

## Course Description Form

**1. Course Name**

History and Philosophy of Physical Education

**2. Course Code**

SESS25G1011

**3. Semester/Year**

2024- 2025

**4. Date of preparation of this description**

3 / 6 / 2025

**5. Available Attendance Forms**

In-person/theoretical

**6. Number of credit hours (total) / number of units (total)**

2 hours per week / 4 units

**7. Course administrator's name (if more than one name is mentioned)**

Prof. Dr. Saud Abdul-Muhsin      Asst. Prof. Dr. Mohammed Ramadan Najm

**8. Course Objectives****Course Objectives**

1. To understand the philosophy of physical education and its relation to general philosophy.
2. To identify the role of physical education in building and developing societies and its contribution to the rise of Eastern and Western civilizations.
3. To contribute to spreading sports awareness and culture according to sports and historical sources and references, adopting the scientific approach in doing so.
4. To contribute to community service by encouraging the development of sports schools, fitness centers, and sports clubs.
5. To prepare qualified academic staff to work seriously in the field of physical education and sports, and to activate the influential and leading role of the physical education teacher in schools.

**9. Teaching and learning strategies**



<b>Strategy</b>	<ul style="list-style-type: none"> <li>- Interactive e-learning</li> <li>- Blended learning</li> <li>- Oral exams</li> <li>- Electronic reports</li> <li>- Periodic feedback</li> </ul>
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## 10. Course Structure

Evaluation method	Learning method	Unit or subject name	Required Learning Outcomes	Hours	The week
Group assessment	Lecture	Physical education in primitive society		2 hours	1
Group assessment	Lecture	Physical education in primitive society   Lecture		2 hours	2
Group assessment	Lecture	Physical education in Mesopotamian civilization		2 hours	3
Group assessment	Lecture	Physical education in Egypt and China		2 hours	4
Group assessment	Lecture	Physical education in Persia and India		2 hours	5
Group assessment	Lecture	Physical education among the Greeks		2 hours	6
Group assessment	Lecture	Physical education in the Homeric era		2 hours	7
Group assessment	Lecture	Physical education in Sparta		2 hours	8
Group assessment	Lecture	Education in the first Athenian era		2 hours	9
Group assessment	Lecture	Education in the second Athenian era		2 hours	10
Group assessment	Lecture	The Hellenic national games		2 hours	11
Group assessment	Lecture	The Olympia festival		2 hours	12

Group assessment	Lecture	The Palestra and Gymnasium schools		2 hours	13
Individual assessment	Lecture	First semester exam		2 hours	14
Group assessment	Lecture	Physical education in the ancient Roman era		2 hours	15
Group assessment	Lecture	Physical education in the modern Roman era		2 hours	16
Group assessment	Lecture	Physical education in the early Christian era		2 hours	17
Group assessment	Lecture	Physical education during the Renaissance		2 hours	18
Group assessment	Lecture	Theories and opinions of philosophers on physical education		2 hours	19
Group assessment	Lecture	Physical education in some European countries (Denmark, Sweden)		2 hours	20
Group assessment	Lecture	Physical education in some European countries (Germany, Britain)		2 hours	21
Group assessment	Lecture	The modern Olympic movement		2 hours	22
Group assessment	Lecture	Physical education in the modern era		2 hours	23
Group assessment	Lecture	Physical education among Arabs before Islam		2 hours	24
Group assessment	Lecture	Physical education in the Islamic era		2 hours	25
Group assessment	Lecture	The College of Physical Education		2 hours	26
Individual assessment	Lecture	Second semester exam		2 hours	27

#### 11. Course Evaluation

The grades are distributed as follows:

- First semester exam: 25 marks
- Second semester exam: 25 marks
- Final exam: 50 marks



## 12. Learning and Teaching Resources

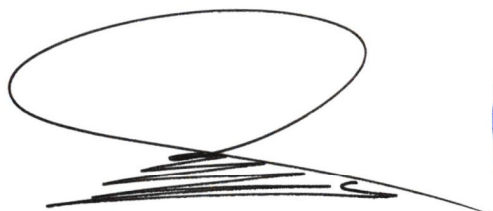
Required textbooks (methodology, if any)	Course book: "History and Philosophy of Physical Education" by Prof. Dr. Saud Abdul-Muhsin
Key references (sources)	Main References: Al-Khatib, Munther Hashem. "Educational Curricula and Physical Education Curricula." University of Baghdad, College of Physical Education.
Recommended supporting books and references (scientific journals, reports...)	Al-Khouli, Amin Anwar. (2013). "Principles of Physical and Sports Education (Introduction, History, and Philosophy)." Dar Al-Fikr Al-Arabi, Cairo.
Electronic references, websites	

### Name and Signature of Course Instructor

Prof. Dr. Saud Abdul-Muhsin



Asst. Prof. Dr. Mohammed Ramadan Najm



Name and signature of the head of the department or branch

Prof. Dr. Ali Hussein Mohammed

