

Course Description Form

Course Description:

This course description provides a concise summary of the main features of the course and the learning outcomes expected of students, demonstrating whether 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	Track and Field Stage Four / SEGI24F4061
4. Available attendance forms	practical
5. Chapter/Year	2023- 2024
6. Number of study hours (total)	4 hours per week
7. Date this description was prepared	2023 - 2024
8. Course objectives:	
<p>The objective of the course is linked to the objective of the college, which is to graduate students as teachers of physical education and sports science. Students must realize that a teacher of physical education and sports science will graduate who knows how to teach and train players and students with the basic skills for each of the athletics events, including the men's decathlon and the women's heptathlon. Students do not necessarily graduate from the college as champions in a particular event, but rather possess a lot of information and methods that enable them to teach, educate and train the aforementioned events. In return, students must be taught how to manage official competitions, whether local or international, through refereeing of sports events.</p>	

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

A- Cognitive objectives

1. At the end of the course, students should be able to understand the basic concepts of the men's decathlon and women's heptathlon.
2. At the end of the course, students should be able to know the laws, rules and requirements of each of the ten competitions for men and seven for women.
3. At the end of the course, students will be able to know how to develop general and specific physical qualities in each of the ten competitions for men and seven for women.

B - Course specific skill objectives

Students should be able to control the technical performance in each of the men's decathlon and women's heptathlon combined competitions.

Teaching and learning methods:

The teaching uses the stadiums of the mentioned events in order to give exercises for each skill, in addition to conducting individual competitions and exams for each event in order to learn how to judge events, using the PowerPoint program and displaying the lecture on the data show device if necessary to clarify some difficult skills in learning, in addition to the methodological binder for (athletics) written by Professor Dr. Ayad Muhammad Abdullah, and also explaining ambiguous issues and topics to the students using the white board.

Evaluation methods:

The individual evaluation of each student is approved as follows:

First semester exam (25%) Practical exam (15%) Theoretical exam (10%)	Second semester exam (25%) Practical exam (15%) Theoretical exam (10%)	Final exam (50%) Final practical exam (30%) A	Final theoretical exam(20%) Final grade (100%)
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C- Emotional and value goals

- 1- The curriculum should develop a spirit of challenge.
- 2- The curriculum should develop the spirit of perseverance.
- 3- The curriculum should develop willpower and determination to learn the art of performing competitions.
- 4- The curriculum should develop the spirit of altruism and cooperation among students.

Teaching and learning methods:

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

Evaluation methods:

Value criteria: This is done by extracting a value standard based on the points collected in five competitions for the first semester, and five competitions for the second semester.

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	4 hours	Presentation of the curriculum vocabulary that students will implement, with a brief historical overview of complex games in Iraq and the world.	General fitness exercises for students in preparation for the new school year	The lecture	Group evaluation
2	4 hours	Positive factors that raise and negative factors that lower the level of achievement in the decathlon games	Repeating general fitness exercises for students, with quick running starts for male students, and hurdles for female students.	The lecture	Group evaluation
3	4 hours	General rules for the combined events (men's decathlon and women's heptathlon).	Various short and graded distances for students, and running 100m hurdles for female students, providing physical fitness exercises for all students	The lecture	Group evaluation
4	4 hours	Activity number one explanation 100m (technical stages and legal aspects) for the event Theoretical exam first semester first.	Running distance timing 100m hurdles for male students and 100m hurdles for female students with physical exercises for male students	The lecture	Group evaluation
5	4 hours	Explanation of activity number two, long jump competition, technical stages.	Performing special exercises for the long jump, adjusting the approximate run and giving the students several jumps, and running 100m hurdles for girls.	Advanced Lecture	Group evaluation

6	4 hours	Explaining the legal aspects of the long jump event.	Giving long jump exercises, repeating them and adjusting them well for the students, timing the run100m hurdles girls.	Advanced Lecture	Group evaluation
7	4 hours	Completing the explanation of the legal aspects of the long jump event.	Practical test for my effectiveness100m long jump for male students, 100m hurdles for female students.	Advanced Lecture	Group evaluation
8	4 hours	Explanation of activity number three: weight throwing competition.	Performing special exercises for the effectiveness of throwing weights, giving throws from a fixed and moving position using the gliding method.	Advanced Lecture	Individual assessment
9	4 hours	Explanation of the technical stages of the weight throwing event	Providing strength exercises for effective throwing, with repeated throwing of the weight to consolidate the skill of throwing the weight.	Advanced Lecture	Individual assessment
10	4 hours	Give the legal aspects of the weight throwing activity.	Practical test of weight throwing effectiveness	Blended learning	Individual assessment
11	4 hours	Explanation of activity number four, high jump competition	Performing special exercises for high jumping, and giving jump attempts gradually.	Advanced Lecture	Individual assessment
12	4 hours	Explanation of the technical stages of the high jump competition	Give high jump exercises with repeated jumps on the high jump machine to consolidate the skill.	Advanced Lecture	Group evaluation
13	4 hours	Explaining the legal aspects of high jumping	High Jump Practical Exam	Blended learning	Group evaluation

