

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.

1. Educational institution	College of Physical Education and Sports Sciences
2. Scientific Department / Center	Individual Sport Branch
3. Course Name/Code	Men's Artistic Gymnastics Stage 3 / SEGI24F3091
4. Available attendance forms	practical
5. Chapter/Year	2023- 2024
6. Number of study hours (total)	2 hours per week
7. Date this description was prepared	2023 - 2024
8. Course objectives:	<ul style="list-style-type: none">- Students learn to perform their various skills on their six different apparatuses (floor mat, pommel horse, rings, vault, parallel bars, and horizontal bars).- Knowledge of international gymnastics law, rules of law, and various game requirements.- The possibility of teaching students this activity after they graduate 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.- 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.- Employing biomechanics to achieve the technique with the least possible effort according to the mechanical variables of movement.

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

A- Cognitive objectives

- A1- At the end of the course, students should be able to define (floor exercise mat, pommel horse, rings, vault, parallel bars, and horizontal bars).
- A2- At the end of the course, students should be able to know the international gymnastics law, rules and requirements of the game.
- A3- At the end of the course, students should be able to develop physical qualities, develop and upgrade motor skills, and mental abilities, as it increases the ability to concentrate, and develops the ability to think and observe.
- A4- At the end of the course, students will be able to draw the kinetic chains of the apparatus (floor mat, pommel horse, rings, vault, parallel bars, and horizontal bars).

B - Course specific skill objectives

- 1- At the end of the course, students should be able to perform the series on the floor exercise mat.
- 2- At the end of the course, students should be able to perform the kinetic chain on the handlebar device.
- 3- At the end of the course, students should be able to perform the series on the vaulting horse.
- 4- At the end of the course, students should be able to perform the kinetic chain on the horizontal bar.
- 5- At the end of the course, students should be able to perform the kinetic series on the parallel bar.
- 6- At the end of the course, students should be able to perform the kinetic chain on the ring apparatus.

Teaching methods

- 1- Lecture method
- 2- Advanced Lecture Method
- 3- Blended learning method
- 4- E-learning method

Learning methods

- 1- Partial method
- 2- The comprehensive method
- 3- Trial and error method
- 4- Learning method for mastery

Evaluation methods:

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

<p>C- Emotional and value goals</p> <p>1- The curriculum should develop a spirit of challenge. 2- The curriculum should develop the spirit of courage. 3- The curriculum should develop self-confidence. 4- The curriculum should develop the spirit of altruism.</p>
<p>Teaching and learning methods:</p> <p>1- Guidance programs 2-Academic workshops 3- Specialized courses</p>
<p>Evaluation methods:</p> <p>1- Value standards 2-Ethical standards 3- Behavioral standards</p>
<p>D - General and transferable skills (other skills related to employability and personal development):</p> <p>D1- Safety and security skills D2- Helping methods skills D3-First aid D4- Injury rehabilitation</p>

10.Course structure:					
The week	Hours	Required learning outcomes	Unit name/topic	Teaching method	Evaluation method
1	4 hours	<ul style="list-style-type: none"> - Explanation of the general rules of international arbitration for men's artistic gymnastics. - 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	4 hours	<ul style="list-style-type: none"> - Explanation of the general rules of international arbitration for men's artistic gymnastics. - Explanation of the back roll skill, technical aspects, common mistakes, assistance methods, and the front balance skill. 	Practical application of the back roll skill Front balance skill	The lecture	Group evaluation

3	4 hours	<ul style="list-style-type: none"> - Explanation of the general rules of international arbitration for men's artistic gymnastics. - Explaining the handstand skill, technical aspects, common mistakes and methods of assistance. 	Practical application of handstand using movement teaching aids	The lecture	Group evaluation
4	4 hours	<ul style="list-style-type: none"> -Teaching headstand skills, technical aspects, common mistakes and assistance methods. 	Practical application of headstand movement and using a partner as a stability aid	The lecture	Group evaluation
5	4 hours	<ul style="list-style-type: none"> - Explanation of the general rules of international arbitration for men's artistic gymnastics. - 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	4 hours	<ul style="list-style-type: none"> - Explanation of the general rules of international arbitration for men's artistic gymnastics. - Teaching diving skills, technical aspects, common mistakes and assistance methods. 	The movement is applied gradually, first from a still position, then gradually with skill from movement.	Advanced Lecture	Group evaluation
7	4 hours	<ul style="list-style-type: none"> - Explanation of the general rules of international arbitration for men's artistic gymnastics. - Teaching the Arabic handspring (randove) technique, common mistakes and methods of assistance 	Apply the movement practically with assistance first and then without assistance.	Advanced Lecture	Group evaluation
8	4 hours	<ul style="list-style-type: none"> - Explanation of the general rules of international arbitration for men's artistic gymnastics. - Teaching the technical hand spring jump, common mistakes and methods of assistance. 	Apply the movement practically with assistance first and then without assistance.	Advanced Lecture	Individual assessment
9	4 hours	<ul style="list-style-type: none"> - Explanation of the general rules of international arbitration for men's artistic gymnastics. 	Repeat all skills and perform them in the form of a movement sentence.	Advanced Lecture	Individual assessment
10	4 hours	<ul style="list-style-type: none"> - Explanation of the general rules of international arbitration for men's artistic gymnastics. - Men's swing in and out alternately 	Practical application of the man's weighted entry and exit alternately on the pommel horse (handles) device.	Blended learning	Individual assessment

