

Course Description Form

1. Course Name	
Athletics Phase II	
2. Course Code	
SEGI26F2081	
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)	
, Assistant Professor Dr. Muhammad Saad Hantoush, mohmedsaad@uomosul.edu.iq Assistant Professor Dr. Abdullah Hassan Ali dr.tobelali9@uomosul.edu.iq Asst. Prof. Dr. Zaid Abdul-Sattar Hamid zaid81@uomosul.edu.iq Lecturer Dr. Naba Ghazi Faisal nabaa.ghazi@uomosul.edu.iq Assistant Lecturer Mohammed Khamees Fathi mohammad.khamees89@uomosul.edu.iq	
8. Course Objectives	
Course Objectives	- Students learn to perform various running, jumping, vaulting, and throwing events (110m hurdles, triple jump, 800m and 1500m, 4x400m relay, 3000m steeplechase, discus throw, hammer throw, pole vault). - Knowledge of the rules, regulations, and requirements of various track and field events. - The possibility of teaching students these events after graduating from college. This is the primary goal of the college to graduate physical education teachers, as students will be taught and trained in various sports events and activities. - Developing physical and psychological qualities, and enhancing motor skills. It also develops the nervous system, enhancing the ability to concentrate, and developing the ability to think and observe. - Employing biomechanics to achieve the desired technique with the least possible effort, based on the mechanical variables of movement.

9. Teaching and learning strategies

Strategy

A– Cognitive Objectives:

A1– By the end of the course, students will be able to define and understand (the three types of running: short, medium, and long; the various jumping and jumping events; the various throwing and tossing events; and the various mail races; as well as how to draw a simplified track and field course).

A2– By the end of the course, students will be able to understand the laws, rules, and requirements of track and field events and keep up with the latest developments.

A3– By the end of the course, students will be able to develop various physical attributes, enhance and improve motor skills, and mental abilities, as these enhance the ability to concentrate and develop the ability to think and observe.

A4– By the end of the course, students will be able to draw the locations and fields of various jumping, jumping, and throwing events, along with their legal measurements, and how to find and calculate the value of the throwing sector in throwing events, as well as other measurements specific to discus and hammer throwing circles and all their accessories, such as protective cages and others.

B – Course Skill Objectives:

B1 – By the end of the course, students should be able to perform a low start and clear obstacles correctly.

B2 – By the end of the course, students should be able to perform the full stages of the triple jump with controlled approach.

B3 – By the end of the course, students should be able to perform the discus throw with correct technique.

B4 – By the end of the course, students should be able to perform the 4 x 400m relay in its full and correct form, including its various types during races.

B5 – By the end of the course, students should be able to perform the 3000m steeplechase event and clear obstacles, including the water obstacle, correctly, in addition to the 800m and 1500m events.

B6 – By the end of the course, students should be able to perform the hammer and shot put in their simplified, elementary form.

10. Course Structure

Evaluation method	Learning method	Unit or subject name	Required Learning Outcomes	Hours	The week
Group evaluation	Lecture	-----	Presentation of the curriculum vocabulary that the students will implement, along with a brief historical overview of track and field games in Iraq and the world.	4 hours	1
Group evaluation	Lecture	Short-distance sprinting exercises for different distances from 15–35 meters	Technical stages of the triple jump event in track and field	4 hours	2
Group evaluation	Lecture	Giving exercises on the basic principles of correct standing and how to start correctly	The initial stages of the run before reaching the starting plate	4 hours	3
Individual assessment	Lecture	Giving exercises on how to gradually increase speed and connect the last three steps before getting up	Other stages of the approach run until reaching the rise board	4 hours	4
Group evaluation	Advanced Lecture	Giving exercises on how to place the rising foot on the rising board legally to avoid legal errors	The development stage with its three sections on the development board	4 hours	5
Group evaluation	Advanced Lecture	Giving exercises for alternating and repeated hoops for both feet outside the jumping range, giving exercises on how to perform the correct support leg and the free leg during performance	The hopscotch stage and how to perform it correctly, placing the foot of the pivot foot and the free foot during performance	4 hours	6

