

Course Description Form

University Name: Al-Hamdniya University
Faculty/Institute: Physical Education & Sports Sciences
Scientific Department: Sports Games
Academic or Professional Program Name: Bachelor
Final Certificate Name: Bachelor
Academic System: Year
Description Preparation Date: 18-9-2025
File Completion Date: 18-9-2025

Signature:

Head of Department Name:

Ahmad E. J. J. J.
Date: 18/9/2025



Signature:

Scientific Associate Name:

Riyadh A. M. M.
Date: 18/9/2025



The file is checked by: Revan S. Kedar
Department of Quality Assurance and University Performance
Director of the Quality Assurance and University Performance
Department: Physical Education

Date: 18/9/2025

Signature:



Approval of the Dean

Dr. Rabi H. Salman
18/9/2025

Course Description Form

1. Course Name	
Weightlifting	
2. Course Code	
HAPSG26F103	
3. Semester/Year	
2025-2026	
4. Date of preparation of this description	
16/9/2025	
5. Available forms of attendance	
Weekly attendance (2) hours	
6- Number of study hours (total) number of units (total)	
Number of Hours (60) Hours, Number of Units (2)	
7. Name of the course administrator	
Name:	Eng. Eng. Abdulaziz Mahmoud Younis Email: abdalazizmahmoud11@uohamdaniya.edu.iq
8. Course Objectives	
<ul style="list-style-type: none">Teaching students about weightlifting.Providing students with basic skills and raising their physical levels in weightlifting.Introduce students to international weightlifting law.	Course Objectives
9. Teaching and Learning Strategies	
<p>1. Theoretical lectures: (lecture, discussion, collaborative learning, brainstorming) with the help of the following means (educational films, illustrations, and a projector (data show).</p> <p>2. Practical lectures on basketball for the first stage (command method, training method)</p>	Strategy



10. Course Structure

Evaluation Method	Learning method	Module Name / or Subject	Required Learning Outcomes	Hours	The week	t
Theoretical and practical exam	Theoretical and practical explanation	History, Introduction to Weights	History, Introduction to Weights	2 hours	The first	1
Theoretical and practical exam	Theoretical and practical explanation	Competition Program, Classic Lifts	Competition Program, Classic Lifts	2 hours	Second	2
Theoretical and practical exam	Theoretical and practical explanation	Explanation of the snatch lift, types of grips, sit position in the snap	Explanation of the snatch lift, types of grips, sit position in the snap	2 hours	Third	3
Theoretical and practical exam	Theoretical and practical explanation	General Rules for All Lifts, Wrong Movements and Positions for All Lifts	General Rules for All Lifts, Wrong Movements and Positions for All Lifts	2 hours	Fourth	4
Theoretical and practical exam	Theoretical and practical explanation	Hands-on training with developmental exercises	Hands-on training with developmental exercises	2 hours	V	5
Theoretical and practical exam	Theoretical and practical	Legal Material on Devices, Tools and Documents Used in Weightlifting +	Legal Material on Devices, Tools and Documents Used in Weightlifting +	2 hours	Sixth	6

	explanation	Training on Lifting Kidnapping	Training on Lifting Kidnapping			
Theoretical and practical exam	Theoretical and practical explanation	Physical exercises to develop the muscles of the shoulders, pulling from the knees to the full stretch position	Physical exercises to develop the muscles of the shoulders, pulling from the knees to the full stretch position	2 hours	Seventh	7
Theoretical and practical exam	Theoretical and practical explanation	Muscle Development Exercises + Lifting Training	Muscle Development Exercises + Lifting Training	2 hours	Eighth	8
Theoretical and practical exam	Theoretical and practical explanation	Muscle Development Exercises + Lifting Training	Muscle Development Exercises + Lifting Training	2 hours	Ninth	9
Theoretical and practical exam	Theoretical and practical explanation	Link Full Motion (Sitting, Standing, Sitting) Full Snatch	Link Full Motion (Sitting, Standing, Sitting) Full Snatch	2 hours	X	10
Theoretical and practical exam	Theoretical and practical explanation	Supplement of the legal material related to the devices, tools and documents used in weightlifting + muscle development exercises + training on the lifting of the snap	Supplement of the legal material related to the devices, tools and documents used in weightlifting + muscle development	2 hours	Eleventh	11

			exercises + training on the lifting of the snap			
Theoretical and practical exam	Theoretical and practical explanation	Supplement of the legal material related to the devices, tools and documents used in weightlifting + muscle development exercises + training on the lifting of the snap	Supplement of the legal material related to the devices, tools and documents used in weightlifting + muscle development exercises + training on the lifting of the snap	2 hours	Twelfth	12
Theoretical and practical exam	examination	Theoretical exam	Theoretical exam	2 hours	Thirteenth	13
Theoretical and practical exam	Practical training before the exam	Practical training before the exam	Practical training before the exam	2 hours	Fourteenth	14
Theoretical and practical exam	examination	Practical Exam for the Lifting of Kidnapping (First Semester)	Practical Exam for the Lifting of Kidnapping (First Semester)	2 hours	Fifteenth	15
Theoretical and practical exam	Theoretical and practical explanation	Introduction to the Klein and Jerk Movement + Developmental Exercises for the Range of Motion of the Lift	Introduction to the Klein and Jerk Movement + Developmental Exercises for the	2 hours	Sixteenth	16

			Range of Motion of the Lift			
Theoretical and practical exam	Theoretical and practical explanation	The legal article on the clothes of the contestants + practical training for the lifting of the clean and jerk with developmental exercises	The legal article on the clothes of the contestants + practical training for the lifting of the clean and jerk with developmental exercises	2 hours	Seventeenth	17
Theoretical and practical exam	Theoretical and practical explanation	Legal Subject of Competitions + Practical Training for Lifting the Skin and Jerk with Developmental Exercises	Legal Subject of Competitions + Practical Training for Lifting the Skin and Jerk with Developmental Exercises	2 hours	Eighteenth	18
Theoretical and practical exam	Theoretical and practical explanation	Supplementary of the legal material of the competitions + practical training for the lifting of the clean and jerk	Supplementary of the legal material of the competitions + practical training for the lifting of the clean and jerk	2 hours	Nineteenth	19
Theoretical and practical exam	Theoretical and practical explanation	Supplement of the legal material of the competitions + practical training for the lifting of the Klein and the jerk with developmental exercises	Supplement of the legal material of the competitions + practical training for the lifting of the Klein and the jerk with developmental exercises	2 hours	Twenty	20

Theoretical and practical exam	Theoretical and practical explanation	Legal material for the organizers of the competition + intensive practical training for the lifting of the clean and jerk	Legal material for the organizers of the competition + intensive practical training for the lifting of the clean and jerk	2 hours	Twenty first	21
Theoretical and practical exam	Theoretical and practical explanation	Supplement of the legal material for the organizers of the competition + practical training for the lifting of the clean and jerk with developmental exercises	Supplement of the legal material for the organizers of the competition + practical training for the lifting of the clean and jerk with developmental exercises	2 hours	Twenty two	22
Theoretical and practical exam	Theoretical and practical explanation	Supplementary of the legal material for the organizers of the competition + practical training for the lifting of the clean and jerk with developmental exercises	Supplement of the legal material for the organizers of the competition + practical training for the lifting of the clean and jerk with developmental exercises	2 hours	Twenty Three	23
Theoretical and practical exam	examination	Theoretical exam	Theoretical exam	2 hours	Twenty fourth	24
Theoretical and	Theoretical and practical	Supplement of the legal material for the organizers of the competition +	Supplement of the legal material for the organizers of	2 hours	Twenty Fifth	25

practical exam	explanation	practical training for the lifting of the clean and jerk with developmental exercises	the competition + practical training for the lifting of the clean and jerk with developmental exercises			
Theoretical and practical exam	Theoretical and practical explanation	Completion of the legal material for the organizers of the competition + practical training for lifting the clean and jerk while increasing the weights	Completion of the legal material for the organizers of the competition + practical training for lifting the clean and jerk while increasing the weights	2 hours	Twenty-sixth	26
Theoretical and practical exam	Theoretical and practical explanation	Supplement of the legal materials for world records, the opening ceremony and the closing ceremony + training on the elevation of the faculty and the jerk	Supplement of the legal materials for world records, the opening ceremony and the closing ceremony + training on the elevation of the faculty and the jerk	2 hours	Twenty Seventh	27
Theoretical and practical exam	Theoretical and practical explanation	Full training on lifting the clean and the jerk while trying to increase the weights for the students	Full training on lifting the clean and the jerk while trying to increase the weights for the students	2 hours	Twenty Eight	28

Theoretical and practical exam	Theoretical and practical explanation	Pre-exam pre-exam exams, with hands-on exercises	Pre-exam pre-exam exams, with hands-on exercises	2 hours	Twenty Ninth	29
Theoretical and practical exam	examination	Practical Exam (Second Semester)	Practical Exam (Second Semester)	2 hours	Xxx	30

11. Evaluation of the Course

The grade of the first semester is (25) marks, the theoretical exam is (10) marks, and the practical exam is (15) marks, including attendance and activity.

The grade of the second semester is (25) marks, the theoretical exam is (10) marks, and the practical exam is (15) marks, including attendance and activity.

Final Exam Grade (50) (30) Practical Exam Grade (20) Theoretical Exam

The total becomes (100) marks.

12. Learning and Teaching Resources

	1 Required Textbooks
Theory and Practice in Weightlifting (Wadih Yassin Al-Tikriti, 1985, University of Mosul) / International Law and Regulations in Weightlifting (Jamil Hanna, 2005)	2 Main References (Sources)
	Recommended books and references (scientific journals, reports, etc.)
	b. Electronic references, websites...

Eng. Abdulaziz Mahmoud Younis

Course Description Form

1. Course Name

Swimming/First Stage

2. Course Code

HAPSG26F112

3. Semester/Year

2025-2026

4. Date of preparation of this description

16/9/2025

5. Available forms of attendance

Weekly attendance (2) hours

6- Number of study hours (total) number of units (total)

Number of Hours (60) Hours, Number of Units (2)

7. Name of the course administrator

Name: Prof. Dr. Amal Nouri Boutros

Email: amal_bt@uohamdaniya.edu.iq

Name: Assoc. Prof. Dr. Ahmed Anad Zarzis Email: Ahmed.inad@uohamdaniya.edu.iq

Name: Eng. Noura Abdulrazzaq Gamal

Email: noorabd956@uohamdaniya.edu.iq

Name: Eng. Eng. Abdulaziz Mahmoud

Younis

Email:

abdalazizmahmoud11@uohamdaniya.edu.iq

8. Course Objectives

- Providing students with modern knowledge in the concepts of swimming.
- Teach students modern methods in teaching swimming and how to apply them.
- Providing students with swimming skills.
- Develop basic swimming skills and knowledge of its laws .
- Develop special swimming fitness elements .
- Identify skills associated with the event and how to use them in swimming.

Course Objectives

9. Teaching and Learning Strategies

1. Theoretical lectures: (lecture, discussion) with the help of the following means (educational films, illustrations, and a projector (data show).

2. Practical lectures on swimming for the first stage. Command Method, Cooperative Method)



10. Course Structure						
Evaluation Method	Learning method	Module Name / or Subject	Required Learning Outcomes	Hours	The week	t
Questions during the lecture	Theoretical explanation by the teacher	History of swimming in the ancient and modern world	Recognize the Effectiveness	2 hours	The first	1
Direct Questions	Theoretical explanation by the teacher	History of swimming in Iraq	Recognize the Effectiveness	2 hours	Second	2
Ask questions	Theoretical explanation with videos of the event	The Importance of Swimming	Swimming	2 hours	Third	3
Ask questions	Theoretical explanation	Health Aspects	Swimming	2 hours	Fourth	4
Ask questions	Theoretical explanation	The effect of water, medicine and the sun	Effects of swimming in the somatic cell	2 hours	V	5
Ask questions	Theoretical explanation	The effect of swimming on the heart and circulatory system	Effects of swimming in the somatic cell	2 hours	Sixth	6
Ask questions	Theoretical explanation	The effect of swimming on the lungs	Effects of swimming in the somatic cell	2 hours	Seventh	7
Asking questions	Theoretical explanation with photo and video presentation	The effect of swimming on the muscular system	Effects of swimming in the somatic cell	2 hours	Eighth	8
Ask questions	Theoretical explanation	Psychological factors	Factors Affecting the Process of Teaching Swimming	2 hours	Ninth	9
Ask questions	Theoretical explanation	Physiological factors	Factors Affecting the Process of Teaching Swimming	2 hours	X	10

Asking questions	Theoretical explanation with illustration with pictures	Physical Factors	Factors Affecting the Process of Teaching Swimming	2 hours	Eleventh	11
Ask questions	Theoretical explanation	First Educational Stage	Basic Principles of Swimming Education	2 hours	Twelfth	12
Asking questions	Theoretical explanation	Second Educational Stage	Basic Principles of Swimming Education	2 hours	Thirteenth	13
Asking questions	Theoretical explanation	Front and back sliding exercises	Exercises to learn to swim	2 hours	Fourteenth	14
		First Semester Exam		2 hours	Fifteenth	15
Route feedback	Practicality	Dog Swim	Basic Skills	2 hours	Sixteenth	16
Route feedback	Practicality	Stopping in the water	Basic Skills	2 hours	Seventeenth	17
Route feedback	Practicality	Jumping into the water on the head	Basic Skills	2 hours	Eighteenth	18
Route feedback	Practicality	Jumping into the water on feet	Basic Skills	2 hours	Nineteenth	19
Route feedback	Practicality	Freestyle	Types of swimming	2 hours	Twenty	20
Route feedback	Practicality	Backstroke	Types of swimming	2 hours	Twenty first	21
Route feedback	Practicality	Breaststroke	Types of swimming	2 hours	Twenty two	22
Route feedback	Practicality	Butterfly Swim	Types of swimming	2 hours	Twenty Three	23
Route feedback	Practicality	Legal Measurements	Swimming Pool	2 hours	Twenty fourth	24
Route feedback	Practicality	Two-footed Standing	Getting Started in Swimming	2 hours	Twenty Fifth	25
Route feedback	Practicality	The sequential method	Getting Started in Swimming	2 hours	Twenty-sixth	26
Route feedback	Practicality	The beginning of the backstroke	Getting Started in Swimming	2 hours	Twenty Seventh	27

Route feedback	Practicality	Spinning in the backstroke and freestyle	pirouette	2 hours	Twenty Eight	28
Route feedback	Practicality	Backstroke, freestyle, breaststroke and sideways swimming	Types of Rescue Swim	2 hours	Twenty Ninth	29
		Second Semester Exam		2 hours	Xxx	30

11. Evaluation of the Course

The grade of the first semester is (25) marks, the theoretical exam is (10) marks, and the practical exam is (15) marks, including attendance and activity.

The grade of the second semester is (25) marks, the theoretical exam is (10) marks, and the practical exam is (15) marks, including attendance and activity.

Final Exam Grade (50) (30) Practical Exam Grade (20) Theoretical Exam

The total becomes (100) marks.

12. Learning and Teaching Resources

The Ministry's Curriculum	1 Required Textbooks
The Ministry's Curriculum	2 Main References (Sources)
The Ministry's Curriculum	Recommended books and references (scientific journals, reports, etc.)
Photos & Videos	b. Electronic references, websites...

Prof. Dr. Amal Nouri Boutros A.M. Dr. Ahmed Enad Zarzis Eng. Noura

Abdulrazzaq Jamal Eng. Abdulaziz Mahmoud Younis

Course Description Form

1. Course Name

Football/First Stage

2. Course Code

HAPSG26F104

3. Semester/Year

2025-2026

4. Date of preparation of this description

22/9/2025

5. Available forms of attendance

Weekly attendance (4) hours

6- Number of study hours (total) number of units (total)

Number of Hours (120) Hours, Number of Units (4)

7. Name of the course administrator

Name: Assoc. Prof. Dr. Riad Akab Marei Hamuka Email: riyadh.akab@uohamdaniya.edu.iq

8. Course Objectives

- Providing students with modern knowledge in the concepts of football.
- Teach students modern methods in teaching methods of football and how to apply them.
- Providing students with basic football skills.
- Develop basic skills in the effectiveness of football and knowledge of its laws.
- Develop the physical fitness elements of football.
- Recognize the skills associated with effectiveness and how to employ them in football

Course Objectives

9. Teaching and Learning Strategies



1. Theoretical lectures: (lecture, discussion) with the help of the following means (educational films, illustrations, and a projector (data show).
2. Practical lectures on swimming for the first stage. Command Method, Cooperative Method)

10. Course Structure

Evaluation Method	Learning method	Module Name / or Subject	Required Learning Outcomes	Hours	The week	t
Questions during the lecture	Theoretical explanation by the teacher	Basic Skills	Skills recognition	4 hours	The first	1
Direct Questions	Theoretical explanation by the teacher	Basic Skills	What skills a player needs	4 hours	Second	2
Ask questions	Theoretical explanation and then practical application	Rolling in and out of the foot	Rolling Skill Explained	4 hours	Third	3
Ask questions	Theoretical explanation and then practical application	Roll with the face of the foot and the tooth of the foot	Rolling Skill Explained	4 hours	Fourth	4
Ask questions	Theoretical explanation and then practical application	Handling in and out of the foot	Handling Skill Explained	4 hours	V	5
Ask questions	Theoretical explanation and then practical application	Face and heel handling	Handling Skill Explained	4 hours	Sixth	6
Ask questions	Theoretical explanation and then practical application	Hitting the ball with the inside and outside of the foot	Explaining the skill of hitting the ball	4 hours	Seventh	7

Asking questions	Theoretical explanation and then practical application	Hitting the ball in the face and forefoot	Explaining the skill of hitting the ball	4 hours	Eighth	8
Ask questions	Theoretical explanation and then practical application	Putting out the inside and outside of the foot	Explanation of the Skill of Suppression	4 hours	Ninth	9
Ask questions	Theoretical explanation and then practical application	Chest and head suppression	Explanation of the Skill of Suppression	4 hours	X	10
Asking questions	Theoretical explanation and then practical application	Thigh suppression and suppression of high balls inside the foot	Explanation of the Skill of Suppression	4 hours	Eleventh	11
Ask questions	Theoretical explanation and then practical application	Thigh suppression and suppression of high balls inside the foot	Side Throw Skill Explained	4 hours	Twelfth	12
Asking questions	Theoretical explanation and then practical application	Hitting the ball with the head to the side and forward	Explaining the skill of hitting the ball with the head	4 hours	Thirteenth	13
Asking questions	Theoretical explanation and then practical application	Football Law	Legal Articles Explained	4 hours	Fourteenth	14
	Theoretical explanation and then	Article One	Legal aspects	4 hours	Fifteenth	15

	practical application					
Route feedback	Theoretical explanation and then practical application	Article Two	Legal aspects	4 hours	Sixteenth	16
Route feedback	Theoretical explanation and then practical application	Article Three	Legal aspects	4 hours	Seventeenth	17
Route feedback	Theoretical explanation and then practical application	Article Four	Legal aspects	4 hours	Eighteenth	18
Route feedback	Theoretical explanation and then practical application	Article Five	Legal aspects	4 hours	Nineteenth	19
Route feedback	Theoretical explanation and then practical application	Article Six	Legal aspects	4 hours	Twenty	20
Route feedback	Theoretical explanation and then practical application	Article Seven	Legal aspects	4 hours	Twenty first	21
Route feedback	Theoretical explanation and then practical application	Article Eight	Legal aspects	4 hours	Twenty two	22
Route feedback	Theoretical explanation	Article Nine	Legal aspects	4 hours	Twenty Three	23

	and then practical application					
Route feedback	Theoretical explanation and then practical application	Article Ten	Legal aspects	4 hours	Twenty fourth	24
Route feedback	Theoretical explanation and then practical application	Article Eleven	Legal aspects	4 hours	Twenty Fifth	25
Route feedback	Theoretical explanation and then practical application	Article Twelve	Legal aspects	4 hours	Twenty-sixth	26
Route feedback	Theoretical explanation and then practical application	Article XIII	Legal aspects	4 hours	Twenty Seventh	27
Route feedback	Theoretical explanation and then practical application	Article Fourteen	Legal aspects	4 hours	Twenty Eight	28
Route feedback	Theoretical explanation and then practical application	Article Fifteen	Legal aspects	4 hours	Twenty Ninth	29
Asking questions	Theoretical explanation and then practical application	Article Sixteen	Legal aspects	4 hours	Xxx	30

11. Evaluation of the Course

The grade of the first semester is (25) marks, the theoretical exam is (10) marks, and the practical exam is (15) marks, including attendance and activity.

The grade of the second semester is (25) marks, the theoretical exam is (10) marks, and the practical exam is (15) marks, including attendance and activity.

Final Exam Grade (50) (30) Practical Exam Grade (20) Theoretical Exam

The total becomes (100) marks.

12. Learning and Teaching Resources

The Book of Football by Prof. Dr. Zuhair Al-Khashab and others (1999)	1 Required Textbooks
The Book of Football by Prof. Dr. Zuhair Al-Khashab and others (1999)	2 Main References (Sources)
All newly written books in the field of teaching methods	Recommended books and references (scientific journals, reports, etc.)
All websites and electronic libraries on the Internet	b. Electronic references, websites...

Course Description Form

1. Course Name

Scouts / First Phase

2. Course Code

HAPSG26F109

3. Semester/Year

2025-2026

4. Date of preparation of this description

18/9/2025

5. Available forms of attendance

Weekly attendance (2) hours

6- Number of study hours (total) number of units (total)

Number of Hours (60) Hours, Number of Units (2)

7. Name of the course administrator

Name: M. M Omar Mujahid Abdul Wahid

Email: omar-alkakib@uohamdaniya.edu.iq

8. Course Objectives

- Providing students with modern knowledge in the concepts of the subject of scouting
- Teach students modern methods in teaching methods of the Scouting Law and how to apply them.
- Providing students with scouting skills such as knots, ties and handicrafts
- Developing basic skills in the subject of scout education and knowledge of scout entrepreneurial works.
- Developing the skills of using ropes in the subject of scout education.
- Identify the skills associated with the Scouting subject and how to employ them in teaching or training
- Holding seminars and seminars and introducing the community to the concepts of scouting education.

Course Objectives

9. Teaching and Learning Strategies

A. Cognitive Objectives



- A1- Enabling students to acquire knowledge in the subject of scouting education in the Department of Physical Education.
- A2. Enabling students to be able to train scout teams.
- A3- Enabling students to obtain knowledge through the reports required of them in this regard.

b . Skill objectives of the course.

- B1 – Students acquire basic skills in the subject of scout education.
- B2 – Students acquire theoretical and practical knowledge of the skills of using ropes in scouting education.
- B3 – Students acquire the ability to hold scout camps.

Teaching and Learning Methods

- 1– Theoretical and practical lectures related to the activity of the Scout Education subject for the first stage.
- 2– Educational films, illustrations, and live presentation from the teacher.

Evaluation Methods

- 1– Daily and quarterly practical and theoretical exams .
2. Reports, research, and extra-curricular activities.
- 3– Field application .

