

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 first stage / SEGI24F1081
4.Available attendance forms	Theoretical + 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:	
<ul style="list-style-type: none">- Students learn to perform the skills of the technical performance stages of the various first stage field and track events (running methods of all kinds (short distances, medium distances, long distances, walking, marathon, and relay competitions).4 x 100 m, backflip shot put, long jump, javelin throw, high jump.- Knowing the modern laws, basic rules and special training for each activity separately and according to the specificity of the game when selecting athletes for it, the requirements of the different activities and getting to know the devices and tools that help raise the athletic level of students for both genders.- The possibility of teaching students these activities after they graduate from the college, and this is the main goal of the college to graduate physical education and sports science teachers, as it will teach and train students in various sports activities and events in track and field games, in addition to developing the sports level of the champions of the university and club teams in this game.- Employing biomechanics to achieve good technique in artistic performance with the least possible effort according to the mechanical variables of movement and each activity separately.	

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

A- Cognitive objectives

1. At the end of the course, students should be able to give an introductory overview of (running methods of all types (short distances, medium distances, long distances, walking, marathon, 4 x 100 meter relay competitions, backslide weight throwing, long jump, javelin throwing, high jump).
2. At the end of the course, students should be able to know the laws, rules and requirements of each activity separately.
3. At the end of the course, 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, observe, and compete fairly to achieve advanced positions in various arena and field activities.
4. At the end of the course, students should be able to identify the kinetic chains of the various track and field activities (running methods of all kinds) (short distances, medium distances, long distances, walking, marathon, 4 x 100 meter relay competitions, back slide weight throwing activity, long jump activity, javelin throwing activity, high jump activity).

B - Course specific skill objectives

1. At the end of the course, students should be able to perform different running for techniques.
2. At the end of the course, students should be able to perform the types of relays for the 4x100m relay for competition.
3. At the end of the course, students should be able to perform the technical stages of the weight throwing activity.
4. At the end of the course, students should be able to perform the technical stages of the long jump for event.
5. At the end of the course, students should be able to perform the technical stages of the javelin throw event.
6. At the end of the course, students should be able to perform the technical stages of the high jump event.

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-assessment
- 4-Project evaluation
- 5-Practical 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	4 hours	A brief history of the Olympic Games for men and women, the men's decathlon and the women's heptathlon		Blended learning	Group evaluation
2	4 hours	Explanation of the technical aspects of running techniques, theoretical and practical	Practical application of running techniques	Advanced Lecture	Group evaluation
3	4 hours	Explaining the technical aspects of running 100 meters theoretical + practical	Application of exercises to raise the elements of general fitness and a number of circuit training exercises.	Advanced Lecture	Group evaluation
4	4 hours		Applying the technical aspects of running 100m, motor response speed exercises and sprints for different distances	The lecture	Individual assessment
5	4 hours	Explanation of the technical aspects of the types of beginnings, theoretical + practical	Applying the technical aspects of the types of beginnings	Blended learning	Individual assessment
6	4 hours		Applying the technical aspects of the types of starts with these reaction speed and VAR exercises.	The lecture	Group evaluation
7	4 hours	Explaining the technical aspects of the relay race 4×100 meters and its types, theoretical and practical	Application of motor response speed exercises, launches for different distances and interfall	Advanced Lecture	Group evaluation
8	4 hours		Application of technical aspects of sequence types 4×100m	Advanced Lecture	Individual assessment
9	4 hours	Explaining the legal aspects of running, starting and relaying. 4×100 meters	Applying the latest legal aspects of running, starting and relaying. 4×100m	Advanced Lecture	Group evaluation

10	4 hours	Theoretical exam on running, starts and relays 4×100 meters		The lecture	Individual assessment
11	4 hours	Practical exam on running, starts and relays 4×100 meters			
12	4 hours	Explanation of the technical stages of the long jump event, theoretical and practical	Applying the technical stages of the long jump event with take-off and alternate hop exercises for both legs	Advanced Lecture	Individual assessment
13	4 hours	Explaining the legal aspects of the long jump event	Application of technical stages of long jump, barometric exercises, running on the stands, and auxiliary exercises to develop the rising process	Blended learning	Individual assessment
14	4 hours	Long Jump Theoretical Exam + Long Jump Practical Exam			
15	4 hours	Theoretical exam, first semester + practical exam, first semester			
Mid-year holiday					
16	4 hours	Explanation of the technical stages of the weight throwing activity, theoretical and practical	Applying the technical stages of the weight throwing activity with weight feeling exercises and a number of weight and strength exercises.	Advanced Lecture	Individual assessment
17	4 hours	Explaining the legal aspects of the effectiveness of throwing weight	Applying the technical stages of the weight throw activity with developmental exercises to improve the angle and height of the launch for students	Blended learning	Group evaluation
18	4 hours	Theoretical exam in weight throwing activity + practical exam in weight throwing activity			
19	4 hours	Explanation of the technical stages of the javelin throw event, theoretical and practical		The lecture	Group evaluation
20	4 hours		Application of the technical stages of the javelin throw event with planting exercises for different distances	Advanced Lecture	Group evaluation

21	4 hours	Explaining the legal aspects of the javelin throw event	Applying the technical stages of the javelin throw event and developmental exercises to improve the angle and height of the launch for students	Advanced Lecture	Group evaluation
22	4 hours	Theoretical exam in javelin throw event			
23	4 hours	Practical exam in javelin throwing event			
24	4 hours	Explanation of the technical stages of the high jump event, theoretical and practical		Advanced Lecture	Group evaluation
25	4 hours		Application of technical stages of high jump, barometric exercises, running on the stands, and auxiliary exercises to develop the rising process	Advanced Lecture	Group evaluation
26	4 hours	Explaining the legal aspects of high jump effectiveness	Applying the technical stages of the high jump event and auxiliary exercises to cross the bar with auxiliary tools and jump from boxes of different heights.	Blended learning	Group evaluation
27	4 hours	Theoretical exam in high jump event			
28	4 hours	Practical exam in high jump event			
29	4 hours	Theoretical exam for the second semester + practical exam for the second semester			
30	4 hours	Final practical exam for all activities			

11. Infrastructure:	
1- Required Textbooks	<ul style="list-style-type: none"> - The book of field and track games (a methodological book)2001) Written by Dr. Sareeh Abdul Karim Al-Fadhli and Professor Talib Faisal Abdul Hussein. - International Athletics Law Book (2011), Frank Abdul Karim Al-Fadhli
2- Main References (Sources)	- A binder of theoretical materials on the ancient and modern history of athletics, the most important technical stages of each event, and more.
1) Recommended books and references (scientific journals, reports, etc.)	<ul style="list-style-type: none"> -One of the modern curriculum books on track and field games, exclusively for first-year students. - International Law of Field and Track Games, Modern Edition
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