

Course Description Form

1. Course Name	
Artistic Gymnastics for Women – Second Stage	
2. Course Code	
SEGI25F2071	
3. Semester/Year	
2024–2025	
4. Date of preparation of this description	
3–6–2025	
5. Available Attendance Forms	
Practical	
6. Number of credit hours (total) / number of units (total)	
4 hours per week 4 Units	
7. Course administrator's name (if more than one name is mentioned)	
Prof. Afrah Thanoon Younis	
8. Course Objectives	
Course Objectives	A. Cognitive Objectives <ul style="list-style-type: none"> A1: By the end of the course, the student should be able to define the apparatuses (Floor Exercise, Uneven Bars, Balance Beam, Vault). A2: The student should be able to understand the rules, regulations, and requirements of the sport. A3: The student should be able to develop physical fitness, motor skills, and mental abilities, enhancing concentration, observation, and critical thinking. A4: The student should be able to draw movement sequences for the apparatuses (Floor Exercise, Uneven Bars, Balance Beam, Vaults) B1: Perform a sequence on the Floor Exercise. B2: Perform a movement sequence on

	<p>the Uneven Bars.</p> <ul style="list-style-type: none"> • B3: Perform a sequence on the Vault. • B4: Perform a movement sequence on the Balance Beam. <p>C. Affective Objectives (Values and Attitudes)</p> <ul style="list-style-type: none"> • C1: Develop a spirit of challenge. • C2: Develop courage. • C3: Develop self-confidence. • C4: Develop altruism. <p>D. Transferable and Employability Skills</p> <ul style="list-style-type: none"> • D1: Safety and security skills. • D2: Spotting and assisting techniques. • D3: First aid and injury rehabilitation.
9. Teaching and learning strategies	
Strategy	<ul style="list-style-type: none"> • Teaching Methods: Lecture, Developed Lecture, Blended Learning, E-learning. • Learning Methods: Part-method, Whole-method, Trial-and-error, Mastery learning.

10. Course Structure

Evaluation method	Learning method	Unit or subject name	Required Learning Outcomes	Hours	The week
Group assessment	Lecture	Re-application of walking, balance, and jumps on Floor Exercise	Explanation of athletes' rights (general and apparatus-specific)	4 hrs	1
Group assessment	Lecture	Re-application of forward and backward rolls on Floor Exercise	Explanation of warm-up rules in competitions	4 hrs	2
Group Assessment	Lecture	Re-application of headstand and handstand	Explanation of athletes' duties (attire, oath)	4 hrs	3
Group assessment	Lecture	Re-application of cartwheel	Explanation of coaches' rights	4 hrs	4

			and responsibilities		
Group assessment	Developed Lecture	Practical application of two lines of the floor sequence	Explanation of deductions for coaches' violations	4 hrs	5
Group assessment	Developed Lecture	Practical application of lines 3 and 4 of the floor sequence	Explanation of rights and duties of the technical committee	4 hrs	6
Group assessment	Developed Lecture	Practical application of linking all four lines of the sequence	Explanation of Floor Exercise rules	4 hrs	7
Individual assessment	Developed Lecture	Linking the four lines with music on Floor Exercise	Explanation of music rules, line judges, and timing	4 hrs	8
Individual assessment	Developed Lecture	Re-training: linking the four lines with music	Explanation of judges' roles and distribution	4 hrs	9
Individual assessment	Blended Learning	Re-training: linking the four lines with music	Explanation of final routine evaluation	4 hrs	10
Individual assessment	Developed Lecture	Practical application of tucked vault jump	Explanation of tucked vault jump	4 hrs	11
Group assessment	Developed Lecture	Training on tucked vault jump	Explanation of Vault judging rules	4 hrs	12
Group assessment	Blended Learning	Practical application of correct landing after vault	Explanation of approach run rules for Vault	4 hrs	13
Midterm Theoretical Exam (First Semester)				4 hrs	14
Midterm Practical Exam (Floor sequence + Vault)				4 hrs	15
Revision of previous skills on Balance Beam Lecture				4 hrs	16
Group assessment	Developed Lecture	Practical application of these skills	Explanation of backward roll, straddle support, and mount on Beam	4 hrs	17
Group assessment	Developed Lecture	Linking forward and backward rolls on Beam	Explanation of Balance Beam judging rules	4 hrs	18
Group	Developed	Application of Beam	Explanation of	4 hrs	19

assessment	Lecture	sequence	deductions during Beam routines		
Individual assessment	Developed Lecture	Training on Beam sequence	Explanation of routine composition on Beam	4 hrs	20
Individual assessment	—	Lecture	Revision of previous skills on Uneven Bars	4 hrs	21
Individual assessment	Practical Method	Practical application of these skills	Explanation of transition from low bar to high bar and support on high bar	4 hrs	22
Individual assessment	Blended Learning	Practical application	Explanation of transition from high bar to low bar	4 hrs	23
Group assessment	Blended Learning	Practical application	Explanation of front balance from low bar with hand support on high bar	4 hrs	24
Group assessment	Blended Learning	Application of sequence on Uneven Bars	Explanation of Uneven Bars judging rules	4 hrs	25
Group assessment	Blended Learning	Re-application of sequence	Explanation of deductions during Uneven Bars routines	4 hrs	26
Practical Exam – Balance Beam sequence				4 hrs	27
Midterm Theoretical Exam (Second Semester)				4 hrs	28
Practical Exam – Uneven Bars sequence				4 hrs	29
Final Practical Exam – All Gymnastics Apparatuses				4 hrs	30

11. Course Evaluation

The grade is distributed as follows:

- First Semester Exam: **25%** (10% theoretical + 15% practical)
- Second Semester Exam: **25%** (10% theoretical + 15% practical)
- Final Practical Exam: **30%**
- Final Theoretical Exam: **20%**
- **Total: 100%**

12. Learning and Teaching Resources

Required textbooks (methodology, if any)	Fundamentals of Artistic Gymnastics for Women by Dr. Amer Saudi & Dr
Key references (sources)	International Code of Points for Women's Artistic Gymnastics 2022–2024
Recommended supporting books and references (scientific journals, reports...)	
Electronic references, websites	



Name and Signature of Head of
Department or Branch

Prof. Omar Sameer Thanon



Name and Signature of Course Instructor



Prof. Afrah Thanon Younis

Assist. Prof. Nagham Moayad Mohammed