

Course Description Form

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| 1. Course Name | |
| Wrestling Stage 3 | |
| 2. Course Code | |
| SEGI25F3061 | |
| 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) | |
| Assistant Professor Ziad Tariq Hamid, Assistant Professor Omar Haitham Hazem | |
| 8. Course Objectives | |
| Course Objectives | <p>A- Cognitive Objectives</p> <p>A1- By the end of the course, the student will be able to define the basic skills of general and specific preparatory exercises, offensive and defensive skills, and counterattacks.</p> <p>A2- By the end of the course, the student will be able to understand the international laws of wrestling and both types of wrestling.</p> <p>A3- By the end of the course, the student will be able to develop physical attributes, improve motor skills, and mental abilities, and develop courage, as this increases the ability to concentrate and develops the ability to think and observe.</p> <p>B- Course Skill Objectives</p> <p>B1- By the end of the course, the student will be able to perform offensive skills from a seated and standing position.</p> <p>B2- By the end of the course, the student will be able to perform defensive positions.</p> <p>B3- By the end of the course, the student will be able to perform tackles within the legal rounds.</p> <p>B4- By the end of the course, the student will be able to perform counterattacks.</p> <p>B5- The student will be able to By the end of the course, the student will be able to perform evasive maneuvers during a fight.</p> <p>B6- By the end of the course, the student will be able to perform various movements on the mat in different directions.</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> |

- 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; | 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 of general preparatory exercises | The history of wrestling in Iraq and the world, and an explanation of general preparatory exercises. | 2 hours | 1 |
| Group evaluation | partial kidney | Practical application of special preparatory exercises | Special preparatory exercises to develop all types of strength using a partner and body weight | 2 hours | 2 |
| Group evaluation | Lecture | Practical application of special preparatory exercises | Special preparatory exercises to develop speed and agility | 2 hours | 3 |
| Individual assessment | Lecture | Practical application of special preparatory exercises | Special preparatory exercises to develop the distinctive strength endurance and speed | 2 hours | 4 |
| Group evaluation | Advanced | Practical application of competition exercises | Competition exercises and their types | 2 hours | 5 |

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|-----------------------|---------------------|--|--|---------|----|
| | Lecture | | | | |
| Group evaluation | Advanced Lecture | Practical application of the grip | Technical elements of wrestling: body position, footwork, and teaching the ankle grab. | 2 hours | 6 |
| Group evaluation | Advanced Lecture | Practical re-application of the ankle grab | The technical elements in wrestling for the grip, its types, the characteristics of a good grip, and then the technical elements for placing the legs and moving on the mat. | 2 hours | 7 |
| Individual assessment | Advanced Lecture | Practical application of bow exercises | Technical elements of bow work in various forms of performance. Stages of learning the wrestling bow. | 2 hours | 8 |
| Individual assessment | Blended learning | Practical application of the set of technical elements using a colleague without resistance and then with the colleague's resistance | Stages of learning the technical grip | 2 hours | 9 |
| Individual assessment | Blended learning | Testing students' practical performance of the ankle grab and application of the set of technical elements | Theoretical and practical exam | 2 hours | 10 |
| Individual assessment | mixed method | Special preparatory exercises Applying the grip without resistance, with partner resistance, and in both directions | Teaching the rotating grip of the item carrier | 2 hours | 11 |
| Group evaluation | The holistic method | Special preparatory exercises Applying the grip without resistance, with partner resistance, and in both directions | Teaching the rotation grip by tying the waist from a sitting position next to the player | 2 hours | 12 |

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| Group evaluation | Partial method | Repetition of grappling exercises with a partner in different positions using a competitive style and practical performance of the grip. | Teaching the head and arm hold | 2 hours | 13 |
| Individual assessment | Partial method | Repetition of grappling exercises with a partner in different positions using a competitive style and practical performance of the grip. | Abbasid grip education | 2 hours | 14 |
| Theoretical exam, first semester + practical exam, first semester | | | | 2 hours | 15 |
| Mid-year holiday | | | | | |
| Individual assessment | Lecture | Re-learning of motor skills learned | The concept of artistic performance and methods of teaching grips | 2 hours | 16 |
| Group evaluation | Advanced Lecture | Practical performance of close combat and the difference between freestyle and Greco-Roman wrestling in combat positions | The concept of technique according to its diversity, breadth of technique, and control of technique | 2 hours | 17 |
| Group evaluation | Advanced Lecture | Applying defensive positions in practice | Explanation of international wrestling law and defensive positions for the movement skills learned | 2 hours | 18 |
| Group evaluation | Advanced Lecture | Practical application of grip and engagement from a seated position | Explaining the international wrestling law and teaching the mat grip | 2 hours | 19 |
| Group evaluation | Advanced Lecture | Practical application of grip and engagement from a standing position | Explaining the international wrestling law and teaching the leg hold and then lifting | 2 hours | 20 |
| Theoretical and practical exam / students' practical performance test of skills, second semester | | | | 2 hours | 21 |

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| Individual Assessment | Lecture | Motor connection of offensive motor skills and how to defend during practical performance | Explaining the international law of wrestling and teaching the movement transfer between the learned movement skills. | 2 hours | 22 |
| Individual Assessment | Lecture | The conflict is according to international wrestling law. | Explaining the international wrestling law and a fight between students for various periods of time, with students participating in refereeing the fight. | 2 hours | 23 |
| Individual Assessment | Lecture | The conflict is according to international wrestling law. | Explaining the international wrestling law and a fight between students for various periods of time, with students participating in refereeing the fight. | 2 hours | 24 |
| Individual Assessment | Lecture | Student participation and interaction with the presentation by directing questions to the arbitration cases. | Explaining the international wrestling law using video presentation of wrestling matches. | 2 hours | 25 |
| Individual Assessment | The holistic method | Practical application | Explanation of direct attack, counterattack, and combination holds | 2 hours | 26 |
| Individual Assessment | mixed method | Practical application | Wrestling coach's educational and training duties | 2 hours | 27 |
| Individual Assessment | mixed method | A fight between students | Wrestling tactics and requirements | 2 hours | 28 |
| Theoretical and practical exam | | | | 2 hours | 29 |
| Basic Skills, Sparring and Refereeing / Final Practical Exam | | | | 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

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| Required textbooks (methodology, if any) | Wrestling Training / Abdul Ali Masif Basic Principles for Learning Freestyle and Greco-Roman Wrestling International Laws of Freestyle and Greco-Roman Wrestling |
| Key references (sources) | |
| Recommended supporting books and references (scientific journals, reports...) | Learning and Motor Learning in Wrestling / Hamdan Al-Kubaisi 2008 |
| Electronic references, websites | |

Name and signature of the course holder :

Assistant Professor Ziad Tariq Hamid,
Assistant Professor Omar Haitham Hazem



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

Professor Dr. Omar Samir Dhnoon

