

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 to achieve them, demonstrating whether the maximum benefit has been gained from the learning opportunities available. It must be linked to the programmed description.

1. Educational institution	College of Physical Education and Sports Sciences
2. Scientific Department / Center	Individual Sport Branch
3. Course Name/Code	Physical fitness for first-stage female students SEGI24F1101
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">- Developing the level of female students in terms of physical fitness and its elements, such as developing (muscular strength in its various types, speed and its divisions, types of endurance, flexibility, balance, coordination, and accuracy).-Teaching students the most important physical fitness tests and methods of measuring them.- The possibility of training female students in physical fitness elements after graduating from college. This is the main goal of the college to graduate physical education teachers, as they will train in fitness halls (gyms).- Developing physical and psychological qualities, developing and upgrading motor fitness, and developing the nervous system, as it increases the ability to concentrate, and develops the ability to think and observe.-Using 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 will be able to define (general and specific physical fitness, muscular strength, speed, endurance, flexibility, agility, balance, coordination and accuracy).

A2- At the end of the course, students should be able to know the laws, sections, and development of physical fitness.

A3- At the end of the course, students should be able to develop physical qualities, develop and improve motor fitness, 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 should be able to develop physical and motor skills through the use of tools such as medicine balls, ladders, Swedish chair and sticks..

B - Course specific skill objectives

1 - At the end of the course, students must be able to perform all types of physical fitness for tests.

2 - At the end of the course, students will be able to develop the elements of physical fitness and acquire for health.

3 - At the end of the course, students should be able to perform movements and exercises without equipment.

4-At the end of the course, students will be able to develop schedules for nutrition programmes.

5- At the end of the course, students should be able to perform exercises using a medicine ball, stick, ladders, and Swedish chair.

6- At the end of the course, female students will be able to develop special programs for physical fitness in most of the sports activities and games practiced by women.

Teaching methods

learning Methods

1- Lecture method

1- Partial method

2- Advanced Lecture Method

2- The comprehensive method

3- Blended learning method

3- Trial and error method

4- E-learning method

4- Learning method for mastery

Evaluation methods:

1- Individual assessment

2- Group evaluation

3- Self-assessment 4-Project evaluation 5-Field evaluation
C- Emotional and value goals 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.
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- Helping methods skills D3-First aid D4- Injury rehabilitation

10.Course structure:					
The week	Hours	Required learning outcomes	Unit name/topic	Teaching method	Evaluation method
1	2 hours	Developing general fitness elements	Practical application (jogging)	The lecture	Group evaluation
2	2 hours	Developing general fitness elements	Practical application (jogging while climbing the stairs)	The lecture	Group evaluation
3	2 hours	Definition of general fitness	Practical application (using the elongation method)3 to 3)	The lecture	Group evaluation
4	2 hours	Definition of special fitness	Practical application (using the elongation method)3 to 2)	The lecture	Group evaluation

5	2 hours	Explaining the importance of physical fitness (social, health, psychological, mental)	Practical application (using the elongation method)3 to 1)	Advanced Lecture	Group evaluation
6	2 hours	Muscle strength explained	Muscle strength development exercises	Advanced Lecture	Group evaluation
7	2 hours	Explanation of speed and its types	Practical application using speed development exercises	Advanced Lecture	Group evaluation
8	2 hours	Explanation of prolongation and its types	Practical application for developing general tolerance	Advanced Lecture	Individual assessment
9	2 hours	Muscle endurance explained	Practical application to develop special (muscular) endurance	Advanced Lecture	Individual assessment
10	2 hours	Explanation of flexibility and its types	Exercises to develop static and dynamic flexibility	Blended learning	Individual assessment
11	2 hours	Explain agility	Exercises to develop agility	Advanced Lecture	Individual assessment
12	2 hours	Balance explanation	Exercises to develop static and dynamic balance	Advanced Lecture	Group evaluation
13	2 hours	Compatibility Explained	Exercises to develop coordination using dribbling, scoring and dribbling.	Blended learning	Group evaluation
14	2 hours	Accuracy explanation	Exercises to develop accuracy such as basketball, hand and foot scoring accuracy.	Blended learning	Individual assessment
15	2 hours	Theoretical exam, first semester + practical exam, first semester			
Mid-year holiday					
16	2 hours	Healthy habits	Dumbbell exercises	The lecture	
17	2 hours	gender differences	Free exercises	Advanced Lecture	Group evaluation
18	2 hours	Maintaining fitness	Couple exercises without equipment	Advanced Lecture	Group evaluation
19	2 hours	Maintaining physical fitness	Pair exercises with tools	Advanced Lecture	Group evaluation
20	2 hours	Obesity	medicine ball application	Advanced Lecture	Group evaluation

21	2 hours	Physical fitness and its relationship to diseases	Exercises using the Swedish bench (bench)	Advanced Lecture	Individual assessment
22	2 hours	Functional Device Safety Explanation	Stair exercises	Lecture method	Individual assessment
23	2 hours	Explain the calm	Practical application of calming	Blended learning	Individual assessment
24	2 hours	Explanation of warm-up and its types	Practical application of general and special warm-ups	Blended learning	Individual assessment
25	2 hours	Nutrition and weight loss explanation	Multi gym exercises	Blended learning	Individual assessment
26	2 hours	Nutrition and weight gain explained	Stationary bike exercises (arcometer)	Blended learning	Individual assessment
27	2 hours	Theoretical explanation of nutrition for competitions	Treadmill Exercises	Blended learning	Individual assessment
28	2 hours	Second semester theoretical exam			
29	2 hours	Practical exam with physical fitness tests			
30	2 hours	Final Practical Exam for Physical Fitness Tests			

11. Infrastructure:

1- Required Textbooks	- The complete encyclopedia of physical preparation for women (Al-Takriti and Al-Hajar)2017
2- Main References (Sources)	- Physical fitness booklet for first-year female students
1) Recommended books and references (scientific journals, reports, etc.)	- Physical preparation for women
2) Electronic references, websites	

12. Curriculum Development Plan

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