C. Emotional and Values Goals

- C1- Ability to manage the lesson of scout education and entrepreneurship competitions
- C2- Raising the cognitive values of the Scout Education subject through practical application (ropes and flag raising ceremonies).
- C3- Students gain self-confidence in the ability to make the right decision in finding solutions to problems.
- A4- Acquiring national values in tolerance, acceptance of others, and rejection of sports violence

Teaching and Learning Methods

1. Modern Methods of Education.
2. Direct application of practical lessons such as (using ropes, erecting and undermining tents, scouting shouts and deals)
3. Field Application of the Scout Education Lesson in Scout Camps.
4. Holding competitions, tournaments and courses in scout camps.

Evaluation Methods

1. Practical and theoretical exams daily and semester
2. Extra-Curricular Activities for Students

3. Duties assigned to students by the teacher.
4. Field application and participation in tournaments.

d. Transferable general and qualifying skills (other skills related to employability and personal development).

- D1- Providing students with basic skills in the subject of scout education
- D2- Identifying everything that is new in learning and teaching.
- D3- Direct field education for students through lectures and scouting festivals.
- D4- Spreading the culture of practicing physical education in the community and explaining its importance.

10. Course Structure

Evaluation Method	Teaching Method	Module Name / or Subject	Required Learning Outcomes	Hours	The week	t
	Theoretical explanation	The concept of the Scout Movement	The student should understand the concept of the Scout Movement	2 hours	First	1.
	Theoretical explanation	History of the Scout Movement	The student should understand the history of Scouting	2 hours	Second	2.
	Theoretical explanation	The system of small communities (vanguards)	The student learns the system of groups	2 hours	Third	3.
	Theoretical and practical explanation	Scout Salute and Scout Sign	The student learns the greeting and the scouting sign	2 hours	Fourth	4.
	Theoretical and practical explanation	Traditions of Appeals and Formations	The student should learn the calls and formations	2 hours	V	5.
	Theoretical explanation	Scout Leader	The student should learn scouting leadership	2 hours	Sixth	6.
Theoretical exam Practical exam				2 hours	Seventh	7.
	Theoretical explanation	Traditions of the insignia and scout uniform	The student should understand the traditions of insignia and uniform	2 hours	Eighth	8.
	Theoretical explanation	Media Traditions and the Poem of Science	The student should understand the traditions of the media	2 hours	Ninth	9.
	Theoretical and practical	Rope skills	The student should learn	2 hours	X	10.

	explanation		the skill of using ropes			
	Theoretical and practical explanation	Contracts, ties and scouting courses	The student should learn contracts, ties and courses	2 hours	Eleventh	11.
Theoretical exam Practical exam				2 hours	Twelfth	12.
	Theoretical and practical explanation	Scout Camps	The student should learn how to coexist in the camps	2 hours	Thirteenth	13.
	Theoretical and practical explanation	Traditions of the Samar Party	The student should learn the characteristics and recipes of the Samar Party	2 hours	Fourteenth	14.
Semester exam					Fifteenth	15.
	Theoretical and practical explanation	Scouting Trends & Deals	The student should learn the scouting deal	2 hours	Sixteenth	16.
	Theoretical explanation	Scout Symbols and Tracing	The student should learn scouting codes and tracing	2 hours	Seventeenth	17.
	Theoretical and practical explanation	Scout knots and ties	The student should learn the contract skill well	2 hours	Eighteenth	18.
	Theoretical and practical explanation	Flag raising ceremonies, salutes and the national anthem	The student should learn the rites of raising the flag	2 hours	Nineteenth	19.
	Theoretical and practical explanation	Scout Inspection and Salute	The student learns to inspect correctly	2 hours	Twenty	20.
Theoretical exam Practical exam				2 hours	Twenty first	21.

	Theoretical and practical explanation	Scout Stand Formations	The student should perform scouting formations	2 hours	Twenty two	22.
	Theoretical and practical explanation	Erecting and undermining tents	The student should perform the process of undermining the tent	2 hours	Twenty Three	23.
	Theoretical explanation	flames	The student should understand correctly	2 hours	Twenty fourth	24.
	Theoretical explanation	Public Service	The student should understand correctly	2 hours	Twenty Fifth	25.
Theoretical exam Practical exam				2 hours	Twenty-sixth	26.
	Theoretical explanation	Types of Scout Camps	The student should understand correctly	2 hours	Twenty Seventh	27.
	Theoretical and practical explanation	Scout Leadership	The student should understand correctly	2 hours	Twenty Eight	28.
Semester exam				2 hours	Twenty Ninth	29.
final exam					Xxx	30.

11. Evaluation of the Course

The grade of the first semester is (25) marks, the theoretical exam is (10) marks, and the practical exam is (15) marks, including attendance and activity.

The grade of the second semester is (25) marks, the theoretical exam is (10) marks, and the practical exam is (15) marks, including attendance and activity.

Final Exam Grade (50) (30) Practical Exam Grade (20) Theoretical Exam

The total becomes (100) marks.

12. Learning and Teaching Resources

Scout Education Binding Phase I (University of Mosul) Faculty of Physical Education and Sport Sciences	1 Required Textbooks
- The Book of Scouts by Dr. Adi Ghanem Al-Kawaz 2013 - The book "Leadership of Empowerment for Teaching Scout Education and its Relationship to Social Interaction" by Mr. Muhammad Miqdad Al-Rubaie 2016	2 Main References (Sources)
	Recommended books and references (scientific journals, reports,)
Virtual Library and International Information Network (Internet)	b. Electronic references, websites...

13 . Course Development Plan

1. Reaching students with intellectual knowledge of practical and theoretical mathematical sciences and supporting sciences.
 2. Reaching students to the possibility of leading them to the physical education lesson in a proper manner
 3. Training educational educators capable of leading sports teams and organizing and managing sports competitions.
- The ability to conduct scientific research, analyze it, and come up with .& .recommendations that serve training and teaching

Course Description Form

1.	Course Name:	
	Fitness/Phase I	
2.	:Course Code	
	HAPDSG26F103	
3.	:Chapter/Year	
	2025-2026	
4.	:Date of preparation of this description	
	18/9/2025	
5.	Available Attendance Formats:	
	Face-to-face education	
6.	Number of Hours (Total) / Number of Credits (Total)	
	Number of Hours (60) Hours, Number of Units (2)	
7.	Course administrator name (if more than one name mentioned)	
	Email noorabd956@uohamdaniya.edu.iq	Name: Eng. Noura Abdel Razzaq Gamal
8.	Course Objectives	
	<ul style="list-style-type: none"> • Learn about the most important components of fitness • Learn about the most important fitness tests • Learn about health-related fitness • Explain how to distribute the effort of the fitness elements during the workout • Learn how to monitor and maintain your fitness level • Explain the importance of physical fitness for health and its role in promoting and raising the health level of the individual 	Course Objectives
9.	Teaching and Learning Strategies	
	1. Theoretical lectures: (lecture, discussion, collaborative learning, brainstorming) with the help of the following means (educational films, illustrations, and a projector (data show).	Strategy



**2. Practical lectures on the subject of physical fitness for the first stage.
(Command Method, Training Method)**

10. Course Structure

Evaluation Method	Learning method	Unit Name or Subject	Required Learning Outcomes	Hours	Week
Daily Testing	Lecture & Presentation	Fitness	Fitness / Definition / Benefits	2	First
Daily Testing	Lecture & Presentation	Fitness	Social Importance	2	Second
Daily Testing	Lecture & Presentation	Fitness	Mental Importance	2	Third
Daily Testing	Lecture & Presentation	Fitness	Health Importance	2	Fourth
Daily Testing	Lecture & Presentation	Fitness	Psychological Significance	2	V
Daily Testing	Lecture & Presentation	Fitness	The importance of production and the defense of the homeland	2	Sixth
Daily Testing	Lecture & Presentation	Fitness	Warm-up/physiological changes that occur as a result of warm-up and things to consider in the warm-up process	2	Seventh
Daily Testing	Lecture & Presentation	Fitness	Calming down / ways to return the body to its natural state	2	Eighth
Daily Testing	Lecture & Presentation	Fitness	Muscle Strength / Types / Forms of Muscle Contractions	2	Ninth
Daily Testing	Lecture & Presentation	Fitness	Isometric Myosis / Its Importance / Disadvantages /	2	X

			Advantages of Isometric Training / Things to Consider When Developing It		
Daily Testing	Lecture & Presentation	Fitness	Isotonic Muscle Contraction / Its Importance	2	Eleventh
Theoretical exam	Theoretical exam	Fitness	Theoretical exam	2	Twelfth
Practical exam	Practical exam	Fitness	Practical exam	2	Thirteenth
Daily Testing	Lecture & Presentation	Fitness	Extonic / Eccentric Muscle Contraction	2	Fourteenth
Daily Testing	Lecture & Presentation	Fitness	Speed, Sections, Types, Factors Affecting it	2	Fifteenth
Daily Testing	Lecture & Presentation	Fitness	Prolongation / Types / Reasons for the Superiority of Men over Women in the Element of Talaqa	2	Sixteenth
Daily Testing	Lecture & Presentation	Fitness	Aerobic Activities / Types / Benefits	2	Seventeenth
Daily Testing	Lecture & Presentation	Fitness	Anaerobic Activities / Types / Benefits	2	Eighteenth
Daily Testing	Lecture & Presentation Lecture & Presentation	Fitness	Agility / Its Importance / Ways to Develop It	2	Nineteenth
Daily Testing	Lecture & Presentation	Fitness	Flexibility / Types / Importance / Influencers on which it is relied on	2	Twenty

Daily Exam	Lecture & Presentation	Fitness	Balance / Types / Factors Depend on	2	Twenty first
Daily Testing	Lecture & Presentation	Fitness	Feedback before and during a contest that lasts longer than 30 seconds	2	Twenty two
Daily Testing	Lecture & Presentation	Fitness	Health harms of alcohol	2	Twenty Three
Daily Testing	Lecture & Presentation	Fitness	Stimulants/Adverse Effects of Amphetamine Use	2	Twenty fourth
Daily Testing	Lecture & Presentation	Fitness	Negative Complications of Using Blood as a Tonics	2	Twenty Fifth
Daily Testing	Lecture & Presentation	Fitness	Complications of anabolic steroids	2	Twenty sixth-
Theoretical exam	Theoretical exam	Fitness	Theoretical exam	2	Twenty Seventh
Practical exam	Practical exam	Fitness	Practical exam	2	Twenty Eight
Daily Testing	Lecture & Presentation	Fitness	Fitness / Definition / Benefits	2	First
Daily Testing	Lecture & Presentation	Fitness	Social Importance	2	Second

11. Course Evaluation

The grade of the first semester is (25) marks, the theoretical exam is (10) marks, and the practical exam is (15) marks, including attendance and activity.

The grade of the second semester is (25) marks, the theoretical exam is (10) marks, and the practical exam is (15) marks, including attendance and activity.

Final exam score 50 for theoretical subjects only, practical subjects 30 final practical and 20 final theoretical marks

The total becomes (100) marks.

12. Learning and Teaching Resources

Mustafa Al-Sayeh and Salah Anas:
European Fitness Test (Euro Fit), 1st

Required textbooks (methodology if available)

Edition, Dar Al-Wafa for Printing and Publishing, Alexandria, 2009 Muhannad Hassan Al-Bishtawi, Sports Training, Amman 2005 Kamal Abdel Hamid / Muhammad Sobhi Hassanein Physical Fitness and its Components – Dar Al-Fikr Al-Arabi 1978	
Video Views of Skills andTournaments	Primary References (Sources)
International Information Network (Internet)	Recommended Books and References (Scientific Journals, Reports)
All websites and electronic libraries on the Internet	References, Websites

Course Description Form

1. Course Name	
Basketball / First Stage	
2. Course Code	
HAPSG26F101	
3. Semester/Year	
2025-2026	
4. Date of preparation of this description	
21/9/2025	
5. Available forms of attendance	
Weekly attendance (8) hours	
6- Number of study hours (total) number of units (total)	
Number of Hours (120) Hours, Number of Units (4)	
7. Name of the course administrator	
Name: Eng. Fadi Issa Ishaq Email: fadi.essa@uohamdaniya.edu.iq	
8. Course Objectives	
<ul style="list-style-type: none">• Providing students with modern knowledge in the concepts of basketball .• Develop basic skills in the game of basketball and know some of its rules.• Develop fitness elements of basketball skills .• Identify skills related to the event and how to use them in the sport of basketball.	Course Objectives
9. Teaching and Learning Strategies	
<p>1. Theoretical lectures: (lecture, discussion, collaborative learning, brainstorming) with the help of the following means (educational films, illustrations, and a projector (data show).</p> <p>2. Practical lectures on basketball for the first stage. (Command Method, Training Method)</p>	Strategy



10. Course Structure

Evaluation Method	Learning method	Module Name / or Subject	Required Learning Outcomes	Hours	The week	t
Theoretical and practical exam	Theoretical and practical explanation	A Brief History of Basketball / How to Plan a Basketball Court / Some Rules and Rules of the Game	A Brief History of Basketball / How to Plan a Basketball Court / Some Rules and Rules of the Game	4 hours	The first	1
Theoretical and practical exam	Theoretical and practical explanation	Explaining Violations and Mistakes in Basketball	Explaining Violations and Mistakes in Basketball	4 hours	Second	2
Theoretical and practical exam	Theoretical and practical explanation	Receiving and Catching the Ball Pass	Receiving and Catching the Ball Pass	4 hours	Third	3
Theoretical and practical exam	Theoretical and practical explanation	Rebound Pass Over Head	Rebound Pass Over Head	4 hours	Fourth	4
Theoretical and practical exam	Theoretical and practical explanation	Hands-on pass from the bottom Simple push pass	Hands-on pass from the bottom Simple push pass	4 hours	V	5
Theoretical and practical exam	Theoretical and practical explanation	Hands-over shoulder Flipping with one hand over the shoulder	Hands-over shoulder Flipping with one hand over the shoulder	4 hours	Sixth	6

Theoretical and practical exam	Theoretical and practical explanation	One-handed pass backward Hook pass Side pass	One-handed pass backward Hook pass Side pass	4 hours	Seventh	7
Theoretical and practical exam	Theoretical and practical explanation	Exercise exercises to apply all types of scrolling	Exercise exercises to apply all types of scrolling	4 hours	Eighth	8
Theoretical and practical exam	Theoretical and practical explanation	High Dialogue Low Dialogue	High Dialogue Low Dialogue	4 hours	Ninth	9
Theoretical and practical exam	Theoretical and practical explanation	Dialogue with changing direction exercises to practice all types of dialogue	Dialogue with changing direction exercises to practice all types of dialogue	4 hours	X	10
Theoretical and practical exam	examination	First Semester Exam	First Semester Exam	4 hours	Eleventh	11
Theoretical and practical exam	Theoretical and practical explanation	Shooting from Stability Free Aim	Shooting from Stability Free Aim	4 hours	Twelfth	11
Theoretical and practical exam	Theoretical and practical explanation	Aiming from the movement Aiming from the jump Aiming Peaceful aiming	Aiming from the movement Aiming from the jump Aiming Peaceful aiming	4 hours	Thirteenth	12

Theoretical and practical exam	Theoretical and practical explanation	Hook Aiming Follow-up Exercises to practice all types of shooting	Hook Aiming Follow-up Exercises to practice all types of shooting	4 hours	Fourteenth	13
Theoretical and practical exam	Theoretical and practical explanation	Foot movements jogging starting stop	Foot movements jogging starting stop	4 hours	Fifteenth	14
Theoretical and practical exam	Theoretical and practical explanation	Build	Build	4 hours	Sixteenth	15
Theoretical and practical exam	Theoretical and practical explanation	deceit	deceit	4 hours	Seventeenth	16
Theoretical and practical exam	Theoretical and practical explanation	Exercise exercises for foot movements and props	Exercise exercises for foot movements and props	4 hours	Eighteenth	17
Theoretical and practical exam	Theoretical and practical explanation	A comprehensive review of all the skills taught	A comprehensive review of all the skills taught	4 hours	Nineteenth	18
Theoretical and practical exam	Theoretical and practical explanation	Defensive Skills/Positioning and Defensive Readiness Defensive Follow-up and Movement	Defensive Skills/Positioning and Defensive Readiness Defensive	4 hours	Twenty	20

			Follow-up and Movement			
Theoretical and practical exam	Theoretical and practical explanation	Defending against the decisive player Defending against the interlocutor player	Defending against the decisive player Defending against the interlocutor player	4 hours	Twenty first	21
Theoretical and practical exam	Theoretical and practical explanation	Defending against the Right-Back: Defending against the Quarterback Defending against one or more Players Defending against the Passer	Defending against the Right-Back: Defending against the Quarterback Defending against one or more Players Defending against the Passer	4 hours	Twenty two	22
Theoretical and practical exam	Theoretical and practical explanation	Exercises for practicing defense types	Exercises for practicing defense types	4 hours	Twenty Three	23
Theoretical and practical exam	Theoretical and practical explanation	Change of direction and speed deception	Change of direction and speed deception	4 hours	Twenty fourth	24
Theoretical and practical exam	Theoretical and practical explanation	Follow-up in case of defense Follow-up in case of attack	Follow-up in case of defense Follow-up in case of attack	4 hours	Twenty Fifth	25
Theoretical and practical exam	Theoretical and practical	Exercises to practice defensive skills	Exercises to practice defensive skills	4 hours	Twenty-sixth	26

	explanatio n					
Theoretical and practical exam	Theoretic al and practical explanatio n	Exercises to practice offensive and defensive skills	Exercises to practice offensive and defensive skills	4 hours	Twenty Seventh	27
Theoretical and practical exam	Competi tive Game	Competitive Game	Competitive Game	4 hours	Twenty Eight	28
Theoretical and practical exam	Compre hensive Overvie w	Comprehensive Overview	Comprehensive Overview	4 hours	Twenty Ninth	29
Theoretical and practical exam	examina tion	Second Semester Exam	Second Semester Exam	4 hours	Xxx	30

11. Evaluation of the Course

The grade of the first semester is (25) marks, the theoretical exam is (10) marks, and the practical exam is (15) marks, including attendance and activity.

The grade of the second semester is (25) marks, the theoretical exam is (10) marks, and the practical exam is (15) marks, including attendance and activity.

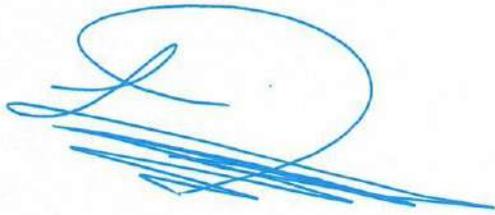
Final Exam Grade (50) (30) Practical Exam Grade (20) Theoretical Exam

The total becomes (100) marks.

12. Learning and Teaching Resources

Basketball Binding	1 Required Textbooks
Dr. Nabil Mohammed Abdullah Al-Sharouk, University of Mosul, Faculty of Physical Education and Sport Sciences.	2 Main References (Sources)

	Recommended books and references (scientific journals, reports, etc.)
	b. Electronic references, websites...



Eng. Fadi Issa Ishaq

Course Description Form

1. Course Name

Track and field /First Phase

2. Course Code

HAPSG26F110

3. Semester/Year

2025-2026

4. Date of preparation of this description

18/9/2025

5. Available forms of attendance

Weekly attendance (4) hours

6- Number of study hours (total) number of units (total)

Number of Hours (120) Hours, Number of Units (4)

7. Name of the course administrator

Name: M. M Omar Mujahid Abdul Wahid

Name: Email: omar-alkakib@uohamdaniya.edu.iq

8. Course Objectives

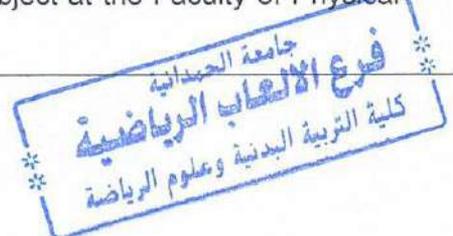
- Providing students with modern knowledge in the concepts of the field and field
- Teach students modern methods in teaching methods of the law of the field and field subject and how to apply them.
- Providing students with skills in the field
- Develop basic skills in the game of arena and field and knowledge of its laws .
- Developing the physical fitness elements of the arena and field events.
- Identify skills associated with effectiveness and how to use them in teaching or training
- Holding seminars and seminars and introducing the community to the game of the arena and field.

Course Objectives

9. Teaching and Learning Strategies

A. Cognitive Objectives

A1- Enabling students to obtain knowledge in the field and field subject at the Faculty of Physical Education.



A2- Enabling students to be able to train sports teams and prepare training programs in the field and field game

A3- Enabling students to obtain knowledge through the reports required of them in this regard .

b . Skill objectives of the course.

B1 – Students acquire basic skills in the game of arena and field.

B2 – Students acquire theoretical knowledge of the skills of the effectiveness of the arena and the field.

B3 –. Students gain the ability to referee matches in the arena and field events.

Teaching and Learning Methods

1- Theoretical and practical lectures on the effectiveness of the arena and field for the first stage.

2- Educational films, illustrations, and live presentation from the teacher.

Evaluation Methods

1- Daily and quarterly practical and theoretical exams .

2. Reports, research, and extra-curricular activities.

3- Field application .

C. Emotional and Values Goals

C1- Ability to manage the lesson of the arena, field and sports competitions.

C2- Raising the knowledge values of the subject of the field and the field through practical application (arbitration , teaching, and training).

C3- Students gain self-confidence in the ability to make the right decision in finding solutions to problems.

A4- Acquiring national values in tolerance, acceptance of others, and rejection of sports violence .

Teaching and Learning Methods

1. Modern methods in sports education and training .

2- Direct application of practical lessons .

3- Field application of the field and field lesson in preparatory schools .

4. Holding competitions, tournaments, training and arbitration courses.

Evaluation Methods

1. Daily and quarterly practical and theoretical exams .

2. Extra-curricular activities for students.

3. The duties assigned to the students by the teacher.

4. Field application and participation in tournaments.

d. Transferable general andqualifying skills (other skills related to employability and personal development).

D1- Providing students with basic skills in the game of arena and field .

D2- Identifying everything that is modern in training, teaching, and refereeing.

D3- Direct field education for students through lectures, tournaments and festivals.

D4- Spreading the culture of practicing physical education in the community and demonstrating its importance.

