Course D	escription Form
1. Course Name	
Rhythmic Gymnastics – Third Stage	
2. Course Code	
SEGI25F3091	
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)
Asst. Prof. Dr. Liqaa Abdul-Muttalib Khalil	
8. Course Objectives	
Course Objectives	 A. Cognitive Objectives A1: By the end of the course, students should be able to define (the floor exercise mat, uneven bars, balance beam, and vaulting table). A2: Students should be able to identify the rules, regulations, and requirements of the sport. A3: Students should be able to develop physical fitness, enhance motor skills, and improve mental abilities such as concentration, observation, and critical thinking. A4: Students should be able to design movement sequences for the apparatus (floor exercise, uneven bars, balance
	beam, vault). B. Skill-Based Objectives

B1: Perform a sequence on the floor exercise.

- B2: Perform a movement sequence on the uneven bars.
- B3: Perform a sequence on the vault.
- B4: Perform a movement sequence on the balance beam

C. Affective and Value-Based Objectives

- C1: Develop a spirit of challenge.
- C2: Develop courage.
- C3: Build self-confidence.
- C4: Foster altruism.

D. General and Transferable Skills (Employability and Personal Development)

- D1: Safety and security skills.
- D2: Spotting and assistance skills.
- D3: First aid skills.
- D4: Injury rehabilitation skills.

9. Teaching and learning strategies

Strategy

- **Teaching Methods:** Lecture, Developed Lecture, Blended Learning, E-learning.
- Learning Methods: Part—whole method, Whole method, Trial-and-error, Mastery learning

10. Course Structure Evaluation Learning Unit or subject Required Learning The Hours method method name Outcomes week Individual Group Lecture Introduction to 2 hrs 1 assessment assessment **Rhythmic Gymnastics** (Explanation) Individual History of Rhythmic 2 hrs Group Lecture 2 assessment assessment Gymnastics Worldwide Group Lecture History of Gymnastics 2 hrs 3 Group assessment assessment among Arabs Group Group Lecture Importance of 2 hrs assessment assessment Teaching Rhythmic

