

Course Description Form

1. Course Name	
Artistic Gymnastics for Women – Third Stage	
2. Course Code	
SEGI25F3071	
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)	
Prof. Afrah Thanoon Younis	
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, the student should be able to define the apparatuses (Floor Exercise, Uneven Bars, Balance Beam, Vault). A2: The student should be able to understand the rules, regulations, and requirements of the sport. A3: The student should be able to develop physical fitness, motor skills, and mental abilities, enhancing concentration, observation, and critical thinking. A4: The student should be able to design movement sequences on the apparatuses (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: Develop self-confidence. • C4: Develop 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 techniques. • D3: First aid and injury rehabilitation.
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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
Group assessment	Lecture	Re-application of walking, balance, and jumps on Floor Exercise	Explanation of athletes' rights and rules	2 hrs	1
Group assessment	Lecture	Re-application of forward and backward rolls on Floor Exercise	Explanation of warm-up rules in championships	2 hrs	2
Group assessment	Lecture	Re-application of headstand and handstand	Explanation of athletes' duties (uniform, oath)	2 hrs	3
Group assessment	Lecture	Re-application of cartwheel	Explanation of coaches' rights and responsibilities	2 hrs	4

Group assessment	Developed Lecture	Practical application of two lines of the sequence on Floor Exercise	Explanation of deductions for coaches' violations	2 hrs	5
Group assessment	Developed Lecture	Practical application of lines 3 and 4 of the sequence on Floor Exercise	Explanation of rights and duties of the technical committee	2 hrs	6
Group assessment	Developed Lecture	Practical application of connecting all four lines of the sequence	Explanation of Floor Exercise rules	2 hrs	7
Individual assessment	Developed Lecture	Practical application of sequence with music on Floor Exercise	Explanation of music rules, line judges, and timing	2 hrs	8
Individual assessment	Developed Lecture	Re-training of sequence with music on Floor Exercise	Explanation of judges' roles and distribution	2 hrs	9
Individual assessment	Blended Learning	Re-training of sequence with music on Floor Exercise	Explanation of final routine evaluation	2 hrs	10
Individual assessment	Developed Lecture	Practical application of tuck jump on Vault	Explanation of tuck jump on Vault	2 hrs	11
Group assessment	Developed Lecture	Training on tuck jump on Vault	Explanation of Vault judging rules	2 hrs	12
Group assessment	Blended Learning	Practical application of correct landing after tuck jump	Explanation of approach run rules on Vault	2 hrs	13
Midterm Theoretical Exam (First Semester)				2 hrs	14
Midterm Practical Exam (Floor Exercise sequence + Vault tuck jump)				2 hrs	15
Group assessment	—	Lecture	Revision of previous skills on Balance Beam	2 hrs	16
Group assessment	Developed Lecture	Practical application of these skills	Explanation of backward roll, straddle support, and mount on Balance Beam	2 hrs	17
Group assessment	Developed Lecture	Application of forward + backward roll connection	Explanation of Balance Beam judging rules	2 hrs	18
Group assessment	Developed Lecture	Application of full sequence on Balance Beam	Explanation of deductions during Balance Beam routines	2 hrs	19
Group assessment	Developed Lecture	Training on full sequence	Explanation of routine composition on Balance Beam	2 hrs	20

Group assessment	—	Lecture	Revision of previous skills on Uneven Bars	2 hrs	21
Group assessment	Practical Method	Practical application of these skills	Explanation of transition from low bar to high bar + support on high bar	2 hrs	22
Group assessment	Blended Learning	Practical application of this skill	Explanation of transition from high bar to low bar	2 hrs	23
Group assessment	Blended Learning	Practical application of this skill	Explanation of front balance from low bar with hand support on high bar	2 hrs	24
Group assessment	Blended Learning	Application of full sequence	Explanation of Uneven Bars judging rules	2 hrs	25
Group assessment	Blended Learning	Re-application of full sequence	Explanation of deductions during Uneven Bars routines	2 hrs	26
Practical Exam: Balance Beam sequence				2 hrs	27
Second Semester Theoretical Exam				2 hrs	28
Practical Exam: Uneven Bars sequence				2 hrs	29
Final Practical Exam: All Gymnastics Apparatuses				2 hrs	30

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)	<i>Fundamentals of Artistic Gymnastics for Women</i> by Dr. Amer Saudi & Dr. Maiouf Thanoon Hantoush
Key references (sources)	International Code of Points for Women's Artistic Gymnastics 2022–2024
Recommended supporting books and references (scientific journals, reports...)	
Electronic references, websites	

Name and Signature of Head of
Department or Branch

Prof. Omar Sameer Thanon



Name and Signature of Course Instructor

Prof. Afrah Thanon Younis

Assist. Prof. Nagham Moayad Mohammed