

Course Description Form

1. Course Name	
Physical fitness for first-stage female students	
2. Course Code	
SEGI25F1101	
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. Ghaida Salem Aziz, Assistant Lecturer, Duaa Subhan Mahmoud	
8. Course Objectives	
Course Objectives	<p>A- Cognitive Objectives</p> <p>A1- By the end of the course, students will be able to define (general and specific physical fitness, muscular strength, speed, endurance, flexibility, agility, balance, coordination, and accuracy).</p> <p>A2- By the end of the course, students will be able to understand the laws, divisions, and development of physical fitness.</p> <p>A3- By the end of the course, students will be able to develop physical attributes, enhance and improve motor fitness, and mental abilities, as this enhances the ability to concentrate and develops the ability to think and observe.</p> <p>A4- By the end of the course, students will be able to develop physical and motor attributes through the use of tools such as medicine balls, ladders, Swedish stools, and walking sticks.</p> <p>B - Course Skill Objectives</p> <p>B1 - By the end of the course, students will be able to perform various types of physical fitness tests.</p> <p>B2 - By the end of the course, students will be able to develop the elements of physical fitness and acquire health.</p> <p>B3 - By the end of the course, students will be able to perform movements and exercises without equipment.</p> <p>B4 - By the end of the course, students will be able to develop nutrition program schedules.</p> <p>B5 - By the end of the course, students will be able to perform exercises using a medicine ball, a stick, ladders, and a Swedish bench.</p>

	<p>B6 – By the end of the course, students will be able to develop fitness programs for most activities and sports practiced by women.</p> <p>C– Affective and Value–Based Objectives</p> <p>C1– The curriculum should foster a spirit of challenge.</p> <p>C2– The curriculum should foster a spirit of courage.</p> <p>C3– The curriculum should foster self–confidence.</p> <p>C4– The curriculum should foster a spirit of altruism.</p> <p>D– General and Transferable Skills (other skills related to employability and personal development):</p> <p>D1– Safety and Security Skills</p> <p>D2– Assistance Skills</p> <p>D3– First Aid</p> <p>D4– Injury Rehabilitation</p>
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9. Teaching and learning strategies

Strategy	Teaching Methods;	Learning Methods:
	1– Lecture Method	1– Partial Method
	2– Advanced Lecture Method	2– Holistic Method
	3– Blended Learning Method	3– Trial and Error Method
	4– E–Learning 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	Practical application (jogging)	Developing general fitness elements	2 hours	1
Group evaluation	Lecture	Practical application (jogging while climbing the stairs)	Developing general fitness elements	2 hours	2
Group evaluation	Lecture	Practical application (using the 3 to 3 extension method)	Definition of general fitness	2 hours	3
Individual assessment	Lecture	Practical application (using the 3 to 2 extension method)	Definition of special fitness	2 hours	4

Group evaluation	Advanced Lecture	Practical application (using the 3 to 1 extension method)	Explaining the importance of physical fitness (social, health, psychological, mental)	2 hours	5
Group evaluation	Advanced Lecture	Muscle strength development exercises	Muscle strength explained	2 hours	6
Group evaluation	Advanced Lecture	Practical application using speed development exercises	Explanation of speed and its types	2 hours	7
Individual assessment	Advanced Lecture	Practical application for developing general tolerance	Explanation of prolongation and its types	2 hours	8
Individual assessment	Advanced Lecture	Practical application to develop special (muscular) endurance	Muscle endurance explained	2 hours	9
Individual assessment	Blended learning	Exercises to develop static and dynamic flexibility	Explanation of flexibility and its types	2 hours	10
Individual assessment	Advanced Lecture	Exercises to develop agility	Explanation of agility	2 hours	11
Group evaluation	Advanced Lecture	Exercises to develop static and dynamic balance	Balance explanation	2 hours	12
Group evaluation	Blended learning	Exercises to develop coordination using dribbling, scoring, and dribbling.	Explanation of compatibility	2 hours	13
Individual assessment	Blended learning	Accuracy exercises such as basketball, hand and foot shooting	Accuracy explanation	2 hours	14
Theoretical exam, first semester + practical exam, first semester				2 hours	15
Mid-year holiday					
Group evaluation	Lecture	Dumbbell exercises	Healthy habits	2 hours	16
Group evaluation	Advanced Lecture	Free exercises	gender differences	2 hours	17
Group evaluation	Advanced Lecture	Couple exercises without equipment	Maintaining physical fitness	2 hours	18
Group evaluation	Advanced Lecture	Pair exercises with tools	Maintaining physical fitness	2 hours	19

Individual Assessment	Advanced Lecture	Medicine ball application	Obesity	2 hours	20
Individual assessment	Advanced Lecture	Swedish bench exercises	Physical fitness and its relationship to diseases	2 hours	21
Individual Assessment	Lecture method	Stair exercises	Explanation of the safety of functional devices	2 hours	22
Individual Assessment	Blended learning	Practical application of calming	Explanation of the lullaby	2 hours	23
Individual Assessment	Blended learning	Practical application of general and special warm-ups	Explanation of warm-up and its types	2 hours	24
Individual Assessment	Blended learning	Multi-gym exercises	Nutrition and weight loss explanation	2 hours	25
Individual Assessment	Blended learning	Stationary bike exercises (ergometer)	Nutrition and weight gain explained	2 hours	26
Individual Assessment	Blended learning	Treadmill Exercises	Theoretical explanation of nutrition for competitions	2 hours	27
Second semester theoretical exam				2 hours	28
Practical exam with physical fitness tests				2 hours	29
Final Practical Exam for Physical Fitness 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)	The Complete Encyclopedia of Women's Physical Preparation (Al-Takriti and Al-Hajjar) 2017
Key references (sources)	- Physical fitness book for first-year female students
Recommended supporting books and references (scientific journals, reports...)	- Physical preparation for women
Electronic references, websites	

Name and signature of the course holder :

Prof. Dr. Ghaida Salem Aziz,

Assistant Lecturer, Duaa Subhan Mahmoud



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

Professor Dr. Omar Samir Dhnoon