

## 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.

<b>1. Educational institution</b>	College of Physical Education and Sports Sciences
<b>2. Scientific Department / Center</b>	Individual Sport Branch
<b>3. Course Name/Code</b>	Women's Artistic Gymnastics Stage 3 /SEGI24F3071
<b>4. Available attendance forms</b>	practical
<b>5. Chapter/Year</b>	2023- 2024
<b>6. Number of study hours (total)</b>	2 hours per week
<b>7. Date this description was prepared</b>	2023 - 2024
<b>8. Course objectives:</b>	
<ul style="list-style-type: none"><li>- Teaching students to perform their various skills on their six different devices (floor exercise mat, parallel bars of different heights, vaulting platform, balance beam).</li><li>- Knowing the rules of the game and the different requirements of the game.</li><li>- The possibility of teaching students this activity after they graduate 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.</li><li>- 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.</li><li>- Employing biomechanics to achieve the technique with the least possible effort according to the mechanical variables of movement.</li></ul>	

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

### A- Cognitive objectives

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

### B - Course specific skill objectives

- 1 - At the end of the course, the student must be able to perform the series on the floor exercises mat.
- 2 - At the end of the course, the student should be able to perform the kinetic series on a parallel bar of different heights.
- 3- At the end of the course, the student must be able to perform the series on the vaulting horse.
- 4- At the end of the course, the student should 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 comprehensive 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-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 and injury rehabilitation.

<b>10. Course structure:</b>					
<b>The week</b>	<b>Hours</b>	<b>Required learning outcomes</b>	<b>Unit name/topic</b>	<b>Teaching method</b>	<b>Evaluation method</b>
1	2 hours	Explanation of the players' rules (general player rights and on devices)	Re-application of walking, balance and jumping skills on the PSA floor movement device	The lecture	Group evaluation
2	2 hours	Explanation of warm-up rules in tournaments	Re-applying front and back roll skills on the floor exercise mat.	The lecture	Group evaluation
3	2 hours	Explanation of the law regarding the players' duties (dress, tournament section)	Re-applying headstand and handstand skills	The lecture	Group evaluation
4	2 hours	Explaining the rights and responsibilities of coaches in tournaments	Re-applying the human wheel skill	The lecture	Group evaluation
5	2 hours	Scarcity of discounts for coaches' violations	Practical application of two lines of the kinetic chain in the floor motion mat	Advanced Lecture	Group evaluation
6	2 hours	Explanation of the rights and duties of the technical committee	Practical application of the third and fourth lines of the kinetic chain in the floor motion mat	Advanced Lecture	Group evaluation
7	2 hours	Explanation of the law of the carpet of ground movements	Practical application of linking the four lines in the kinetic chain in the floor movement mat	Advanced Lecture	Group evaluation
8	2 hours	Explanation of the law of music and the rulers of lines and timing in the carpet of earthly movements	Practical application of linking the four lines with music in the kinetic chain in the floor movement mat	Advanced Lecture	Individual assessment
9	2 hours	Explanation of the law concerning judges and their distribution during tournaments	Retraining a practical application of linking the four lines with music in the kinetic chain in the floor movement mat	Advanced Lecture	Individual assessment
10	2 hours	Final Exercise Evaluation Explanation	Retraining a practical application of linking the four lines with music	Blended learning	Individual assessment

			in the kinetic chain in the floor movement mat		
11	2 hours	Explanation of the skill of jumping with a vaulting horse	Practical application of the skill of jumping on the vaulting horse	Advanced Lecture	Individual assessment
12	2 hours	Explaining the law of arbitration of the springboard	Training for jumping on a springboard	Advanced Lecture	Group evaluation
13	2 hours	Explanation of the approximate run law on the vaulting platform	Practical application of the correct landing after a jump on the vaulting horse	Blended learning	Group evaluation
14	2 hours	<b>Theoretical exam, first semester</b>			
15	2 hours	<b>Practical exam for the first semester of the kinetic series on the floor movement mat and jumping together on the springboard device</b>			
<b>Mid-year holiday</b>					
16	2 hours	Rehearse all previous skills on the balance beam.		The lecture	
17	2 hours	Explanation of the skill of back rolling on the balance beam and explanation of the skill of saddle support and getting up on the balance beam	Practical application of the skill of back roll on the balance beam, the skill of saddle support and getting up on the balance beam	Advanced Lecture	Group evaluation
18	2 hours	Balance beam arbitration law explained	Applying the link between the forward roll skill and the backward roll skill on the balance beam	Advanced Lecture	Group evaluation
19	2 hours	Explanation of special movements during the kinetic chain judgment on the balance beam	Applying a kinetic chain to a balance beam	Advanced Lecture	Group evaluation
20	2 hours	Explanation of the content and structure of the exercise on the balance beam	Balance beam kinetic chain training	Advanced Lecture	Group evaluation
21	2 hours	Rehearse all previous skills on the parallel bars		The lecture	
22	2 hours	Explaining the skill of rotating from the lower bar to the upper bar on a parallel bar of different heights and explaining the skill of leaning on the upper bar	Applying the skill of rotating from the lower bar to the upper bar on a parallel bar of different heights Applying the	Learning method	Individual assessment

			skill of supporting the upper bar		
23	2 hours	Explanation of the skill of rotating from the upper bar to the lower bar on the parallel bar of different heights	Applying the skill of rotation from the upper bar to the lower bar in the parallel bar at different heights	Blended learning	Individual assessment
24	2 hours	Explanation of the front balance skill by standing on the lower bar and leaning with the hand on the upper bar on the parallel bars of different heights	Explanation of the front balance skill by standing on the lower bar and leaning with the hand on the upper bar on the parallel bars of different heights	Blended learning	Individual assessment
25	2 hours	Explanation of the law of arbitration of the parallel device of different heights	Application of the kinetic series on the parallel bars of different heights	Blended learning	Individual assessment
26	2 hours	Explanation of the discounts that are the vessel for performing the kinetic series on the parallel bars of different heights	Re-applying the kinetic series on the parallel bars of different heights	Blended learning	Individual assessment
27	2 hours	<b>Practical test of the kinetic series on the balance beam</b>			
28	2 hours	<b>Second semester theoretical exam</b>			
29	2 hours	<b>Practical test of the kinetic series on a parallel bar of different heights</b>			
30	2 hours	<b>Final practical exam for all gymnastic equipment</b>			

## 11. Infrastructure:

<b>1- Required Textbooks</b>	-The Artistic Principles of Women's Gymnastics book, written by Dr. Amer Saudi and Dr. Mayouf Dhnoon Hantoush
<b>2- Main References (Sources)</b>	-International Women's Artistic Gymnastics Rules2022-2024
<b>1) Recommended books and references (scientific journals, reports, etc.)</b> <b>2) Electronic references, websites</b>	

## 12. Curriculum Development Plan

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