

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. 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	Rhythmic gymnastics third stage/ SEGI24F3081
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"> • Providing students with a set of multiple skills and abilities that enable them to perform the skill for each tool used in each movement chain, each one separately, in addition to teaching students how to assemble the compulsory movement chain in the performance. • Teaching students the history of rhythmic gymnastics and the types of tools used in performance, as the tools vary (ribbon, ball, hoops, free floor movements) using music. • Teaching students to perform the basic skills of each instrument separately, leading to performing the movement chain in rhythmic gymnastics. • 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. • Teaching students the legal specifications for measuring each one separately. 	

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

A- Cognitive objectives

- A1-By the end of the course, students will be able to define (floor mat, parallel bars, balance beam, and vaulting platform).
- A2- At the end of the course, the students should be able to know the rules, regulations and requirements of the game.
- A3- At the end of the course, the students will 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 draw the kinetic chains of the devices (floor mat, parallel bars of different heights, balance beam, and vaulting platform)..

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 series on parallel bars of different heights.
- 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 will be able to perform the kinetic chain on the balance beam.

Teaching methods

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

Learning methods

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

Evaluation methods:

- 1- Individual assessment
- 2- Group evaluation
- 3- Self-evaluation
- 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	Rhythmic Gymnastics (Explanation)		The lecture	Group evaluation
2	2 hours	History of rhythmic gymnastics in the world		The lecture	Group evaluation
3	2 hours	History of gymnastics among the Arabs		The lecture	Group evaluation
4	2 hours	The importance of teaching rhythmic gymnastics		The lecture	Group evaluation
5	2 hours	Musical rhythm		Advanced Lecture	Group evaluation
6	2 hours	Hand positions		Advanced Lecture	Group evaluation
7	2 hours	Movement rhythm	Performing movements	Advanced Lecture	Group evaluation
8	2 hours	Dance-like movements	Performing jumps	Advanced Lecture	Individual assessment
9	2 hours	The tape	Performing band exercises	Advanced Lecture	Individual assessment
10	2 hours	The tape	Chain performance	Blended learning	Individual assessment
11	2 hours	The ball	Training and testing	Advanced Lecture	Individual assessment

12	2 hours	The ball	Ball chain performance	Advanced Lecture	Group evaluation
13	2 hours	The ball	Test series training	Blended learning	Group evaluation
14	2 hours	Ball / Ball Exercises / Ball Chain Training			Self-assessment
15	2 hours	Practical test, ball			
Mid-year holiday					
16	2 hours		Learnability and motor weight absorption	The lecture	
17	2 hours	Rope exercise	The relationship between musical and motor rhythm	Advanced Lecture	Group evaluation
18	2 hours	Rope Chain Performance	The rope	Advanced Lecture	Group evaluation
19	2 hours	Test training	The rope	Advanced Lecture	Group evaluation
20	2 hours	Performing hoop exercises	The rope	Advanced Lecture	Group evaluation
21	2 hours	Chain performance for the collar	The collar	The lecture	
22	2 hours		The collar	Learning method	Individual assessment
23	2 hours		Give a series of test strips and balls.	Blended learning	Individual assessment
24	2 hours		Give a test series with rope and collar.	Blended learning	Individual assessment
25	2 hours	training	Writing a string (tool)	Blended learning	Individual assessment
26	2 hours	training		Blended learning	Individual assessment
27	2 hours	training		Blended learning	Individual assessment
28	2 hours	Theoretical test			
29	2 hours	practical control			
30	2 hours				

11. Infrastructure:

1- Required Textbooks	
2- Main References (Sources)	The binder prepared by Dr. Afrah thanoon
1) Recommended books and references (scientific journals, reports, etc.)	
2) Electronic references, websites	Scientific journals and internet resources

12. Curriculum Development Plan

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