10. Course Structure

Evaluation Method	Learning method	Module Name / or Subject	Required Learning Outcomes	Hours	The week	t
	Theoretical explanation	About the Arena and Field Game	To understand the effectiveness of the arena and the field	4 hours	First	1
	Theoretical and practical explanation	Jogging and its ingredients	Running Performance and Components	4 hours	Second	2
	Theoretical and practical explanation	Technical aspects of the 100m run	Teaching students the technical aspects of the 100m run	4 hours	Third	3
	Theoretical and practical explanation	Legal aspects of running	Teaching the Legal Aspects of Running	4 hours	Fourth	4
Theoretic al exam Practical exam				4 hours	V	5
	Theoretical and practical explanation	The Arbitration Tribunal and its Components	Teaching students from what the jury consists of	4 hours	Sixth	6
	Theoretical and practical explanation	Types of Starts in Running and Their Specifications	Teaching students the types of starters in running and their specifications	4 hours	Seventh	7
	Theoretical and practical explanation	Post 4 ×100m	Teaching Students Postal Race 4 ×100 m	4 hours	Eighth	8
	Theoretical and practical explanation	Post 4 ×100m	Teaching Students Postal Race 4 ×100 m	4 hours	Ninth	9
	Theoretical and practical explanation	Types of Switch in Mail 4 ×100 m and its areas	Teaching students the types of switching in mail 4 ×100 m and its areas	4 hours	X	10
Theoretic al exam Practical exam				4 hours	Eleventh	11

	Theoretical and practical explanation	Technical and Legal Aspects of Running	Teaching students the technical and legal aspects of running	4 hours	Twelfth	12
	Theoretical and practical explanation	Technical Stages in the Gravity Throwing Event	Teaching students the technical stages of the weightlifting event	4 hours	Thirteenth	13
	Theoretical and practical explanation	Technical Stages in the Gravity Throwing Event	Teaching students the technical stages of the weightlifting event	4 hours	Fourteenth	14
	Theoretical and practical explanation	Legal aspects of the Weightlifting Event	Teaching students the legal aspects of the weightlifting event	4 hours	Fifteenth	15
Semester exam				4 hours	Sixteenth	16
	Theoretical and practical explanation	For the technical stages of high jumping (close running and getting up)	Teaching students to the technical stages of high jumping (close running and getting up)	4 hours	Seventeenth	17
	Theoretical and practical explanation	Technical Stages in High Jump (Flight and Landing)	Teaching students the technical stages of high jumping (flight and landing)	4 hours	Eighteenth	18
	Theoretical and practical explanation	The technical stages of the full high jump event	Teaching students the technical stages of the full high jump event	4 hours	Nineteenth	19
	Theoretical and practical explanation	The technical stages of the full high jump event	Teaching students the technical stages of the full high jump event	4 hours	twenty	20
	Theoretical and practical explanation	Legal aspects of high jump	Teaching students the legal aspects of high jumping	4 hours	Twenty first	21
Theoretical exam Practical exam				4 hours	Twenty two	22
	Theoretical and	Technical Stages in First Javelin Throwing	Teaching students the technical stages of	4 hours	Twenty Three	23

	practical explanation		throwing the first javelin			
	Theoretical and practical explanation	Technical stages of the second javelin throw	Teaching students to the technical stages of throwing the second javelin	4 hours	Twenty fourth	24
	Theoretical and practical explanation	Teaching students to connect the technical stages in javelin throwing	Teaching students to connect the technical stages in javelin throwing	4 hours	Twenty Fifth	25
	Theoretical and practical explanation	Teaching students to connect the technical stages in javelin throwing	Teaching students to connect the technical stages in javelin throwing	4 hours	Twenty-sixth	26
Theoretic al exam Practical exam				4 hours	Twenty Seventh	27
	Theoretical and practical explanation	How to score points in each event	To learn how to register in every actuality	4 hours	Twenty Eight	28
	Theoretical and practical explanation	How to score points in each event	To learn how to register in every actuality	4 hours	Twenty Ninth	29
final exam				4 hours	Xxx	30

11. Evaluation of the Course

The grade of the first semester is (25) marks, the theoretical exam is (10) marks, and the practical exam is (15) marks, including attendance and activity.

The grade of the second semester is (25) marks, the theoretical exam is (10) marks, and the practical exam is (15) marks, including attendance and activity.

Final Exam Grade (50) (30) Practical Exam Grade (20) Theoretical Exam

The total becomes (100) marks.

12. Learning and Teaching Resources

Field and Field Boundary First Stage (University of Mosul) Faculty of Physical Education and Sport Sciences	1 Required Textbooks
Preparation of the course teacher	2 Main References (Sources)
1- Scientific Lectures and Lieutenants 2- Extra-curricular activities, exhibitions, festivals and tournaments 3- Published dissertations, dissertations and research	Recommended books and references (scientific journals, reports,)
Virtual Library and International Information Network (Internet)	b. Electronic references, websites...

13 . Course Development Plan

- 1. Reaching students with intellectual knowledge of practical and theoretical mathematical sciences and supporting sciences.**
 - 2. Reaching students to the possibility of leading them to the physical education lesson in a proper manner**
 - 3. Training educational educators capable of leading sports teams and organizing and managing sports competitions.**
- The ability to conduct scientific research, analyze it, and come up with .ε
.recommendations that serve training and teaching**

Course Description Form

1. Course Name

Sport Training / Phase II A-B

2. Course Code

HAPST26F209

3. Semester/Year

2025-2026

4. Date of preparation of this description

20/9/2025

5. Available forms of attendance

Weekly attendance (4) hours

6- Number of study hours (total) number of units (total)

Number of Hours (120) Hours, Number of Units (4)

7. Name of the course administrator

Name: Eng. Mustafa Hafez Shehab / Eng. Jassim Mohammed Yahya
Email: mustafahafedh@uohamdaniya.edu.iq

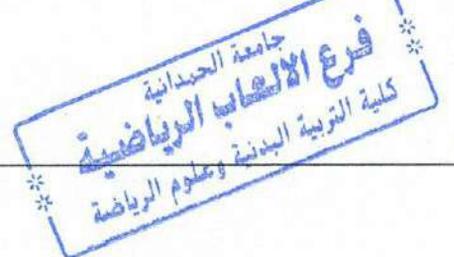
8. Course Objectives

- Providing students with modern knowledge in the concepts of sports training..
- Direct education for students through lectures.
- The student should understand the principles of sports training in the field of physical education and sports sciences.

Course Objectives

9. Teaching and Learning Strategies

1. Theoretical lectures: (lecture, discussion, cooperative learning, brainstorming) with the help of the following means (educational films, illustration aids, and projector (data show)).



Teaching and Learning Methods

- 1- Theoretical lectures on the subject of sports training
- 2- Educational films, illustrations and live presentation from the teacher

Evaluation Methods

- 1- Daily and quarterly theoretical exams
- 2- Reports, research, and extra-curricular activities

C. Emotional and Values Goals

- A1- The ability to manage theoretical lessons .
- C2- Raising the cognitive values of the sports training subject .
- C3- Students gain self-confidence in the ability to make the right decision in finding solutions to problems.
- A4- Acquiring national values in tolerance, acceptance of others, and rejection of violence .

Teaching and Learning Methods

- Daily and Quarterly Theoretical Exams .
Extra-curricular activities for students .
The duties assigned to the students by the teacher.

d. Transferred general and qualifying skills (other skills related to employability and personal development).

- D1- Providing students with sufficient information about sports training.
- D2- Identifying everything that is modern in sports training.
- D3- Direct field education for students through lectures and seminars.
- D4- Spreading the culture of practicing physical education in the community and explaining its importance .

10. Course Structure

Evaluation Method	Learning method	Module Name / or Subject	Required Learning Outcomes	Hours	The week	t
Questions during the lecture	Theoretical explanation by the teacher	Introduction to the science of sports training	Knowledge and understanding of the topic	2 hours	The first	1
Direct questions after each paragraph explained	Explanation and clarification by the teacher	Duties of a Sports Coach	Knowledge and understanding of the topic	2 hours	Second	2
Daily exam of 10 marks	Explanation with a mathematical example	Factors Contributing to the Development of Sports Training	Knowledge and understanding of the topic	2 hours	Third	3
Questions during the lecture	Using a data device	Duties of Athletic Training	Knowledge and understanding of the topic	2 hours	Fourth	4
The student should explain on the video	Using a data device	Principles of sports training	Knowledge and understanding of the topic	2 hours	V	5
Questions during the lecture	Explanation and Discussion	The concept of carrying sports training	Knowledge and understanding of the topic	2 hours	Sixth	6
After the explanation, ask a question		examination	Knowledge and understanding of the topic	2 hours	Seventh	7

on each picture						
Daily exam of 8 marks	Explanation and clarification by the teacher	Components of a sports training load	Knowledge and understanding of the topic	2 hours	Eighth	8
Questions during the lecture	Explanation with examples of mathematical movements	The relationship between the components of the training load	Knowledge and understanding of the topic	2 hours	Ninth	9
Direct Questions	Using a data device	Training load grades	Knowledge and understanding of the topic	2 hours	X	10
Direct questions during the lecture	Theoretical explanation by the teacher	Fitness, its components and elements	Knowledge and understanding of the topic	2 hours	Eleventh	11
Daily exam of 8 marks	Explanation and Discussion	Muscular strength	Knowledge and understanding of the topic	2 hours	Twelfth	12
The student explains what you have learned	Theoretical explanation by the teacher	Power Generation Systems	Knowledge and understanding of the topic	2 hours	Thirteenth	13
Direct questions during the lecture	Using a data device	Speed	Knowledge and understanding of the topic	2 hours	Fourteenth	14

Questions during the lecture	Explanation and Discussion	Agility, Flexibility, Compatibility, Balance, Precision	Knowledge and understanding of the topic	2 hours	Fifteenth	15
The student explains what you have learned	Explanation with Examples	Essential Elements of Athletic Training	Knowledge and understanding of the topic	2 hours	Sixteenth	16
		Physical Preparation	Knowledge and understanding of the topic	2 hours	Seventeenth	17
Direct questions during the lecture	Explanation and Discussion	Skill preparation	Knowledge and understanding of the topic	2 hours	Eighteenth	18
Direct questions during the lecture	Explanation and Discussion	Planning Setup	Knowledge and understanding of the topic	2 hours	Nineteenth	19
The student explains what you have learned	Explanation with Examples	examination	Knowledge and understanding of the topic	2 hours	Twenty	20
Daily exam of 5 marks	Theoretical explanation By the Teacher	Modern sports planning for different levels	Knowledge and understanding of the topic	2 hours	Twenty first	21
Direct questions	Explanation with the data device	Foundations to consider when planning sports	Knowledge and understanding of the topic	2 hours	Twenty two	22

during the lecture						
The student explains what he has learned	Explanation and Discussion	Types of Training Plans	Knowledge and understanding of the topic	2 hours	Twenty Three	23
Direct questions during the lecture	Explanation and Discussion	Interval Divisions of Training Plans	Knowledge and understanding of the topic	2 hours	Twenty fourth	24
Daily exam of 5 marks	Explanation and Discussion	Components of the training module	Knowledge and understanding of the topic	2 hours	Twenty Fifth	25
The student explains what he has learned	Explanation and Discussion	Athletic Training Methods	Knowledge and understanding of the topic	2 hours	Twenty-sixth	26
Direct questions during the lecture	Explanation and Discussion	Modern Methods of Sports Training	Knowledge and understanding of the topic	2 hours	Twenty Seventh	27
Daily exam of 5 marks	Explanation and Discussion	Tests with sports training	Knowledge and understanding of the topic	2 hours	Twenty Eight	28
Direct questions during the lecture	Explanation and Discussion	Energy Production Systems and Their Relationship to Sports Training	Knowledge and understanding of the topic	2 hours	Twenty Ninth	29

		examination		2 hours	Xxx	30
--	--	-------------	--	---------	-----	----

11. Evaluation of the Course

The grade of the first semester is (25) marks, the theoretical exam is (20) marks, and (5) grades including attendance and activity.

The grade of the second semester is (25) marks, the theoretical exam is (20) marks, and (5) grades including attendance and activity.

Final exam score (50) for theoretical exam

The total becomes (100) marks.

12. Learning and Teaching Resources

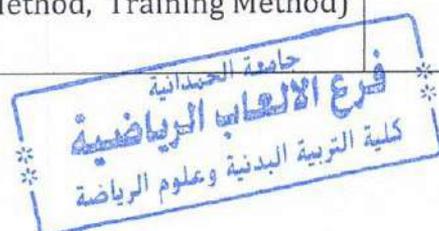
Lectures of the Faculty of Physical Education and Sport Sciences at the University of Mosul	1 Required Textbooks
Lectures of the Faculty of Physical Education and Sport Sciences at the University of Mosul	2 Main References (Sources)
Sports Training Book (2020) Prof. Dr. Iyad Mohamed Abdullah	Recommended books and references (scientific journals, reports, etc.)
	...b. Electronic references, websites

Course Description Form

1. Course Name	Track and Field/Phase II
2. Course Code	HAPSG26F201
3. Semester/Year	2025-2026
4. Date of preparation of this description	21/9/2025
5. Available forms of attendance	Weekly attendance (8) hours
6- Number of study hours (total) number of units (total)	Number of Hours (120) Hours, Number of Units (4)
7. Name of the course administrator	Name: Eng. Fadi Issa Ishaq Email: fadi.essa@uohamdaniya.edu.iq
8. Course Objectives	Course Objectives <ul style="list-style-type: none">• Providing students with modern knowledge in the concepts of the field and field.• Teach students modern methods in teaching methods of the law of the field and field subject and how to apply them.• Providing students with arbitration skills for the law of the arena and field.• Develop basic skills in the game of arena and field and knowledge of its laws .• Developing fitness elements for track and field skills• Identify skills associated with effectiveness and how to use them in arbitration for the law of the arena and field.

9. Teaching and Learning Strategies

<p>1. Theoretical lectures: (lecture, discussion, collaborative learning, brainstorming) and with the help of the following means (educational films, illustrations, and a projector (data show).</p> <p>2. Practical lectures on the field and field subject for the second stage. (Command Method, Training Method)</p>	Strategy
---	----------



10. Course Structure

Evaluation Method	Learning method	Module Name / or Subject	Required Learning Outcomes	Hours	The week	t
Practical and theoretical exams daily and semester	Slideshow	Arena & Field Events	Comprehensive Presentation of the Material	4 hours	The first	1
Practical and theoretical exams daily and semester	Slideshow, practicality	Women's 100m hurdles and men's 110m hurdles	Theoretical and Applied Knowledge Runner 100m Women's Hurdles and Men's 110m Hurdles	4 hours	Second	2
Practical and theoretical exams daily and semester	Practicality	Women's 100m hurdles and men's 110m hurdles	Stages of Technical Performance (Performance and Technique) Runner 100m Women's Hurdles and Men's 110m Hurdles	4 hours	Third	3
Practical and theoretical exams daily and semester	Practicality	Women's 100m hurdles and men's 110m hurdles	Applied learning exercises on barriers	4 hours	Fourth	4
Practical and theoretical exams daily and semester	Practicality	Women's 100m hurdles and men's 110m hurdles	Competition rules for women's 100m hurdles and men's 110m hurdles	4 hours	V	5
Practical and theoretical exams daily and semester	Practicality	Women's 100m hurdles and men's 110m hurdles	Practical learning exercises for the event	4 hours	Sixth	6
Practical and theoretical exams daily and semester	Practicality	Women's 100m hurdles and men's 110m hurdles	Practical Application of the Law of Barriers	4 hours	Seventh	7
Practical and theoretical exams daily and semester	Slideshow, practicality	Triple Leap	Theoretical and Applied Knowledge of the Triple Leap	4 hours	Eighth	8
Practical and theoretical	Practicality	Triple Leap	Technical Performance Stages (Performance	4 hours	Ninth	9

exams daily and semester			Mastery and Technique) of the Triple Jump			
Practical and theoretical exams daily and semester	Practicality	Al-Wathba Al-Qalqia	Practical technical performance of the event	4 hours	X	10
Practical and theoretical exams daily and semester	Practicality	Triple Leap	Rules of the Al Wathba Triple Competition	4 hours	Eleventh	11
Practical and theoretical exams daily and semester	Theoretical explanation	Triple Leap	Explanation of the Law of Effectiveness	4 hours	twelve	12
Practical and theoretical exams daily and semester	Slideshow, practicality	Throw the disc	Theoretical and Practical Knowledge of the Effectiveness of Discus Throwing	4 hours	thirteen	13
Practical and theoretical exams daily and semester	Practicality	Throw the disc	Technical Performance Stages (Mastery of Performance and Technique) for the Effectiveness of the Discus Throw	4 hours	Fourteenth	14
Practical and theoretical exams daily and semester	Practicality	Throw the disc	Educational and practical exercises for the event	4 hours	Fifteenth	15
Practical and theoretical exams daily and semester	Practicality	Throw a pinch	Discus Throwing Contest Rules	4 hours	Sixteenth	16
Practical and theoretical exams daily and semester	Practicality	Throw a pinch	Theoretical Explanation of the Law of Effectiveness	4 hours	Seventeenth	17
Practical and theoretical exams daily and semester	Theoretical explanation, slideshow	Includes the first semester	Comprehensive Review of the First Semester	4 hours	Eighteenth	18

Practical and theoretical exams daily and semester		Women's 100m hurdles and men's 110m hurdles, triple jump and discus throw	First Semester Exam	4 hours	Nineteenth	19
Practical and theoretical exams daily and semester	Theoretical Explanation, Data Show Presentation	Second Semester Activities	A comprehensive presentation of a material for the second semester, physical exercises for preparation	4 hours	twenty	20
Practical and theoretical exams daily and semester	Slideshow, practicality	1500m hurdles event	Theoretical and Practical Knowledge of the 1500m Hurdles Event	4 hours	twenty-one	21
Practical and theoretical exams daily and semester	Slideshow	1500m hurdles event	Theoretical explanation of the event	4 hours	twenty two	22
Practical and theoretical exams daily and semester	Practicality	1500m hurdles event	Educational and practical exercises for the event	4 hours	twenty three	23
Practical and theoretical exams daily and semester	Practicality	1500m hurdles event	Stages of technical performance (mastery of performance and technique) and the rules of the competition for the 1500m hurdles event	4 hours	twenty four	24
Practical and theoretical exams daily and semester	Theoretical Explanation, Practical Application	1500m hurdles event	Explanation of the Law of Effectiveness + Preliminary Exam	4 hours	twenty five	25
Practical and theoretical exams daily and semester	Slideshow, practicality	Pole Jump	Theoretical and practical knowledge of the effectiveness of pole vaulting	4 hours	twenty six	26

Practical and theoretical exams daily and semester	Practicality	Pole Jump	Technical Performance Stages (Mastery of Performance and Technique) and Competition Rules for the Pole Jump Event	4 hours	twenty seven	27
Practical and theoretical exams daily and semester	Slide Show, Theoretical Explanation	Hammer throw	Theoretical knowledge of the effectiveness of the hammer throw	4 hours	twenty eight	28
Practical and theoretical exams daily and semester	Slide Show, Theoretical Explanation	Second Semester Activities	Comprehensive Review of the Second Semester	4 hours	twenty nine	29
Practical and theoretical exams daily and semester		1500m hurdles, pole vault, hammer throw	Second Semester Exam	4 hours	thirty	30

11. Evaluation of the Course

The grade of the first semester is (25) marks, the theoretical exam is (10) marks, and the practical exam is (15) marks, including attendance and activity.

The grade of the second semester is (25) marks, the theoretical exam is (10) marks, and the practical exam is (15) marks, including attendance and activity.

The final exam score (50), the practical exam score (30) and the theoretical exam score (20) will be 100 marks.

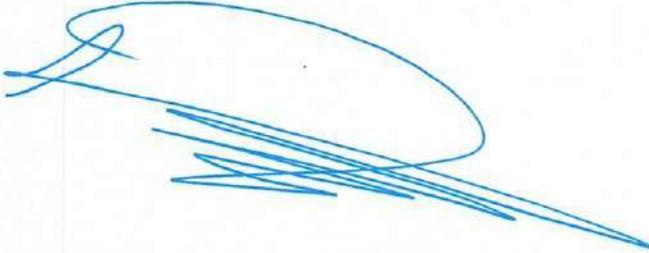
12. Learning and Teaching Resources

Track and field games curriculum for the second phase (2023-2024)	1 Required Textbooks
Assoc. Prof. Dr. Mohamed Saad Hantoush Assoc. Prof. Dr. Abdullah Hassan Ali	2 Main References (Sources)

Track and field games curriculum for the second phase (2023-2024)

Recommended books and references (scientific journals, reports, etc.)

b. Electronic references, websites...

A handwritten signature in blue ink, consisting of a large, sweeping loop at the top left, followed by several horizontal strokes that taper to the right.

Eng. Fadi Issa Ishaq

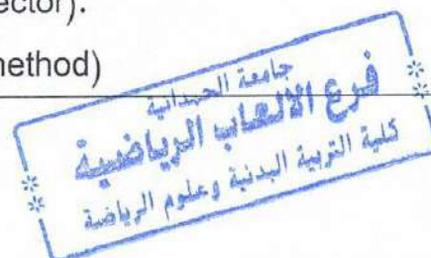
Subject
Instructor

Course Description Form

1. Course Name	
Table Tennis & Badminton / Stage II	
2. Course Code	
HAPSG26F203	
3. Semester/Year	
2025-2026	
4. Date of preparation of this description	
17/9/2025	
5. Available forms of attendance	
Weekly attendance (2) hours	
6- Number of study hours (total) number of units (total)	
Number of Hours (60) Hours, Number of Units (2)	
Name of the course administrator .^v	
Name: Email: Assoc. Prof. Dr. Rabih Hazem Salman rabeslman03@uohamdaniy.edu.iq	
Name: Email:	
8. Course Objectives	
<ul style="list-style-type: none"> • Providing students with modern knowledge in the concepts of table tennis and badminton • Teach students modern methods in teaching methods of table tennis and badminton and how to apply them • Providing students with the skills of serving and forward and backstroke for table tennis and badminton • Develop basic skills in badminton and table tennis and knowledge of their laws. • Developing the physical fitness elements of table tennis and badminton skills • Identify the skills associated with effectiveness and how to use them in refereeing 	Course Objectives

9. Teaching and Learning Strategies

- 1- Theoretical lectures: (lecture, discussion, cooperative learning, brainstorming) and using the following means (educational aids and a data projector).
- 2- Practical lectures (commanding, training and reciprocal method)



10 . Course Structure

Evaluation Method	Learning method	Module Name / or Subject	Required Learning Outcomes	Hours	The week	t
Theoretical I+ Practical Exam	Theoretical explanatio n	About the history and features of table tennis	The student should know the history of table tennis	2 hours	The first	1
Theoretical I+ Practical Exam	Theoretical and practical explanatio n	Table Tennis Tools	To know the tools of the table tennis game	2 hours	Second	2
Theoretical I+ Practical Exam	Theoretical and practical explanatio n	Racket Grips	To learn the grips of the racket	2 hours	Third	3
Theoretical I+ Practical Exam	Theoretical and practical explanatio n	Movement of the feet	To learn the movement of the feet	2 hours	Fourth	4
Theoretical I+ Practical Exam	Theoretical and practical explanatio n	Movement of the arms	To learn to move the arms	2 hours	V	5
Theoretical I+ Practical Exam	Theoretical and practical explanatio n	Send	To learn to transmit	2 hours	Sixth	6
Theoretical I+ Practical Exam	Theoretical and practical explanatio n	Types of Transmission	To learn the types of transmission	2 hours	Seventh	7
Theoretical I+ Practical Exam	Theoretical and practical explanatio n	Forward Strike	To learn the front strike	2 hours	Eighth	8
Theoretical I+ Practical Exam	Theoretical and	Backstroke	To learn the backhand	2 hours	Ninth	9

Practical Exam	practical explanation					
Theoretical + Practical Exam	Theoretical and practical explanation	Table Tennis Law	To understand the law of table tennis	2 hours	X	10
Theoretical + Practical Exam	Theoretical and practical explanation	Table Tennis Law	To understand the law of table tennis	2 hours	Eleventh	11
Theoretical + Practical Exam	Theoretical and practical explanation	Table Tennis Law	To understand the law of table tennis	2 hours	Twelfth	12
Theoretical + Practical Exam	Written exam	Quarterly theoretical exam		2 hours	Thirteenth	13
Theoretical + Practical Exam	Semester practical exam	Semester practical exam		2 hours	Fourteenth	14
Theoretical + Practical Exam	Semester practical exam	Semester practical exam		2 hours	Fifteenth	15
Theoretical + Practical Exam	Theoretical explanation	History of badminton	To know the history of badminton	2 hours	Sixteenth	16
Theoretical + Practical Exam		Goals and Advantages of Badminton	The student should know what are the advantages and objectives of badminton	2 hours	Seventeenth	17
Theoretical + Practical Exam	Theoretical and practical explanation	Badminton Grips	Learn badminton fists	2 hours	Eighteenth	18

Theoretical I+ Practical Exam	Theoretical and practical explanatio n	Badminton Tools	Know badminton tools	2 hours	Nineteenth	19
Theoretical I+ Practical Exam	Theoretical and practical explanatio n	Badminton Tools	Know badminton tools	2 hours	Twenty	20
Theoretical I+ Practical Exam	Theoretical and practical explanatio n	Basic Badminton Skills	Learn the basic skills of badminton	2 hours	Twenty first	21
Theoretical I+ Practical Exam	Theoretical and practical explanatio n	Badminton Transmission and Transmission Types	To learn badminton transmission and types of transmission	2 hours	Twenty two	22
Theoretical I+ Practical Exam	Theoretical and practical explanatio n	Badminton Forward Strikes	Learn to shoot badminton	2 hours	Twenty Three	23
Theoretical I+ Practical Exam	Theoretical and practical explanatio n	Backstroke badminton	To learn the backstroke with the badminton	2 hours	Twenty fourth	24
Theoretical I+ Practical Exam	Theoretical and practical explanatio n	Other Strikes	To learn other strokes	2 hours	Twenty Fifth	25
Theoretical I+ Practical Exam	Theoretical and practical explanatio n	Badminton Law	To understand the badminton law	2 hours	Twenty- sixth	26
Theoretical I+ Practical Exam	Theoretical and practical explanatio n	Badminton Law	To understand the badminton law	2 hours	Twenty Seventh	27

Theoretical + Practical Exam	Written exam	Semester Theory Exam		2 hours	Twenty Eight	28
Theoretical + Practical Exam	Performance Evaluation	Semester Practical Exam		2 hours	Twenty Ninth	29
Theoretical + Practical Exam	Performance Evaluation	Semester Practical Exam		2 hours	Xxx	30

11. Evaluation of the Course

The grade of the first semester is (25) marks, the theoretical exam is (10) marks, and the practical exam is (15) marks, including attendance and activity.

