

## Course Description Form

### Course Description :

This course description provides a concise summary of the main characteristics of the course and the learning outcomes expected of students, demonstrating whether the maximum benefit has been gained from the learning opportunities available and must be linked to the programme description .

<b>1. Educational institution</b>	Faculty of Physical Education and Sports Sciences
<b>2. Scientific Department /Center</b>	Individual sport branch
<b>3. Course name/code</b>	Technical Gymnastics for men Stage 2 / <b>SEGI24F2061</b>
<b>4. Available forms of attendance</b>	practical
<b>5. Semester/Year</b>	2024 -2023
<b>6. Number of study hours (total)</b>	4hour during the week
<b>7. Date this description was prepared</b>	2024 – 2023
<b>8. Course objectives</b>	
<ul style="list-style-type: none"><li>• Students learn to perform their various skills on their six different devices (floor movement mat, parallel bars, horizontal bars, rings, pommel horse, and vaulting platform)‘</li><li>• Knowing the laws, rules and requirements of the different game.</li><li>• The possibility of teaching students this activity after graduating from college, and this is the main goal of the college to graduate physical education teachers, as it will teach and train students in various sports activities and events.</li><li>• Developing physical and psychological qualities, developing and upgrading motor skills, and developing the nervous system, as it increases the ability to concentrate, and develops the ability to think and observe.</li><li>• Employing biomechanics to reach the technique with the least possible effort according to the mechanical variables of movement</li></ul>	

## 9. Course outcomes, teaching, learning and assessment methods

### A- Cognitive objectives

- A1- At the end of the course, students will be able to define (ground movement mat, parallel bars, horizontal bars, rings, pommel horse, and vaulting platform).
- A2- At the end of the course, students will be able to know the laws, rules, and requirements of the game.
- A3- At the end of the course, students will be able to develop physical qualities, develop and upgrade motor skills, and mental abilities, as they increase the ability to concentrate, and develop the ability to think and observe.
- A4- At the end of the course, students will be able to draw the kinetic chains of the devices (ground movement mat, parallel bars, horizontal bars, rings, pommel horse, and vaulting platform).

### B - Course specific skill objectives

- B1- At the end of the course, students should be able to perform the chain on the floor exercise mat.
- B2- At the end of the course, students should be able to perform the chain on the grips device.
- B3- At the end of the course, students should be able to perform the chain on the vaulting horse device.
- B4- At the end of the course, students should be able to perform the chain on the horizontal bar device.
- B5- At the end of the course, students should be able to perform the chain on the parallel bars device.
- B6- At the end of the course, students should be able to perform the chain on the rings device.

### Teaching methods

1. Lecture method
2. Advanced lecture method
3. Blended learning method
4. E-learning method

### Learning methods

- 1- Partial method
- 2-Holistic method
- 3-Trial and error method
- 4-Learning to master method

**Evaluation methods:**

1. Individual evaluation
2. Group evaluation
3. Self-evaluation
4. Project evaluation
5. Field evaluation

**C- Emotional and value-based objectives**

- C1- The curriculum should develop a spirit of challenge.
- C2- The curriculum should develop a spirit of courage.
- C3- The curriculum should develop self-confidence.
- C4- The curriculum should develop a spirit of altruism.

**Teaching and learning methods:**

1. Guidance programs
2. Academic workshops
3. Specialized courses

**Evaluation methods**

1. Value standards
2. Ethical standards
3. Behavioral standards

**D - General and transferable skills (other skills related to employability and personal development):**

- D1- Safety and security skills
- D2- Assistance methods skills
- D3- First aid
- D4- Injury rehabilitation

## 10. Course structure

week	hours	Required learning outcomes	Unit name/topic	Teaching method	Evaluation method
1	4hours	Explaining the technical aspects of the forward roll skill, the human wheel skill, the most important methods of assistance, and common mistakes.	Practical application of the skill of forward roll and human wheel	The lecture	Group evaluation
2	4hours	Explanation of the back roll skill, technical aspects, common mistakes, methods of assistance, and the front balance skill	Practical application of the back roll skill	The lecture	Group evaluation
3	4hours	Handstand skill explanation, technical aspects, common mistakes and help methods	Practical application of handstand using movement teaching aids	The lecture	Group evaluation
4	4hours	Teaching headstand skills, technical aspects, common mistakes and help methods	Practical application of the headstand movement and using a partner as a stability aid	The lecture	Group evaluation
5	4hours	Teaching open rolling, technical aspects, common mistakes and ways to help	Apply the movement practically by using the slope as a learning tool and then performing the movement.	Advanced Lecture	Group evaluation
6	4hours	Teaching diving skills to students, technical aspects, common	The movement is applied gradually, first from a still	Advanced Lecture	Group evaluation

