

Course Description Form

Course Description:

This course description provides a brief summary of the main features of the fencing course and the learning outcomes expected of the student, demonstrating whether he has made the most of the learning opportunities available. It must be linked to the program description.

1. Educational institution	Faculty of Physical Education and Sports Sciences
2. Scientific Department Center /	Individual Games Branch
3. Course Name/Code	Wrestling Stage 3/ SEGI24F3061
4. Available attendance forms	practical
5. Chapter/Year	2024 -2023
6. Number of study hours (total)	hours per week 2
7. Date this description was prepared	2024 – 2023
8. objectives	
<ul style="list-style-type: none">▪ Students learn to perform typical wrestling and Greco–Roman wrestling skills.▪ Students will understand international law and the methods of determining the giving of technical points and the signals used by the referee, judge and mat president▪ The possibility of teaching students this activity after they graduate from This is the main goal of the college to graduate physical education college teachers, as they 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	

9. Course outcomes, teaching, learning and assessment methods

A– Cognitive objectives

A1 – At the end of the course, the student should be able to define (defining the basic skills of general and special preparatory exercises, offensive and defensive skills, and counterattacks.

A2– At the end of the course, the student should be able to know the international law of wrestling and both types of wrestling

A3– At the end of the course, the student should be able to develop physical qualities. It develops and upgrades motor skills, mental abilities, and courage, as it increases the ability to concentrate and develops the ability to think and observe.

B – Course specific skill objectives

B1 – At the end of the course, the student should be able to perform offensive skills from a sitting and standing position

B2 – The student must be able to perform defensive positions at the end of the course

B3 – The student must be able to perform the tests within the legal rounds time at the end of the course

B4– At the end of the course, the student should be able to perform various types of counterattacks

B5– At the end of the course, the student must be able to perform evasion and maneuvering during a fight

B6– At the end of the course, the student should be able to perform various movements on the mat in different directions

Teaching methods

Learning method

1– Lecture method

1– Partial–total method

2– Mixed method

2– Total partial method

3– Blended learning method

3– Trial and error method

4– E–learning method

4– Learning method for mastery

Evaluation method

1. Individual assessment
2. Group evaluation
3. Self-assessment
4. Project evaluation
5. Field evaluation

C– Emotional and value goals

- . The curriculum should develop a spirit of challenge
- . The curriculum should develop the spirit of courage
- . The curriculum should develop self- confidence
- . The curriculum should develop the spirit of altruism

Teaching and learning methods

- 1– Guidance programs
- 2– Academic workshops
- 3– Specialized courses

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	Watches	Required learning outcomes	Unit name/topic	Teaching method	Evaluation method
1	2 hours	History of wrestling in Iraq and the world and an explanation of general preparatory exercises	Practical application of general preparatory exercises	The lecture	Group evaluation
2	2 hours	Special preparatory exercises to develop all types of strength using a partner and body weight	Practical application of special preparatory exercises	partial college	Group evaluation
3	2 hours	Special preparatory exercises to develop speed and agility	Practical application of special preparatory exercises	The lecture	Group evaluation
4	2 hours	Special preparatory exercises to develop strength endurance and speed	Practical application of special preparatory exercises	The lecture	Group evaluation
5	2 hours	Competition exercises and their types	Practical application of competition exercises	Advanced Lecture	Group evaluation
6	2 hours	Technical elements of wrestling for body position footwork and teaching the ankle grab	Practical application of the grip	Advanced Lecture	Group evaluation
7	2 hours	The technical elements in wrestling for the grip, its types, the features of a good grip, and then the technical elements for placing the legs and moving on the mat	Practical re-application of the ankle-foot grab	Advanced Lecture	Group evaluation
8	2 hours	Technical elements of bow making in various forms of performance Stages of learning wrestling bow	Practical application of bow exercises	Advanced Lecture	Individual assessment
9	2 hours	Stages of teaching the technical grip	Practical application of the set of technical elements using the colleague	Blended learning	Individual assessment

			without resistance and then with the colleague's resistance		
10	2 hours	Theoretical and practical exam	Testing students on the practical performance of the ankle grab and application of the set of technical elements	Blended learning	Individual assessment
11	2 hours	Teaching the rotating grip of the item carrier	Special preparatory exercises Apply the grip without resistance and with the partner's resistance and in both directions	The mixed method	Individual assessment
12	2 hours	Teaching the rotation grip by tying the waist from a sitting position next to the player	Special preparatory exercises Apply the grip without resistance and with the partner's resistance and in both directions	Total method	Group evaluation
13	2 hours	Teaching head and arm hold	Repetition of the exercises of engagement with a colleague in different positions in a competitive style and practical performance of the grip	Partial method	Group evaluation
14	2 hours	Abbasiya grip education	Repetition of the exercises of engagement with a colleague in different positions in	Partial method	Individual assessment

			a competitive style and practical performance of the grip		
15	2 hours	Practical exam, first semester + Theoretical exam, first semester			
Mid-year holiday					
16	2 hours	The concept of artistic performance and methods of teaching grips	Re-learning of motor skills	The lecture	Individual assessment
17	2 hours	The concept of technique ,according to its diversity ,the breadth of technique and the control of technique	Practical performance of close combat and the difference between freestyle and Greco-Roman wrestling in combat positions	Advanced Lecture	Group evaluation
18	2 hours	Explanation of the international wrestling law and defensive positions for the .movement skills learned	Applying defensive positions in practice	Advanced Lecture	Group evaluation
19	2 hours	International wrestling law explained and mat grip taught	Practical application of grip and engagement from a sitting position	Advanced Lecture	Group evaluation
20	2 hours	Explaining the international wrestling law and teaching the leg hold and then lifting	Practical application of grip and engagement from a standing position	Advanced Lecture	Group evaluation
21	2 hours	Theoretical and practical exam performance test of skills, second semester			
22	2 hours	Explaining the international law of wrestling and teaching the movement transfer between the .learned movement skills	Motor linking of offensive motor skills and how to defend during practical performance	The lecture	Individual assessment
23	2 hours	Explaining the international wrestling law and a fight between students for various periods of time and	The struggle according to the international wrestling law	The lecture	Individual assessment

		the students' participation .in refereeing the fight			
24	2 hours	Explaining the international wrestling law and a fight between students for various periods of time and the students' participation .in refereeing the fight	The struggle according to the international wrestling law	The lecture	Individual assessment
25	2 hours	Explaining the international law of wrestling using video presentation of wrestling matches	Students participate and interact with the presentation by asking questions about the arbitration .cases	The lecture	Individual assessment
26	2 hours	Explanation of direct attack, counter attack and combination holds	Practical application	Total method	Individual assessment
27	2 hours	Wrestling coach educational and training duties	Practical application	Mixed method	Individual assessment
28	2 hours	Wrestling tactics and requirements	Student fight	Mixed method	Self- assessment
29	2 hours	Theoretical and practical exam			
30	2 hours	Basic skills, match fighting and refereeing Final practical exam			

11. Infrastructure	
1 – Required Textbooks	Wrestling Training / Abdul Ali Musayef principles of learning freestyle and Greco–Roman wrestling International Law of Freestyle and Greco–Roman Wrestling
2– Main References (Sources)	
A. Recommended books and references (scientific journals, reports , etc.)	Learning and motor learning in wrestling / Hamdan Al–Kubaisi 2008
B. references , websites	

12. Curriculum development plan

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