

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 institution	Faculty of Physical Education and Sports Sciences
2-Scientific Department / Center	Branch of Sport Sciences
3-Course Name/Code	Sports Training / Stage Four SESS25F4021/SESS25G4021
4-Available attendance forms	theoretical
5-Semester/year	2024-2025
6-Number of study hours (total)	2 hours per week
7-Date this description was prepared	2024 - 2025
8-Course objectives:	
Teaching students the most important principles and basic concepts of sports training in various sports activities, introducing them to the importance of sports training, its nature, characteristics and objectives of training, sports training load and its types (external, internal and psychological), components of the load (intensity, volume, rest and density), principles of training (warm-up of all types, gradualism, adaptation, acclimatization, specificity, continuity, overloading, etc.), planning in training, the importance of the annual plan and its stages, with an explanation of the most important physical characteristics and how to develop it.	

A– Cognitive objectives

A1–At the end of the course, students should be familiar with (training load, training principles, physical characteristics, training methods, training techniques, training planning, and bodybuilding).

A2– At the end of the course, students should be able to link all topics related to sports training.

B – Course specific skill objectives

for1 – Students should have the ability to think, observe, and combine theoretical aspects with practical aspects in how to apply training exercises and curricula.

Teaching and learning methods:

1.Using the traditional method by teaching students, using the blackboard, data shows, and illustrative tools, in addition to practical applications of the theoretical material.

Evaluation methods:

degree Final (100%)	Exam Final (50%)50 degrees	exam the chapter Academic the second (25%) 25 degrees	exam the chapter Academic the first (25%) 25 degrees
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C– Emotional and value goals

C1– The curriculum should develop the spirit of challenge.

C2– The curriculum should develop the spirit of courage.

C3– The curriculum develops self-confidence.

C4– 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):

- Commitment to lecture schedules, follow-up with the teacher, and perform homework and daily and monthly oral and written exams.

10–Course structure:

week	Hours	Required learning outcomes	Unit name/topic	Teaching method	Evaluation method
1	2	Explanation of training load – definition –	Training load	Lecture	Group

	hours	advantages – importance of training load – factors that determine the direction of the load – types of training load – goal of the load – degrees of load			evaluation
2	2 hours	Explanation of the components of the training load (intensity, volume, rest, density) – the relationship between the components of the load to each other – methods of controlling the degree of load		Lecture	Group evaluation
3	2 hours	Explanation of training principles – the principle of gradualism – overload – the phenomenon of overload (its symptoms, causes, prevention and treatment) – adaptation	Principles of Sports Training	Lecture	Group evaluation
4	2 hours	Explaining the principle of warm-up – cool-down – diversification and change – preparation		Lecture	Group evaluation
5	2 hours	Privacy Explanation – Continuity – Individual Response to Training		Lecture	Group evaluation
6	2 hours	Explanation of energy production systems (phosphagocyte-lactate-oxygenic system) – advantages of each system	Power generation systems	Lecture	Group evaluation
7	2 hours	Explanation of physical fitness – its importance – its elements and types – how to measure physical fitness – modern methods for measuring it	Physical fitness	Lecture	Group evaluation
8	2 hours	Explanation of the components of physical fitness – muscular strength – its types, the factors affecting it – its tests	Components of physical fitness strength	Lecture	Group evaluation
9	2 hours	Explanation of speed – its types – types of reaction – factors affecting speed – speed tests	Components of physical fitness: speed	Lecture	Group evaluation
10	2 hours	Explanation of general prolongation – its divisions – its benefits – its tests	Components of endurance fitness	Lecture	Group evaluation
11	2 hours	Fatigue and Exhaustion Explained – Types of Fatigue in Public Life and Sports	fatigue and exhaustion	Lecture	Group evaluation
12	2 hours	Flexibility explained – muscle range – factors that determine joint mobility – types of flexibility – factors affecting it – developing flexibility – the importance of flexibility – its tests	Components of physical fitness: flexibility	Lecture	Group evaluation
13	2	Explaining agility – its definition – the factors	Components	Lecture	Group

