

Course Description Form

1. Course Name	
Track and Field – First Stage	
2. Course Code	
SEGI25F1081	
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)	
Asst. Prof. Dr. Ahmed Ismail Abdullah	
8. Course Objectives	
<p>Course Objectives</p>	<p>A. Cognitive Objectives</p> <ul style="list-style-type: none"> A1: By the end of the course, students should be able to provide an introductory overview of running techniques (short-distance, middle-distance, long-distance, walking, marathon, 4×100m relay, shot put using the glide technique, long jump, javelin throw, and high jump). A2: Students should be able to identify the rules, regulations, and requirements of each event. A3: Students should be able to develop physical fitness, motor skills, and mental abilities, enhancing concentration, observation, critical thinking, and fair competition to achieve advanced rankings in track and field events. A4: Students should be able to understand the movement sequences of

	<p>various track and field events.</p> <p>B. Skill-Based Objectives</p> <ul style="list-style-type: none"> • B1: Perform different running techniques. • B2: Perform baton exchanges in the 4×100m relay. • B3: Perform the technical phases of the shot put. • B4: Perform the technical phases of the long jump. • B5: Perform the technical phases of the javelin throw. • B6: Perform the technical phases of the high jump. <p>C. Affective and Value-Based Objectives</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. General and Transferable Skills (Employability and Personal Development)</p> <ul style="list-style-type: none"> • D1: Safety and security skills. • D2: Assistance techniques. • D3: First aid. • D4: 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-to-whole 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
Individual assessment	Group assessment	Blended learning	Historical overview of Olympic Games (men & women), Decathlon (men), Heptathlon (women)	4 hrs	1
Individual assessment	Developed lecture	Practical application of running styles	Technical aspects of running styles (theory + practice)	4 hrs	2
Individual assessment	Developed lecture	Fitness drills & circuit training	Technical aspects of 100m sprint (theory + practice)	4 hrs	3
Individual assessment	Lecture	Practical application of 100m sprint techniques, reaction drills, starts	—	4 hrs	4
Individual assessment	Blended learning	Practical application of starts	Technical aspects of starting techniques (theory + practice)	4 hrs	5
Individual assessment	Lecture	Practical application of starts with reaction drills	—	4 hrs	6
Individual assessment	Developed lecture	Reaction drills, interval training	Technical aspects of 4×100m relay (theory + practice)	4 hrs	7
Individual assessment	Developed lecture	Practical application of 4×100m relay techniques	—	4 hrs	8
Individual assessment	Developed lecture	Application of updated rules	Rules of running, starts, and 4×100m relay	4 hrs	9
Individual assessment	Lecture		Theoretical exam (running, starts, relay)	4 hrs	10
Practical exam (running, starts, relay)				4 hrs	11
Individual	Developed	Application with take-off &	Technical phases	4 hrs	12

assessment	lecture	bounding drills	of long jump (theory + practice)		
Individual assessment	Blended learning	Application with plyometric drills, stair running, and take-off drills	Rules of long jump	4 hrs	13
Theoretical + practical exam (long jump)				4 hrs	14
Midterm exams (theory + practice)				4 hrs	15
Individual assessment	Developed lecture	Application with weight training & strength drills	Technical phases of shot put (theory + practice)	4 hrs	16
Group assessment	Blended learning	Application with drills to improve release angle & height	Rules of shot put	4 hrs	17
Theoretical + practical exam (shot put)				4 hrs	18
Group assessment	Lecture	—	Technical phases of javelin throw (theory + practice)	4 hrs	19
Group assessment	Developed lecture	Application of javelin throw with planting drills	—	4 hrs	20
Group assessment	Developed lecture	Application with drills to improve release angle & height	Rules of javelin throw	4 hrs	21
Theoretical exam (javelin throw)				4 hrs	22
Practical exam (javelin throw)				4 hrs	23
Group assessment	Developed lecture	—	Technical phases of high jump (theory + practice)	4 hrs	24
Group assessment	Developed lecture	Application with plyometric drills, stair running, and take-off drills	—	4 hrs	25
Group assessment	Blended learning	Application with bar clearance drills, assisted tools, and box jumps	Rules of high jump	4 hrs	26
Theoretical exam (high jump)				4 hrs	27
Practical exam (high jump)				4 hrs	28
Second semester exams (theory + practice)				4 hrs	29
Final comprehensive practical exam (all events)				4 hrs	30

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11. Course Evaluation

The grade is distributed as • First semester exam: **25%** (10% theory + 15% practical)

- Second semester exam: **25%** (10% theory + 15% practical)
- Final practical exam: **30%**
- Final theoretical exam: **20%**
- Total: **100%**

12. Learning and Teaching Resources

Required textbooks (methodology, if any)	<i>Track and Field Games</i> (2001), Dr. Sarih Abdul Kareem Al-Fadhli & Prof. Talib Faisal Abdul Hussein. <ul style="list-style-type: none"> • <i>International Athletics Rules</i> (2011), Sarih Abdul Kareem Al-Fadhli.
Key references (sources)	Handouts on the history of athletics, technical phases of events, and related topics.
Recommended supporting books and references (scientific journals, reports...)	<ul style="list-style-type: none"> • Modern textbooks on track and field for first-year students. • Latest edition of international athletics rules.
Electronic references, websites	(To be added as needed)

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**Name and Signature of Department
or Branch Head**

Prof. Dr. Omar Sameer Thanon



Name and Signature of Course Owner)

Asst. Prof. Dr. Ahmed Ismail

Asst. Prof. Dr. Zaid Abdul-Sattar

Lecturer Mohammed Khamis

Lecturer Othman Ahmed

Lecturer Farah Thaer