

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 the maximum benefit has been gained from the learning opportunities available. It must be linked to the programme description.

1. Educational institution	College of Physical Education and Sports Sciences
2. Scientific Department / Center	Individual sport branch
3. Scientific Department / Center	Weightlifting first stage /SEGI24F1111
4. Available forms of attendance	practical
5. Semester/Year	2024 -2023
6. Number of study hours (total)	hours per week 2
7. Date of preparation of this description	2024 - 2023
8. Course objectives:	
<ul style="list-style-type: none">- Students learn to perform different weightlifting skills (snatch, clean and jerk).- Know the laws, rules and requirements of the different game.- The possibility of teaching students this activity after graduating 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 activities and events.- Develop physical and psychological qualities, develop and upgrade motor skills, and develop the nervous system, as it increases the ability to concentrate, and develops the ability to think and observe.	

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

A-Cognitive objectives

- A1- At the end of the course, students should be able to define (snatch and clean and jerk lifts).
- 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 draw the movement chains of the lift.

B - Course specific skill objectives

- B1 - Students at the end of the course should be able to perform the snatch lift series.
- B2 - Students at the end of the course should be able to perform the auxiliary exercises in the snatch lift.
- B3 - Students at the end of the course should be able to perform the snatch lift series.
- B4 - Students at the end of the course should be able to perform the auxiliary exercises in the clean and jerk lift.

Teaching methods

Learning methods

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|----------------------------|-----------------------------|
| 1. Lecture method | 1-Partial method |
| 2. Advanced lecture method | 2-Holistic method |
| 3. Blended learning method | 3-Trial and error method |
| 4. learning method | 4-Learning to master method |

Evaluation methods

1. Individual assessment
2. Group assessment
3. Individual assessment
4. Group assessment

5. Group assessment
6. Self-assessment
7. Project evaluation
8. Field evaluation

C- Emotional and value-based objectives

C1- The curriculum should develop a spirit of challenge.

C2- The curriculum should develop a spirit of courage.

C3- The curriculum should develop self-confidence.

C4- The curriculum should develop a 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- Assistance methods skills

D3- First aid and injury rehabilitation .

10.Course Structure					
week s	hours	Required learning outcomes	Unit name/topic	Teachin g method	Evaluatio n method
1	2 hours	Historical overview, introduction to the subject of weights	theoretical	The lecture	Group evaluation
2	2 hours	Explanation of the snatch lift	Teaching and applying the first part of the lift, which is the sitting .and rising position	The lecture	Group evaluation
3	2 hours	Weight categories and player age explained	Teaching and applying the second part of the lift, which is the process of pulling the arms and then sitting .and standing up	The lecture	Group evaluation
4	2 hours	General rules for all lifts, incorrect movements and positions for all lifts	Connect the first part with the second and perform the entire movement without .weight	The lecture	Group evaluation
5	2 hours	Equipment and documents used	Provides exercises to help develop the muscles of the .shoulders and legs	Advance d Lecture	Group evaluation
6	2 hours	Wooden board for competitions	Perform the entire movement in slow .motion with the lips	Advance d Lecture	Group evaluation
7	2 hours	Electronic arbitration device	Perform the entire movement quickly .with the lip	Advance d Lecture	Group evaluation
8	2 hours	First theoretical exam			
9	2 hours	Responsibilities of referees	Give exercises to help .develop back muscles	Advance d Lecture	Individual assessment

10	2 hours	Explain the operation of the scale, stopwatch, scoreboard, and record board	Perform full lift and correct errors	Blended learning	Individual assessment
11	2 hours	Warm-up location explained	Repeat the lift and weight progression	Advanced Lecture	Individual assessment
12	2 hours	Official forms used in competitions	Students experience the practical exam atmosphere, correcting mistakes and benefiting from them before the actual exam	Advanced Lecture	Group evaluation
13	2 hours	Players' clothing and attire explained	Give feedback on the progress with practical exam instructions	Blended learning	Group evaluation
14	2 hours	Second theoretical exam + students' weight on the scale			
15	2 hours	Practical + theoretical exam			
Mid-year holiday					
16	2 hours	Explanation of raising the net	Teaching and applying the first part of the lift, which is the sitting and rising position	The lecture	
17	2 hours	Competitions explained	Teaching and applying the second part of the lift, which is the jerk process	Advanced Lecture	Group evaluation
18	2 hours	Explanation of the application process and the competition process	Connect the first part with the second and perform the entire movement without weights	Advanced Lecture	Group evaluation
19	2	Explain the calling	Provides exercises to	Advanced	Group

	hours	process, and the order of competitors and .teams	help develop the muscles of the .shoulders and legs	d Lecture	evaluation
20	2 hours	Explanation of the duties of the Jouri Committee	Perform the entire movement in slow .motion with the lips	Advance d Lecture	Group evaluation
21	2 hours	Explanation of the duties of the competition secretary and technical supervisor	Perform the entire movement quickly .with the lip	Advance d Lecture	Individual assessment
22	2 hours	Explanation of the application process and competition process The First Theoretical Exam			
23	2 hours	Explanation of the categories of judges	Give exercises to help .develop back muscles	Blended learning	Individual assessment
24	2 hours	Explanation of referees in world championships	Perform the full lift with light weight and .correct errors	Blended learning	Individual assessment
25	2 hours	Explanation of the promotion of referees	Repeat the lift with .weight gradation	Blended learning	Individual assessment
26	2 hours	Explanation of the duties of the timekeeper	Students experience the practical exam atmosphere, correcting mistakes and benefiting from them before the actual .exam	Blended learning	Individual assessment
27	2 hours	Main marshal explanation	Give feedback on the progress with practical .exam instructions	Blended learning	Individual assessment
28	2 hours	Explanation of the duties of doctors working in competitions	Weighing students on the scale		Self- assessment
29	2 hours	Second theoretical exam			

30	2 hours	Second semester practical exam Teaching and applying the first part of the lift, which is the sitting and standing position
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11. Infrastructure:

1. Required textbooks	-Weightlifting for first-year students
2. Main references (sources)	-A booklet of theoretical materials on the law of weightlifting, theory and application
A) Recommended books and references (scientific journals, reports, etc.)	-International Law and Regulations (Jamil Hanna)
B) Electronic references, Internet sites	

12. Curriculum Development Plan

- **Periodic review of the curricula.**
- **Diversifying the methods used in the teaching process.**