	hours	that determine the level of agility – its types – how to develop and improve agility – the points that must be taken into account when developing it – the role and importance of agility – its tests	of fitness		evaluation
14	2 hours	Explanation of compatibility – its definition – its types – the importance of compatibility – the factors affecting it – methods of developing and improving it Accuracy – its definition – balance (its nature – its importance – its types – the factors affecting it)	Components of fitness compatibility	Lecture	Group evaluation
15	2 hours	First semester exam			
Mid–year holiday					
16	2 hours	Explaining the concept of training methods – Factors to consider when choosing a training method – Determining training methods and techniques – Repetitive training method (definition, objectives and advantages)	Sports training methods and techniques	Lecture	Group evaluation
17	2 hours	Explanation of the interval training method – its advantages – its types and divisions – its advantages	Interval training method	Lecture	Group evaluation
18	2 hours	Explanation of the continuous load method – its definition – its advantages – its effects on the body's systems and organs – the relationship between the components of the load and continuous training	Continuous pregnancy method	Advanced Lecture	Group evaluation
19	2 hours	– Testing and competition method (definition – advantages) – Ballistic training method – Forms of ballistic training – Importance of using ballistic training	Sports training methods and techniques	Lecture	Group evaluation
20	2 hours	Explanation of the stages of ballistic movement – Benefits of ballistic training – Conditions for using ballistic training – Fundamentals of ballistic training	Sports training methods	Lecture	Group evaluation
21	2 hours	Explanation of the circuit training method – its definition – types of plyometric training – advantages of plyometric training – disadvantages of plyometric training – principles that must be followed when planning a plyometric training program – the difference between ballistic and plyometric training		Lecture	Group evaluation

22	2 hours	Explanation of the VAR method – its nature – its origin – its features and uses		Lecture	Group evaluation
23	2 hours	Explanation of modern sports planning for different levels – its concept – foundations and principles of planning in sports training – types of planning	Training planning	Lecture	Group evaluation
24	2 hours	Explanation of long-term planning, its definition, its importance, and the principles that must be taken into account when using it.		Lecture	Group evaluation
25	2 hours	Explanation of medium-term planning – short-term planning – training courses (micro-training course – definition – factors affecting the composition of the micro-course)		Lecture	Group evaluation
26	2 hours	Explanation of the intermediate training course – the major training course.		Lecture	Group evaluation
27	2 hours	Explanation of the periodic division of the annual plan – components of the training season (periods or stages of training) – the general preparation period, its nature – its sections – objectives and features of each section		Lecture	Group evaluation
28	2 hours	Explanation of the competition period – its goals and advantages – the transitional period (its goals and advantages) – the daily plan (daily training unit)		Lecture	Group evaluation
29	2 hours	Bodybuilding explained	Bodybuilding	Lecture	Group evaluation
30	2 hours	Second semester exam			

11–Infrastructure:

–A notebook prepared by the subject teacher, Prof. Dr. Yasser Munir Taha Ali Al-Baqal	Required textbooks
Sports Training Science for Colleges and Departments of Physical Education and Sports Sciences2022 Prof. Dr. Yasser Mounir Taha	Main References (Sources)
	Recommended books and references (scientific journals, reports, etc.) Electronic references, websites

12-Curriculum Development Plan

Periodic review of academic curricula -

Diversifying the methods used in the teaching process -

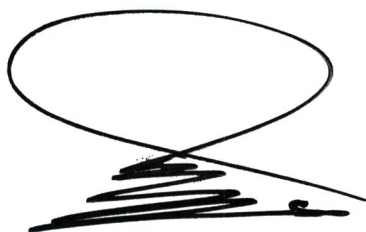
Physical education teachers

Stage Four / Morning and Evening Study

Prof. Dr. Mahmoud Hamdoun Younis

Assistant Professor Maan Abdul Karim Jassim

Asst. Prof. Dr. Ammar Mohammed Khalil



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



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