

Course Description Form

1. Course Name	
Artistic Gymnastics for Men – Second Stage	
2. Course Code	
SEGI26F2061	
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)	
___ Prof. Dr. Abi Ramez Abdulghani ___ oby@uomosul.edu.iq Associate Professor Dr. Ziad Tariq Zeidan Zaid.t.al1968@uomosul.edu.iq Associate Professor Dr. Firas Mahmoud Ali alkhoky77@uomosul.edu.iq Lecturer Dr. Baraa Tariq Hamdoun Baraa.aljwaye87@uomosul.edu.iq Lecturer Mamoun Ghassan Shehab mamoonmero@gmail.com	
8. Course Objectives	
Course Objectives	A. Cognitive Objectives - A1: By the end of the course, students should be able to define (Floor Exercise, Parallel Bars, Horizontal Bar, Rings, Pommel Horse, Vault). - A2: Students should be able to understand the rules, regulations, and requirements of the sport. - A3: Students should be able to develop physical fitness, motor skills, and mental abilities, enhancing concentration, observation, and critical

	thinking. - A4: Students should be able to design movement sequences (routines) on the apparatus (Floor, Parallel Bars, Horizontal Bar, Rings, Pommel Horse, Vault). B. Skill-Based Objectives - B1: Perform a sequence on the Floor Exercise. - B2: Perform a 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 Objectives (Values and Attitudes) - C1: Develop a spirit of challenge. - C2: Develop courage. - C3: Develop self-confidence. - C4: Develop altruism. D. Transferable and Employability Skills - D1: Safety and security skills. - D2: Spotting and assistance techniques. - D3: First aid skills. - 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	Hours	The week
-------------------	-----------------	----------------------	-------------------	-------	----------

			Outcomes		
Lecture	Practical application of forward roll and cartwheel	Explanation of technical aspects of forward roll (tucked) and cartwheel, spotting techniques, common errors	4 hrs	4 hrs	1
Lecture	Practical application of backward roll	Explanation of backward roll, technical aspects, errors, spotting, and front balance	4 hrs	4 hrs	2
Lecture	Practical handstand using teaching aids	Explanation of handstand, technical aspects, errors, spotting	4 hrs	4 hrs	3
Lecture	Practical headstand with partner assistance	Teaching headstand, technical aspects, errors, spotting	4 hrs	4 hrs	4
Developed Lecture	Practical application using inclined surface	Teaching straddle roll, technical aspects, errors, spotting	4 hrs	4 hrs	5
Developed Lecture	Gradual application from static to dynamic	Teaching dive roll, technical aspects, errors, spotting	4 hrs	4 hrs	6
Developed Lecture	Practical application of sequences, repetition emphasized	History of gymnastics and modern gymnastics	4 hrs	4 hrs	7
Developed Lecture	Practical application of swings	Explanation of swings (forward/backward) on parallel bars	4 hrs	4 hrs	8
Developed Lecture	Practical application of skills	Shoulder stand on parallel bars, straddle roll	4 hrs	4 hrs	9
Blended Learning	Practical application	Dismount from swings with half turn (parallel bars)	4 hrs	4 hrs	10
Developed Lecture	Practical application on parallel bars	Theoretical aspects: body alignment and apparatus relation	4 hrs	4 hrs	11
Developed Lecture	Practical application	Front uprise on horizontal bar	4 hrs	4 hrs	12
Blended Learning	Linking with front uprise	Small backward circle on low bar	4 hrs	4 hrs	13
Blended Learning	Linking movements into sequence	Forward dismount on low bar	4 hrs	4 hrs	14

Midterm Exam (Theory + Practical)				4 hrs	15
—	—	Revision of all previous skills	—	4 hrs	16
Developed Lecture	Practical application	Leg swings in/out alternately	—	4 hrs	17
Developed Lecture	Practical application	Support skills on pommel horse (front/rear)	—	4 hrs	18
Developed Lecture	Linking movements	Dismount to opposite side of pommel horse	—	4 hrs	19
Developed Lecture	Practical application on pommel horse	Theoretical: spotting techniques	—	4 hrs	20
Developed Lecture	Practical application	Swings on rings (forward/backward)	—	4 hrs	21
Lecture	Practical application	Inverted hang and kip on rings	—	4 hrs	22
Blended Learning	Linking with swings	Dismounts (tucked and straddled) on rings	—	4 hrs	23
Blended Learning	Practical sequences on rings	Theoretical: grips in gymnastics	—	4 hrs	24
Blended Learning	Practical application	Tucked vault	—	4 hrs	25
Blended Learning	Gradual application	Straddle vault	—	4 hrs	26
Blended Learning	Revision of vault skills	Theoretical: strength and flexibility elements	—	4 hrs	27
Second Semester Written Exam				4 hrs	28
Practical Exam (apparatus sequences)				4 hrs	29
Final Practical Exam (all apparatus)				4 hrs	30

11. Course Evaluation

The grade is distributed as follows:

- First Semester Exam (25%): 10% theory + 15% practical
- Second Semester Exam (25%): 10% theory + 15% practical
- Final Practical Exam (30%)
- Final Theoretical Exam (20%)
- **Total: 100%**

12. Learning and Teaching Resources

Required textbooks (methodology, if any)	Artistic Gymnastics for Second Stage Students (2022), Al-Zubaidi & Al-Husainawi.
Key references (sources)	Handouts on the history of ancient and modern gymnastics, fundamental principles, etc.
Recommended supporting books and references (scientific journals, reports...)	<i>Fundamentals of Men's Artistic Gymnastics</i> (2023), Al-Khabouri & others.
Electronic references, websites	



[Signature]

Name and Signature of Department or Branch Head

Assistant Professor Dr. Nawaf Owaid Abood

Name and Signature of Course Instructor

Prof. Dr. Abi Ramez Abdulghani

Assist. Prof. Dr. Firas Mahmoud Ali

Assist. Prof. Dr. Bara'a Tareq Hamdoon

Assist. Prof. Dr. Ziyad Tareq Zaidan

Lecturer Mamoun Ghassan shehab

[Signatures of Course Instructors]