		mistakes and ways to help	position, then gradually with skill from movement.		
7	4hours	Explaining the history of gymnastics and modern gymnastics, the most important topics and methods of assistance	Practical application of all movements in the form of movement chains and emphasis on repetition of movements	Advanced Lecture	Group evaluation
8	4hours	Explanation of the front and back swing from the armpits. The swing on the hands on the parallel bar, technical aspects, common mistakes and methods of assistance.	Practical application of previous skills Practical application of the forward and backward swing movement with the armpits	Advanced Lecture	Individual assessment
9	4hours	Explanation of the skill of standing on the shoulders on the parallel bar, open roll, technical aspects, common mistakes and methods of assistance	Practical application and teaching students to perform shoulder stand and then roll on the device	Advanced Lecture	Individual assessment
10	4hours	Explanation of landing from the front and back swing with a half turn inward on the parallel bar, technical aspects, common mistakes and methods of assistance	Practical application of landing performance on a parallelogram	Blended learning	Individual assessment
11	4hours	Explanation of the theoretical material on the most important axes of the body and	Practical application of the previous skills Practical application of all movements on	Advanced Lecture	Individual assessment

		the player's position in relation to the device	the parallel bar and the student performing the movements		
12	4hours	Explanation of how to get up from the front swing to lean on the hands on the horizontal bar, technical aspects, common mistakes, methods of assistance and educational methods	Practical application of the forward movement	Advanced Lecture	Group evaluation
13	4hours	Explanation of the small back circle skill on the low bar, technical aspects, common mistakes and methods of assistance	Repeat the previous forward ascent movement for the forward support, apply the small circle movement of the support on the hands and link the two movements together.	Blended learning	Group evaluation
14	4hours	Explanation of the skill of the front landing on the low bar, technical aspects and common mistakes	Applying the movement practically by performing the attempts and linking the movements of the horizontal bar as a continuous chain.	Blended learning	Individual assessment
15	4hours	<b>First semester theoretical exam + first semester practical exam for kinetic chains</b>			
<b>Mid-year holiday</b>					
16	4hours	Re-training all previous skills		The lecture	

<b>17</b>	4hours	The man's entry and exit are likely to alternate, technical aspects, common mistakes, methods of assistance, and the most important educational methods.	Practical application of movement	Advanced Lecture	Group evaluation
<b>18</b>	4hours	Explanation of the skill of the supports on the horse apparatus, the front and rear saddle handles	Practical application of the movement and passing through all the supports	Advanced Lecture	Group evaluation
<b>19</b>	4hours	Explanation of the skill of landing to the other side of the device, technical aspects, common mistakes and methods of assistance	Apply the previous movements and link their movements in the form of a chain, and apply the descending movement to the other side.	Advanced Lecture	Group evaluation
<b>20</b>	4hours	Theoretical explanation of the most important methods of assistance in gymnastics	Practical application of movements for a horse with handles and performing and repeating movements in the form of movement chains	Advanced Lecture	Group evaluation
<b>21</b>	4hours	Explanation of the skill of the front and back swing on the ring machine, technical aspects, common mistakes and methods of assistance	Practical application of movement	Advanced Lecture	Individual assessment
<b>22</b>	4hours	Explanation of the skill	Practical application	The	Individual

		of inverted hanging and the movement of the pronation on the ring apparatus, technical aspects, common mistakes and methods of assistance	of the movement, repeating it and linking the previous weighted movement with the inverted hanging and the supination.	lecture	al assessment
<b>23</b>	4hours	Explanation of the Dhamma and Fatha landings, technical aspects, common mistakes and methods of assistance	Practical application of the movement and linking the movement of the weight to the landing of both types	Blended learning	Individual assessment
<b>24</b>	4hours	Theoretical explanation of the most important grips used in gymnastics	Practical application of throat movements and performing the movements together in the form of a kinetic chain	Blended learning	Individual assessment
<b>25</b>	4hours	Explanation of the skill of jumping on the jumping apparatus, technical aspects, common mistakes and methods of assistance	Apply the motion jumping to the display device	Blended learning	Individual assessment
<b>26</b>	4hours	Explanation of the skill of opening the jump on the vaulting horse, technical aspects, common mistakes, methods of assistance and educational methods	Apply the movement gradually.	Blended learning	Individual assessment
<b>27</b>	4hours	Theoretical explanation of the most important features of strength and flexibility movements	Repetition of the jumping movements, the closing and opening jumps, on	Blended learning	Individual assessment

			the vaulting horse		
<b>28</b>	4hours	<b>Second semester theoretical exam</b>			
<b>29</b>	4hours	<b>Practical exam of the kinetic chains on the three devices</b>			
<b>30</b>	4hours	<b>Final practical exam for all gymnastic equipment</b>			

### 11. Infrastructure :

<b>1- Required textbooks</b>	-Artistic gymnastics for second-stage students (2022) Al-Zubaidi, and Al-Hussainawi
<b>2- Main references (sources)</b>	-A binder of theoretical materials on the history of ancient and modern gymnastics, the most important basic principles of gymnastics, and others.
<b>A) Recommended books and references (scientific journals, reports, etc.) B) Electronic references, Internet sites</b>	-Men's Artistic Gymnastics Basics (2023) Al Khabouri, and others

### 12. Curriculum Development Plan

- Periodic review of the curricula.
- Diversifying the methods used in the teaching process.