

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 available learning opportunities and 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	Racket Games Stage 3 / SEGI24F3111
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 racket grip skills, forehand, volley, serve, smash, drop shot and overhand.- Knowing the law, rules and requirements of the different games.- The possibility of teaching students these skills 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 events and activities.- 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 (Racket grip skills (forehand, backhand, serve, volley, smash, drop shot and overhand).

A2- At the end of the course, students should be able to know the rules, regulations 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 should be able to (understand the steps of performing all skills, have an understanding and comprehension of legal situations, and make the right decision in leading and refereeing a tennis match)..

B - Course specific skill objectives

1 - At the end of the course, students should be able to perform the forehand skill and its types.

2- At the end of the course, students should be able to perform the backhand skill and its types.

3- At the end of the course, students should be able to perform the backhand skill with both hands.

4 - At the end of the course, students should be able to perform the sending skill and its types.

5-At the end of the course, students will be able to perform the skill of flying strikes.

6- At the end of the course, students should be able to perform the smash skill.

7- At the end of the course, students should be able to perform the drop shot skill.

8-At the end of the course, students should be able to perform the drop shot skill.

Raised.

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

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	History of Tennis - Objectives of the Game - Requirements of the Game	Theoretical lecture	The lecture	-
2	2 hours	Types of racket grips	Practical exercises for racket grips	The lecture	Individual and group assessment
3	2 hours	Ready position and foot movements	Ball and racket feel exercises	The lecture	
4	2 hours	front ground strike	Practical exercises to develop the skill	The lecture	
5	2 hours	front ground strike	Practical exercises to develop the skill	The lecture	
6	2 hours	Types of groundstrokes: straight, forward-spin and back-spin	Practical exercises to develop the skill	The lecture	
7	2 hours	back ground strike	Practical exercises to develop the skill	The lecture	
8	2 hours	back ground strike	Practical exercises to develop the skill	The lecture	
9	2 hours	Types of backhand groundstrokes: straight, forward-spin and back-spin	Practical exercises to develop the skill	The lecture	
10	2 hours	backhand two handed	Practical exercises to develop the skill	The lecture	
11	2 hours	Spinning strokes (front, back, side)	Theoretical explanation and practical exercises	Advanced Lecture	Individual assessment
12	2 hours	Serving skill - types of serve (straight, cutting, high, reverse, under the arm)	Practical exercises to develop the skill	The lecture	Group evaluation
13	2 hours	Skill of sending + receiving the transmission	Practical exercises to develop the skill	The lecture	Group evaluation
14	2 hours	Theoretical exam			
15	2 hours	First semester practical exam with skills			
Mid-year holiday					
16	2 hours	Re-skilling	Practical exercises	The lecture	

17	2 hours	Flying Strikes + Material Explanation1-4 of the law	Practical exercises to develop the skill	The lecture	Group evaluation
18	2 hours	Flying Strikes + Material Explanation5- 8 From the law	Play and referee	The lecture	Group evaluation
19	2 hours	Half-flying strike + material explanation9-12 of the law		Advanced Lecture	Group evaluation
20	2 hours	How to Plan a Playground + Materials Explained13-16 of the law		The lecture	Group evaluation
21	2 hours	Materials explanation17-20 of the law		The lecture	Individual assessment
22	2 hours	Crushing Blow + Material Explanation21-24 of the law	Practical exercises to develop the skill	The lecture	Individual assessment
23	2 hours	High Hit + Material Explanation25-28 From the law	Practical exercises to develop the skill	Blended learning	Individual assessment
24	2 hours	Materials explanation29-31 of the law	Play and referee	Blended learning	Individual assessment
25	2 hours	Second semester theoretical exam			
26	2 hours	Practical exam, second semester			
27	2 hours	Single player plans	Practical applications on plans	Practical lecture	Individual assessment
28	2 hours	Doubles game plans	Practical applications on plans		Self-assessment
29	2 hours	Final practical exam			
30	2 hours	Final practical exam			

11. Infrastructure:	
1-Required Textbooks	- Racket games(2012) Al-Atwa and Al-Zuhairi
2-Main References (Sources)	- Racket games(2012) Al-Atwa, Al-Zuhairi, Law Booklet Translated by: Dr. Ithar Abdul Karim Ghazal
1)Recommended books and references (scientific journals, reports, etc.) 2)Electronic references, websites	- Scientific journals and Internet sources World Tennis Championships and Tennis Video Lessons

12. Curriculum Development Plan
<ul style="list-style-type: none"> - Periodic review of academic courses - Diversifying the methods used in the teaching process - - Using ball launcher, rubber net and rubber wire balls