

Course Description 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	
<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 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). <p>B. Skill-Based Objectives</p> <ul style="list-style-type: none"> B1: Perform a sequence on the floor exercise.

	<ul style="list-style-type: none"> • 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 <p>C. Affective and Value-Based Objectives</p> <ul style="list-style-type: none"> • C1: Develop a spirit of challenge. • C2: Develop courage. • C3: Build self-confidence. • C4: Foster altruism. <p>D. General and Transferable Skills (Employability and Personal Development)</p> <ul style="list-style-type: none"> • D1: Safety and security skills. • D2: Spotting and assistance skills. • D3: First aid skills. • D4: Injury rehabilitation skills.
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9. Teaching and learning strategies

Strategy	<ul style="list-style-type: none"> • Teaching Methods: Lecture, Developed Lecture, Blended Learning, E-learning. • Learning Methods: Part-whole method, Whole method, Trial-and-error, Mastery learning
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10. Course Structure

Evaluation method	Learning method	Unit or subject name	Required Learning Outcomes	Hours	The week
Individual assessment	Group assessment	Lecture	Introduction to Rhythmic Gymnastics (Explanation)	2 hrs	1
Individual assessment	Group assessment	Lecture	History of Rhythmic Gymnastics Worldwide	2 hrs	2
Group assessment	Group assessment	Lecture	History of Gymnastics among Arabs	2 hrs	3
Group assessment	Group assessment	Lecture	Importance of Teaching Rhythmic	2 hrs	4

			Gymnastics		
Group assessment	Group assessment	Developed Lecture	Musical Rhythm	2 hrs	5
Group assessment	Group assessment	Developed Lecture	Hand Positions	2 hrs	6
Group assessment	Developed Lecture	Performing movements	Movement Rhythm	2 hrs	7
Individual assessment	Developed Lecture	Performing jumps	Dance-like Movements	2 hrs	8
Individual assessment	Developed Lecture	Ribbon exercises	Ribbon	2 hrs	9
Individual assessment	Blended learning	Sequence performance	Ribbon	2 hrs	10
Individual assessment	Developed Lecture	Training & test	Ball	2 hrs	11
Individual assessment	Developed Lecture	Ball sequence performance	Ball	2 hrs	12
Group assessment	Blended learning	Training & sequence test	Ball	2 hrs	13
Group assessment	Self-assessment	—	Ball exercises & sequence training	2 hrs	14
Practical Test – Ball				2 hrs	15
Mid-year Break				—	—
—	—	Lecture	Learning ability & motor weight perception	2 hrs	16
Group assessment	Developed Lecture	Relation between musical & movement rhythm	Rope exercises	2 hrs	17
Group assessment	Developed Lecture	Rope	Rope sequence performance	2 hrs	18
Group assessment	Developed Lecture	Rope	Training & test	2 hrs	19
Group assessment	Developed Lecture	Rope	Hoop exercises	2 hrs	20
—	Lecture	Hoop	Hoop sequence performance	2 hrs	21
Individual assessment	Learning method	Hoop	—	2 hrs	22
	Individual assessment	Blended learning	Test sequence (Ribbon & Ball)	2 hrs	23
	Individual assessment	Blended learning	Test sequence (Rope & Hoop)	2 hrs	23
Individual assessment	Blended learning	Writing a sequence (Apparatus)	Training	2 hrs	25

Individual assessment	Blended learning	—	Training	2 hrs	26
Individual assessment	Blended learning	—	Training	2 hrs	27
Theoretical Exam				2 hrs	28
Practical Exam				2 hrs	29
Practical 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 assessment	Blended learning	—	Training	2 hrs	26
Individual assessment	Blended learning	—	Training	2 hrs	27
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Name and Signature of Head of
Department or Branch

Prof. Dr. Omar Sameer Thanoon



Name and Signature of Course Instructor
Asst. Prof. Dr. Liqaa Abdulmutalib Khalil