Group evaluation	Advanced Lecture	Giving exercises that enable the student to make the correct connection between the step and the jump. Giving the student the ability to make the correct connection between the step and the jump.	The step phase and how to link it with the hoop, the jump phase and how to link it with the step	4 hours	7
Individual assessment	Advanced Lecture	Giving exercises on how to link the performance of the three jumps together.	Linking the three jumps together in an integrated manner	4 hours	8
Individual assessment	Advanced Lecture	Providing exercises that enable the student to link the performance of the three jumps with the landing phase in the sand pit.	landing phase	4 hours	9
Group evaluation	Blended learning	Through the application, errors are discovered and avoided during performance.	Explanation of the law on the event with its technical and legal aspects	4 hours	10
Individual assessment	Advanced Lecture	Giving exercises on how to perform the correct start from the low position, performing sprinting exercises and weighted steps to control the approach to the first hurdle, giving exercises to help the lead leg and the leg covering the hurdle, giving coordination exercises to control the steps between the hurdles, giving speed exercises and linking the different stages of the event.	The technical stages of the 110m hurdles competition: running from the start to the first hurdle, the hurdle step with all its details and sections, running between the hurdles with its three steps, the integrated performance of the event until reaching the finish line.	4 hours	11
		Providing exercises on how to receive and pass correctly,	4x400 meter post activity, types of 4x400 meter post, how to	4 hours	12

Group evaluation	Advanced Lecture	starting exercises, and running in arcs and straight lines. Teaching students how to draw the field according to mathematical rules and equations. Teaching students how to perform and distribute players on the field correctly.	draw the field and the stadium, explanation of the types of post, differences of one arc, differences of two arcs and differences of three arcs		
Group evaluation	Blended learning	Giving exercises on how to hold and hold the disc correctly	Technical stages of discus throwing	4 hours	13
Individual assessment	Blended learning	Giving exercises to help the student learn how to perform correctly	The pre-throw stance and swing, the rotation and preparation for the throw and the final throw of the discus	4 hours	14
Individual assessment	Lecture	Teaching students how to hold, grip, and carry the stick correctly. Providing sprinting exercises with the stick from different distances and preparing for the planting stage.	Technical stages and performance techniques for the pole vaulting event (zana): approach, planting movement, and raising the pole.	4 hours	15
First semester theoretical exam + first semester practical exam for hurdles, discus and triple				4 hours	16
Group evaluation	Advanced Lecture	Providing simple initial exercises with the aluminum pole and practicing how to hang. Providing exercises with the aluminum pole to help students learn how to cross in a simple way.	Hanging, curling, straightening, and extending Rotation, pushing, and crossing the bar	4 hours	17
Group evaluation	Advanced Lecture	Apply and perform skills to fully implement the legal aspect.	International pole vaulting rules with an explanation of the qualifying and final schedules for	4 hours	18

			the jumping and vaulting events in general and the pole vault in particular.		
Group evaluation	Advanced Lecture	Giving a run for the development of general endurance in general	middle and long distance running	4 hours	19
Group evaluation	Advanced Lecture	Giving endurance and speed endurance exercises	Explaining the technical and legal aspects of running the 800m for women and the 1500m for men.	4 hours	20
Individual Assessment	Advanced Lecture	Practical application of beginnings and how to distribute players across fields	Explanation of starting from standing, how to perform, and where to stand on the running track	4 hours	21
Individual Assessment	Lecture	Practical application on how to distribute effort during the different race distances, from its initial stages until the end of the race	Explanation of the stages of medium and long runs	4 hours	22
Individual Assessment	Blended learning	Teach students about the starting point of the event and the method that can be followed for long-distance running.	3000m Steeplechase – Teaching students how to cross obstacles, including how to cross a water obstacle in the correct, legal manner	4 hours	23
Individual Assessment	Blended learning	Students learned about the locations and number of barriers and the practical application, in particular, on how to cross a water barrier.	Explaining the three stages of the event: the beginning, the middle, and the end of the race. Practical application of how to distribute effort during the three stages of the race, and emphasizing the correct way to cross the water obstacle.	4 hours	24
Individual Assessment	Blended learning	Giving students exercises that help with overall performance	Explanation of the technical stages in the hammer throw	4 hours	25

12. Learning and Teaching Resources

Required textbooks (methodology, if any)	Modern educational and arbitration foundations in athletics (Hajem Shani and others, 2017)
Key references (sources)	- A booklet of theoretical materials on track and field events for 110m hurdles, triple jump, discus throw, hammer throw, pole vault, 4x400m race, and medium and long distance running (800m - 1500m - 3000m steeplechase)
Recommended supporting books and references (scientific journals, reports...)	- Athletics (2002) Khuraibat and Al-Ansari - International Athletics Law (2018) Dr. Haider Faeq Al-Shamaa
Electronic references, websites	



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Name and signature of the head of the department or branch

Asst. Prof. Dr. Nawaf Owaid Abood

Name and signature of the course holder :

Asst. Prof. Dr. Mohammed Saad Hantoush

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Asst. Prof. Dr. Zaid Abdul-Sattar Hamid

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Lecturer Dr. Naba Ghazi Faisal

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