

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 course has made the most of the available learning opportunities. It must be linked to the program description.

1- Educational institution1	Faculty of Physical Education and Sports Sciences
2-Scientific Department / Center	Branch of Sport Sciences
3-Course Name/Code	Sports Training / Stage Two SESS25F2011/SESS25G2011
4-Available attendance forms	In-person/theoretical
5-Academic year	2024-2025
6-Number of study hours (total)	2 hours per week
7-Academic stage	The second stage
8-Course objectives:	
<p>Students learn the theoretical subject of sports training science. -</p> <p>Knowledge of theoretical concepts of sports training science. -</p> <p>The ability to teach students the required theoretical lessons after they graduate -</p> <p>from the college. This is the primary goal of the college to graduate physical education and sports science teachers, as students will learn various teaching skills.</p>	

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

A– Cognitive objectives

A1– At the end of the course, students should be able to state the concepts related to sports training science.

A2– At the end of the course, students should be able to state the principles of sports training.

A3– At the end of the course, students should be able to list the methods of sports training.

A4– At the end of the course, students should be able to draw a plan for the training curriculum and the training unit.

B – Course specific skill objectives

for1 – At the end of the course, students should be able to perform basic sports training skills.

for2 – At the end of the course, students should be able to understand the difficulty levels of educational skills.

for3 – At the end of the course, students should be able to visualize the technical stages of performing training skills.

Teaching and learning methods:

Teaching method

Learning method

1– Lecture method

1– Partial method

2– Advanced Lecture Method

2– The holistic method

3– Blended learning method

3– Trial and error method

4– E-learning method

4– Learning method for mastery

Evaluation methods:

1– Individual assessment

2– Group evaluation

3– Self-assessment

4– Project evaluation

C– Emotional and value goals

C1– The curriculum should develop the spirit of perseverance among students.

C2– The curriculum should develop the spirit of cooperation among students.

C3– The curriculum should develop national values among students.

C4– The curriculum should develop moral values among students.

Teaching and learning methods:

- | | |
|------------------------|--------------------------|
| 1– Guidance programs | 2– Academic workshops |
| 3– Specialized courses | 4– Practical application |

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– The curriculum should develop the students’ distinctive personal characteristics.

D2– The curriculum should develop students’ leadership skills.

D3– The curriculum should develop students’ entrepreneurial skills.

D4– The curriculum should develop functional skills related to teaching and training.

10–Course structure:

week	hours	Required learning outcomes	Unit name/topic	Teaching method	Evaluation method
1	2 hours	The concept of sports training and its duties	Chapter One / Training	Lecture	Group evaluation
2	2 hours	Duties of a sports coach	Chapter One / Training	Lecture	Group evaluation
3	2 hours	Factors contributing to the development of training	Chapter One / Training	Lecture	Group evaluation
4	2 hours	Energy and its systems in sports training	Chapter One / Training	Lecture	Group evaluation
5	2 hours	Principles of Sports Training Science	Chapter One / Training	Advanced Lecture	Group evaluation
6	2 hours		Chapter One / Training		
7	2 hours	First semester theoretical exam1			
8	2	Training load concept	Chapter One /	Advanced	Group

	hours		Training	Lecture	evaluation
9	2 hours		Chapter One / Training		
10	2 hours	Components of training load	Chapter One / Training	Blended learning	Individual assessment
11	2 hours		Chapter One / Training		
12	2 hours	Physical fitness	Chapter One / Training	Advanced Lecture	Group evaluation
13	2 hours		Chapter One / Training		
14	2 hours	Components and elements of physical fitness	Chapter One / Training	Blended learning	Individual assessment
15	2 hours	First semester theoretical exam2			
Mid-year holiday					
16	2 hours	The basic elements of sports training	Chapter Two / Training	Lecture	Group evaluation
17	2 hours	Physical preparation	Chapter Two / Training	Advanced Lecture	Group evaluation
18	2 hours	Skill preparation	Chapter Two / Training	Advanced Lecture	Group evaluation
19	2 hours	Planning preparation	Chapter Two / Training	Advanced Lecture	Group evaluation
20	2 hours	Psychological preparation	Chapter Two / Training	Advanced Lecture	Group evaluation
21	2 hours	Modern sports training planning	Chapter Two / Training	Advanced Lecture	Individual assessment
22	2 hours	Types of training plans	Chapter Two / Training	Lecture	Individual assessment
23	2 hours	Periodic divisions of training plans	Chapter Two / Training	Blended learning	Individual assessment
24	2 hours	Second semester theoretical exam1			
25	2 hours	Components of the training unit	Chapter Three / Training	Blended learning	Individual assessment
26	2 hours	Training curriculum plan	Chapter Three / Training	Blended learning	Individual assessment
27	2	Sports training methods	Chapter Three /	Lecture	Group

	hours		Training		evaluation
28	2 hours	Modern methods of sports training	Chapter Three / Training	Lecture	Group evaluation
29	2 hours	Second semester theoretical exam2			
30	2 hours	Match and competition analysis	Chapter Four / Training	Lecture	Group evaluation

11- Infrastructure:

1- Required textbooks	Hara, Alawi, Maglisho(2003), Yasser Munir (2022), Risan Khuraibet (2014), Bomba, Al-Hajjar and Al-Tikriti, Zatsyorskyy.
2- Subject teachers in the second stage	Asst. Prof. Dr. Al-Waleed Salem Al-Baso, Asst. Prof. Dr. Ali Hamed Marai
1) Recommended books and references (scientific journals, reports, etc.) 2) Electronic references, websites	- Sports training books in the sports field

12-Curriculum Development Plan

- Periodic review of the study sites.
- Diversifying the methods used in the teaching process.
- Field visits to training units for national teams and clubs.
- Field practices and practical application of the theoretical course.

Physical education teachers

Second stage / morning and evening study

Prof. Dr. Yasser Mounir Taha

Asst. Prof. Dr. Al-Waleed Salem Al-Baso

Asst. Prof. Dr. Ali Hamid Marai

Dr. Baraa Tariq Hamdoun



Prof. Dr. Ali Hussein Mohammed
Head of the Sport Sciences Department
// 2025



Prof. Dr. Nibras Younis Mohammed Al-Murad
Dean of the College
// 2025