The grade of the second semester is (25) marks, the theoretical exam is (10) marks, and the practical exam is (15) marks, including attendance and activity.

The grade of the final exam is (50) marks, the practical exam is (30) and the theoretical exam score is (20).

The total becomes (100) marks.

12. Learning and Teaching Resources

Table Tennis and Badminton Binding Phase IV (University of Mosul) Faculty of Physical Education and Sport Sciences	1 Required Textbooks
Al-Atwa, Waleed, Saadallah and Al-Zuhairi, Sabhan Mahmoud (2009): Tennis Games, Faculty of Physical Education, University of Mosul, Iraq.	2 Main References (Sources)
	Recommended books and references (scientific journals, reports, etc.)
	...b. Electronic references, websites

Course Description Form

1. Course Name	Gymnastics (Equipment)/Phase II	
Course Code2	HAPSG26F207	
3Semester/Year	2026-2025	
4Date of preparation of this description	21/9/2025	
5. Available forms of attendance	Weekly attendance (4) hours	
6- Number of study hours (total) number of units (total)	Number of Hours (120) Hours, Number of Units (4)	
7. Name of the course administrator	Associate Professor: Dr. Stefan Jejo Marzina Karsh	
	stev.garash89@uohamdaniya.edu.iq	Email:
8. Course Objectives	Course Objectives	
1. Providing students with modern knowledge in the concepts of gymnastics equipment		
2. Develop basic skills in gymnastics equipment and knowledge of its rules.		
3. Developing fitness elements for gymnastics skills		
4. Identify the skills associated with the event and how to employ them in judging for the Gymnastics Law Devices		

9. Teaching and Learning Strategies

1. Theoretical and practical lectures on the gymnastics equipment event for the second stage.
- 2- Educational films, illustrations and direct application of skills by the teacher



10. Course Structure

Evaluation Method	Teaching Method	Module Name / or Subject	Required Learning Outcomes	Hours	The week
Oral	Explain, Discuss and Apply	Introduction to Gymnastics - Definition of Gymnastics Bodies - Characteristics of Floor Movements	Knowledge, understanding and application of the topic	4 hours	1
Performance Evaluation	Explain, Discuss and Apply	Front Scale - Front Rolling Together	Knowledge, understanding and application of the topic	4 hours	2
Performance Evaluation	Explain, Discuss and Apply	Front Roll Opening - Rear Rolling Wheel	Knowledge, understanding and application of the topic	4 hours	3
Performance Evaluation	Explain, Discuss and Apply	Headstand - Hand Stand	Knowledge, understanding and application of the topic	4 hours	4
Performance Evaluation	Explain, Discuss and Apply	Human Wheel – Handstand	Knowledge, understanding and application of the topic	4 hours	5
Performance Evaluation	Explain, Discuss and Apply	Arabian Jump - Scuba	Knowledge, understanding and application of the topic	4 hours	6
Performance Evaluation		Practical Exam		4 hours	7
Performance Evaluation	Explain, Discuss and Apply	Characteristics of the movements of the Brain System - Forward Forward Rise with Rear Rotation	Knowledge, understanding and application of the topic	4 hours	8
Performance Evaluation	Explain, Discuss and Apply	Small Rear Circle	Knowledge, understanding and application of the topic	4 hours	9
Performance Evaluation	Explain, Discuss and Apply	Lower weighted from standing to standing	Knowledge, understanding and application of the topic	4 hours	10
Performance Evaluation	Practical exam	Practical Exam	Knowledge, understanding and application of the topic	4 hours	11
Performance Evaluation	Explain, Discuss and Apply	Teaching skills on the Handlebar Horse - Types of Pivot	Knowledge, understanding and application of the topic	4 hours	12
Performance Evaluation	Explain, Discuss and Apply	Weighted right leg entry and exit then left - semicircular lateral waving	Knowledge, understanding and application of the topic	4 hours	13
Performance Evaluation	Explain, Discuss and Apply	Landing performance from both sides	Knowledge, understanding and application of the topic	4 hours	14
Performance Evaluation		Practical Exam		4 hours	15

Written Exam		Theoretical Exam First Semester		4 hours	16
		Mid-year vacation			
Performance Evaluation	Explain, Discuss and Apply	Characteristics of the parallel apparatus - weighted from attachment to the ventricle	Knowledge, understanding and application of the topic	4 hours	17
Performance Evaluation	Explain, Discuss and Apply	Weighted Resting on the Hands	Knowledge, understanding and application of the topic	4 hours	18
Performance Evaluation	Explain, Discuss and Apply	Standing on the shoulders	Knowledge, understanding and application of the topic	4 hours	19
Performance Evaluation	Explain, Discuss and Apply	Front Rolling on Parallel Device - Landing by Waving from Front Weighted	Knowledge, understanding and application of the topic	4 hours	20
Performance Evaluation	Explain, Discuss and Apply	Forward Weighted Backward Landing - Forward Weighted Lateral Landing	Knowledge, understanding and application of the topic	4 hours	21
Performance Evaluation	Explain, Discuss and Apply	Practical Exam		4 hours	22
Performance Evaluation	Explain, Discuss and Apply	Characteristics of Jumping Table Movements - Open Jump	Knowledge, understanding and application of the topic	4 hours	23
Performance Evaluation	Explain, Discuss and Apply	Jumping in	Knowledge, understanding and application of the topic	4 hours	24
Performance Evaluation		Practical Exam	Knowledge, understanding and application of the topic	4 hours	25
Performance Evaluation	Explain, Discuss and Apply	Teaching skills on the throat system - pendulum weighted	Knowledge, understanding and application of the topic	4 hours	26
Performance Evaluation	Explain, Discuss and Apply	Weighted to take the inverted attachment	Knowledge, understanding and application of the topic	4 hours	27
Performance Evaluation	Explain, Discuss and Apply	Weighted to take the repression attachment	Knowledge, understanding and application of the topic	4 hours	28
Performance Evaluation	Explain, Discuss and Apply	Landing by air flip joins and opens	Knowledge, understanding and application of the topic	4 hours	29
Performance Evaluation		Practical + Theoretical Exam		4 hours	30

11. Evaluation of the Course

The grade of the first semester is (25) marks, the theoretical exam is (10) marks, and the practical exam is (15) marks.

The grade of the second semester is (25) marks, the theoretical exam is (10) marks, and the practical exam is (15) marks.

The final exam score is (50) marks, the theoretical exam is (20) marks, and the practical exam is (30) marks.

The total becomes (100) marks.

12. Learning and Teaching Resources

Scientific and Educational Foundations of Gymnastics Movements Author: Dr. Saeb Attia Dr. Abdel Salam Abdel Razzaq	1 Required Textbooks
Scientific and Educational Foundations of Gymnastics Movements Author: Dr. Saeb Attia Dr. Abdel Salam Abdel Razzaq	2 Main References (Sources)
Scientific and Educational Foundations of Gymnastics Movements Author: Dr. Saeb Attia Dr. Abdel Salam Abdel Razzaq	Recommended books and references (scientific journals, reports, etc.)
	...b. Electronic references, websites

Course Description Form

1. Course Name

Handball/Stage II A-B

2. Course Code

HAPSG26F206

3. Semester/Year

2025-2026

4. Date of preparation of this description

20/9/2025

5. Available forms of attendance

Weekly attendance (8) hours

6- Number of study hours (total) number of units (total)

Number of Hours (240) Hours, Number of Units (2)

7. Name of the course administrator

Name: Eng. Mustafa Hafez Shehab / Eng. Jassim Mohammed Yahya
Email: mustafahafedh@uohamdaniya.edu.iq

8. Course Objectives

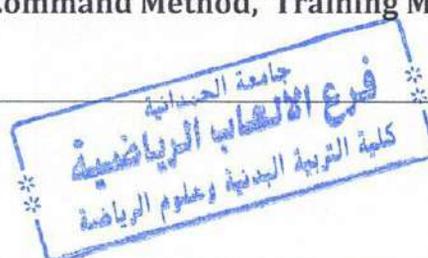
- Providing students with modern knowledge in the concepts of handball.
- Teaching students modern methods in teaching methods of handball and how to apply them.
- Providing students with handball skills.
- Develop basic skills in the game of handball and knowledge of its laws
- Develop the physical fitness elements of handball skills.
- Identify skills associated with effectiveness and how to employ them in handball.

Course Objectives

9. Teaching and Learning Strategies

1. Theoretical lectures: (lecture, cooperative learning), and with the help of the following means (educational films, illustrations, and a projector (data show).

2. Practical lectures on handball for the second stage. (Command Method, Training Method)



b . Skill objectives of the course.

- B1 – Students acquire basic skills in the game of handball.
- B2 – Students acquire theoretical knowledge of handball skills.
- B3 – Students acquire the ability to play matches in the handball event.

Teaching and Learning Methods

- 1– Theoretical and practical lectures on the handball event for the second stage.
- 2– Educational films, illustrations, and live presentation from the teacher.

Evaluation Methods

- 1– Daily and quarterly practical and theoretical exams .
- 2. Reports, research, and extra–curricular activities.
- 3. Field Application

C. Emotional and Values Goals

- C1– The ability to manage practical lessons and sports competitions.
- C2– Raising the knowledge values of the handball subject through practical application
- C3– Students gain self–confidence in the ability to make the right decision in finding solutions to problems.
- A4– Acquiring national values in tolerance, acceptance of others, and rejection of sports violence .

Teaching and Learning Methods

- 1. Modern methods in sports education and training .
- 2– Direct application of practical lessons .
- 3– Field application of the handball lesson.
- 4. Holding competitions, tournaments, training and arbitration courses.

Evaluation Methods

- 1. Daily and quarterly practical and theoretical exams .
- 2. Extra–curricular activities for students.
- 3. The duties assigned to the students by the teacher.
- 4. Field application and participation in tournaments.

- D1– Providing students with basic skills in the game of handball.
- D2– Identifying everything that is modern in training and teaching.
- D3– Direct field education for students through lectures, tournaments and festivals.
- D4– Spreading the culture of practicing physical education in the community and demonstrating its importance.

10. Course Structure

Evaluation Method	Learning method	Module Name / or Subject	Required Learning Outcomes	Hours	The week	t
Theoretical and practical exam	Theoretical and practical explanation	A brief history of the development of handball	Understanding and Applying the Topic	2 hours	The first	1
Theoretical and practical exam	Theoretical and practical explanation	A Historical Overview of Handball in the Arab World	Understanding and Applying the Topic	2 hours	Second	2
Theoretical and practical exam	Theoretical and practical explanation	Brief Skills Overview	Understanding and Applying the Topic	2 hours	Third	3
Theoretical and practical exam	Theoretical and practical explanation	Basic motor skills in handball	Understanding and Applying the Topic	2 hours	Fourth	4
Theoretical and practical exam	Theoretical and practical explanation	Ball Catching Skill – Practical Application	Understanding and Applying the Topic	2 hours	V	5
Theoretical and practical exam	Theoretical and practical explanation	Article No. (1) Stadium	Understanding and Applying the Topic	2 hours	Sixth	6
Theoretical and practical exam	Theoretical and practical explanation	Ball Reception Skill – Practical Application	Understanding and Applying the Topic	2 hours	Seventh	7
Theoretical and practical exam	Theoretical and practical explanation	Article No. (2) Playing Time	Understanding and Applying the Topic	2 hours	Eighth	8

Theoretical and practical exam	Theoretical and practical explanation	Ball Catching Skill – Practical Application	Understanding and Applying the Topic	2 hours	Ninth	9
Theoretical and practical exam	Theoretical and practical explanation	Article No. (3)	Understanding and Applying the Topic	2 hours	X	10
Theoretical and practical exam	Theoretical and practical explanation	Ball Handling Skill – Practical Application	Understanding and Applying the Topic	2 hours	Eleventh	11
Theoretical and practical exam	Theoretical and practical explanation	Article No. (4) Substitute Team, Tools)	Understanding and Applying the Topic	2 hours	Twelfth	12
Theoretical and practical exam	Theoretical and practical explanation	The Skill of Drumming – Practical Application	Understanding and Applying the Topic	2 hours	Thirteenth	13
Theoretical and practical exam	Theoretical and practical explanation	Article No. (5) Goalkeeper	Understanding and Applying the Topic	2 hours	Fourteenth	14
Theoretical and practical exam	Theoretical and practical explanation	Practically apply all skills	Understanding and Applying the Topic	2 hours	Fifteenth	15
Theoretical and practical exam	Theoretical and practical explanation	First semester exam theoretical	Understanding and Applying the Topic	2 hours	Sixteenth	16
Theoretical and	Theoretical and practical explanation	The first semester exam is practical	Understanding and Applying the Topic	2 hours	Seventeenth	17

practical exam						
Theoretical and practical exam	Theoretical and practical explanation	The first semester exam is practical	Understanding and Applying the Topic	2 hours	Eighteenth	18
Theoretical and practical exam	Theoretical and practical explanation	Article No. (6) Goal Area	Understanding and Applying the Topic	2 hours	Nineteenth	19
Theoretical and practical exam	Theoretical and practical explanation	Article No. (7) Ball Play, Passive Play	Understanding and Applying the Topic	2 hours	Twenty	20
Theoretical and practical exam	Theoretical and practical explanation	Deception Skill – Practical Application	Understanding and Applying the Topic	2 hours	Twenty first	21
Theoretical and practical exam	Theoretical and practical explanation	Article No . 8 (Mistakes and Unsportsmanlike Behavior)	Understanding and Applying the Topic	2 hours	Twenty two	22
Theoretical and practical exam	Theoretical and practical explanation	Article No. (9) Scoring the Scorer	Understanding and Applying the Topic	2 hours	Twenty Three	23
Theoretical and practical exam	Theoretical and practical explanation	Article No. (10) Throwing the Message	Understanding and Applying the Topic	2 hours	Twenty fourth	24
Theoretical and practical exam	Theoretical and practical explanation	Article No. (11) Side Throw	Understanding and Applying the Topic	2 hours	Twenty Fifth	25

Theoretical and practical exam	Theoretical and practical explanation	Article No. (12) Goalkeeper Throwing Article No. (13) Free Throw	Understanding and Applying the Topic	2 hours	Twenty-sixth	26
Theoretical and practical exam	Theoretical and practical explanation	Article No. (14) 7-meter throw	Understanding and Applying the Topic	2 hours	Twenty Seventh	27
Theoretical and practical exam	Theoretical and practical explanation	Article No. (15) General Instructions for the Implementation of Throwing Throws.	Understanding and Applying the Topic	2 hours	Twenty Eight	28
Theoretical and practical exam	Theoretical and practical explanation	Theoretical Exam	Theoretical Exam	2 hours	Twenty Ninth	29
Theoretical and practical exam	Theoretical and practical explanation	Practical exam	Practical Exam	2 hours	Xxx	30

11. Evaluation of the Course

The grade of the first semester is (25) marks, the theoretical exam is (10) marks, and the practical exam is (15) marks, including attendance and activity.

The grade of the second semester is (25) marks, the theoretical exam is (10) marks, and the practical exam is (15) marks, including attendance and activity.

Final Exam Grade (50) (30) Practical Exam Grade (20) Theoretical Exam

The total becomes (100) marks.

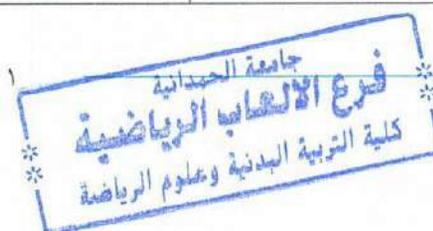
12. Learning and Teaching Resources

Handball Book (2024)	1 Required Textbooks
----------------------	----------------------

Handball Book (2024)	2 Main References (Sources)
Handball Book (2024)	Recommended books and references (scientific journals, reports, etc.)
	...b. Electronic references, websites

Course Description Form

1.	Course Name:	
Gymnastics Equipment/Phase II		
2.	:Course Code	
HAPDSG26F207		
3.	:Chapter/Year	
2025-2026		
4.	:Date of preparation of this description	
18/9/2025		
5.	Available Attendance Formats:	
Face-to-face education		
6.	Number of Hours (Total) / Number of Credits (Total)	
Number of Hours (120) Hours, Number of Units (4)		
7.	Course administrator name (if more than one name mentioned)	
		Name: Eng. Noura Abdel Razzaq Gamal
Email: noorabd956@uohamdaniya.edu.iq		
8.	Course Objectives	
<ul style="list-style-type: none"> • Urging students to master the performance of basic skills in the artistic performance of gymnastics • Teaching basic skills on artistic gymnastics equipment (floor mat, balance beam, jumping horse) • Updating the vocabulary by the teachers of the subject • Introduction to the International Code of Artistic Gymnastics 		Course Objectives
9.	Teaching and Learning Strategies	
<p>1. Theoretical lectures: (lecture, discussion, collaborative learning, brainstorming) with the help of the following means (educational films, illustrations, and a projector (data show).</p> <p>2. Practical lectures on the subject of Gymnastics Devices for the second stage. (Command Method, Interactive Method, Training Method)</p>		Strategy



10. Course Structure					
Evaluation Method	Learning method	Unit Name or Subject	Required Learning Outcomes	Hours	Week
Lecture in the gymnastics hall	Gymnastics Modern Devices	Meeting with the students and giving the necessary instructions	2 hours	The first	1
Lecture in the gymnastics hall	Gymnastics Modern Devices	Giving Fitness	2 hours	Second	2
Lecture in the gymnastics hall	Gymnastics Modern Devices	Review of Core Skills Previously Taken	2 hours	Third	3
Lecture in the gymnastics hall	Gymnastics Modern Devices	History of Gymnastics + A Brief History of Gymnastics	2 hours	Fourth	4
Lecture in the gymnastics hall	Gymnastics Modern Devices	The development of gymnastics in the Arab world and Iraq	2 hours	V	5
Lecture in the gymnastics hall	Gymnastics Modern Devices	Benefits of Gymnastics Games	2 hours	Sixth	6
Lecture in the gymnastics hall	Gymnastics Modern Devices	Similarities and differences between men's and women's artistic gymnastics	2 hours	Seventh	7
Lecture in the gymnastics hall	Gymnastics Modern Devices	Rhythmic gymnastics	2 hours	Eighth	8
Lecture in the gymnastics hall	Gymnastics Modern Devices	Gymnastics Assistant	2 hours	Ninth	9
Lecture in the gymnastics hall	Gymnastics Modern Devices	Stability Motion Set	2 hours	X	10
Lecture in the gymnastics hall	Gymnastics Modern Devices	Front Scale	2 hours	Eleventh	11
Lecture in the gymnastics hall	Gymnastics Modern Devices	Balance beam	2 hours	Twelfth	12
Lecture in the gymnastics hall	Gymnastics Modern Devices	Walking and jogging	2 hours	Thirteenth	13
Lecture in the gymnastics hall	Gymnastics Modern Devices	Semester exam	2 hours	Fourteenth	14
Lecture in the gymnastics hall	Gymnastics Modern Devices	Upward movements	2 hours	Fifteenth	15
Lecture in the gymnastics hall	Gymnastics Modern Devices	Stability on the balance beam	2 hours	Sixteenth	16
Lecture in the gymnastics hall	Gymnastics Modern Devices	Rotation on the balance beam	2 hours	Seventeenth	17
Lecture in the gymnastics hall	Gymnastics Modern Devices	Ends on balance beam	2 hours	Eighteenth	18
Lecture in the gymnastics hall	Gymnastics Modern Devices	Ground movements	2 hours	Nineteenth	19
Lecture in the gymnastics hall	Gymnastics Modern Devices	Ball front roll	2 hours	Twenty	20

Lecture in the gymnastics hall	Gymnastics Modern Devices	Rear Rolling	2 hours	Twenty first	21
Lecture in the gymnastics hall	Gymnastics Modern Devices	Standing on the head	2 hours	Twenty two	22
Lecture in the gymnastics hall	Gymnastics Modern Devices	Human Wheel	2 hours	Twenty Three	23
Lecture in the gymnastics hall	Gymnastics Modern Devices	dives	2 hours	Twenty fourth	24
Lecture in the gymnastics hall	Gymnastics Modern Devices	Jumping Horse	2 hours	Twenty Fifth	25
Lecture in the gymnastics hall	Gymnastics Modern Devices	Inward Jump (Jump Included)	2 hours	Twenty-sixth	26
Lecture in the gymnastics hall	Gymnastics Modern Devices	Front Hand Jump on a Jumping Horse	2 hours	Twenty Seventh	27
Lecture in the gymnastics hall	Gymnastics Modern Devices	Theoretical Semester Exam	2 hours	Twenty Eight	28
Lecture in the gymnastics hall	Gymnastics Modern Devices	Practical Semester Exam	2 hours	Twenty Ninth	29
Lecture in the gymnastics hall	Gymnastics Modern Devices		2 hours	Xxx	30

11. Course Evaluation

The grade of the first semester is (25) marks, the theoretical exam is (10) marks, and the practical exam is (15) marks, including attendance and activity.