			Gymnastics		
Group	Group	Developed Lecture	Musical Rhythm	2 hrs	5
assessment	assessment	Developed Lecture	Widsical Milytiiii	2 1113	3
Group	Group	Developed Lecture	Hand Positions	2 hrs	6
assessment	assessment	Developed Lecture	Tialia Positions	2 1113	0
Group	Developed	Performing	Movement Rhythm	2 hrs	7
assessment	Lecture	movements	Wovement Knythin	2 1113	,
Individual	Developed	Performing jumps	Dance-like Movements	2 hrs	8
assessment	Lecture	Terrorning jumps	Dance-like Movements	2 1113	0
Individual	Developed	Ribbon exercises	Ribbon	2 hrs	9
assessment	Lecture	Mibboli exercises	KIDDOII	2 1113	9
Individual	Blended learning	Sequence	Ribbon	2 hrs	10
assessment	blended learning	performance	KIDDOII	2 1115	10
Individual	Developed	Training & test	Ball	2 hrs	11
assessment	Lecture	manning & test	Dall	2 1115	11
Individual	Developed	Ball sequence	Ball	2 hrs	12
assessment	Lecture	performance	DdII	Z 111S	12
	Blended learning		Ball	2 h	12
Group assessment	blefided learning	Training & sequence	pall	2 hrs	13
	Self-assessment	test	Pall oversia 0	2 5	4.4
Group	sen-assessment	_	Ball exercises &	2 hrs	14
assessment	D	ctical Test – Ball	sequence training	2 hrs	4.5
	Prac	ticai rest – bali		2 nrs	15
	M	id-year Break		_	-
	M	_	Learning ability &	– 2 hrs	_ 16
		id-year Break Lecture	Learning ability &	_ 2 hrs	16
_	M	_	motor weight	_ 2 hrs	16
— Group	— Developed	_	motor weight perception		
— Group assessment	_	Lecture	motor weight	2 hrs	16
	_ Developed	Lecture Relation between	motor weight perception		
	_ Developed	Lecture Relation between musical & movement rhythm	motor weight perception Rope exercises	2 hrs	17
assessment	— Developed Lecture	Lecture Relation between musical & movement	motor weight perception		
Group	Developed Lecture Developed Lecture	Relation between musical & movement rhythm	motor weight perception Rope exercises Rope sequence performance	2 hrs	17
Group assessment	Developed Lecture Developed	Lecture Relation between musical & movement rhythm	motor weight perception Rope exercises Rope sequence	2 hrs	17
Group assessment Group assessment	Developed Lecture Developed Lecture Developed Lecture Developed Lecture	Relation between musical & movement rhythm Rope Rope	motor weight perception Rope exercises Rope sequence performance Training & test	2 hrs 2 hrs 2 hrs	17 18 19
Group assessment Group	Developed Lecture Developed Lecture Developed Lecture Developed Lecture Developed	Relation between musical & movement rhythm	motor weight perception Rope exercises Rope sequence performance	2 hrs	17
Group assessment Group assessment Group assessment Group	Developed Lecture Developed Lecture Developed Lecture Developed Lecture Developed Lecture	Lecture Relation between musical & movement rhythm Rope Rope	motor weight perception Rope exercises Rope sequence performance Training & test Hoop exercises	2 hrs 2 hrs 2 hrs 2 hrs	17 18 19 20
Group assessment Group assessment Group assessment Group	Developed Lecture Developed Lecture Developed Lecture Developed Lecture Developed	Relation between musical & movement rhythm Rope Rope	motor weight perception Rope exercises Rope sequence performance Training & test Hoop exercises	2 hrs 2 hrs 2 hrs	17 18 19
Group assessment Group assessment Group assessment Group assessment	Developed Lecture Developed Lecture Developed Lecture Developed Lecture Developed Lecture Lecture Lecture	Relation between musical & movement rhythm Rope Rope Rope Hoop	motor weight perception Rope exercises Rope sequence performance Training & test Hoop exercises	2 hrs 2 hrs 2 hrs 2 hrs 2 hrs	17 18 19 20 21
Group assessment Group assessment Group assessment Group assessment — Individual	Developed Lecture Developed Lecture Developed Lecture Developed Lecture Developed Lecture	Lecture Relation between musical & movement rhythm Rope Rope	motor weight perception Rope exercises Rope sequence performance Training & test Hoop exercises	2 hrs 2 hrs 2 hrs 2 hrs	17 18 19 20
Group assessment Group assessment Group assessment Group assessment	Developed Lecture Developed Lecture Developed Lecture Developed Lecture Lecture Lecture Lecture	Lecture Relation between musical & movement rhythm Rope Rope Rope Hoop	motor weight perception Rope exercises Rope sequence performance Training & test Hoop exercises Hoop sequence performance	2 hrs 2 hrs 2 hrs 2 hrs 2 hrs 2 hrs	17 18 19 20 21
Group assessment Group assessment Group assessment Group assessment — Individual	Developed Lecture Developed Lecture Developed Lecture Developed Lecture Lecture Lecture Lecture Lecture	Relation between musical & movement rhythm Rope Rope Rope Hoop	motor weight perception Rope exercises Rope sequence performance Training & test Hoop exercises Hoop sequence performance — Test sequence (Ribbon	2 hrs 2 hrs 2 hrs 2 hrs 2 hrs	17 18 19 20 21
Group assessment Group assessment Group assessment Group assessment — Individual	Developed Lecture Developed Lecture Developed Lecture Developed Lecture Lecture Lecture Lecture Lecture Learning method	Relation between musical & movement rhythm Rope Rope Rope Hoop Hoop Blended learning	motor weight perception Rope exercises Rope sequence performance Training & test Hoop exercises Hoop sequence performance — Test sequence (Ribbon & Ball)	2 hrs	17 18 19 20 21 22 23
Group assessment Group assessment Group assessment Group assessment — Individual	Developed Lecture Developed Lecture Developed Lecture Developed Lecture Lecture Lecture Lecture Lendividual Lecture Ledividual Lecture Ledividual Lecture Ledividual Lecture Ledividual	Lecture Relation between musical & movement rhythm Rope Rope Rope Hoop	motor weight perception Rope exercises Rope sequence performance Training & test Hoop exercises Hoop sequence performance — Test sequence (Ribbon & Ball) Test sequence (Rope &	2 hrs 2 hrs 2 hrs 2 hrs 2 hrs 2 hrs	17 18 19 20 21
Group assessment Group assessment Group assessment Group assessment — Individual	Developed Lecture Developed Lecture Developed Lecture Developed Lecture Lecture Lecture Lecture Lecture Learning method	Relation between musical & movement rhythm Rope Rope Rope Hoop Hoop Blended learning	motor weight perception Rope exercises Rope sequence performance Training & test Hoop exercises Hoop sequence performance — Test sequence (Ribbon & Ball)	2 hrs	17 18 19 20 21 22 23

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Individual	Blended learning		Training	2 hrs	26
assessment					
Individual	Blended learning	_	Training	2 hrs	27
assessment					
	The	eoretical Exam	•	2 hrs	28
	P	ractical Exam		2 hrs	29
	Practica	l Exam (continued)		2 hus	30
	Practica	l Exam (continued)		2 hrs	30

11. Course Evaluation

The grade is distributed as follows:

- First Semester Exam (25%): 10% theoretical + 15% practical
- Second Semester Exam (25%): 10% theoretical + 15% practical
- Final Practical Exam (30%)
- Final Theoretical Exam (20%)
- Total: 100%

12. Learning and Teaching Resources		
Required textbooks (methodology, if any)	Course booklet prepared by Dr. Afrah Thanoon	
Key references (sources)	Scientific journals, reports	
Recommended supporting books and		
references (scientific journals,		
reports)		
Electronic references, websites	Scientific journals and online resources	

Individual	Blended learning	_	Training	2 hrs	26
assessment					
Individual	Blended learning	_	Training	2 hrs	27
assessment					
	The	eoretical Exam		2 hrs	28
	Pı	ractical Exam		2 hrs	29
Practical Exam (continued)		2 hrs	30		

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- Final Theoretical Exam (20%)
- Total: 100

12. Learning and	d Teaching Resources
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Required textbooks (methodology, if any)	Course booklet prepared by Dr. Afrah Thanoon
Key references (sources)	Scientific journals, reports
Recommended supporting books and	
references (scientific journals,	
reports)	

Name and Signature of Head of Department or Branch

Electronic references, websites

Prof. Dr. Omar Sameer Thanoon

Name and Signature of Course Instructor

entific journals and online resources

Asst. Prof. Dr. Liqaa Abdulmutalib Khalil