

## 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 they have made the most of the learning opportunities available. It must be linked to the program description.

<b>1. Educational institution</b>	Faculty of Physical Education and Sports Sciences
<b>2. Scantific department/center</b>	Individual sport Branch
<b>3. Course Name/Code</b>	Swimming Stage 1/ SEGI24F1091
<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>• Students learn to perform the four types of swimming skills (freestyle, breaststroke, backstroke, and butterfly).</li><li>• Knowing the different rules, regulations and requirements of the game.</li><li>• The possibility of teaching students this activity after they graduate from college. This is the main goal of the college to graduate physical education teachers, as they will teach and train students in various sports events and activities.</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:

- A-1 At the end of the course, students should have knowledge of the four swimming activities.'
- A-2 Students must be at the end of the course Able Know the rules And swimming requirements.
- A-3 Students must be at the end of the course. Able On the development of physical qualities, development and promotion of motor skills, and mental abilities It increases the ability to concentrate. It develops the ability to think and observe.
- A-4 At the end of the course, students should have knowledge of the skills of flooding, flow, starting and rotation.

### B - Course specific skill objectives

- B-1 That the students be at the end of the course Able On freestyle swimming performance.
- B-2 That the students be at the end of the course Able On breaststroke performance.
- B-3 That the students be at the end of the course Able On backstroke performance.
- B-4 That the students be at the end of the course Able On the performance of butterfly swimming.
- B-5 That the students be at the end of the course Able On performing the skill of starting and turning.
- B-6 That the students be at the end of the course Able On the performance of flood and flow.

### Teaching methods

1. The developed lecture method
2. Lecture method
3. Blended learning method
4. E-learning method

### Learning methods

1. Partial method
2. 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. Field evaluation

**C- Emotional and value goals**

- C-1 The curriculum should develop a spirit of challenge .  
C-2 The curriculum should develop the spirit of courage .  
C-3 The curriculum should develop self-confidence .  
C-3 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) :**

- D-1 Safety and Security Skills  
D-2 Helping methods skills  
D-3 First aid  
D-4 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>
<b>1</b>	2 hour	Introduction to the history of swimming and its importance to the individual and society		The lecture	Group evaluation
<b>2</b>	2 hour	Factors affecting the process of learning to swim		The lecture	Group evaluation
<b>3</b>	2 hour	The first stages of learning to swim Adaptation, diving and ) (breathing	Giving exercises on adaptation and diving	The lecture	Group evaluation
<b>4</b>	2 hour	The first stages of learning to swim (floating and sliding )	Give exercises on floating and sliding.	The lecture	Group evaluation
<b>5</b>	2 hour	The first stages of learning to swim(floating and sliding )	Give exercises on floating and sliding.	Advanced Lecture	Group evaluation
<b>6</b>	2 hour	Freestyle swimming motor performance body position and ) ( buoyancy	Giving exercises on body position and buoyancy	Advanced Lecture	Group evaluation
<b>7</b>	2 hour	Freestyle swimming motor performance (arm movements)	Giving exercises on arm movement techniques	Advanced Lecture	Group evaluation
<b>8</b>	2 hour	Freestyle swimming motor performance ( foot strikes)	Giving exercises on leg movement techniques	Advanced Lecture	Individual assessment
<b>9</b>	2 hour	Freestyle swimming motor performance (Breathing position)	Giving exercises on breathing techniques	Advanced Lecture	Individual assessment
<b>10</b>	2 hour	Full freestyle	Full freestyle swimming practice	Blended learning	Individual assessment

11	2 hour	Breaststroke motor performance body position and) (buoyancy	Give exercises on body position and .buoyancy	Advanced Lecture	Individual assessment
12	2 hour	Breaststroke motor performance (arm movements)	Arm movement technique exercises	Advanced Lecture	Group evaluation
13	2 hour	Breaststroke motor performance ( foot strikes)	Giving exercises on leg movement techniques	Blended learning	Group evaluation
14	2 hour	Breaststroke motor performance (Breathing position)	Giving exercises on breathing techniques	Blended learning	Individual assessment
15	2 hour	<b>practical exam, first semester + Theoretical exam, first semester</b>			
<b>Mid-year holiday</b>					
16	2 hour	Re-training all previous skills		The lecture	
17	2 hour	Backstroke performance body position and) ( buoyancy	Giving exercises on body position and buoyancy	Advanced Lecture	Group evaluation
18	2 hour	Backstroke performance (arm movements)	Giving exercises on arm movement techniques	Advanced Lecture	Group evaluation
19	2 hour	Backstroke performance (foot strikes)	Giving exercises on leg movement techniques	Advanced Lecture	Group evaluation
20	2 hour	Backstroke performance ( Breathing position)	Giving exercises on breathing techniques	Advanced Lecture	Group evaluation
21	2 hour	Butterfly stroke performance body position and) ( buoyancy	Giving exercises on body position and buoyancy	Advanced Lecture	Individual assessment
22	2 hour	Butterfly stroke performance (arm movements)	Giving exercises on arm movement techniques	The lecture	Individual assessment

23	2 hour	Butterfly stroke performance (foot strikes)	Giving exercises on leg movement techniques	Blended learning	Individual assessment
24	2 hour	Butterfly stroke performance ( Breathing position)	Giving exercises on breathing techniques	Blended learning	Individual assessment
25	2 hour	Technique of starting from above and below the base	Practice starting from above and .below the base	Blended learning	Individual assessment
26	2 hour	Rotation technique	Practice spinning	Blended learning	Individual assessment
27	2 hour	Methods and techniques of rescuing drowning people Causes of drowning and rescue methods	Giving exercises on rescue methods	Blended learning	Individual assessment
28	2 hour	Drowning cases and methods of extracting the drowning person	Giving exercises on methods of extracting a drowning person		Self-assessment
29	2 hour	<b>Second semester theory tests</b>			
30	2 hour	<b>Practical tests</b>			

<b>11.Infrastructure</b>	
<b>1- Required Textbooks</b>	Sports book Swimming M / Faisal Rashid Ayash and the law International For swimming Amateurs
<b>2- Main References (Sources)</b>	Sports book Swimming M / Faisal Rashid Ayash -
<b>A. Recommended books and references (scientific journals, reports, etc.)</b>	Summary of Water Sports / Dr. Muhammad Ali Al-Qat
<b>B. Electronic references, Websites</b>	

## **12. Curriculum development plan**

- **Periodic review of the study sites**
- **Diversifying the methods used in the teaching process**