

Course Description Form

1. Course Name	
Athletics Stage 4	
2. Course Code	
SEGI26F5061	
3. Semester/Year	
2025-2026	
4. Date of preparation of this description	
February-2026	
5. Available Attendance Forms	
Theoretical/Practical	
6. Number of credit hours (total) / number of units (total)	
4 hours per week / 4 units	
7. Course administrator's name (if more than one name is mentioned)	
Professor Dr. Ayad Mohammed Abdullah dr.eyad-ma@uomosul.edu.iq Assistant Professor Dr. Omar Youssef omar75@uomosul.edu.iq Assistant Professor Dr. Omar Ahmed Jassim omar.ahmed@uomosul.edu.iq Asst. Prof. Dr. Ahmed Ismail Abdullah ahmed.as@uomosul.edu.iq Assistant Lecturer Mohammed Khamees Fathi mohammad.khamees89@uomosul.edu.iq Assistant Lecturer Karam Muwaffaq karam.muafak@uomosul.edu.iq Assistant Lecturer Omar Haitham Hazem omar.haitham@uomosul.edu.iq Assistant Lecturer Rana Samir Abdul Sattar ranaa.sameer@uomosul.edu.iq	
8. Course Objectives	
Course Objectives	A- Cognitive Objectives A1- By the end of the course, students will be able to understand the basic concepts of the men's decathlon and women's heptathlon. A2- By the end of the course, students will be able to understand the rules, regulations, and requirements for each of the ten men's and women's heptathlon competitions. A3- By the end of the course, students will be able to understand how to develop general and specific physical attributes for each of the ten men's and women's heptathlon competitions. B- Course Skill Objectives Students will be able to master technical performance in each of the men's and women's heptathlon competitions. C- Affective and Value-Based Objectives C1- The curriculum should foster a spirit of challenge.

	development): D1– Safety and Security Skills D2– Assistance Skills D3– First Aid D4– Injury Rehabilitation
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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	General fitness exercises for students in preparation for the new academic year	Presentation of the curriculum vocabulary that the students will implement, along with a brief historical overview of complex games in Iraq and the world.	4 hours	1
Group evaluation	Lecture	Repeat general fitness exercises for students, with sprints for male students, and hurdles for female students.	Positive factors that raise and negative factors that lower the level of achievement in the decathlon games	4 hours	2
Group evaluation	Lecture	Running various short and graded distances for male students, and running 100m hurdles for female students. Providing physical fitness exercises for all students.	General rules for combined events (men's decathlon and women's heptathlon).	4 hours	3
Individual assessment	Lecture	Timing of the 100m running	Explanation of the 100m	4 hours	4

		distance for male students and the progression of the 100m hurdles for female students with physical exercises for male students	event (technical stages and legal aspects) First semester theoretical exam.		
Group evaluation	Advanced Lecture	Performing special exercises for the long jump, setting the approximate run and giving the students several jumps, and the 100m hurdles for the female students.	Explanation of activity number two, long jump competition, technical stages.	4 hours	5
Group evaluation	Advanced Lecture	Giving long jump exercises, repeating them and controlling them well for the students, timing the 100m hurdles for the female students.	Explaining the legal aspects of the long jump.	4 hours	6
Group evaluation	Advanced Lecture	Practical exam for the 100m and long jump events for male students, and the 100m hurdles exam for female students.	Completing the explanation of the legal aspects of the long jump.	4 hours	7
Individual assessment	Advanced Lecture	Performing special exercises for weight throwing effectiveness, giving throws from a stationary and moving position using the gliding method.	Explanation of activity number three: weight throwing competition.	4 hours	8
Individual assessment	Advanced Lecture	Providing strength exercises for effective throwing, with repeated weight throwing to consolidate the weight throwing skill.	Explanation of the technical stages of the weight throw event	4 hours	9
Individual assessment	Blended learning	Practical test for weight throw	Giving the legal aspects of the weight throw event	4 hours	10

