

Course Description Form

1. Course Name	
Men's Artistic Gymnastics – Third Stage	
2. Course Code	
SEGI26F3081	
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)	
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8. Course Objectives	
Course	A. Cognitive Objectives - A1: By the end of the course, students should be able to define the apparatus (Floor Exercise, Pommel Horse, Rings, Vault, Parallel Bars, Horizontal Bar). - A2: Students should be able to understand the International Gymnastics Code of Points, rules, and requirements of the sport. - A3: Students should be able to develop physical fitness, motor skills, and mental abilities, enhancing concentration, observation, and analytical thinking. - A4: Students should be able to design movement sequences for the apparatus (Floor, Pommel Horse, Rings, Vault, Parallel Bars,

Objectives	Horizontal Bar). • B. Skill-Based Objectives • B1: Perform a sequence on the Floor Exercise. • B2: Perform a movement sequence on the Pommel Horse. • B3: Perform a sequence on the Vault. • B4: Perform a sequence on the Horizontal Bar. • B5: Perform a sequence on the Parallel Bars. • B6: Perform a sequence on the Rings. C. Affective and Value-Based Objectives • C1: Develop a spirit of challenge. • C2: Develop courage. • C3: Build self-confidence. • C4: Foster altruism. D.General and Transferable Skills (Employability and Personal Development) • D1: Safety and security skills. • D2: Spotting and assistance techniques. • D3: First aid. • D4: Injury rehabilitation.
9. Teaching and learning strategies	
Strategy	• Teaching Methods: Lecture, Developed Lecture, Blended Learning, E-learning. • Learning Methods: Part-whole method, Whole method, Trial and error, Mastery learning.

10. Course Structure

Evaluation method	Learning method	Unit or subject name	Required Learning Outcomes	Hours	The week
Group assessment	Lecture	Practical application of forward roll and cartwheel	Explanation of general principles of the International Code of Points for Men's Artistic Gymnastics. Technical aspects of forward roll (tucked) and cartwheel, spotting techniques, common errors.	4 hrs	1
Group Assessment	Lecture	Practical application of backward roll and front balance	Explanation of backward roll, technical aspects, errors, spotting, and front balance.	4 hrs	2
Group assessment	Lecture	Practical application of handstand using teaching aids	Explanation of handstand, technical aspects, errors, spotting.	4 hrs	3
Group assessment	Lecture	Practical application of headstand with partner assistance	Teaching headstand, technical aspects, errors, spotting.	4 hrs	4
Group assessment	Developed lecture	Application using inclined surface, then performance	Teaching straddle roll, technical aspects, errors, spotting.	4 hrs	5
Group assessment	Developed lecture	Gradual application from static to dynamic	Teaching dive roll, technical aspects, errors, spotting.	4 hrs	6
Group assessment	Developed lecture	Practical application with and without assistance	Teaching Round-off (Arabian handspring), technical aspects, errors, spotting.	4 hrs	7
Individual assessment	Developed lecture	Practical application with and without assistance	Teaching Front Handspring, technical aspects, errors, spotting.	4 hrs	8

Individual assessment	Developed lecture	Repetition of all skills as a sequence	Review of general principles of Code of Points.	4 hrs	9
Individual assessment	Blended learning	Practical application on Pommel Horse	Teaching leg swings in and out alternately on Pommel Horse.	4 hrs	10
Individual assessment	Developed lecture	Practical application on Pommel Horse	Teaching Half Circle (half turn) from support on pommels.	4 hrs	11
Group assessment	Developed lecture	Practical application on Pommel Horse	Teaching dismount by half circle swing from pommels and from flank support.	4 hrs	12
Group assessment	Blended learning	Repetition of Floor and Pommel Horse skills as a sequence	Applied examples of score calculation.	4 hrs	13
Midterm Theoretical Exam (First Semester)				4 hrs	14
Practical Exam: Floor, Pommel Horse, Rings				4 hrs	15
Individual assessment	—	Lecture	Review of all previous skills	4 hrs	16
Individual assessment	Developed lecture	Practical application of forward shoulder circle (Wuktion) on Rings	Explanation of the forward shoulder circle (Wuktion) on Rings	4 hrs	17
Individual assessment	Developed lecture	Application of Rings skills as a movement sequence	Explanation of Floor Exercise rules	4 hrs	18
Group assessment	Developed lecture	Practical application of tucked and straddle vaults	Explanation of Pommel Horse rules. Teaching tucked and straddle vaults on Vault Table	4 hrs	19
Group assessment	Developed lecture	Practical application of Front Handspring on Vault	Explanation of Rings rules. Teaching Front Handspring on Vault	4 hrs	20
Group assessment	Developed lecture	Practical application of Round-off on Vault	Explanation of Vault rules. Teaching Round-off (Arabian handspring) on Vault	4 hrs	21
Individual assessment	Lecture	Practical application of Parallel Bars skills	Explanation of Parallel Bars rules. Review of Parallel Bars skills from second stage	4 hrs	22
Individual assessment	Blended learning	Practical application of Kip on Parallel Bars	Explanation of Horizontal Bar rules. Teaching "Kip" on	4 hrs	23

			Parallel Bars		
Individual assessment	Blended learning	Practical application of shoulder stand from swing and linking skills into a sequence	Applied examples of score calculation. Teaching shoulder stand from swing on Parallel Bars	4 hrs	24
Individual assessment	Blended learning	Video demonstrations of judging in Men's Artistic Gymnastics. Practical application of Kip on Horizontal Bar and review of previous Horizontal Bar skills	Applied examples of score calculation. Teaching "Kip" on Horizontal Bar	4 hrs	25
Individual assessment	Blended learning	Video demonstrations of judging in Men's Artistic Gymnastics. Application of Horizontal Bar skills as a sequence	Applied examples of score calculation	4 hrs	26
General review of all movements				4 hrs	27
Second Semester Theoretical Exam				4 hrs	28
Practical Exam: Movement sequences on three apparatus				4 hrs	29
Final Practical Exam: All apparatus in Men's Artistic Gymnastics				4 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)	International Code of Points for Men's Artistic Gymnastics, Cycle 15 (2022–2024). Handouts on the history of gymnastics (ancient and modern) and fundamental principles.
Key references (sources)	Fundamentals of Men's Artistic Gymnastics (2022), Al-Khabouri & others.
Recommended supporting books and references (scientific journals, reports...)	
Electronic references, websites	



Name and Signature of the Head of Department or Branch

Assistant Professor Dr. Nawaf Awaid Abood

Name and Signature of Course Instructor(s)

Prof. Dr. Abduljabbar Abdulrazzaq Hassou

Prof. Dr. Ali Hussein Mohammed

Assistant Professor Dr. Haider Ghazi Ismail

Lecturer Dr. Baraa Tariq Hamdoun

Assistant Professor Dr. Nagham Muayad Mohammed

Lecturer Baraa Abdulkarim Hazem

