Course Description Form

1. Course Name	
Swimming stage one	
2. Course Code	
SEGI25F1091	
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)	
2 hours per week / 2 units	
7. Course administrator's name (if more than one name is mentioned)	
Prof. Dr. Safaa Dhnoon Ismail, Prof. Dr. Falah Taha Hamou, Asst. Prof. Dr. Montaser Mayouf, Asst. Prof. Dr. Mohamed Hazem Younis Dr. Baraa Tariq Hamdoun, Assistant Lecturer Amjad Hatem Ahmed Assistant Lecturer Duaa Sabhan	
8. Course Objectives	
Course Objectives	A- Cognitive Objectives A1- By the end of the course, students will be knowledgeable about the four swimming activities. A2- By the end of the course, students will be able to understand the rules, regulations, and requirements of swimming. A3- By the end of the course, students will be able to develop their physical attributes, motor skills, and mental abilities, which enhance their ability to concentrate and develop their ability to think and observe. A4- By the end of the course, students will be knowledgeable about the skills of floating, flowing, starting, and turning. B- Course Skill Objectives B1- By the end of the course, students will be able to perform the freestyle swimming. B2- By the end of the course, students will be able to perform the breaststroke swimming. B3- By the end of the course, students will be able to perform the backstroke swimming. B4- By the end of the course, students will be able to perform the butterfly swimming. B5- By the end of the course, students should be able to perform the start and rotation skills. B6- By the end of the course, students should be able to perform the float and flow skills.

	C- Affective and Value-Based Objectives C1- The curriculum should foster a spirit of challenge. C2- The curriculum should foster a spirit of courage. C3- The curriculum should foster self-confidence. C4- The curriculum should foster a spirit of altruism. D- General and Transferable Skills (other skills related to employability and personal development): D1- Safety and Security Skills D2- Assistance Skills D3- First Aid D4- Injury Rehabilitation

9. Teaching and learning strategies

Strategy	Teaching Methods; 1- Lecture Method 2- Advanced Lecture Method 3- Blended Learning Method 4- E-Learning Method	Learning Methods: 1- Partial Method 2- Holistic Method 3- Trial and Error Method 4- Learning to Empower Method

10. Course Structure

Evaluation method	Learning method	Unit or subject name	Required Learning Outcomes	Hours	The week
Group evaluation	Lecture	Introduction to the history of swimming and its importance to the individual and society		2 hours	1
Group evaluation	Lecture		Factors affecting the process of learning to swim	2 hours	2
Group evaluation	Lecture	Giving exercises on adaptation and diving	The early stages of learning to swim (adaptation, diving, and breathing)	2 hours	3
Individual assessment	Lecture	Giving exercises on floating and sliding	The First Stages of Learning to Swim	2 hours	4

			(Floating and Sliding)		
Group evaluation	Advanced Lecture	Giving exercises on floating and sliding	The First Stages of Learning to Swim (Floating and Sliding)	2 hours	5
Group evaluation	Advanced Lecture	Giving exercises on body position and buoyancy	Freestyle swimming dynamics (body position and buoyancy)	2 hours	6
Group evaluation	Advanced Lecture	Giving exercises on arm movement techniques	Freestyle swimming motor performance (arm movements)	2 hours	7
Individual assessment	Advanced Lecture	Giving exercises on leg movement techniques	Freestyle swimming motor performance (leg strokes)	2 hours	8
Individual assessment	Advanced Lecture	Giving exercises on breathing techniques	Freestyle swimming motor performance (breathing position)	2 hours	9
Individual assessment	Blended learning	Full freestyle swimming practice	Full freestyle swimming	2 hours	10
Individual assessment	Advanced Lecture	Giving exercises on body position and buoyancy	Breaststroke aerobic performance (body position and buoyancy)	2 hours	11
Group evaluation	Advanced Lecture	Giving exercises on arm movement techniques	Breaststroke motor performance (arm movements)	2 hours	12
Group evaluation	Blended learning	Giving exercises on leg movement techniques	Breaststroke stroke performance (leg strokes)	2 hours	13
Individual assessment	Blended learning	Giving exercises on breathing techniques	Breaststroke Movement Performance (Breathing Position)	2 hours	14
Theoretical exam, first semester + practical exam, first semester				2 hours	15
Mid-year holiday					
	Lecture	Re-experiment with all previous skills		2 hours	16
Group evaluation	Advanced Lecture	Giving exercises on body position and buoyancy	Backstroke aerodynamics (body position and buoyancy)	2 hours	17
Group evaluation	Advanced Lecture	Giving exercises on arm movement techniques	Backstroke swimming motor performance (arm movements)	2 hours	18
Group evaluation	Advanced Lecture	Giving exercises on leg movement techniques	Backstroke strokes (leg strokes)	2 hours	19

Individual Assessment	Advanced Lecture	Giving exercises on breathing techniques	Backstroke Movement Performance (Breathing Position)	2 hours	20
Individual assessment	Lecture	Giving exercises on body position and buoyancy	Butterfly stroke dynamics (body position and buoyancy)	2 hours	21
Individual Assessment	Lecture	Giving exercises on arm movement techniques	Butterfly stroke motor performance (arm movements)	2 hours	22
Individual Assessment	Blended learning	Giving exercises on leg movement techniques	Butterfly stroke motor performance (leg strokes)	2 hours	23
Individual Assessment	Blended learning	Giving exercises on breathing techniques	Butterfly stroke movement (breathing position)	2 hours	24
Individual Assessment	Blended learning	Practice starting from above and below the base	Top-down base technique	2 hours	25
Individual Assessment	Blended learning	Spinning practice	Rotation technique	2 hours	26
Individual Assessment	Blended learning	Giving exercises on rescue methods	Methods and techniques for rescuing drowning victims Causes of drowning and rescue methods	2 hours	27
Self-assessment		Giving exercises on methods of extracting a drowning person	Drowning cases and methods of extracting the drowning person	2 hours	28
Second semester theory tests				2 hours	29
Practical tests				2 hours	30

11. Course Evaluation

The grade is distributed as follows:

1. The first semester exam is worth 25% of the grade and is divided into 10% theoretical and 15% practical.
2. The second semester exam is worth 25% of the grade and is divided into 10% theoretical and 15% practical.
3. The final practical exam is worth 30% of the grade and the final theoretical exam is worth 20% of the grade. Total: 50%
4. The final total: 100%

12. Learning and Teaching Resources

Required textbooks (methodology, if any)	Swimming Book by Faisal Rashid Ayash and the International Law of Amateur Swimming
Key references (sources)	Swimming book by Faisal Rashid Ayash
Recommended supporting books and references (scientific journals, reports...)	Water Sports Brief / Dr. Muhammad Ali Al-Qat
Electronic references, websites	

Name and signature of the course holder :

Prof. Dr. Safaa Dhnoon Ismail,

Prof. Dr. Falah Taha Hamou,

Asst. Prof. Dr. Montaser Mayouf,

Asst. Prof. Dr. Mohamed Hazem Younis

Lecturer Dr. Baraa Tariq Hamdoun,

Assistant Lecturer Amjad Hatem Ahmed

Assistant Lecturer Duaa Sabhan

Name and signature of the head of the department or branch :

Professor Dr. Omar Samir Dhnoon