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 / second Stage /**SEGI24F2081**
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:	

- Students learn to perform its various activities, such as running, jumping, vaulting and throwing.110m hurdles, triple jump, 800m and 1500m, 4x400m relay, 3000m steeplechase, discus throw, hammer throw, pole vault).
- Knowing the laws, rules and requirements of various track and field events.
- The possibility of teaching students this activity after they graduate from the 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 will be able to define and understand (running in its three types: short, medium and long, various jumping and vaulting events, various throwing and hurling events, and various mail races, in addition to how to draw a simplified field and track court).

A2- At the end of the course, students should be able to know the laws, rules and requirements of track and field events.

A3- At the end of the course, students should be able to develop various physical characteristics, 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 locations and fields of the various jumping, vaulting and throwing events with their legal measurements and how to find and calculate the value of the throwing sector in throwing events, in addition to other measurements specific to the discus and hammer throwing circles and all their accessories, such as protective cages and others..

B - Course specific skill objectives

1- At the end of the course, students should be able to perform the low start and pass the barrier correctly.

2- At the end of the course, students should be able to perform the triple jump stages completely, with controlled approach.

3- At the end of the course, students should be able to perform the discus throw with the correct technique.

4-Students should be able to take a test at the end of the course.4 x 400 m mail in its complete and correct form and in its various types during the races.

5- At the end of the course, students should be able to perform the 3000m obstacle course and pass obstacles, including the water obstacle, correctly, in addition to the 800m and 1500m events.

6- At the end of the course, students should be able to perform the hammer and shot put event in its simplified, elementary form.

Teaching methods	Learning methods
1- Lecture method	1- Partial method
2- Advanced Lecture Method	2- The total 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-based 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	4 hours	Presentation of the curriculum vocabulary that the students will implement, with a brief historical overview of track and field games in Iraq and the world.	-------	The lecture	Group evaluation
2	4 hours	Technical stages of the triple jump event in track and field	Short distance sprinting exercises for different distances15-35 meters	The lecture	Group evaluation
3	4 hours	The first stages of the approach run before reaching the rise board	Giving exercises on the basic principles of correct standing and how to start correctly	The lecture	Group evaluation
4	4 hours	Other stages of the approach run until reaching the rise board	Give exercises on how to gradually increase speed and connect the last three steps before getting up.	The lecture	Individual assessment
5	4 hours	The development stage with its three sections on the development board	Giving exercises on how to place the rising leg on the rising board legally to avoid legal errors	Advanced Lecture	Group evaluation
6	4 hours	The hopscotch stage and how to perform it correctly, placing the foot of the pivot foot and the free foot during performance	Giving exercises of alternating and repeated hoops for both feet outside the jumping range, giving exercises on how to perform the support leg and the free leg correctly during performance	Advanced Lecture	Group evaluation
7	4 hours	Step phase and how to link it with the hop, jump phase and how to link it with the step	Giving exercises that enable the student to make the correct connection between the step and the jump, giving the student the ability to make the correct connection between the step and the jump	Advanced Lecture	Group evaluation

8	4 hours	Linking the three jumps together in an integrated manner	Giving exercises on how to link the performance of the three jumps in their overall form.	Advanced Lecture	Individual assessment
9	4 hours	landing stage	Providing exercises that enable the student to link the performance of the three jumps with the landing phase in the sand pit.	Advanced Lecture	Individual assessment
10	4 hours	Explanation of the law on the event with its technical and legal aspects	Through the application, errors are detected and avoided during performance.	Blended learning	Group evaluation
11	4 hours	Technical stages of the competition110m hurdles, running from the start to the first hurdle, the hurdle step with all its details and sections, running between the hurdles with its three steps, the integrated performance of the event and until reaching the finish line	Giving exercises on how to perform the correct start from the low position, performing fast running exercises and weighted steps to adjust the approach to the first hurdle, giving exercises to help the lead leg and the leg covering the hurdle, giving harmonious exercises to adjust the steps between the hurdles, giving speed exercises and linking between the different stages of the event.	Advanced Lecture	Individual assessment
12	4 hours	effectiveness4×400 meter post, types of post 4×400 meter post, how to draw the field and the stadium, explanation of the types of post, differences of one arc, differences of two arcs, and differences of three arcs	Giving exercises on how to receive and deliver correctly, giving starting exercises and how to run in an arc and straight Teaching students how to draw the field according to mathematical rules and equations, teaching students how to perform and distribute players on the fields correctly	Advanced Lecture	Group evaluation
13	4 hours	Technical stages of discus throw	Giving exercises on how to hold and hold the disc correctly	Blended learning	Group evaluation