The grade of the second semester is (25) marks, the theoretical exam is (10) marks, and the practical exam is (15) marks, including attendance and activity.

Final exam score 50 for theoretical subjects only, practical subjects 30 final practical and 20 final theoretical marks

The total becomes (100) marks.

12. Learning and Teaching Resources

Adel Abdel Basir: Theories and Scientific Foundations in Modern Gymnastics Training, Part Two, Dar Al-Fikr Al-Arabi, Cairo, 1998	Required textbooks (methodology if available)
Video Views of Skills and Lengths on Women's Artistic Gymnastics Equipment	Primary References (Sources)
International Information Network (Internet)	Recommended Books and References (Scientific Journals, Reports)
All websites and electronic libraries on the Internet	References, Websites

Course Description Form

1. Course Name

Basketball/Phase II

2. Course Code

HAPSG26F202

3. Semester/Year

2025-2026

4. Date of preparation of this description

16/9/2025

5. Available forms of attendance

Weekly attendance (2) hours

6- Number of study hours (total) number of units (total)

Number of Hours (60) Hours, Number of Units (2)

7. Name of the course administrator

Name: Eng. Dr. Mahmoud Abdelali Saleh Email: mhmoodabdulallie@uohamdaniya.edu.iq

Name: Abdulaziz Mahmoud Younis Email: abdalazizmahmoud11@uohamdaniya.edu.iq

8. Course Objectives

- Providing students with modern knowledge in the concepts of basketball.
- Teach students modern methods in teaching methods of basketball law and how to apply them.
- Providing students with refereeing skills for basketball law.
- Develop basic skills in the game of basketball and knowledge of its laws
- Identify skills associated with effectiveness and how to use them in refereeing for basketball law.

Course Objectives

9. Teaching and Learning Strategies

1. Theoretical lectures: (lecture, discussion, collaborative learning, brainstorming) with the help of the following means (educational films, illustrations, and a projector (data show).

2. Practical lectures on basketball for the first stage (command method, training method)

Strategy



10. Course Structure

Evaluation Method	Learning method	Module Name / or Subject	Required Learning Outcomes	Hours	The week	t
Theoretical and practical exam	Theoretical and practical explanation	The first rule, the second rule	The first rule, the second rule	2 hours	The first	1
Theoretical and practical exam	Theoretical and practical explanation	Rule Three	Rule Three	2 hours	Second	2
Theoretical and practical exam	Theoretical and practical explanation	Rule IV (arts. 8 to 17)	Rule IV (arts. 8 to 17)	2 hours	Third	3
Theoretical and practical exam	Theoretical and practical explanation	Rule IV (rule 17 to end of rule)	Rule IV (rule 17 to end of rule)	2 hours	Fourth	4
Theoretical and practical exam	Theoretical and practical explanation	Irregularities	Irregularities	2 hours	V	5
Theoretical and practical exam	Theoretical and practical explanation	Comprehensive Overview	Comprehensive Overview	2 hours	Sixth	6
Theoretical and	Theoretical and	Theoretical exam	Theoretical exam	2 hours	Seventh	7

practical exam	practical explanation					
Theoretical and practical exam	Theoretical and practical explanation	Practical exam	Practical exam	2 hours	Eighth	8
Theoretical and practical exam	Theoretical and practical explanation	Errors	Errors	2 hours	Ninth	9
Theoretical and practical exam	Theoretical and practical explanation	General Rules	General Rules	2 hours	X	10
Theoretical and practical exam	Theoretical and practical explanation	Referees, Table Referees, Commissioner, Chief of Staff	Referees, Table Referees, Commissioner, Chief of Staff	2 hours	Eleventh	11
Theoretical and practical exam	Theoretical and practical explanation	Registrar, Assistant Registrar, Timing and Payment Clock Operator and their duties	Registrar, Assistant Registrar, Timing and Payment Clock Operator and their duties	2 hours	Twelfth	12
Theoretical and practical exam	Theoretical and practical explanation	Rulers Movement	Rulers Movement	2 hours	Thirteenth	13

Course Description Form

1. Course Name:	Racquet Games / Third Stage
2. :Course Code	HAPSG25F302
3. :Chapter/Year	2025-2026
4. :Date of preparation of this description	1 / 9 / 2025
5. Available Attendance Formats:	Face-to-face education
6. Number of Hours (Total) / Number of Credits (Total)	2 hours per week / 2 (2 units)
7. Course administrator name (if more than one name mentioned)	Name: Eng. Rivan Saeed Echua Kolan Email: rev.kolan88@uohamdaniya.edu.iq
8. Course Objectives	<p>1. Providing students with modern knowledge in the concepts of racquet games with the latest medical concepts</p> <p>2. Teaching students modern methods in knowing the latest sports skills in racquet games.</p> <p>3. Providing students with modern concepts on the use of new grips and blows in the game.</p> <p>4. Develop and familiarize the student with the latest developments in motor skills in the game.</p> <p>5. Developing the student's mind and familiarity with racquet games to know all the new trends in the game.</p> <p>6. Identifying the possibility of the student learning the sports and skill directions that serve the game.</p>
9. Teaching and Learning Strategies	Course Objectives



1. Practical lectures for the third stage for physical education and sports science students.	Strate gy
2- Educational films, illustrations and live presentation by the teacher.	

10. Course Structure					
Evaluation Method	Learning method	Unit Name or Subject	Required Learning Outcomes	Hours	Week
Oral test	Lecture	Vocabulary	Bachelor of Physical Education and Sport Sciences	2 hours	1
Field test	Field Application	Racket Holding, Standby and Transmission Skill	Bachelor of Physical Education and Sport Sciences	2 hours	2
Field test	Field Application	Repeat Racket Hold, Standby, Foot Movement, and Types of Transmission	Bachelor of Physical Education and Sport Sciences	2 hours	3
Field test	Field Application	Basic Skills (Forward Ground Strike)	Bachelor of Physical Education and Sport Sciences	2 hours	4
Field test	Field Application	Re-Ground Strike with Explanation of Articles 1 and 2 of the Law	Bachelor of Physical Education and Sport Sciences	2 hours	5
Field test	Field Application	Re-Strike of the Forward Ground with Explanation	Bachelor of Physical Education and Sport Sciences	2 hours	6

		of Articles 2 and 3 of the Law			
Field test	Field Application	Basic Skills (Backhand Ground Strike)	Bachelor of Physical Education and Sport Sciences	2 hours	7
Field test	Field Application	Replay of the Ground Strike with the Explanation of Article 4 of the Law	Bachelor of Physical Education and Sport Sciences	2 hours	8
Field test	Field Application	Replay of the Ground Strike	Bachelor of Physical Education and Sport Sciences	2 hours	9
Field test	Field Application	Basic Skills (Explaining the Transmission Skill and its Types)	Bachelor of Physical Education and Sport Sciences	2 hours	10
Field test	Field Application	Re-Skill Transmission	Bachelor of Physical Education and Sport Sciences	2 hours	11
Field test	Field Application	Restoring the Transmission Skill with an Explanation of Article 5 of the Law	Bachelor of Physical Education and Sport Sciences	2 hours	12
Field test	Field Application	Solo Play Explained	Bachelor of Physical Education and Sport Sciences	2 hours	13
Field test	Field Application	Doubles Play Explained	Bachelor of Physical	2 hours	14

			Education and Sport Sciences		
Written Exam	Final Exam	Theoretical First Semester Exam	Bachelor of Physical Education and Sport Sciences	2 hours	15
Field test	Final Exam	Practical First Semester Exam	Bachelor of Physical Education and Sport Sciences	2 hours	16
Mid-year vacation					
Field test	Field Application	Flying strike	Bachelor of Physical Education and Sport Sciences	2 hours	17
Field test	Field Application	Straight and rotating flying strike	Bachelor of Physical Education and Sport Sciences	2 hours	18
Field test	Field Application	Low and Falling Flying Strike	Bachelor of Physical Education and Sport Sciences	2 hours	19
Field test	Field Application	Half-Plane Strike	Bachelor of Physical Education and Sport Sciences	2 hours	20
Field test	Field Application	Angled Flying Strike	Bachelor of Physical Education and Sport Sciences	2 hours	21
Field test	Field Application	The crushing blow	Bachelor of Physical Education and Sport Sciences	2 hours	22
Field test	Field Application	High Hit	Bachelor of Physical Education and Sport Sciences	2 hours	23

Field test	Field Application	Stroke Rotations	Bachelor of Physical Education and Sport Sciences	2 hours	24
Field test	Field Application	Mixed Play with Explanation of Articles 6 and 7 of the Law	Bachelor of Physical Education and Sport Sciences	2 hours	25
Daily Exam	PowerPoint + Videos	The Arbitral Tribunal with an Explanation of Articles 8 and 9 of the Law	Bachelor of Physical Education and Sport Sciences	2 hours	26
Oral test	PowerPoint + Videos	Articles 10 and 11 of the Law	Bachelor of Physical Education and Sport Sciences	2 hours	27
Field test	Field Application	Hands-on training on all strokes	Bachelor of Physical Education and Sport Sciences	2 hours	28
Field test	Field Application	Hands-on training on the types of submissions	Bachelor of Physical Education and Sport Sciences	2 hours	29
Oral test	PowerPoint + Videos	Supplement to the Law	Bachelor of Physical Education and Sport Sciences	2 hours	30
Written Exam	Final Exam	Second semester theoretical exam	Bachelor of Physical Education and Sport Sciences	2 hours	31
Field test	Final Exam	Practical second lobe exam	Bachelor of Physical	2 hours	32

			Education and Sport Sciences		
11. Course Evaluation					
The score out of 100 is distributed according to the first semester exam, 25 grades, 10 theoretical grades, and 15 practical grades. The second semester exam is 25 degrees, 10 theoretical grades, 15 practical grades, and the final exam is 50 degrees, 30 practical grades, and 20 theoretical degrees.					
12. Learning and Teaching Resources					
Racket Games / Dr. Waleed Al-Atwa / Dr Sabhan Al-Zuhairi			Required textbooks (methodology if available)		
Ball and Racket Games / Tariq Hamoudi Chalabi Ball and Racket Games / Ali Salloum Jawad			Primary References (Sources)		
Scientific journals, periodicals and research in the discipline			Recommended Books and References (Scientific Journals, Reports)		
Internet sites (Google and the Internet) and .means of communication in the specialty			References, Websites		

Course Description Form

1. Course Name	Handball/Stage III A-B
2. Course Code	HAPSG26F301
3. Semester/Year	2025-2026
4. Date of preparation of this description	20/9/2025
5. Available forms of attendance	Weekly attendance (4) hours
6- Number of study hours (total) number of units (total)	Number of Hours (120) Hours, Number of Units (2)
7. Name of the course administrator	Name: Eng. Mustafa Hafez Shehab / Email: mustafahafedh@uohamdaniya.edu.iq
8. Course Objectives	Course Objectives <ul style="list-style-type: none">• Providing students with modern knowledge in the concepts of handball.• Teach students modern methods of teaching methods and play plans and how to apply them.• Develop basic skills in the game of handball and knowledge of its laws .• Develop the physical fitness elements of handball skills.• Identify skills associated with the event and how to use them in the match.

9. Teaching and Learning Strategies

1. Theoretical lectures: (lecture, discussion,) with the help of the following means (educational films, illustrations, and projectors (data shows).
2. Practical lectures on handball for the third stage. (Command Method, Training Method)



b . Skill objectives of the course.

B1 – Students acquire basic skills in the game of handball.

B2 – Students acquire theoretical knowledge of effective handball refereeing skills .

B3 – Students acquire the ability to analyze matches in a handball event.

Teaching and Learning Methods

1– Theoretical and practical lectures on the handball event for the third stage.

2– Educational films, illustrations, and live presentation from the teacher.

Evaluation Methods

1– Daily and quarterly practical and theoretical exams .

2. Reports, research, and extra-curricular activities.

3– Field application (practical in arbitration).

C. Emotional and Values Goals

C1– The ability to manage practical lessons and sports competitions.

C2– Raising the knowledge values of the handball subject through practical application .

C3– Students gain self-confidence in the ability to make the right decision in finding solutions to problems.

A4– Acquiring national values in tolerance, acceptance of others, and rejection of sports violence .

Teaching and Learning Methods

1. Modern methods in sports education and training .

2– Direct application of practical lessons .

3– Field application of the handball lesson.

4. Holding competitions, tournaments, training and arbitration courses.

Evaluation Methods

1. Daily and quarterly practical and theoretical exams .

2. Extra-curricular activities for students.

3. The duties assigned to the students by the teacher.

4. Field application and participation in tournaments.

D1– Providing students with basic skills in the game of handball.

D2– Identifying everything that is modern in training, teaching, and planning.

D3– Direct field education for students through lectures, tournaments and festivals.

D4– Spreading the culture of practicing physical education in the community and demonstrating its importance.

10. Course Structure

Evaluation Method	Learning method	Module Name / or Subject	Required Learning Outcomes	Hours	The week	t
Theoretical and practical exam	Theoretical and practical explanation	Review of Basic Handball Skills	Understanding and Applying the Topic	2 hours	The first	1
Theoretical and practical exam	Theoretical and practical explanation	Defensive Planning - The Importance of Defense	Understanding and Applying the Topic	2 hours	Second	2
Theoretical and practical exam	Theoretical and practical explanation	Defensive Play Plans - Individual Defense	Understanding and Applying the Topic	2 hours	Third	3
Theoretical and practical exam	Theoretical and practical explanation	Collective defense	Understanding and Applying the Topic	2 hours	Fourth	4
Theoretical and practical exam	Theoretical and practical explanation	Defense method (advantages and disadvantages)	Understanding and Applying the Topic	2 hours	V	5
Theoretical and practical exam	Theoretical and practical explanation	Defensive formations - formation 6 - 0	Understanding and Applying the Topic	2 hours	Sixth	6
Theoretical and practical exam	Theoretical and practical explanation	Defensive formations - formation 6 - 0	Understanding and Applying the Topic	2 hours	Seventh	7
Theoretical and practical exam	Theoretical and practical explanation	Formation 5 – 1	Understanding and Applying the Topic	2 hours	Eighth	8

Theoretical and practical exam	Theoretical and practical explanation	4-2 formation and 3-3 formation	Understanding and Applying the Topic	2 hours	Ninth	9
Theoretical and practical exam	Theoretical and practical explanation	Formation 3-2-1	Understanding and Applying the Topic	2 hours	X	10
Theoretical and practical exam	Theoretical and practical explanation	Man-to-man defense method	Understanding and Applying the Topic	2 hours	Eleventh	11
Theoretical and practical exam	Theoretical and practical explanation	Man-to-man defense method	Understanding and Applying the Topic	2 hours	Twelfth	12
Theoretical and practical exam	Theoretical and practical explanation	Composite defense	Understanding and Applying the Topic	2 hours	Thirteenth	13
Theoretical and practical exam	Theoretical and practical explanation	Defence in Special Cases	Understanding and Applying the Topic	2 hours	Fourteenth	14
Theoretical and practical exam		Quarterly Theoretical Tests		2 hours	Fifteenth	15
Theoretical and practical exam		Quarterly Practical Tests		2 hours	Sixteenth	16
Theoretical and		Mid-year vacation		2 hours	Seventeenth	17

practical exam						
Theoretical and practical exam	Theoretical and practical explanation	Law Review	Understanding and Applying the Topic	2 hours	Eighteenth	18
Theoretical and practical exam	Theoretical and practical explanation	Midfielders' duties	Understanding and Applying the Topic	2 hours	Nineteenth	19
Theoretical and practical exam	Theoretical and practical explanation	Duties of Wingers	Understanding and Applying the Topic	2 hours	Twenty	20
Theoretical and practical exam	Theoretical and practical explanation	Duties of Anchors	Understanding and Applying the Topic	2 hours	Twenty first	21
Theoretical and practical exam	Theoretical and practical explanation	Offensive Plans	Understanding and Applying the Topic	2 hours	Twenty two	22
Theoretical and practical exam	Theoretical and practical explanation	Solo Attack	Understanding and Applying the Topic	2 hours	Twenty Three	23
Theoretical and practical exam	Theoretical and practical explanation	Mass Attack	Understanding and Applying the Topic	2 hours	Twenty fourth	24
Theoretical and practical exam	Theoretical and practical explanation	Team Attack	Understanding and Applying the Topic	2 hours	Twenty Fifth	25

Theoretical and practical exam	Theoretical and practical explanation	- ¹ -Attacking formations - ² ³ - 2-2-2	Understanding and Applying the Topic	2 hours	Twenty-sixth	26
Theoretical and practical exam		Quarterly Theoretical Tests		2 hours	Twenty Seventh	27
Theoretical and practical exam		Quarterly Practical Tests		2 hours	Twenty Eight	28
Theoretical and practical exam		Theoretical exam	Practical Exam	2 hours	Twenty Ninth	29
Theoretical and practical exam		Practical exam	Practical Exam	2 hours	Xxx	30

11. Evaluation of the Course

The grade of the first semester is (25) marks, the theoretical exam is (10) marks, and the practical exam is (15) marks, including attendance and activity.

The grade of the second semester is (25) marks, the theoretical exam is (10) marks, and the practical exam is (15) marks, including attendance and activity.

Final Exam Grade (50) (30) Practical Exam Grade (20) Theoretical Exam

The total becomes (100) marks.

12. Learning and Teaching Resources

Handball Book (2024)	1 Required Textbooks
Handball Book (2024)	2 Main References (Sources)
Handball Book (2024)	Recommended books and references (scientific journals, reports, etc.)
	...b. Electronic references, websites

Course Description Form

1. Course Name

Gymnastics/Stage III

Course Code2-

HAPSG26F306

Semester/Year3.

2026-2025

Date of preparation of this description4-

21/9/2025

5. Available forms of attendance

Weekly attendance (2) hours

6- Number of study hours (total) number of units (total)

Number of Hours (120) Hours, Number of Units (4)

7. Name of the course administrator

Name: Assoc. Prof. Dr. Stefan Jajo Marzina Karsh
stev.garash89@uohamdaniya.edu.iq

Email:

8. Course Objectives

1. Providing students with modern knowledge in the concepts of gymnastics equipment
2. Develop basic skills in gymnastics equipment and knowledge of its rules.
3. Developing the fitness elements of gymnastics equipment
4. Identify the skills associated with the event and how to employ them in judging for the Gymnastics Law Devices

Course Objectives

9. Teaching and Learning Strategies

1. Theoretical and practical lectures on gymnastics events.
2. Educational films, illustrations and the application of skills by the teacher.



10. Course Structure

Evaluation Method	Teaching Method	Module Name / or Subject	Required Learning Outcomes	Hours	The week
Oral	Explain, Discuss and Apply	Main Purpose of the Arbitration Law – Rights and Duties of the Player	Knowledge, understanding and application of the topic	4 hours	1
Performance Evaluation	Explain, Discuss and Apply	Rights and responsibilities of the trainer - Rights and duties of judges - Front balance - Front roll	Knowledge, understanding and application of the topic	4 hours	2
Performance Evaluation	Explain, Discuss and Apply	Tasks of the members of the technical committee - Organization of the Authority's committees - Front roll roll open - Rear roll roll	Knowledge, understanding and application of the topic	4 hours	3
Performance Evaluation	Explain, Discuss and Apply	Function of Judges (D) Standing on the Head - Standing on the Hand	Knowledge, understanding and application of the topic	4 hours	4
Performance Evaluation	Explain, Discuss and Apply	Tasks of Committee Judges (E) - Rules of Difficulty Shakes (Graded) - Human Wheel - Standing on the Hand	Knowledge, understanding and application of the topic	4 hours	5
Performance Evaluation	Explain, Discuss and Apply	Requirements for Movement and Landing Groups - Arabian Jump - Diving	Knowledge, understanding and application of the topic	4 hours	6
Performance Evaluation		Practical Exam		4 hours	7
Performance Evaluation	Explain, Discuss and Apply	Attachment Points - Characteristics of Brain System Movements - Forward Forward Rotation	Knowledge, understanding and application of the topic	4 hours	8
Performance Evaluation	Explain, Discuss and Apply	Limitations (Technical Performance) and Body Posture Errors - Small Rear Circle	Knowledge, understanding and application of the topic	4 hours	9
Performance Evaluation	Explain, Discuss and Apply	Lower weighted E Committee deductions from stand to stand	Knowledge, understanding and application of the topic	4 hours	10
Performance Evaluation	Practical exam	Practical Exam	Knowledge, understanding and application of the topic	4 hours	11

Performance Evaluation	Explain, Discuss and Apply	The Law of the Ground Movement Mat - Teaching Skills on the Handlebar Horse - Types of Pivot	Knowledge, understanding and application of the topic	4 hours	12
Performance Evaluation	Explain, Discuss and Apply	The Law of the Ground Movement Mat, Weighted Right Leg Entering and Exiting and Left Leg Wheeling - Semicircular Lateral Waving	Knowledge, understanding and application of the topic	4 hours	13
Performance Evaluation	Explain, Discuss and Apply	The Law of the Ground Movement Mat - Landing Performance from Both Sides	Knowledge, understanding and application of the topic	4 hours	14
Performance Evaluation		Practical Exam		4 hours	15
Written Exam		Theoretical Exam First Semester		4 hours	16
		Mid-year vacation			
Performance Evaluation	Explain, Discuss and Apply	Law of the Throat Horse Apparatus (Handles) - Characteristics of the Parallel Apparatus - Weighted from Attachment to the Ventricle	Knowledge, understanding and application of the topic	4 hours	17
Performance Evaluation	Explain, Discuss and Apply	Throat Device Law - Weighted with Resting on the Hands	Knowledge, understanding and application of the topic	4 hours	18
Performance Evaluation	Explain, Discuss and Apply	The Law of Jumping Table or (Platform) Device - Standing on the Shoulders	Knowledge, understanding and application of the topic	4 hours	19
Performance Evaluation	Explain, Discuss and Apply	Law of Jumping Table or (Platform) Device - Front Roll on Parallel Device - Landing by Waving from Front Weighted	Knowledge, understanding and application of the topic	4 hours	20
Performance Evaluation	Explain, Discuss and Apply	Parallel Device Law - Forward Weighted Backward Landing - Forward Weighted Lateral Landing	Knowledge, understanding and application of the topic	4 hours	21
Performance Evaluation	Explain, Discuss and Apply	Practical Exam		4 hours	22
Performance Evaluation	Explain, Discuss and Apply	The Law of the Rational System - Characteristics of Jumping Table Movements - Jumping Open	Knowledge, understanding and application of the topic	4 hours	23
Performance Evaluation	Explain, Discuss and Apply	The Law of the Rational System - Jumping in Addition	Knowledge, understanding and application of the topic	4 hours	24
Performance Evaluation	Explain, Discuss and Apply	The Law of the Rational System - Forward Jump with Resting on the Hand	Knowledge, understanding and application of the topic	4 hours	25
Performance Evaluation		Practical Exam	Knowledge, understanding and application of the topic	4 hours	26

Performance Evaluation	Explain, Discuss and Apply	How to Find and Calculate a Player's Final Score - Teaching Skills on the Throat Apparatus - Pendulum Weighting	Knowledge, understanding and application of the topic	4 hours	27
Performance Evaluation	Explain, Discuss and Apply	How to Find and Calculate a Player's Final Score – Weighted to Take Inverted Attachment and Suppression	Knowledge, understanding and application of the topic	4 hours	28
Performance Evaluation	Explain, Discuss and Apply	How to Find and Calculate a Player's Final Score - Landing by Flip Join and Open	Knowledge, understanding and application of the topic	4 hours	29
Performance Evaluation		Practical + Theoretical Exam		4 hours	30

11. Evaluation of the Course

The grade of the first semester is (25) marks, the theoretical exam is (10) marks, and the practical exam is (15) marks.

