## **Course Description Form**

#### 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

#### A- Cognitive Objectives

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.

# Course Objectives

A2- By the end of the course, the student will be able to understand the international laws of wrestling and both types of wrestling.

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.

B- Course Skill Objectives

B1- By the end of the course, the student will be able to perform offensive skills from a seated and standing position.

B2- By the end of the course, the student will be able to perform defensive positions.

B3- By the end of the course, the student will be able to perform tackles within the legal rounds

B4- By the end of the course, the student will be able to perform counterattacks.

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.

B6- By the end of the course, the student will be able to perform various movements on the mat in different directions.

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;

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

	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	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

		Repetition of grappling		2 hours	
Group evaluation	Partial	exercises with a partner in			
	method	different positions using a	Teaching the head and arm hold		13
		competitive style and practical			
		performance of the grip.			
	Partial	Repetition of grappling	Abbasid grip education	2 hours	
Individual		exercises with a partner in			
assessment	method	different positions using a			14
		competitive style and practical			
		performance of the grip.			
	Theoretical e	exam, first semester + practical e	xam, first semester	2 hours	15
		Mid-year ho	oliday		
		Re-learning of motor skills	The concept of artistic	2 hours	
Individual assessment	Lecture  Advanced Lecture	learned	performance and methods of		16
accessment			teaching grips		200,000,000,000
		Practical performance of close	The concept of technique		
		combat and the difference	according to its diversity,	2 hours	
Group evaluation		between freestyle and Greco-	breadth of technique, and		17
		Roman wrestling in combat	control of technique		
		positions			
	Advanced Lecture	Applying defensive positions in	Explanation of international		
Group		practice	wrestling law and defensive	2 hours	
evaluation			positions for the movement skills		18
			learned		
	Advanced Lecture	Practical application of grip	Explaining the international		
Group evaluation		and engagement from a	wrestling law and teaching the	2 hours	19
		seated position	mat grip		
Group	Advanced Lecture	Practical application of all			
		Practical application of grip	Explaining the international	2 hours	
evaluation		and engagement from a	wrestling law and teaching the		20
Theoretical an	d practical evo	standing position	leg hold and then lifting		
sorododi dili	ש אישטווטמו פאמ	m / students practical performant	ce test of skills, second semester	2 hours	21