Individual assessment	Advanced Lecture	Performing special exercises for the high jump, and giving jump attempts gradually	Explanation of activity number four, high jump competition	4 hours	11
Group evaluation	Advanced Lecture	Giving high jump exercises with repeated jumps on the high jump machine to consolidate the skill	Explanation of the technical stages of the high jump competition	4 hours	12
Group evaluation	Blended learning	High Jump Practical Exam	Explaining the legal aspects of the high jump event	4 hours	13
Individual assessment	Blended learning	Providing speed endurance exercises for the 400m running event for male students, and the 200m running event for female students.	Explanation of activity number five, 400m sprint. Second theoretical exam, first semester.	4 hours	14
Individual assessment	Blended learning	Practical exam for the 400m event for men. Practical exam for the 200m event for women.	Explanation of the technical stages and legal aspects of the 400m race	4 hours	15
Mid-year holiday					
	Lecture	Providing training for the 110m hurdles event, hurdles running training for male students, and long jump training for female students.	Explanation of the sixth event, the men's 110-meter hurdles competition	4 hours	16
Group evaluation	Advanced Lecture	Graduating from training for the 110m hurdles for male students and the long jump for female students	Explanation of the technical stages in the 110m hurdles competition	4 hours	17
Group evaluation	Advanced Lecture	Practical exam for the 110m hurdles event for male students, giving long jump exercises to female students	Giving the legal aspects of the 110m hurdles competition	4 hours	18
Group evaluation		Performing special exercises	Explanation of the event number	4 hours	19

	Advanced Lecture	for the discus throw, giving throws from a stationary and moving position using a rotating method for the students, repeating the long jump exercises for the female students	seven, the discus throw competition		
Group evaluation	Advanced Lecture	Providing strength training for the throwing effectiveness with repeated discus throws to consolidate the discus throwing skill, a practical exam for the long jump effectiveness for female students	Explanation of the technical stages of the discus throw competition	4 hours	20
Individual assessment	Advanced Lecture	Practical exam for discus throw for male students, performing special exercises for javelin throw for female students	Explanation of the legal aspects of the discus throw competition. Theoretical exam for the first semester of the second semester.	4 hours	21
Individual assessment	Lecture	Performing special exercises for the pole vaulting activity, giving students gradual jump attempts, giving javelin throwing exercises to female students	Explanation of the activity number eight, the pole vaulting competition	4 hours	22
Individual Assessment	Blended learning	Giving pole vaulting exercises with repeated jumps on the vaulting machine to consolidate the skill, giving auxiliary strength exercises for the javelin throw efficiency for female students	Explanation of the technical stages of the pole vault competition	4 hours	23
Individual Assessment	Blended	Practical exam for pole vaulting, javelin throw	Giving the legal aspects of pole vaulting competition	4 hours	24

	learning	repetitions for female students			
Individual Assessment	Blended learning	Performing specific exercises for the javelin throw. Giving students several throws. Repeating javelin throwing exercises for female students.	Explanation of the activity number nine, the javelin throw competition	4 hours	25
Individual Assessment	Blended learning	Practical exam for javelin throw for male and female students.	Explanation of the technical stages and legal aspects of the javelin throw competition	4 hours	26
Individual Assessment	Blended learning	Providing general and special endurance exercises for students, as well as 1500m running exercises for male students and 800m running exercises for female students.	Explanation of the tenth event, the 1500m race, technical stages and legal aspects.	4 hours	27
		Practical exam for the 1500m male and 800m female events	Explanation of the 200m and 800m events in the women's heptathlon, technical stages and legal aspects. Second theoretical exam, second semester.		28
Practical final exam				4 hours	29
				4 hours	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

Required textbooks (methodology, if any)	- The book of Professor Dr. Ayad Muhammad Abdullah (The Art of Performance and the Law of Athletics Competitions)
Key references (sources)	- The booklet of complex competitions by Professor Dr. Ayad Muhammad Abdullah
Recommended supporting books and references (scientific journals, reports...)	
Electronic references, websites	



Name and signature of the head of the department or branch :

Assistant Professor Dr. Nawaf Owaid Abood

Name and signature of the course holder :

Professor Dr. Ayad Mohammed Abdullah

Assistant Professor Dr. Omar Youssef

Assistant Professor Dr. Omar Ahmed Jassim

Asst. Prof. Dr. Ahmed Ismail Abdullah

Assistant Lecturer Mohammed Khamees Fathi

Assistant Lecturer Karam Muwaffaq Hadey

Assistant Lecturer Omar Haitham Hazem

Assistant Lecturer Rana Samir Abdul Sattar