The grade of the second semester is (25) marks, the theoretical exam is (10) marks, and the practical exam is (15) marks.

The final exam score is (50) marks, the theoretical exam is (20) marks, and the practical exam is (30) marks.

The total becomes (100) marks.

12. Learning and Teaching Resources

International Gymnastics Law 2024 issued by the International Gymnastics Federation	1 Required Textbooks
International Gymnastics Law 2024 issued by the International Gymnastics Federation	2 Main References (Sources)
International Gymnastics Law 2024 issued by the International Gymnastics Federation	Recommended books and references (scientific journals, reports, etc.)
	...b. Electronic references, websites

Course Description Form

1. Course Name

Gymnastics Devices - Third - Girls

2. Course Code

HAPSG26F306

3. Semester/Year

2025-2026

4. Date of preparation of this description

18/9/2025

5. Available Forms of Attendance

Attend all lectures

6. Number of Hours (Total) / Number of Credits (Total)

60 hours

7. Course administrator name (if more than one name mentioned)

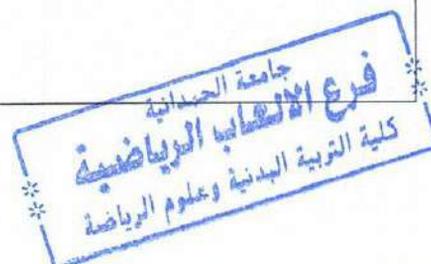
Name: Eng. Noura Abdel Razzaq Gamal

Email: noorabd956@uohamdaniya.edu.iq

8. Course Objectives

١. Providing students with modern knowledge in the concepts of gymnastics for girls
٢. Teaching students modern methods in teaching methods of gymnastics and how to apply them
٣. Developing the basic skills in the game of gymnastics for girls and knowing its rules
٤. Developing the fitness elements of the Gymnastics Event for Girls
٥. Identify skills associated with effectiveness and how to use them in teaching or training

Course Objectives



6. Holding seminars and seminars and introducing the community to the game of gymnastics for girls

9. Teaching and Learning Strategies

<p>1- Enabling female students to obtain knowledge in the subject of Gymnastics for Girls in the Department of Physical Education</p> <p>2- Enabling female students to be able to train sports teams and prepare training programs in the game of gymnastics for girls</p> <p>3- Enabling female students to obtain knowledge through the reports required of them in this regard.</p> <p>4- Female students acquire basic skills in gymnastics for girls.</p> <p>5- Female students acquire theoretical knowledge of the skills of the Gymnastics Event for Girls.</p> <p>6- Female students gain the ability to referee matches in the Gymnastics Event for Girls.</p>	<p>Strategy</p>
---	------------------------

10. Course Structure

Evaluation Method	Learning method	Unit Name or Subject	Required Learning Outcomes	Hours	Hours	Week
Eval uatio n Meth od	Teaching Method	Module Name / or Subject	Required Learning Outcomes	Hours	The week	t
	Teaching the performan ce of the front roll on the balance beam	Player's Rights	The student should perform correctly	2 hours	First	1.

	Teaching the performance of the front roll with the skill of the saddle on the balance beam	Special instructions for the player on the devices	The student should perform correctly	2 hours	Second	2.
Daily Quiz	Teaching the skill of back-rolling	Warm-up System + Player Duties	The student should perform correctly	2 hours	Third	3.
	Reteach the Rear Rolling Skill	Player's duties	The student should perform correctly	2 hours	Fourth	4.
Theoretical and practical exam	Connecting front rolling performance and saddle skill to back-rolling on the balance beam	Tournament Rules for the Player	To perform for the student in the right way	2 hours	V	5.
	Teaching the performance of individual rise on the bar	Use of magnesium	The student should perform correctly	2 hours	Sixth	6.
				2 hours	Seventh	7.
Daily Quiz	Teaching Rise on the Balance Bar + Stork Skill	Instructions for Trainers	The student should perform correctly	2 hours	Eighth	8.
	Fastening the stork scale with the skill of walking a crossover on the balance bar	Tasks of the International Women's Technical Committee	To perform for the student in the right way	2 hours	Ninth	9.
Theoretical	Teaching the performan	Number of coaches on the ground	The student should	2 hours	X	10.

and practical exam	ce of the first line of the kinetic chain on the balance beam		perform correctly			
	Start teaching the second line of the kinetic chain	Members of the Technical Committee	The student should perform correctly			11.
	Motion chain performance on the full balance beam + landing	Committee Tasks D1 + Judge D1 Tasks After the Tournament	The student should learn correctly	2 hours	Twelfth	12.
	Teaching the skill of landing from the bar	Rights of Women Judges + Composition of the Jury	The student should perform correctly	2 hours	Thirteenth	13.
Semester exam					Fourteenth	14.
Theoretical and practical semester exam					Fifteenth	15.
	Chain Replay	Tasks of Committee E	The student should learn correctly	2 hours	Sixteenth	16.
	Learn to perform the skill of standing on your hands	Order of Sitting of Female Judges	The student should learn correctly	2 hours	Seventeenth	17.
Daily Quiz	Replay Handstand Performance	Exercise Assessment Education	The student should learn the right anchor	2 hours	Eighteenth	18.
	Learn how to write and apply the first line of the	Time-lapse tasks	The student should learn correctly	2 hours	Nineteenth	19.

	ground motion sequence					
	Learn to connect the first line to the second line ground movements	Artistic Performance in Ground Movements	The student should learn correctly	2 hours	Twenty	20.
Theoretical exam Practical exam				2 hours	Twenty first	21.
	Learn to perform the skill of standing on the head	Design, Build and Configure the Exercise in Floor Movements	The student should learn correctly	2 hours	Twenty two	22.
	Learn to write the third and fourth lines in the Ground Movements series	Musical Ear + Workout Content and Binding Value	The student should learn correctly	2 hours	Twenty Three	23.
Daily Quiz	Learn to perform the entire Earth Series	Boundary Signs and Indirect Correlations in Ground Movements	The student should learn correctly	2 hours	Twenty fourth	24.
	Learn to perform jumping on an open jumping horse		The student should learn correctly	2 hours	Twenty Fifth	25.
Theoretical exam Practical exam			The student should learn correctly	2 hours	Twenty-sixth	26.
	Practical Exam of the Kinetic Chain on the Balance Bar		The student should learn correctly	2 hours	Twenty Seventh	27.

	Practical Exam for Handstand + Head Standing Performance		The student should learn correctly	2 hours	Twenty Eight	28.
final exam					Twenty Ninth	29.
final exam					Xxx	30.

11.Course Evaluation

Distributing the grade out of 100 according to the tasks assigned to the student, such as daily preparation, daily, oral, monthly, written exams, reports... etc

12.Learning and Teaching Resources

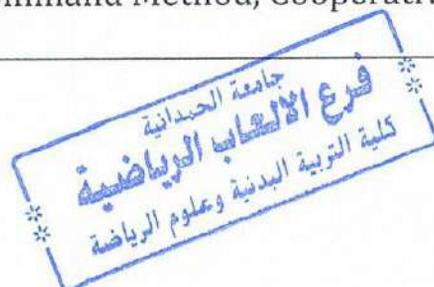
Gymnastics Bound for Girls Stage III.	Required textbooks (methodology if available)
PhD theses, master's theses, and gymnastics books for men and women	Main References (Sources)
	Recommended books and references (scientific journals, reports...)
	Electronic References, Websites

Course Description Form

1. Course Name	Fencing / Third Stage
2. Course Code	HAPSG26F310
3. Semester/Year	2025-2026
4. Date of preparation of this description	22/9/2025
5. Available forms of attendance	Weekly attendance (2) hours
6- Number of study hours (total) number of units (total)	Number of Hours (60) Hours, Number of Units (2)
7. Name of the course administrator	
Name: Email:	zakariabbbb@gmail.com
8. Course Objectives	Course Objectives
<ul style="list-style-type: none">• Providing students with modern knowledge in the concepts of fencing.• Teach students modern methods in fencing teaching methods and how to apply them.• Providing students with fencing skills.• Develop basic skills in fencing and knowledge of its laws .• Developing the elements of special fitness fencing.• Identify skills related to effectiveness and how to employ them in fencing.	

9. Teaching and Learning Strategies

1. Theoretical lectures: (lecture, discussion) with the help of the following means (educational films, illustrations, and a projector (data show).
2. Practical lectures on fencing for the third stage. Command Method, Cooperative Method, Training Method)



10. Course Structure

Evaluation Method	Learning method	Module Name / or Subject	Required Learning Outcomes	Hours	The week	t
Questions during the lecture	Theoretical explanation by the teacher	Basic Skills	Recognize the Effectiveness	2 hours	The first	1
Direct Questions	Theoretical explanation by the teacher	The shish and the sword weapon	Types of weapons in fencing	2 hours	Second	2
Ask questions	Theoretical explanation with videos of the event	Touch Zones	Legal Purpose in Weapons	2 hours	Third	3
Ask questions	Theoretical explanation	Equipment and clothing for the fencer	Clothing & Errands	2 hours	Fourth	4
Ask questions	Theoretical explanation	Stadium dimensions	Pitch	2 hours	V	5
Ask questions	Theoretical explanation	Match times	Games	2 hours	Sixth	6
Performance Note	Practicality	Laying the foundation	Basic Skills	2 hours	Seventh	7
Ask questions with performance notes	Theoretical explanation with the presentation of photos and videos and then	Greetings	Basic Skills	2 hours	Eighth	8

	practical application					
Route feedback	Practicality	Stand by	Basic Skills	2 hours	Ninth	9
Performance Note	Practicality	Progress Movements	Leg movements	2 hours	X	10
Asking questions	Theoretical explanation with illustration with pictures and then practical application	Retreat movements	Leg movements	2 hours	Eleventh	11
Route feedback	Practicality	Return to the Standby Movement from the Stabbing Movement	Appeal Movement	2 hours	Twelfth	12
Asking questions	Theoretical explanation	Blade and hand guard	General description of the shish weapon	2 hours	Thirteenth	13
Asking questions	Theoretical explanation	Protector pad and electrical socket	General description of the shish weapon	2 hours	Fourteenth	14
		First Semester Exam		2 hours	Fifteenth	15
Route feedback	Theoretical explanation and then practical application	Touch	How to Hold a Shish Weapon	2 hours	Sixteenth	16

Asking questions	Theoretical explanation and then practical application	Docking Benefit	Docking	2 hours	Seventeenth	17
Route feedback	Practicality	Docking Areas	Docking	2 hours	Eighteenth	18
Asking questions	Practicality	Types of docking	Docking	2 hours	Nineteenth	19
Asking questions	Theoretical explanation and then practical application	Simple attack	Attack	2 hours	Twenty	20
Route feedback	Practicality	Compound Attack	Attack	2 hours	Twenty first	21
Asking questions	Practicality	Counterattack	Attack	2 hours	Twenty two	22
Route feedback	Practicality	Purposes of the False Attack	False attack	2 hours	Twenty Three	23
Route feedback	Practicality	Blade attacks	Pre-attack moves	2 hours	Twenty fourth	24
Route feedback	Practicality	Blade grips	Pre-attack moves	2 hours	Twenty Fifth	25
Route feedback	Practicality	Sixth Defense Mode	Main Defense Modes	2 hours	Twenty-sixth	26
Route feedback	Practicality	Fourth Defense Mode	Main Defense Modes	2 hours	Twenty Seventh	27
Route feedback	Practicality	Eighth Defense Mode	Main Defense Modes	2 hours	Twenty Eight	28
Route feedback	Practicality	Seventh Defense Mode	Main Defense Modes	2 hours	Twenty Ninth	29

		Second Semester Exam		2 hours	Xxx	30
--	--	-------------------------	--	---------	-----	----

11. Evaluation of the Course

The grade of the first semester is (25) marks, the theoretical exam is (10) marks, and the practical exam is (15) marks, including attendance and activity.

The grade of the second semester is (25) marks, the theoretical exam is (10) marks, and the practical exam is (15) marks, including attendance and activity.

Final Exam Grade (50) (30) Practical Exam Grade (20) Theoretical Exam

The total becomes (100) marks.

12. Learning and Teaching Resources

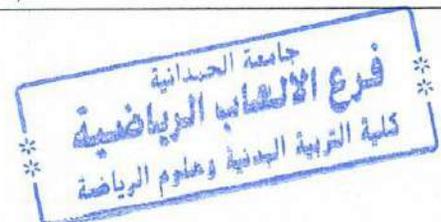
The Ministry's Curriculum	1 Required Textbooks
The Ministry's Curriculum	2 Main References (Sources)
The Ministry's Curriculum	Recommended books and references (scientific journals, reports, etc.)
Photos & Videos	b. Electronic references, websites...

Course Description Form

1. Course Name	Rhythmic Gymnastics / Phase III
2. Course Code	HAPSG26F303
3. Semester/Year	2025-2026
4. Date of preparation of this description	15/9/2025
5. Available forms of attendance	Weekly attendance (2) hours
6- Number of study hours (total) number of units (total)	Number of Hours (60) Hours, Number of Units (2)
7. Name of the course administrator	Name: Assoc. Prof. Dr. Ahlam Dara Aziz / Eng. Inas Enad Ahmed Email: dr.ahlamdara@uohamdaniya.edu.iq
8. Course Objectives	Course Objectives
<ul style="list-style-type: none">• Providing students with modern knowledge in the concepts of rhythmic gymnastics.• Teach students modern methods in teaching rhythmic gymnastics and how to apply them.• Providing students with rhythmic gymnastics skills.• Develop basic skills in her rhythmic gymnastics game.• Develop the fitness elements of rhythmic gymnastics skills.• Identify skills associated with the event and how to employ them in rhythmic gymnastics.	

9. Teaching and Learning Strategies

1. Theoretical lectures: (lecture, discussion, cooperative learning, active learning) and with the help of the following means (educational films, illustration aids, and a projector (data show)).
2. Practical lectures on rhythmic gymnastics for the third stage. (Command method of repetition of movements, training method)



10. Course Structure

Evaluation Method	Learning method	Unit Name or Subject	Required Learning Outcomes	Hours	Week	t
Daily exam	Lecture	Educational Trends in Rhythmic Gymnastics	Enabling students to gain knowledge	2 hours	The first	1
Daily exam	Lecture	History of rhythmic gymnastics in the world	Enabling students to gain knowledge	2 hours	Second	2
Daily exam	Lecture	History of rhythmic gymnastics among the Arabs	Cognitive Goals	2 hours	Third	3
Daily exam	Lecture	History of rhythmic gymnastics in Iraq	Cognitive Goals	2 hours	Fourth	4
Daily exam	Projector (Datacho)	The relationship between dance and rhythmic gymnastics	Cognitive Goals	2 hours	V	5
Daily exam	Explanation and presentation	Types of Dance	Enabling students to gain knowledge	2 hours	Sixth	6
Daily exam	Explanation and presentation	Music	Cognitive Goals	2 hours	Seventh	7
Daily exam	Explanation and presentation	Musical motor harmony	Cognitive Goals	2 hours	Eighth	8
Daily exam	Explanation and presentation	Dance-like movements	Cognitive Goals	2 hours	Ninth	9
Daily exam	Projector (Datacho)	Fixed Modes	Enabling students to gain knowledge	2 hours	X	10
Semester Exam	Semester Exam	First Semester Exam		2 hours	Eleventh	11
Semester Exam	Semester Exam	The first semester exam is practical		2 hours	Twelfth	12

Daily exam	Explanation and presentation	Steps	Empowering students with the ability to train	2 hours	Thirteenth	13
Daily exam	Explanation and presentation	Gambols	Empowering students with the ability to train	2 hours	Fourteenth	14
Daily exam	Explanation and presentation	The importance of tools in gymnastics	Cognitive Goals	2 hours	Fifteenth	15
Daily exam	Explanation, Presentation and Practical Application	Ball Tool	Providing students with basic skills in the game	2 hours	Sixteenth	16
Daily exam	Explanation, presentation and practical application	Collar Tool	Providing students with basic skills in the game	2 hours	Seventeenth	17
Daily exam	Explanation, presentation and practical application	Tape Tool	Providing students with basic skills in the game	2 hours	Eighteenth	18
Daily exam	Explanation, presentation and practical application	Rope Tool	Providing students with basic skills in the game	2 hours	Nineteenth	19
Daily exam	Explanation, presentation and practical application	Pointers Tool	Providing students with basic skills in the game	2 hours	Twenty	20

Semester Exam	Semester Exam	Second Semester Exam		2 hours	Twenty first	21
Semester Exam	Semester Exam	Second semester exam practical		2 hours	Twenty two	22

11. Evaluation of the Course

The grade of the first semester is (25) marks, the theoretical exam is (10) marks, and the practical exam is (15) marks, including attendance and activity.

The grade of the second semester is (25) marks, the theoretical exam is (10) marks, and the practical exam is (15) marks, including attendance and activity.

The total becomes (100) marks.

12. Learning and Teaching Resources

Rhythmic Gymnastics Binding Prepared by: Prof. Dr. Amal Nouri Boutros

Fundamentals of Rhythmic Gymnastics Author: Dr. Atiyat Mohamed Khattab

Fundamentals of Rhythmic Gymnastics Author: Dr. Atiyat Mohamed Khattab

Rhythmic exercises (rhythmic gymnastics) and sports performances

Author: Inayat Mohamed Ahmed Farag

1 Required Textbooks

2 Main References (Sources)

Recommended books and references (scientific journals, reports, etc.)

International Information Network (Internet)

b. Electronic references, websites...

Course Description Form

1.	Course Name:	Volleyball / Third Stage
2.	:Course Code	HAPSG26F305
3.	:Chapter/Year	2025-2026
4.	:Date of preparation of this description	1 / 9 / 2025
5.	Available Attendance Formats:	Face-to-face education
6.	Number of Hours (Total) / Number of Credits (Total)	2 per week / 2 units
7.	Course administrator name (if more than one name mentioned)	Name: Eng. Jassim Mohammed Yahya jasimmolod@uohamdaniya.edu.iq
8.	Course Objectives	<p>1. Teaching students about group and individual tactics and defensive and offensive plans.</p> <p>2. Learn and integrate the ideological and ethical aspects, determination and will that students or players must have.</p> <p>3. Learn and integrate technical abilities and skills</p> <p>4. Recreation, social interaction, competition, and obtaining championships</p> <p>5. Teaching students modern methods in teaching methods to teach volleyball and how to apply it.</p> <p>6. Providing students with basic skills in the game of volleyball</p> <p>7. Providing students with modern knowledge in some important theoretical aspects in training, plans and rules of play for volleyball</p> <p>8. Develop fitness elements of volleyball skills</p>
9.	Teaching and Learning Strategies	Strategy



- 1- Theoretical and practical (applied) lectures for the students of the third stage at the Faculty of Physical Education and Sport Sciences.
- 2- Educational films, illustrations and live presentation by the teacher.
- 3 - Practical application of the students' offensive and defensive plans.

10. Course Structure

Evaluation Method	Learning method	Unit Name or Subject	Required Learning Outcomes	Hours	Week
Daily Exam	Theoretical + Practical	Coach	Bachelor of Physical Education and Sport Sciences	2 hours	1
Daily Exam	Theoretical + Practical	Leading the team in matches	Bachelor of Education	2 hours	2
Daily Exam	Theoretical + Practical	Long-term training phases	Bachelor of Physical Education and Sport Sciences	2 hours	3
Daily Exam	Theoretical + Practical	Methods of organization in the training process: team training	Bachelor of Physical Education and Sport Sciences	2 hours	4
Daily Exam	Theoretical + Practical	Basic Training Tools & Aids	Bachelor of Physical Education and Sport Sciences	2 hours	5
Daily Exam	Theoretical + Practical	Collective Plans (Collective Tactics)	Bachelor of Physical Education and Sport Sciences	2 hours	6
Oral test	Theoretical + Practical	Modes of play: Types of players	Bachelor of Physical Education and Sport Sciences	2 hours	7

Daily Exam	Theoretical + Practical	Replay + Types of Gameplay	Bachelor of Physical Education and Sport Sciences	2 hours	8
Daily Exam	Theoretical + Practical	Replay + Plan Types: Collective Offensive Plans	Bachelor of Physical Education and Sport Sciences	2 hours	9
Daily Exam	Theoretical + Practical	Replay + Attack Process by Setting Up from the Front Player	Bachelor of Physical Education and Sport Sciences	2 hours	10
Daily Exam	Theoretical + Practical	Replay + Attack Process of the Runner Player	Bachelor of Physical Education and Sport Sciences	2 hours	11
Daily Exam	Theoretical + Practical	Replay + Attack Setup After First Pass	Bachelor of Physical Education and Sport Sciences	2 hours	12
Daily Exam	Theoretical + Practical	Replay + Attack after the second pass from the back area	Bachelor of Physical Education and Sport Sciences	2 hours	13
Daily Exam	Theoretical + Practical	Re+ Analyze and Read Toys Vehicles	Bachelor of Physical Education and Sport Sciences	2 hours	14
Daily Exam	Theoretical + Practical	Analysis and reading of toy vehicles by Duck Bell	Bachelor of Physical Education and Sport Sciences	2 hours	15
Daily Exam	Theoretical + Practical	Semester exam	Bachelor of Physical Education and Sport Sciences	2 hours	16
					Mid-year vacation

Daily Exam	Theoretical + Practical	Replay + Free-Player Movement in Various Gameplay Modes and Formations	Bachelor of Physical Education and Sport Sciences	2 hours	17
Daily Exam	Theoretical + Practical	Defensive Plans: Serving Defense Formations: Five-Side Lineup	Bachelor of Physical Education and Sport Sciences	2 hours	18
Daily Exam	Theoretical + Practical	Replay + Quad Lineup	Bachelor of Physical Education and Sport Sciences	2 hours	19
Daily Exam	Theoretical + Practical	Replay + Triple Lineup	Bachelor of Physical Education and Sport Sciences	2 hours	20
Daily Exam	Theoretical + Practical	Replay + Binary Lineup	Bachelor of Education	2 hours	21
Daily Exam	Theoretical + Practical	Replay + Hexagon	Bachelor of Physical Education and Sport Sciences	2 hours	22
Daily Exam	Theoretical + Practical	Replay + Blocking and Pitch Defense Formations	Bachelor of Physical Education and Sport Sciences	2 hours	23
Daily Exam	Theoretical + Practical	Replay + Blocking and Pitch Defense Formations	Bachelor of Physical Education and Sport Sciences	2 hours	24
Daily Exam	Theoretical + Practical	Replay + Blocking and Pitch Defense Formations	Bachelor of Physical Education and Sport Sciences	2 hours	25
Daily Exam	Theoretical + Practical	Re + Coverage: Attacker Coverage	Bachelor of Physical Education and Sport Sciences	2 hours	26

Daily Exam	Theoretical + Practical	Coverage: Attacker Coverage	Bachelor of Physical Education and Sport Sciences	2 hours	27
Daily Exam	Theoretical + Practical	Practical Applications of Offensive Plans	Bachelor of Physical Education and Sport Sciences	2 hours	28
Daily Exam	Theoretical + Practical	General Plans: (Choosing the two halves of the pitch – switching players – slowing down and speeding up the game)	Bachelor of Physical Education and Sport Sciences	2 hours	29
Written Exam	Theoretical + Practical	Duty + Apply Plans	Bachelor of Physical Education and Sport Sciences	2 hours	30
Daily Exam	Daily Exam	Skill tests	Bachelor of Physical Education and Sport Sciences	2 hours	31
Written Exam	Final Exam	Second Semester Exam	Bachelor of Physical Education and Sport Sciences	2 hours	32

11. Course Evaluation

The grade of 100 is distributed according to the first semester exam with 25 grades of tasks assigned to the student, such as daily preparation, daily, oral, monthly written and practical (applied) exams, reports.... etc. The second semester exam has 25 marks of the tasks assigned to the student, such as daily preparation, daily, oral, and monthly written exams, practical (applied) and reports. etc., and the final exam consists of 50 marks consisting of the final practical exam (30) marks and the final theoretical exam (20) marks.