Lecture   Motor connection of offensive motor skills and how to defend during practical performance   Explaining the international law of wrestling and teaching the movement skills.   2 hours   22						
Lecture			Motor connection of offensive	Explaining the international law	2 hours	
Individual Assessment		Lecture	motor skills and how to defend	of wrestling and teaching the	2 nours	22
Lecture   The conflict is according to international wrestling law.   Lecture   Individual Assessment   Lecture   The conflict is according to international wrestling law.   Explaining the international wrestling law and a fight between students participating in refereeing the fight.   Explaining the international wrestling law and a fight between students participating in refereeing the fight.   Explaining the international wrestling law and a fight between students for various periods of time, with students participating in refereeing the fight.   Explaining the international wrestling law and a fight between students for various periods of time, with students participating in refereeing the fight.   Explaining the international wrestling law and a fight between students participating in refereeing the fight.   Explaining the international wrestling law and a fight between students participating in refereeing the fight.   Explaining the international wrestling law and a fight between students on the students participating in refereeing the fight.   Explaining the international wrestling law and a fight between students on the students participating in refereeing the fight.   Explaining the international wrestling law using video presentation of wrestling law using video presentation of wrestling matches.   2 hours   25 hours   25 hours   26 hours   26 hours   27 hours   27 hours   28 hours   28 hours   28 hours   28 hours   29 hours   28 hours   29 hours   29 hours   29 hours   29 hours   29 hours   20 hours	Individual		during practical performance	movement transfer between the		22
Lecture   Individual Assessment   Lecture   Lecture   Individual Assessment   Lecture   Lecture   Individual Assessment   Lecture   Lecture   Individual Assessment   Lecture   Lecture   Student participation and international wrestling law.   Student participation and internation 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   A fight between students   Wrestling coach's educational and training duties   2 hours   27     Individual Assessment   Raise (Stiff Counternational method   Raise (Stiff Counternational practical exam   29   25     Individual Assessment   Raise (Stiff Counternational method   Raise (Stiff Counternational practical exam   29   20     Individual Assessment   Raise (Stiff Counternational practical exam   29   20     Individual Assessment   Raise (Stiff Counternational practical exam   20     Individual Practical exam   20     Individua	Assessment			learned movement skills.		
Lecture   Individual   Assessment   Individual   I			The conflict is according to	Explaining the international		
Individual Assessment		Lecture	international wrestling law.	wrestling law and a fight between	2 hours	
Assessment    Assessment   Complete   Comple		Lecture	1	students for various periods of time,		23
The conflict is according to international wrestling law.  Assessment  Lecture  Individual Assessment  Lecture  Individual Assessment  In			1	with students participating in		
Individual Assessment	Assessment			refereeing the fight.		[
Individual Assessment			The conflict is according to	Explaining the international		
Assessment  Individual Assessment  Lecture Assessment  Individual As		Lecture	international wrestling law.	wrestling law and a fight between	2 hours	1
Individual Assessment		Lecture	1	students for various periods of time,		24
Individual Assessment	Assessment		1	with students participating in		1
Individual Assessment  Lecture  Lecture  Assessment  Lecture  Assessment  Lecture  Assessment  Lecture  Assessment  Lecture  Lecture  Assessment  Practical application  Practical application  Assessment  Practical application  Mixed method  Assessment  A fight between students  A fight between students  Theoretical and practical exam  Assessment  A fight between students  Theoretical and practical exam  Assessment  Assessment  Assessment  Assessment  A fight between students  A fight between stu				refereeing the fight.		
Assessment Lecture by directing questions to the arbitration cases.    Individual Assessment   Individ			Student participation and	Explaining the international		
Assessment by directing questions to the arbitration cases.  Practical application Explanation of direct attack, counterattack, and combination holds  Individual Assessment Individual Individual Assessment Individual Ind	Individual	Lecture	interaction with the presentation	wrestling law using video	2 hours	
Individual Assessment Individual Individual Assessment Individual	Assessment	Lecture	by directing questions to the	presentation of wrestling		25
Individual Assessment  Individual Assessment  Individual Mixed Method  Individual Assessment  Individual Mixed Method  Individual Mixed Mixed Method  Individual Mixed Method  Individual Mixed Mixed Method  Individual Mixed Mixed Method  Individual Mixed Mixed Mixed Method  Individual Mixed Mixed Mixed Mixed Method  Individual Mixed Mi			arbitration cases.			
Assessment method metho			Practical application	Explanation of direct attack,		
Assessment Individual mixed method Practical application Wrestling coach's educational and training duties 27  Individual mixed method Mixed Assessment Mixed method Practical and practical exam Practical and practical exam 29  Theoretical and practical exam 29	Individual		1	counterattack, and combination	2 hours	26
Assessment method method and training duties 2 hours 27  Individual mixed method method method method method method method Theoretical and practical exam 2 hours 28  Theoretical and practical exam 29	Assessment	Illetties	i	holds		
Assessment and training duties  Individual mixed method A fight between students wrequirements  Theoretical and practical exam  2 hours  2 hours  2 hours  2 hours	Individual		Practical application	Wrestling coach's educational		
Assessment method requirements 2 hours 28  Theoretical and practical exam 29	Assessment			and training duties	2 hours	27
Theoretical and practical exam  2 hours  2 hours	Individual		A fight between students	Wrestling tactics and		
Pagio Skilla Spania and P. Coming to 15 15 15 15 15 15 15 15 15 15 15 15 15	Assessment	method		requirements	2 hours	28
Popie Civilla Constitution of D.C. 1. 151 151 151 151	Theoretical and practical exam				2 hours	29
		Basic Skills	S, Sparring and Refereeing / Final	Practical Exam		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

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