14	4 hours	Preliminary stance and swing, rotation and preparation for throwing and final throw of the discus	Giving exercises that help the student on how to perform correctly	Blended learning	Individual assessment
15	**4 hours**	**First semester theoretical exam + first semester practical exam for barriers, discus and triple**			
Mid-year holiday					
16	4 hours	Technical stages and performance techniques for the pole vaulting event (Zana): approach, planting movement and raising the pole	Teaching students how to hold, grip and carry the stick correctly. Giving exercises for fast running with a stick from different distances and preparing for the planting stage	The lecture	Individual assessment
17	4 hours	Attachment, curling, spreading and extending Spin, push and cross the bar	Give simple initial exercises with the aluminum stick and practice how to hang on. Giving exercises Giving exercises with an aluminum stick helps the student learn how to cross in a simple way	Advanced Lecture	Group evaluation
18	4 hours	International pole vaulting law with explanation of the qualifying and final schedules for the vaulting and jumping events in general and the pole vault in particular	Apply and perform skills to fully implement the legal aspect.	Advanced Lecture	Group evaluation
19	4 hours	middle and long distance running	Giving a run to develop general endurance in general	Advanced Lecture	Group evaluation
20	4 hours	Explaining the technical and legal aspects of running800 meters for female students and 1500 meters for male students	Giving stretching and speed stretching exercises	Advanced Lecture	Group evaluation
21	4 hours	Explanation of starting from standing, how to perform, and where to	Practical application of the beginnings and how	Advanced Lecture	Individual assessment

		stand on the running tracks	to distribute players in the fields		
22	4 hours	Explanation of the stages of medium and long runs	Practical application on how to distribute effort during the different race distances, from its initial stages until the end of the race	The lecture	Individual assessment
23	4 hours	Running race3000m Obstacle Course - Teaching students how to cross the obstacle including how to cross and pass the water obstacle in the correct legal manner	Teach students where to start the event and how to run long distances.	Blended learning	Individual assessment
24	4 hours	Explaining the three stages of the event: the beginning, the middle, and the end of the race. Practical application of how to distribute effort during the three stages of the race and emphasizing crossing and crossing the water obstacle correctly.	Students learn about the locations and number of barriers and the practical application in particular on how to cross a water barrier.	Blended learning	Individual assessment
25	4 hours	Explanation of the technical stages in the hammer throw competition	Give students exercises that help with overall performance of the activity.	Blended learning	Individual assessment
26	4 hours	Hammer grip, starting position and preliminary swings	Training students on how to hold the hammer correctly, perform the starting position, and how to perform preliminary swings.	Blended learning	Individual assessment
27	4 hours	Linking the preliminary weights and the first round with rotation, throwing, covering, balance and switching	Providing educational exercises that help the student perform the preliminary exercises and how to link them with the first cycle.	Blended learning	Individual assessment

		with an explanation of the tables			
28	**4 hours**	**Theoretical exam for the second semester + practical exam for the second semester by mail and hammer**			
29	**4 hours**	**practical exam1500m and Alzana**			
30	**4 hours**	**Final practical exam**			

11. Infrastructure:

1- Required Textbooks	- Modern educational and arbitration foundations in athletics (Hajm Shani and others,2017)
2- Main References (Sources)	- A notebook of theoretical materials on track and field events for110m hurdles, triple jump, discus throw, hammer throw, pole vault, 4x400m run, medium and long runs (800m - 1500m - 3000m steeplechase)
1) Recommended books and references (scientific journals, reports, etc.)	- Athletics (2002) Khuraibet and Al-Ansari
2) Electronic references, websites	

12. Curriculum development plan:

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