

Course Description Form

1. Course Name

Basketball / Offensive, defensive, and combined skills

2. Course Code

SETM26F1131

3. Semester/Year

2025 - 2026

4. Date of preparation of this description

February \ 2026

5. Available Attendance Forms

In-person - electronic

6. Number of credit hours (total) / number of units (total)

4 hours

7. Course administrator's name (if more than one name is mentioned)

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8. Course Objectives

**Course
Objectives**

Introducing students to how team handball is organized through defensive and offensive formations and plans. - Emphasizing the importance of studying the subject, which is a subject that is notoriously categorized by the sectoral divisions of the College of Education and Sports Sciences at the Ministry of Higher Education and Sports. This course introduces students to distinct defensive methods and clearly distinguishes handball skills, as well as familiarizing them with some of the rules of international handball games that distinguish their abilities in any sporting activity, leading them to graduate as a teacher of education in all sports, serving the country in any sports organization or institution concerned with sports. It also teaches methods for team play, whether in specific or defensive situations. - Understanding the requirements of different

	Knowing the various game requirements, which will help students practice the game in the future. - The possibility of teaching students this activity after they graduate from college. This is the college's primary goal: to graduate teachers.
9. Teaching and learning strategies	
Strategy	By the end of the academic program, the student will be able to explain and perform offensive and defensive basketball skills. 2. By the end of the academic program, the student will be able to understand the rules and requirements of the game. 3. By the end of the academic program, the student will be able to develop physical attributes, enhance motor skills, and improve mental abilities, which enhance concentration and develop the ability to think and observe. 4. By the end of the academic program, the student will be able to understand how to combine defensive and offensive basketball skills.

10. Course Structure

Evaluation method	Learning method	Required Learning Outcomes	Unit or subject name	Hours	The week
Group Assessment	Lecture Method	Theoretical and Practical Explanation	Introduction to Basketball How Basketball Came into Being How to Plan a Basketball Court	4 hours	1
Group Assessment	Lecture Method	Explained theoretically and in video for students	Offensive, defensive, and combined skills	4 hours	2
Group Assessment	Lecture Method	Explaining and demonstrating this theoretically and practically on the basketball court	Teaching the skill of receiving and catching the ball	4 hours	3
Group Assessment	Lecture Method	Explaining and demonstrating it theoretically and practically on the basketball court, and implementing it by students	The chest pass Teaching the skill of the rebound pass	4 hours	4
Group Assessment	Advanced Lecture Method	Theoretical and practical explanation and demonstration on the basketball court, and how students can perform	The overhead pass Teaching the skill of the underhand pass and the simple push pass	4 hours	5
Group Assessment	Advanced Lecture Method	This is explained theoretically and practically on the basketball court and implemented by students.	Over-the-Shoulder Pass	4 hours	6
Group Assessment	Advanced Lecture Method	Explaining and demonstrating these skills theoretically and practically on the basketball court, and implementing them by students.	Teaching the skill of one-handed over-the-shoulder passing and one-handed underhand passing.	4 hours	7
Individual Assessment	Advanced Lecture Method	Explaining and demonstrating these skills theoretically and practically on the basketball court, and implementing them by students.	Teaching the one-handed backhand pass, the hook pass, and the lateral pass.	2 hours	8
Individual Assessment	Advanced Lecture Method	Theoretical and practical explanations of these techniques on the basketball court, and their	Practical exercises for all types of hand passes, single-handed passes, and two-handed passes.	4 hours	9

		implementation by students.			
Individual Assessment	Advanced Lecture Method	Explaining and demonstrating this skill theoretically and practically on the basketball court, and implementing it by students.	Teaching advanced negotiation skills	4 hours	10
Individual Assessment	Advanced Lecture Method	Explaining and demonstrating it theoretically and practically on the basketball court and implementing it by students	Teaching low dribbling	4 hours	11
Group Assessment	Advanced Lecture Method	Explaining and demonstrating this skill theoretically and practically on the basketball court and implementing it by students	Teaching the skill of negotiating by changing direction	4 hours	12
Group Assessment	Blended learning method	This is explained and clarified theoretically and practically on the basketball court, and implemented by students.	It includes exercises for applying it to various types of dribbling, and teaches the connection between dribbling skills and all types of basketball passes.	4 hours	13
Individual Assessment	Blended learning method	Explaining and demonstrating this theoretically and practically on the basketball court, and implementing it by students	Teaching the skill of shooting from a standing position and shooting free throws	4 hours	14
Self-Assessment	Blended learning method	Practical exam, first semester	Theoretical exam, first semester	4hours	15
Self-assessment	Lecture Method	Re-explain what was explained and prepare them for the shooting skill.	Welcoming students back after the break, reminding them, revisiting what was explained, and preparing them for the peaceful shooting skill. Teaching the shooting skill from a jump.	4 hours	16
Group Assessment	Advanced Lecture Method	Practical application by students	Teaching follow-through and hook shooting skills	4 hours	17

Group Assessment	Advanced Lecture Method	Practical application by students	Teaching the skills of follow-through shooting and hook shooting	4 hours	18
Group Assessment	Advanced Lecture Method	Practical application by students	Linking the previous skills: passing, dribbling, and shooting	4 hours	19
Group Assessment	Advanced Lecture Method	Practical application by students	Teaching the skills of occupying a position, defensive preparation, and defending against the cutting player	4 hours	20
Individual Assessment	Advanced Lecture Method	Practical application by students	defending against the dribbling player and teaching the skills of defending against the shooting player and defending against the pivot player	4 hours	21
Individual Assessment	Lecture method	Practical application by students	Practical exercises on all defensive skills, teaching balance, body control, changing speed and direction, and footwork	4 hours	22
Individual Assessment	Blended learning	Practical application by students	Teaching the skills of deception with and without the ball	4 hours	23
Individual Assessment	Blended learning	Practical application by students	Teaching the skills of pivoting, its types, and how pivoting is performed	4 hours	24
Individual Assessment	Blended learning	Practical application by students	Teaching the skills of follow-through in defense and follow-through in offense	4 hours	25
Individual Assessment	Blended learning	Practical application by students	Compound exercises for offensive and defensive skills And teaching the skills of blocking and rotation	4 hours	26
Individual Assessment	Blended learning	Implemented by students	Explanation of fouls and violations in basketball	4 hours	27
Individual Assessment	Blended learning	Re-applying everything explained in practice by the students, both individually and in groups.	Re-explaining all aspects of basketball offense and defense, listening to students' questions and	4 hours	28

			clarifying them, along with video viewing of matches.		
Self-assessment	Second Semester Theoretical Exam			4 hours	29
Self-assessment	Offensive Skills Practical Exam			4 hours	30
Self-assessment	Final Practical Exam for All Defensive and Offensive Skills			4 hours	31

11. Course Evaluation

The grade is distributed as follows:

1. The mid-course exam consists of (50) degrees and is divided into: It is worth (50) points and is divided into: first and second courses, with (25) points for each course. – 10 theoretical points – 15 practical points.
2. The end of the course exam consists of (50) degrees and is divided into:
(30) Final Practical Marks – (20) Final Theoretical Marks

12. Learning and Teaching Resources

Required textbooks (methodology, if any)	Video lectures are provided to students about games, explaining defensive and offensive skills, as well as the defensive and
Key references (sources)	Basketball Fundamentals (1985) by Faiz Bashir Hamoudat, Mu'ayyad Abdullah
Recommended supporting books and references (scientific journals, reports...)	Nothing
Electronic references, websites	Sports websites that focus on basketball

Name and signature of the course holder:

Name and signature of the
head of the department or branch

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