		Technical aspects, common mistakes, ways to help and the most important educational methods			
11	4 hours	- Explanation of the general rules of international arbitration for men's artistic gymnastics. - Half-wave (half-turn) of the support on the handles	Practical application of half-wave (half-turn) from the support on the handles on the pommel horse (handles)	Advanced Lecture	Individual assessment
12	4 hours	- Explaining mathematical application examples on how to calculate the final and initial scores for the player. - Explain the landing movement by waving a half-turn of support on the handles once, and support on the scapula and one handle a second time.	Practical application of the landing movement by waving a half-turn of support on the handles once, and support on the scrotum and one handle again on the pommel horse (handles) machine.	Advanced Lecture	Group evaluation
13	4 hours	Explaining mathematical application examples on how to calculate the final and initial scores of a player.	Re-create all the movements of my floor exercise machine, the handlebar horse, and link them together in a movement sentence.	Blended learning	Group evaluation
14	4 hours	Theoretical exam (first semester)			
15	4 hours	Floor Mat, Pommel Horse and Ring Skills Test			
Mid-year holiday					
16	4 hours	Re-training all previous skills		The lecture	
17	4 hours	Explanation of the front shoulder rotation skill (position) on the rings machine	Applying the movement of the front shoulder rotation (position) on the throat device	Advanced Lecture	Group evaluation
18	4 hours	Explanation of the law of the ground motion carpet device	Applying the movements of the throat apparatus in the form of a motor sentence	Advanced Lecture	Group evaluation
19	4 hours	Explanation of the law of the pommel horse device (handles)	Applying the opening and closing jumping	Advanced Lecture	Group evaluation

		Explanation of the skills of jumping with a dhammah and jumping with a fathah on the vaulting horse	movements on the vaulting horse		
20	4 hours	Explanation of the throat system law Explanation of the movement of the front hands jump on the horse vault	Applying the forward handstand movement to the horse's vault	Advanced Lecture	Group evaluation
21	4 hours	Explanation of the jumping table device law Explanation of the Arabic hand jump (randove) movement on the vaulting horse	Applying the Arabic hands jump (randove) on the vaulting horse	Advanced Lecture	Individual assessment
22	4 hours	- Parallel device law explanation Reset the parallelogram movements for the second stage	Parallel Barbell Movements Application	The lecture	Individual assessment
23	4 hours	- Explanation of the law of the mind device Explanation of the movement of the ram on the parallel bar	Practical application of the movement of the hamstring on the parallel bar	Blended learning	Individual assessment
24	4 hours	- Explaining mathematical application examples on how to calculate the final and initial scores of a player. Shoulder stand movement explained from the parallel bar	Apply the shoulder stand movement from the parallel bar and link all the movements in the form of a movement sentence.	Blended learning	Individual assessment
25	4 hours	- Explaining mathematical application examples on how to calculate the final and initial scores of a player. - Explanation of the movement of the pronation on the horizontal bar	Show videos of practical refereeing in men's artistic gymnastics Apply the pronation movement on the chin-up machine and reapply the chin-up machine movements for the second stage.	Blended learning	Individual assessment

26	4 hours	- Explaining mathematical application examples on how to calculate the final and initial scores of a player.	Show videos of practical refereeing in men's artistic gymnastics Applying the movements of the chin-up device in the form of a motor sentence	Blended learning	Individual assessment
27	4 hours	General review of movements			
28	4 hours	Second semester theoretical exam			
29	4 hours	Practical exam of kinetic chains on the three systems			
30	4 hours	Final practical exam for all gymnastic equipment			

11. Infrastructure:

1- Required Textbooks	International Arbitration Law for Artistic Gymnastics for Travelers Episode (15) (2022 - 2024). - A booklet of theoretical materials on the history of ancient and modern gymnastics, and the most important basic principles of gymnastics.
2- Main References (Sources)	
1) Recommended books and references (scientific journals, reports, etc.) 2) Electronic references, websites	Men's Artistic Gymnastics Basics (2022) Al-Khabouri, and others.

12. Curriculum Development Plan

- Periodic review of academic courses
- Diversifying the methods used in the teaching process