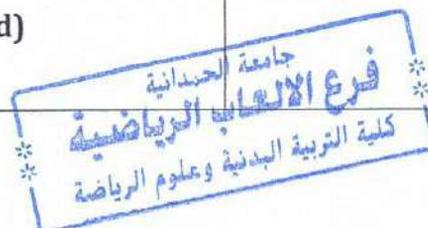
12. Learning and Teaching Resources

Volleyball: Training, Team Plans and Physic Fitness: Dr. Aqeel Abdullah Al-Kateeb / 19	Required textbooks (methodology if available)
Offensive and defensive skills and plans in volleyball: Dr. Hussein Sihan Sakhi Dr. Tariq Hassan Razouqi / 2011	Primary References (Sources)
Scientific journals, periodicals and research in the discipline	Recommended Books and References (Scientific Journals, Reports)
Internet sites (Google and the Internet) and .means of communication in the specialty	References, Websites

Course Description Form

1. Course Name	
Football/Third Stage	
2. Course Code	
HAPSG26F303	
3. Semester/Year	
2025-2026	
4. Date of preparation of this description	
22/9/2025	
5. Available forms of attendance	
Weekly attendance (2) hours	
6- Number of study hours (total) number of units (total)	
Number of Hours (60) Hours, Number of Units (2)	
7. Name of the course administrator	
Name: Assoc. Prof. Dr. Riad Akab Marei Email: riyadh.akab@uohamdaniya.edu.iq	
8. Course Objectives	
<ul style="list-style-type: none"> Providing students with modern knowledge in the concepts of football Teaching students modern methods in teaching methods of the football subject law and how to apply them Providing students with tactical skills in football Developing basic skills in the game of football and knowing its laws. Developing Physical Fitness Elements of Football Skills Identify skills associated with effectiveness and how to use them in refereeing for football law 	Course Objectives

1. Teaching and Learning Strategies	
<p>1. Theoretical lectures: (lecture, discussion, collaborative learning, brainstorming) with the help of the following means (educational films, illustrations, and a projector (data show).</p> <p>2. Practical lectures on the subject of football for the third stage. (Command Method, Mutual Method, Training Method)</p>	Strategy



10. Course Structure

Evaluation Method	Learning method	Module Name / or Subject	Required Learning Outcomes	Hours	The week	t
Theoretical and practical exam	Theoretical and practical explanation	Compound Exercises	Types of Skill Preparation Exercises in Football	2 hours	The first	1
Theoretical and practical exam	Theoretical and practical explanation	Mini Games	Ball Sense Exercises (Getting Used to the Ball)	2 hours	Second	2
Theoretical and practical exam	Theoretical and practical explanation	Equipment & Tools	Exercises for using small games and devices	2 hours	Third	3
Theoretical and practical exam	Theoretical and practical explanation	Ingredients	Tactical Foundations	2 hours	Fourth	4
Theoretical and practical exam	Theoretical and practical explanation	Technical Performance	Tactical Concept	2 hours	V	5
Theoretical and practical exam	Theoretical and practical explanation	Theoretical exam	Tactical Selection Factors	2 hours	Sixth	6
Theoretical and practical exam	Theoretical and practical explanation	Gameplay moves	Defense Tactics	2 hours	Seventh	7
Theoretical and practical exam	Theoretical and practical explanation	Player standing in defense	Individual Tactics in Defence	2 hours	Eighth	8

Theoretical and practical exam	Theoretical and practical explanation	Players Standing	Collective Tactics in Defense	2 hours	Ninth	9
Theoretical and practical exam	Theoretical and practical explanation	Team Standby	Team Defense	2 hours	X	10
Theoretical and practical exam	Theoretical and practical explanation	• Gameplay	Foundations of Defensive Play	2 hours	Eleventh	11
Theoretical and practical exam	Theoretical and practical explanation	Stages of Defense	Defending styles in different parts of the pitch	2 hours	Twelfth	12
Theoretical and practical exam	Theoretical and practical explanation	Planning duties of the players on the offensive side	Attack Tactics	2 hours	Thirteenth	13
Theoretical and practical exam	Theoretical and practical explanation	Fixed case plans	Mass Attack	2 hours	Fourteenth	14
Theoretical and practical exam	Theoretical and practical explanation	Types of Handling	Handling	2 hours	Fifteenth	15
Theoretical and practical exam	Theoretical and practical explanation	Theoretical exam	Ball Reception (Ball Control)	2 hours	Sixteenth	16
Theoretical and	Theoretical and practical explanation	Practical exam	Team Attack	2 hours	Seventeenth	17

practical exam						
Theoretical and practical exam	Theoretical and practical explanation	Gameplay	Foundations of Offensive Play	2 hours	Eighteenth	18
Theoretical and practical exam	Theoretical and practical explanation	Connecting Lines	Stages of the Attack	2 hours	Nineteenth	19
Theoretical and practical exam	Theoretical and practical explanation	How to Play	Planning duties of the players on the offensive side	2 hours	Twenty	20
Theoretical and practical exam	Theoretical and practical explanation	Explanation of Persistent Cases	Fixed case plans	2 hours	Twenty first	21
Theoretical and practical exam	Theoretical and practical explanation	Players Standing	Defensive tactics in fixed play situations	2 hours	Twenty two	22
Theoretical and practical exam	Theoretical and practical explanation		Theoretical exam	2 hours	Twenty Three	23
Theoretical and practical exam	Theoretical and practical explanation		Practical exam	2 hours	Twenty fourth	24
Theoretical and practical exam	Theoretical and practical explanation	Practice Every Student	Ball Reception (Ball Control)	2 hours	Twenty Fifth	25

Theoretical and practical exam	Theoretical and practical explanation	Gameplay	Team Attack	2 hours	Twenty-sixth	26
Theoretical and practical exam	Theoretical and practical explanation	In short	Repetition of the study vocabulary	2 hours	Twenty Seventh	27
Theoretical and practical exam	Theoretical and practical explanation	In short	Repetition of the study vocabulary	2 hours	Twenty Eight	28
Theoretical and practical exam	Theoretical and practical explanation		Practical Exam	2 hours	Twenty Ninth	29
Theoretical and practical exam	Theoretical and practical explanation		Practical Exam	2 hours	Xxx	30

11. Evaluation of the Course

The grade of the first semester is (25) marks, the theoretical exam is (10) marks, and the practical exam is (15) marks, including attendance and activity.

The grade of the second semester is (25) marks, the theoretical exam is (10) marks, and the practical exam is (15) marks, including attendance and activity.

Final Exam (50) marks, Theoretical Exam (20) marks, Practical Exam (30) marks

The total becomes (100) marks.

12. Learning and Teaching Resources

	1 Required Textbooks
Binding (Tactics in Football for the Third Stage) / Faculty of Physical Education and Sport Sciences / University of Mosul	2 Main References (Sources)

All newly written books in the field of teaching methods	Recommended books and references (scientific journals, reports, etc.)
All websites and electronic libraries on the Internet	b. Electronic references, websites...

Course Description Form

1. Course Name	Wrestling/Third Stage
2. Course Code	HAPSG26F307
3. Semester/Year	2025-2026
4. Date of preparation of this description	16/9/2025
5. Available forms of attendance	Weekly attendance (2) hours
6- Number of study hours (total) number of units (total)	Number of Hours (60) Hours, Number of Units (2)
7. Name of the course administrator	Name: A.M. Dr. Ahmed Enad Zarzis Abdulbaqi Email: Ahmed.inad@uohamdaniya.edu.iq

8. Course Objectives	Course Objectives
1. Providing students with modern knowledge in the concepts of wrestling	
2. Teaching students modern methods in teaching methods of the law of the subject of wrestling and how to apply them	
3. Providing students with tactical skills in wrestling	
4. Developing the basic skills in the game of wrestling and knowing its laws	
5. Developing fitness elements for wrestling skills	
6. Identify skills associated with effectiveness and how to use them in refereeing for wrestling law	

9. Teaching and Learning Strategies



- 1. Theoretical lectures: (lecture, discussion, collaborative learning, brainstorming) with the help of the following means (educational films, illustrations, and a projector (data show)).**
- 2. Practical lectures on the subject of wrestling for the third stage. (Command Method, Mutual Method, Training Method)**

Strategy

10. Course Structure

Evaluation Method	Learning method	Module Name / or Subject	Required Learning Outcomes	Hours	The week	t
Oral test	theoretical	History of the Wrestling Game	Bachelor of Physical Education and Sport Sciences	2 hours	The first	1
Daily Exam	Theoretical/Practical	The Seven Essential Skills of a Wrestling Game	Bachelor of Physical Education and Sport Sciences	2 hours	Second	2
Daily Exam	practical	Learn moves in a wrestling game	Bachelor of Physical Education and Sport Sciences	2 hours	Third	3
Daily Exam	practical	Learn the Ways of Grips from Standing	Bachelor of Physical Education and Sport Sciences	2 hours	Fourth	4
Daily Exam	practical	Learn the ways of holding hands from sitting	Bachelor of Physical Education and Sport Sciences	2 hours	V	5
Daily Exam	Theoretical/Practical	Bridge Skill	Bachelor of Physical Education and Sport Sciences	2 hours	Sixth	6
Daily Exam	Theoretical/Practical	Ankle Catcher	Bachelor of Physical Education and Sport Sciences	2 hours	Seventh	7
Daily Exam	theoretical	Conflict Forms in a Wrestling Game	Bachelor of Physical Education and Sport Sciences	2 hours	Eighth	8
Daily Exam	Theoretical/Practical	Abbasid Mask	Bachelor of Physical Education and Sport Sciences	2 hours	Ninth	9
Daily Exam	Theoretical/Practical	Wrestling Prep Exercises	Bachelor of Physical Education and Sport Sciences	2 hours	X	10
Daily Exam	Theoretical/Practical	Front Roller Grip	Bachelor of Physical Education and Sport Sciences	2 hours	Eleventh	11
Written Exam	Theoretical/Practical	Competition Exercises	Bachelor of Physical Education and Sport Sciences	2 hours	Twelfth	12

Daily Exam	Theoretical/Practical	Scissors Grip on the Leg	Bachelor of Physical Education and Sport Sciences	2 hours	Thirteenth	13
Daily Exam	theoretical	Wrestling game prohibitions	Bachelor of Physical Education and Sport Sciences	2 hours	Fourteenth	14
Daily Exam	Theoretical/Practical	Leg strap diving grip	Bachelor of Physical Education and Sport Sciences	2 hours	Fifteenth	15
Daily Exam	Theoretical/Practical	Grip the two legs then lift	Bachelor of Physical Education and Sport Sciences	2 hours	Sixteenth	16
Daily Exam	theoretical	Categories of Competitions	Bachelor of Physical Education and Sport Sciences	2 hours	Seventeenth	17
Daily Exam	Theoretical/Practical	Distal Leg and Thigh Lock Grip	Bachelor of Physical Education and Sport Sciences	2 hours	Eighteenth	18
Daily Exam	Theoretical/Practical	Pull aside grip using the foot	Bachelor of Physical Education and Sport Sciences	2 hours	Nineteenth	19
Daily Exam	theoretical	Arbitration Clothing	Bachelor of Physical Education and Sport Sciences	2 hours	Twenty	20
Daily Exam	Theoretical/Practical	Grip of hitting the man	Bachelor of Physical Education and Sport Sciences	2 hours	Twenty first	21
Daily Exam	theoretical	Referee in the wrestling game	Bachelor of Physical Education and Sport Sciences	2 hours	Twenty two	22
Daily Exam	Theoretical/Practical	Locking and pulling grip of the legs	Bachelor of Physical Education and Sport Sciences	2 hours	Twenty Three	23
Daily Exam	theoretical	The judge in the wrestling game	Bachelor of Physical Education and Sport Sciences	2 hours	Twenty fourth	24
Daily Exam	theoretical	Errors and warnings	Bachelor of Physical Education and Sport Sciences	2 hours	Twenty Fifth	25
Daily Exam	Theoretical/Practical	Reflection Motion Grip	Bachelor of Physical Education and Sport Sciences	2 hours	Twenty-sixth	26

11. Evaluation of the Course

The grade of the first semester is (25) marks, the theoretical exam is (10) marks, and the practical exam is (15) marks, including attendance and activity.

The grade of the second semester is (25) marks, the theoretical exam is (10) marks, and the practical exam is (15) marks, including attendance and activity.

Final Exam Grade (50) (30) Practical Exam Grade (20) Theoretical Exam

The total becomes (100) marks.

12. Learning and Teaching Resources

	1 Required Textbooks
Binding on Dr. Ahmed Enad Zarzis Al-Sufi / Hamdaniya University	2 Main References (Sources)
Scientific journals, periodicals and research in the discipline	Recommended books and references (scientific journals, reports,....)
Internet sites (Google and the Internet) and means of communication in the specialty.	in Electronic References, Websites

A.M. Dr. Ahmed Enad Zarzis Abdulbaqi

Course Description Form

1. Course Name

Handball/Stage IV

2. Course Code

HAPSG26F410

3. Semester/Year

2025-2026

4. Date of preparation of this description

20/9/2025

5. Available forms of attendance

Weekly attendance (2) hours

6- Number of study hours (total) number of units (total)

Number of Hours (60) Hours, Number of Units (2)

7. Name of the course administrator

Name: Email: Eng. Mustafa Hafez Shehab / mustafahafedh@uohamdaniya.edu.iq

8. Course Objectives

Course Objectives

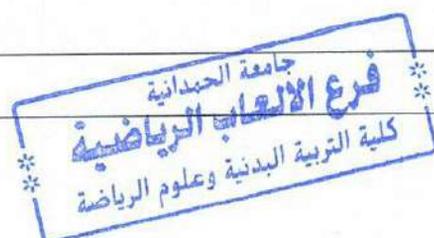
- Providing students with modern knowledge in the concepts of handball.
- Teach students modern methods in teaching methods of handball law and how to apply them.
- Providing students with refereeing skills for handball law.
- Develop basic skills in the game of handball and knowledge of its laws .
- Develop the physical fitness elements of handball skills.
- Identify skills associated with effectiveness and how to use them in handball law refereeing .

9. Teaching and Learning Strategies

1. Theoretical lectures: (lecture, discussion), and with the help of the following means (educational films, illustrations, and a projector (data show).

2. Practical lectures on handball for the fourth stage. (Command Method, Training Method)

b . Skill objectives of the course.



B1 – Students acquire basic skills in the game of handball.

B2 – Students acquire theoretical knowledge of effective handball refereeing skills .

B3 – Students acquire the ability to referee matches in the handball event.

Teaching and Learning Methods

1– Theoretical and practical lectures on the handball event for the fourth stage.

2– Educational films, illustrations, and live presentation from the teacher.

Evaluation Methods

1– Daily and quarterly practical and theoretical exams .

2. Reports, research, and extra-curricular activities.

3– Field application (practical in arbitration).

C. Emotional and Values Goals

C1– The ability to manage practical lessons and sports competitions.

A2– Raising the knowledge values of handball through practical application (refereeing , teaching, and training).

C3– Students gain self-confidence in the ability to make the right decision in finding solutions to problems.

A4– Acquiring national values in tolerance, acceptance of others, and rejection of sports violence .

Teaching and Learning Methods

1. Modern methods in sports education and training .

2– Direct application of practical lessons .

3– Field application of the handball lesson.

4. Holding competitions, tournaments, training and arbitration courses.

Evaluation Methods

1. Daily and quarterly practical and theoretical exams .

2. Extra-curricular activities for students.

3. The duties assigned to the students by the teacher.

4. Field application and participation in tournaments.

D1– Providing students with basic skills in the game of handball.

D2– Identifying everything that is modern in training, teaching, and refereeing.

D3– Direct field education for students through lectures, tournaments and festivals.

D4– Spreading the culture of practicing physical education in the community and demonstrating its importance.

10. Course Structure

Evaluation Method	Learning method	Module Name / or Subject	Required Learning Outcomes	Hours	The week	t
Theoretical and practical exam	Theoretical and practical explanation	Introduction to Handball	Understanding and Applying the Topic	2 hours	The first	1
Theoretical and practical exam	Theoretical and practical explanation	Playground: Measurements and areas are explained and the measurements of each area are marked.	Understanding and Applying the Topic	2 hours	Second	2
Theoretical and practical exam	Theoretical and practical explanation	Playing time: Explaining the time allocated for the game and how many runs the match will be managed and the extra periods.	Understanding and Applying the Topic	2 hours	Third	3
Theoretical and practical exam	Theoretical and practical explanation	Time-out	Understanding and Applying the Topic	2 hours	Fourth	4
Theoretical and practical exam	Theoretical and practical explanation	Ball	Understanding and Applying the Topic	2 hours	V	5
Theoretical and practical exam	Theoretical and practical explanation	Substitute Team – Fittings	Understanding and Applying the Topic	2 hours	Sixth	6
Theoretical and practical exam	Theoretical and practical explanation	Player injury	Understanding and Applying the Topic	2 hours	Seventh	7
Theoretical and practical exam	Theoretical and practical explanation	Goalkeeper	Understanding and Applying the Topic	2 hours	Eighth	8

Theoretical and practical exam	Theoretical and practical explanation	Goal area	Understanding and Applying the Topic	2 hours	Ninth	9
Theoretical and practical exam	Theoretical and practical explanation	Offer matches and practical application	Understanding and Applying the Topic	2 hours	X	10
Theoretical and practical exam	Theoretical and practical explanation	Ball Playing	Understanding and Applying the Topic	2 hours	Eleventh	11
Theoretical and practical exam	Theoretical and practical explanation	Passive Play	Understanding and Applying the Topic	2 hours	Twelfth	12
Theoretical and practical exam	Theoretical and practical explanation	Playing two teams and applying a practical application of refereeing	Understanding and Applying the Topic	2 hours	Thirteenth	13
Theoretical and practical exam	Theoretical and practical explanation	Theoretical exam		2 hours	Fourteenth	14
Theoretical and practical exam	Theoretical and practical explanation	Practical exam		2 hours	Fifteenth	15
Theoretical and practical exam	Theoretical and practical explanation	Mistakes and unsportsmanlike behavior	Understanding and Applying the Topic	2 hours	Sixteenth	16
Theoretical and practical exam	Theoretical and practical explanation	Scoring Goals	Understanding and Applying the Topic	2 hours	Seventeenth	17

practical exam						
Theoretical and practical exam	Theoretical and practical explanation	Side Throw	Understanding and Applying the Topic	2 hours	Eighteenth	18
Theoretical and practical exam	Theoretical and practical explanation	Goalkeeper Throw	Understanding and Applying the Topic	2 hours	Nineteenth	19
Theoretical and practical exam	Theoretical and practical explanation	Free Throw	Understanding and Applying the Topic	2 hours	Twenty	20
Theoretical and practical exam	Theoretical and practical explanation	Seven-meter throw	Understanding and Applying the Topic	2 hours	Twenty first	21
Theoretical and practical exam	Theoretical and practical explanation	Instructions for Throwing	Understanding and Applying the Topic	2 hours	Twenty two	22
Theoretical and practical exam	Theoretical and practical explanation	Practical Application	Understanding and Applying the Topic	2 hours	Twenty Three	23
Theoretical and practical exam	Theoretical and practical explanation	Watch arbitrations online	Understanding and Applying the Topic	2 hours	Twenty fourth	24
Theoretical and practical exam	Theoretical and practical explanation	Playing two teams and judging by students	Understanding and Applying the Topic	2 hours	Twenty Fifth	25

Theoretical and practical exam	Theoretical and practical explanation	Penalties/Warnings/Suspension	Understanding and Applying the Topic	2 hours	Twenty-sixth	26
Theoretical and practical exam	Theoretical and practical explanation	Penalties/Exclusion/Exclusion with a Report	Understanding and Applying the Topic	2 hours	Twenty Seventh	27
Theoretical and practical exam	Theoretical and practical explanation	Referees / Mikati & Registrar	Understanding and Applying the Topic	2 hours	Twenty Eight	28
Theoretical and practical exam	Theoretical and practical explanation	Theoretical exam	Practical Exam	2 hours	Twenty Ninth	29
Theoretical and practical exam	Theoretical and practical explanation	Practical exam	Practical Exam	2 hours	Xxx	30

11. Evaluation of the Course

The grade of the first semester is (25) marks, the theoretical exam is (10) marks, and the practical exam is (15) marks, including attendance and activity.

The grade of the second semester is (25) marks, the theoretical exam is (10) marks, and the practical exam is (15) marks, including attendance and activity.

Final Exam Grade (50) (30) Practical Exam Grade (20) Theoretical Exam

The total becomes (100) marks.

