problem-solving activities.

- **Multimedia Use:** Presentations, examples, and real-life applications in sports organizations.

10- Course Structure

Week	Hours	Intended Learning Outcomes	Unit / Topic	Teaching Method	Assessment Method
1	2	Understand the concept of management	Management – Definition and Importance	Lecture	Participation
2	2	Identify types of management	Types of Management	Lecture	Evaluation
3	2	Learn the qualifications of a successful manager	The Manager – Qualifications and Skills	Lecture	Evaluation
4	2	Understand planning and its benefits	Planning – Importance and Advantages	Lecture + Discussion	Evaluation
5	2	Know the elements of planning	Planning Elements – Flexibility – Needs	Lecture	Evaluation
6	2	Learn different planning types	Types of Planning	Lecture	Evaluation
7	2	First Test	Short Exam	Written Test	Assessment
8	2	Study decision-making in sports management	Decision-Making Process	Lecture + Case Study	Evaluation
9	2	Understand communication in management	Communication in Sports Management	Lecture	Evaluation
10	2	Apply functional planning in sports	Functional Plan in Physical Education	Lecture	Evaluation
11	2	Learn about control in management	Control Process	Lecture	Evaluation
12	2	Understand evaluation in sports organizations	Evaluation in Physical Education	Lecture	Evaluation
13	2	Know the importance of organization	Organization – Importance in Sports Management	Lecture	Evaluation
14	2	Learn organizational types and structures	Types of Organization – Principles and Structures	Lecture	Evaluation
15	2	Second Test	Mid-Semester Exam	Written Test	Assessment
16	2	Understand organizational principles	Organizational Principles – Charts – Supervision	Lecture + Discussion	Evaluation
17	2	Learn leadership concepts	Leadership – Definition and Significance	Lecture	Evaluation
18	2	Identify leadership styles	Leadership Styles	Lecture	Evaluation
19	2	Understand the qualities of a sports leader	Qualities of an Administrative and Sports Leader	Lecture	Evaluation
20	2	Study the importance of leadership in sports	Leadership in Sports – Importance and Role	Lecture + Discussion	Evaluation
21	2	Third Test	Short Exam	Written Test	Assessment
22	2	Understand the relationship between sports and economy	Sports and Economy	Lecture	Evaluation
23	2	Learn sports marketing principles	Sports Marketing – Concept	Lecture	Evaluation

24	2	Analyze sports marketing strategies	Marketing Strategies in Sports	Lecture + Case Study	Evaluation
25	2	Know the concept of sports professionalism	Sports Professionalism – Definition and Significance	Lecture	Evaluation
26	2	Study types of sports professionalism	Forms of Sports Professionalism	Lecture	Evaluation
27	2	Fourth Test	Short Exam	Written Test	Assessment
28	2	Analyze the role of media in sports	The Role of Media in Sports	Lecture + Discussion	Evaluation
29	2	Conduct a comprehensive review	Review of Management and Organization Concepts	Lecture + Discussion	Participation
30	2	Final Exam	Comprehensive Final Exam	Written Test	Final Assessment

11- Course Assessment

- Monthly Tests: 25%
- Mid-Semester Exam: 25%
- Final Exam: 50%

12- Learning Resources

Required Textbooks	Aql Al-Kateb et al., <i>Management and Organization in Physical Education</i> , University of Mosul, 1986.
Main References	Gamal Mohamed Ali, <i>Modern Sports Management</i> , Cairo, 2009.
Supporting References	Hossam Samer Abdo, <i>Modern Sports Management</i> , Amman, 2010.
Electronic References	Specialized educational websites in sports management and organization.