14	4 hours	Explanation of activity number five enemy400 meters. Theoretical exam, second semester, first term	Giving specific speed endurance exercises for running effectiveness400 meters for male students, 200 meters for female students	Blended learning	Individual assessment
15	4 hours	Explaining the technical stages and legal aspects of the enemy400 meters	Practical exam for effectiveness400m Males. Practical Exam for 200m Females	Blended learning	Self-assessment
Mid-year holiday					
16	4 hours	Explanation of the activity number six running competition110m hurdles men	Give specific exercises effectively110m hurdles and hurdles training for male students and long jump event for female students	The lecture	
17	4 hours	Explanation of the technical stages in the running competition110m hurdles	Gradual training on the effectiveness of the enemy110m hurdles for men and long jump for women	Advanced Lecture	Group evaluation
18	4 hours	Giving the legal aspects of a running competition110m hurdles	Practical exam for effectiveness110m hurdles students, giving long jump exercises to students	Advanced Lecture	Group evaluation
19	4 hours	Explanation of the event number seven, the discus throw competition	Performing special exercises for the discus throw, giving throws from a stationary and moving position using a rotational method for students, repeating long jump exercises for female students	Advanced Lecture	Group evaluation

20	4 hours	Explanation of the technical stages of the discus throw competition	Giving strength exercises for throwing effectiveness with repeated discus throw to consolidate discus throwing skill, practical test for long jump effectiveness for female students	Advanced Lecture	Group evaluation
21	4 hours	Explanation of the legal aspects of the discus throw competition. Theoretical exam, first semester, second semester	Practical exam for discus throw for students, special exercises for javelin throw for female students	Advanced Lecture	Individual assessment
22	4 hours	Description of the event number eight pole vaulting competition	Performing special exercises for the pole vaulting activity, giving students gradual jump attempts, giving javelin throwing exercises to female students.	The lecture	Individual assessment
23	4 hours	Explanation of the technical stages of the pole vault competition	Giving pole vaulting exercises with repeated jumps on the vaulting machine to consolidate the skill, giving auxiliary strength exercises for the javelin throw effectiveness for female students	Blended learning	Individual assessment
24	4 hours	Giving the legal aspects of pole vaulting competition	Practical test of pole vaulting, repetition of javelin throwing exercises for female students	Blended learning	Individual assessment
25	4 hours	Explanation of the activity number nine, the javelin throw competition	Performing special exercises for the javelin throw activity. Giving multi-step throws to	Blended learning	Individual assessment

			the students. Repeating the javelin throw exercises for the female students.		
26	4 hours	Explanation of the technical stages and legal aspects of the javelin throw competition	Practical exam for javelin throwing activity for male and female students.	Blended learning	Individual assessment
27	4 hours	Explanation of the activity number ten running competition1500 meters technical stages and legal aspects	Giving general and specific stretching exercises to students and giving running exercises.1500 meters for male students and 800 meters for female students.	Blended learning	Individual assessment
28	4 hours	Explain my activity200m 800m in women's heptathlon technical stages and legal aspects. Second theoretical exam, second semester	Practical test for my effectiveness1500 meters for male students and 800 meters for female students		
29	4 hours	Practical final exam			
30	4 hours				

11. Infrastructure:	
1- Required Textbooks	- Book by Professor Dr. Ayad Muhammad Abdullah (The Art of Performance and the Law of Athletics Competitions)
2- Main References (Sources)	- The complex competitions binder by Professor Dr. Ayad Muhammad Abdullah
1) Recommended books and references (scientific journals, reports, etc.)	
2) Electronic references, websites	

12. Curriculum Development Plan
<ul style="list-style-type: none"> - Periodic review of academic courses - Diversifying the methods used in the teaching process