12. Learning and Teaching Resources

Handball Act (2024)

1 Required Textbooks

Handball Act (2024)	2 Main References (Sources)
Handball Act (2024)	Recommended books and references (scientific journals, reports, etc.)
	...b. Electronic references, websites

Course Description Form

1. Course Name	Basketball/Fourth Round
2. Course Code	HAPSG26F408
3. Semester/Year	2025-2026
4. Date of preparation of this description	16/9/2025
5. Available forms of attendance	Weekly attendance (2) hours
6- Number of study hours (total) number of units (total)	Number of Hours (60) Hours, Number of Units (2)
7. Name of the course administrator	
Name:	Eng. Eng. Abdulaziz Mahmoud Younis
Email:	abdalazizmahmoud11@uohamdaniya.edu.iq
8. Course Objectives	
9. Teaching and Learning Strategies	
1. Theoretical lectures: (lecture, discussion, collaborative learning, brainstorming) with the help of the following means (educational films, illustrations, and a projector (data show).	Strategy
2. Practical lectures on basketball for the first stage (command method, training method)	



10. Course Structure

Evaluation Method	Learning method	Module Name / or Subject	Required Learning Outcomes	Hours	The week	t
Theoretical and practical exam	Theoretical and practical explanation	Individual Defense	Individual Defense	2 hours	The first	1
Theoretical and practical exam	Theoretical and practical explanation	Defensive tactics	Defensive tactics	2 hours	Second	2
Theoretical and practical exam	Theoretical and practical explanation	Defending the area	Defending the area	2 hours	Third	3
Theoretical and practical exam	Theoretical and practical explanation	Types of Area Defense	Types of Area Defense	2 hours	Fourth	4
Theoretical and practical exam	Theoretical and practical explanation	Man-to-man defense	Man-to-man defense	2 hours	V	5

Theoretic al and practical exam	Theoretic al and practical explanati on	Methods of applying the defense man to man	Methods of applying the defense man to man	2 hours	Sixth	6
Theoretic al and practical exam	Theoretic al and practical explanati on	Mixed Defense (Compound)	Mixed Defense (Compound)	2 hours	Seventh	7
Theoretic al and practical exam	Theoretic al and practical explanati on	Mixed Defense Formations (Compound)	Mixed Defense Formations (Compound)	2 hours	Eighth	8
Theoretic al and practical exam	Theoretic al and practical explanati on	Defending Against Rapid Attack – Individual Defense Tactic	Defending Against Rapid Attack – Individual Defense Tactic	2 hours	Ninth	9
Theoretic al and practical exam	Theoretic al and practical explanati on	Collective Defense Tactics	Collective Defense Tactics	2 hours	X	10
Theoretic al and practical exam	Theoretic al and practical explanati on	Team Defense Tactics	Team Defense Tactics	2 hours	Eleventh	11

Theoretic al and practical exam	Theoretic al and practical explanati on	Exercises to develop defense	Exercises to develop defense	2 hours	Twelfth	12
Theoretic al and practical exam	Theoretic al and practical explanati on	Review	Review	2 hours	Thirteenth	13
Theoretic al exam	Theoretic al exam	Theoretical exam	Theoretical exam	2 hours	Fourteenth	14
Practical exam	Practical exam	Practical exam	Practical exam	2 hours	Fifteenth	15
Theoretic al and practical exam	Theoretic al and practical explanati on	Tactics in Attack – Attack against Area Defense	Tactics in Attack – Attack against Area Defense	2 hours	Sixteenth	16
Theoretic al and practical exam	Theoretic al and practical explanati on	Attack formations against the defense of the area	Attack formations against the defense of the area	2 hours	Seventeenth	17
Theoretic al and practical exam	Theoretic al and practical explanati on	Attacking against the defense man to man	Attacking against the defense man to man	2 hours	Eighteenth	18

Theoretic al and practical exam	Theoretic al and practical explanati on	Attacking formations against the defense man to man	Attacking formations against the defense man to man	2 hours	Nineteenth	19
Theoretic al and practical exam	Theoretic al and practical explanati on	Attack Against Mixed Defense – Fast Attack	Attack Against Mixed Defense – Fast Attack	2 hours	Twenty	20
Theoretic al and practical exam	Theoretic al and practical explanati on	Managing and Directing the Basketball Team	Managing and Directing the Basketball Team	2 hours	Twenty first	21
Theoretic al and practical exam	Theoretic al and practical explanati on	Practical reviews of formations	Practical reviews of formations	2 hours	Twenty two	22
Theoretic al exam	Theoretic al exam	Theoretical exam	Theoretical exam	2 hours	Twenty Three	23
Theoretic al and practical exam	Theoretic al and practical explanati on	Review of the theoretical material	Review of the theoretical material	2 hours	Twenty fourth	24
Theoretic al and practical exam	Theoretic al and practical explanati on	Review of the practical material	Review of the practical material	2 hours	Twenty Fifth	25

practical exam	explanati on					
Theoretic al and practical exam	Theoretic al and practical explanati on	Review plans	Review plans	2 hours	Twenty- sixth	26
Practical exam	Practical exam	Practical exam	Practical exam	2 hours	Twenty Seventh	27
Practical exam	Practical exam	Practical exam	Practical exam	2 hours	Twenty Eight	28
Practical exam	Practical exam	Practical exam	Practical exam	2 hours	Twenty Ninth	29
Practical exam	Practical exam	Practical exam	Practical exam	2 hours	Xxx	30

11. Evaluation of the Course

The grade of the first semester is (25) marks, the theoretical exam is (10) marks, and the practical exam is (15) marks, including attendance and activity.

The grade of the second semester is (25) marks, the theoretical exam is (10) marks, and the practical exam is (15) marks, including attendance and activity.

Final Exam Grade (50) (30) Practical Exam Grade (20) Theoretical Exam

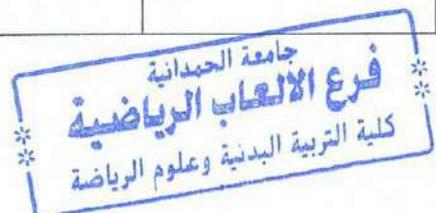
The total becomes (100) marks.

12. Learning and Teaching Resources

	1 Required Textbooks
Basketball Tactics/ Dr. Nabil Al-Sharuk, University of Mosul	2 Main References (Sources)
	Recommended books and references (scientific journals, reports, etc.)
	b. Electronic references, websites...

Course Description Form

1. Course Name	
Track & Field Fourth Stage	
2. Course Code	
HAEDSP25F409	
3. Semester/Year	
2025-2026	
4. Date of preparation of this description	
21/9/2025	
5. Available Forms of Attendance	
Weekly attendance (4) hours	
6. Number of Hours (Total) / Number of Credits (Total)	
4 Hours / 4 Units	
7. Course administrator name (if more than one name mentioned)	
:Name: M.M. Saif Saad Ezzat EmailSaifsaad0089@gmail.com Assoc. Prof. Dr. Iftikhar Matar Baqir eftekharmutar@uohamdaniya.edu.iq	
8. Course Objectives	
1- Ability to manage practical lessons and sports competitions 2- Raising the knowledge values of the field and field subject through practical application (arbitration, teaching and training). 3. Students gain self-confidence in the ability to make the right decision in finding solutions to problems.	Course Objectives



4- Acquiring national values in tolerance, acceptance of others, and rejection of sports violence

9. Teaching and Learning Strategies

1. Theoretical and practical lectures on the arena and field games for the fourth stage.
2. Educational films, illustrations and live presentation from the teacher .

Strategy

10. Course Structure

Evaluation Method	Teaching Method	Module Name / or Subject	Required Learning Outcomes	Hours	The week
Questions during the lecture	Theoretical explanation by the teacher	First & Second Day Events	Learn about events	4	1
Direct Questions	Theoretical explanation by the teacher	Events of the Decimal and Heptathlon	Factors Affecting the Level of Achievement	4	2
Performance Note	Theoretical explanation with presentation of videos of the event and then practical application	100 meters and 200 meters	Decathlon and Sevens Games	4	3
Performance Note	Theoretical explanation and then practical application	110 men's and women's 100 hurdles	Event Explained	4	4
Ask questions with performance notes	Practicality	Completion of the performance of the 110 men's and 100 women's hurdles	Explanation of the Legal Aspects	4	5

Performance Note	Practical application after warm-up exercises	110 and 100 hurdles for men and women	Re-Apply the Event		6
Performance Note	Practicality	110 and 100 hurdles for men and women	Re-enactment		7
Ask questions with performance notes	Theoretical explanation with the presentation of photos and videos and then practical application	Weight throwing effectiveness	Theoretical explanation of the events	4	8
Route feedback	Practicality	Reapply the effectiveness of the throwing of gravity	Explanation of the Legal Aspects	4	9
Performance Note	Practicality	Adjust Rotation for Effectiveness	Explaining the skill performance of the event		10
Asking questions	Theoretical explanation with illustration with pictures and then practical application	Wide Jump Effectiveness Application	Legal aspects	4	11
Route feedback	Practicality	Re-Apply the Event	Explaining the skill performance of the event	4	12
Performance Note	Practicality	Adjust the approximate run	Explanation of the Legal Aspects	4	13
Asking questions	Theoretical explanation video exhibition and then practical application	Effective application of discus throwing	Explaining the skill performance of the event	4	14
Asking questions	Practicality	Re-Apply the Event	Legal aspects	4	15
Route feedback	Theoretical explanation and then	Adjust the rotation for the effectiveness of the discus throw	Skill Performance Explained	4	16

	practical application				
Asking questions	Theoretical explanation and then practical application	Javelin throwing effectiveness	Explaining the skill performance of the event	4	17
Route feedback	Practicality	Re-Effectiveness of the Javelin Throw	Explanation of the Legal Aspects	4	18
Asking questions	Practicality	Adjust the approximate run	Skill Performance Explained	4	19
Asking questions	Theoretical explanation and then practical application	High Jump Effectiveness	Skill Performance Explained	4	20
Route feedback	Practicality	Re-efficacy of the high jump	Explanation of the Legal Aspects	4	21
Asking questions	Practicality	Adjust the approximate run	Skill Performance Explained	4	22
Route feedback	Practicality	800 m running event	Skill Performance Explained	4	23
Route feedback	Practicality	Re-Apply the Event		4	24
Route feedback	Practicality	Replay to gain fitness	Skill Performance Explained	4	25
Route feedback	Practicality	Running Event 1500	Skill Performance Explained	4	26
Route feedback	Practicality	Re-Apply the Event	Skill Performance Explained	4	27
Route feedback	Practicality	Replay to gain fitness	Skill Performance Explained	4	28
Route feedback	Practicality	Event Running 400	Skill Performance Explained	4	29
Route feedback	Practicality	Re-Apply the Event	Skill Performance Explained	4	30

12. Course Evaluation

Distribution of the score out of 100 according to the tasks assigned to the student, such as daily preparation, daily, oral, monthly, and written exams, reports, practical performance, and the method of skills technique... etc

13. Learning and Teaching Resources	
Ministry's Curriculum	Required textbooks (methodology if available)
	Main References (Sources)
	Recommended books and references (scientific journals, reports...)
Photos & Videos	Electronic References, Websites

Course Description Form

1. Course Name	
Volleyball/Stage IV	
2. Course Code	
HAPSG25F405	
3. Semester/Year	
2025-2026	
Date of preparation of this description . ٤	
18/9/2025	
5. Available forms of attendance	
Weekly attendance (2) hours	
6- Number of study hours (total) number of units (total)	
Number of Hours (60) Hours, Number of Units (2)	
Name of the course administrator . ٧	
Name: Prof. Dr. Mahmoud Abdel Ali Saleh	
Email: mhmoodabdulallie@uohamdaniya.edu.iq	
8. Course Objectives	
<ul style="list-style-type: none">• Providing students with modern knowledge in the concepts of volleyball.• Teaching students modern methods in teaching methods of volleyball law and how to apply them.• Providing students with refereeing skills for volleyball law .• Develop basic skills in the game of volleyball and knowledge of its laws .• Develop fitness elements of volleyball skills .• Identify skills associated with effectiveness and how to use them in judging volleyball law .	Course Objectives

9. Teaching and Learning Strategies
1- Theoretical lectures: (lecture, discussion, cooperative learning, brainstorming) and using the following means (Educational aids and a datashow device).
2- Practical lectures (command, training and reciprocal method)



10. Course Structure

Evaluation Method	Learning method	Module Name / or Subject	Required Learning Outcomes	Hours	The week	t
Theoretical and practical exam	Theoretical and practical explanation	Drawing the stadium with all the areas and areas that include	Understanding and knowing how to draw a pitch	2 hours	The first	1
Theoretical and practical exam	Theoretical and practical explanation	Review the technical performance of basic volleyball skills	Review the technical performance of basic volleyball skills	2 hours	Second	2
Theoretical and practical exam	Theoretical and practical explanation	Equipment & Tools	Introducing students to volleyball equipment and tools	2 hours	Third	3
Theoretical and practical exam	Theoretical and practical explanation	Participants	Introduce students to the people involved in the game	2 hours	Fourth	4
Theoretical and practical exam	Theoretical and practical explanation	Form of Play	Teaching students the specifications of the form of play according to the legal articles	2 hours	V	5
Theoretical and practical exam	Theoretical and practical explanation	Theoretical exam	Theoretical exam	2 hours	Sixth	6
Theoretical and practical exam	Theoretical and practical explanation	Gameplay moves	Teaching students the movements of play	2 hours	Seventh	7
Theoretical and	Theoretical and practical explanation	Gameplay, breaks, and delays	Teaching students about play stops, breaks and delays	2 hours	Eighth	8

practical exam						
Theoretical and practical exam	Theoretical and practical explanation	Gameplay, breaks, and delays	Teach students about play stops, breaks , delays, and some play cues	2 hours	Ninth	9
Theoretical and practical exam	Theoretical and practical explanation	Free Agent	Teaching students about the movements of the free player and some play gestures	2 hours	X	10
Theoretical and practical exam	Theoretical and practical explanation	Free Agent	Teaching students about the movements of the free player and some play gestures	2 hours	Eleventh	11
Theoretical and practical exam	Theoretical and practical explanation	Free Agent	Teaching students about the movements of the free player and some play gestures	2 hours	Twelfth	12
Theoretical and practical exam	Theoretical and practical explanation	Each student is unique	Practical exam	2 hours	Thirteenth	13
Theoretical and practical exam	Theoretical and practical explanation	Participant Behavior	Teaching students how to behave players	2 hours	Fourteenth	14
Theoretical and practical exam	Theoretical and practical explanation	Participant Behavior	Teaching students how to behave players	2 hours	Fifteenth	15
Theoretical and practical exam	Theoretical and practical explanation	Rulers	Understanding and knowing the duties of referees before, after and during performance	2 hours	Sixteenth	16

Theoretical and practical exam	Theoretical and practical explanation	Rulers	Understanding and knowing the duties of referees before, after and during performance	2 hours	Seventeenth	17
Theoretical and practical exam	Theoretical and practical explanation	Rulers	Understanding and knowing the duties of referees before, after and during performance	2 hours	Eighteenth	18
Theoretical and practical exam	Theoretical and practical explanation	Practice Every Student Arbitration	Teaching Every Student Arbitration	2 hours	Nineteenth	19
Theoretical and practical exam	Theoretical and practical explanation	Theoretical exam	Theoretical exam	2 hours	Twenty	20
Theoretical and practical exam	Theoretical and practical explanation	Practice Every Student Arbitration	Teaching Every Student Arbitration	2 hours	Twenty first	21
Theoretical and practical exam	Theoretical and practical explanation	Practice Every Student Arbitration	Teaching Every Student Arbitration	2 hours	Twenty two	22
Theoretical and practical exam	Theoretical and practical explanation	Practice Every Student Arbitration	Teaching Every Student Arbitration	2 hours	Twenty Three	23
Theoretical and practical exam	Theoretical and practical explanation	Practice Every Student Arbitration	Play and referee	2 hours	Twenty fourth	24

Theoretical and practical exam	Theoretical and practical explanation	Practice Every Student Arbitration	Play and referee	2 hours	Twenty Fifth	25
Theoretical and practical exam	Theoretical and practical explanation	Practice Every Student Arbitration	Play and referee	2 hours	Twenty-sixth	26
Theoretical and practical exam	Theoretical and practical explanation	Registration Form	Teaching students how to fill out the form	2 hours	Twenty Seventh	27
Theoretical and practical exam	Theoretical and practical explanation	Registration Form	Teaching students how to fill out the form	2 hours	Twenty Eight	28
Theoretical and practical exam	Theoretical and practical explanation	Each student is unique	Practical Exam	2 hours	Twenty Ninth	29
Theoretical and practical exam	Theoretical and practical explanation	Each student is unique	Practical Exam	2 hours	Xxx	30

11. Evaluation of the Course

The grade of the first semester is (25) marks, the theoretical exam is (10) marks, and the practical exam is (15) marks, including attendance and activity.

The grade of the second semester is (25) marks, the theoretical exam is (10) marks, and the practical exam is (15) marks, including attendance and activity.

Final Exam Grade (50) (30) Practical Exam Grade (20) Theoretical Exam

The total becomes (100) marks.

12. Learning and Teaching Resources

Official Volleyball Rules (2021-2024)	1 Required Textbooks
Official Volleyball Rules (2021-2024)	2 Main References (Sources)
Official Volleyball Rules (2021-2024)	Recommended books and references (scientific journals, reports, etc.)
	...b. Electronic references, websites

Course Description Form

1. Course Name

Soccer/Fourth Stage

2. Course Code

HAPSG26F406

3. semester/Year

2025-2026

4. Date of preparation of this description

22/9/2025

5. Available forms of attendance

Weekly attendance (2) hours

6- Number of study hours (total) number of units (total)

Number of Hours (60) Hours, Number of Units (2)

7. Name of the course administrator

Name: Assoc. Prof. Dr. Riad Akab Marei Email: riyadh.akab@uohamdaniya.edu.iq

8. Course Objectives

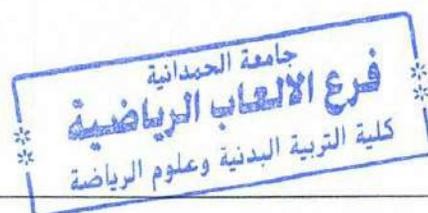
Course Objectives

- Providing students with modern knowledge in the concepts of football
- Teaching students modern methods in teaching methods of the football subject law and how to apply them
- Providing students with tactical skills in football
- Developing basic skills in the game of football and knowing its laws.
- Developing Physical Fitness Elements of Football Skills
- Identify skills associated with effectiveness and how to use them in refereeing for football law

1. Teaching and Learning Strategies

1. Theoretical lectures: (lecture, discussion, cooperative learning, brainstorming) with the help of the following means (educational films, illustration aids, and projector (data show)).

Strategy



2. Practical lectures on the subject of football for the fourth stage. (Command Method, Interactive Method, Training Method)	
---	--

10. Course Structure

Evaluation Method	Learning method	Module Name / or Subject	Required Learning Outcomes	Hours	The week	t
Theoretical and practical exam	Theoretical and practical explanation	Review of the technical performance of basic football skills	Soccer Training	2 hours	The first	1
Theoretical and practical exam	Theoretical and practical explanation	Drawing the stadium with all the areas and areas that include	Difference Between Coach and Manager	2 hours	Second	2
Theoretical and practical exam	Theoretical and practical explanation	Equipment & Tools	Characteristics of a Successful Coach	2 hours	Third	3
Theoretical and practical exam	Theoretical and practical explanation	Participants	Types of Trainers	2 hours	Fourth	4
Theoretical and practical exam	Theoretical and practical explanation	Forms	Coaches Performance Evaluation Indicators	2 hours	V	5
Theoretical and practical exam	Theoretical and practical explanation	Theoretical exam	Layout Features	2 hours	Sixth	6
Theoretical and practical exam	Theoretical and practical explanation	Gameplay moves	Steps and Basics of Football Training Planning	2 hours	Seventh	7
Theoretical and practical exam	Theoretical and practical explanation	Public, private, pre-competition, competition, and transitional preparations	Components of the training program	2 hours	Eighth	8

Theoretical and practical exam	Theoretical and practical explanation	Training load distribution	How to Plan a Training Program	2 hours	Ninth	9
Theoretical and practical exam	Theoretical and practical explanation	Measurements	The process of building football	2 hours	X	10
Theoretical and practical exam	Theoretical and practical explanation	Defensive and offensive	Split game plans	2 hours	Eleventh	11
Theoretical and practical exam	Theoretical and practical explanation	Advantages and disadvantages of each method	Playing Formations (Playing Methods)	2 hours	Twelfth	12
Theoretical and practical exam	Theoretical and practical explanation	Each student is unique	General Basics of Choosing a Gameplay	2 hours	Thirteenth	13
Theoretical and practical exam	Theoretical and practical explanation	During competitions	The importance of gameplay	2 hours	Fourteenth	14
Theoretical and practical exam	Theoretical and practical explanation	Training on it	The evolution of gameplay	2 hours	Fifteenth	15
Theoretical and practical exam	Theoretical and practical explanation	Use of the form	Analysis and exploration in football	2 hours	Sixteenth	16
Theoretical and	Theoretical and practical explanation	Use of the form	Analysis of the match by the coach and his assistant staff	2 hours	Seventeenth	17

practical exam						
Theoretical and practical exam	Theoretical and practical explanation	Devices used	Uses of Artificial Intelligence in Football Training	2 hours	Eighteenth	18
Theoretical and practical exam	Theoretical and practical explanation	Theoretical exam	Semester exam	2 hours	Nineteenth	19
Theoretical and practical exam	Theoretical and practical explanation	How to Play	Formations	2 hours	Twenty	20
Theoretical and practical exam	Theoretical and practical explanation	Practice Every Student	Managing and Directing the Football Team	2 hours	Twenty first	21
Theoretical and practical exam	Theoretical and practical explanation	Practice Every Student	Practical reviews of formations	2 hours	Twenty two	22
Theoretical and practical exam	Theoretical and practical explanation		Theoretical exam	2 hours	Twenty Three	23
Theoretical and practical exam	Theoretical and practical explanation		Practical exam	2 hours	Twenty fourth	24
Theoretical and practical exam	Theoretical and practical explanation	Practice Every Student	Teaching students how to analyze and explore in football	2 hours	Twenty Fifth	25

Theoretical and practical exam	Theoretical and practical explanation	Practice Every Student	Teaching students how to analyze the match	2 hours	Twenty-sixth	26
Theoretical and practical exam	Theoretical and practical explanation	Registration Form	Repetition of the study vocabulary	2 hours	Twenty Seventh	27
Theoretical and practical exam	Theoretical and practical explanation	Registration Form	Repetition of the study vocabulary	2 hours	Twenty Eight	28
Theoretical and practical exam	Theoretical and practical explanation		Practical Exam	2 hours	Twenty Ninth	29
Theoretical and practical exam	Theoretical and practical explanation		Practical Exam	2 hours	Xxx	30

11. Evaluation of the Course

The grade of the first semester is (25) marks, the theoretical exam is (10) marks, and the practical exam is (15) marks, including attendance and activity.

The grade of the second semester is (25) marks, the theoretical exam is (10) marks, and the practical exam is (15) marks, including attendance and activity.

Final Exam (50) marks, Theoretical Exam (20) marks, Practical Exam (30) marks

The total becomes (100) marks.

12. Learning and Teaching Resources

1 Required Textbooks

Binding to Dr. Dergham Jassim (**Tactics in Football**) / University of Mosul

2 Main References (Sources)

All newly written books in the field of teaching methods	Recommended books and references (scientific journals, reports, etc.)
All websites and electronic libraries on the Internet	b. Electronic references, websites...