

## Course Description Form

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| <b>:Course Name . ١</b>                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Sports Training / Second Stage</b>                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>:Course Code . ٢</b>                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>SESS26F2011</b>                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>:Semester/Year . ٣</b>                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>2025 – 2026</b>                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>:Date of Preparation . ٤</b>                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>February/ 2026</b>                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>:Available Attendance Formats . ٥</b>                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>In-person/Theoretical</b>                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>(Number of Class Hours (Total) / Number of Units (Total . ٦</b>       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>2 hours per week / 4 units</b>                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>(Name of Course Supervisor (If more than one name is provided . ٧</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Prof. Dr. Mahmoud Hamdoun Younis</b>                                  | <b>mahmood.h.y@uomosul.edu.iq</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Asst. Prof, Dr. Al-Waleed Salem Al-Basou</b>                          | <b>alwaleed@uomosul.edu.iq</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>Asst. Prof, Dr. Idham saleh Mahmood</b>                               | <b>coach36@uomosul.edu.iq</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>8. Course Objectives</b>                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Course Objectives</b>                                                 | <p><b>To teach students the theoretical knowledge of sports –</b><br/><b>.training science</b></p> <p><b>To understand the theoretical concepts of sports training –</b><br/><b>.science</b></p> <p><b>The ability to teach students the prescribed theoretical courses –</b><br/><b>after graduation. This is the college's primary goal: to graduate</b><br/><b>physical education and sports science teachers. Students will</b><br/><b>.learn various teaching skills</b></p> <p><b>Developing and enhancing administrative, teaching, and –</b><br/><b>psychological skills and qualities that enhance the ability to</b><br/><b>concentrate, think, and observe</b></p> |
| <b>9. Teaching and Learning Strategies</b>                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |

|                 |                                                                                                                                          |
|-----------------|------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Strategy</b> | <b>A. Learning Method</b><br>–The Partial Method<br>–The Holistic Method<br>–The Trial and Error Method<br>The Learning to Master Method |
|                 | <b>B. Teaching Method</b><br>– Lecture Method<br>– dvanced Lecture Method<br>–Blended Learning Method–<br>– E–Learning <b>Method</b>     |

#### 10-Course structure:

| week | hours   | Required learning outcomes                                   | Unit name/topic        | Teaching method  | Evaluation method     |
|------|---------|--------------------------------------------------------------|------------------------|------------------|-----------------------|
| 1    | 2 hours | sports training                                              | Chapter One / Training | Lecture          | Group evaluation      |
| 2    | 2 hours | sports coach                                                 | Chapter One / Training | Lecture          | Group evaluation      |
| 3    | 2 hours | Training Load                                                | Chapter One / Training | Lecture          | Group evaluation      |
| 4    | 2 hours | Intensity                                                    | Chapter One / Training | Lecture          | Group evaluation      |
| 5    | 2 hours | Volume and Rest                                              | Chapter One / Training | Advanced Lecture | Group evaluation      |
| 6    | 2 hours |                                                              | Chapter One / Training |                  |                       |
| 7    | 2 hours | First semester theoretical exam1                             |                        |                  |                       |
| 8    | 2 hours | Relationship between components of training load and control | Chapter One / Training | Advanced Lecture | Group evaluation      |
| 9    | 2 hours | methods when modifying the load                              | Chapter One / Training |                  |                       |
| 10   | 2 hours | load formation, rules of load formation, forms of            | Chapter One / Training | Blended learning | Individual assessment |

|                  |         |                                              |                          |                  |                       |
|------------------|---------|----------------------------------------------|--------------------------|------------------|-----------------------|
| 11               | 2 hours | progression, formation errors                | Chapter One / Training   |                  |                       |
| 12               | 2 hours | Overload and Overtraining                    | Chapter One / Training   | Advanced Lecture | Group evaluation      |
| 13               | 2 hours | Physical Fitness                             | Chapter One / Training   |                  |                       |
| 14               | 2 hours | Speed                                        | Chapter One / Training   | Blended learning | Individual assessment |
| 15               | 2 hours | First semester theoretical exam2             |                          |                  |                       |
| Mid-year holiday |         |                                              |                          |                  |                       |
| 16               | 2 hours | Muscular Strength                            | Chapter Two / Training   | Lecture          | Group evaluation      |
| 17               | 2 hours | Endurance                                    | Chapter Two / Training   | Advanced Lecture | Group evaluation      |
| 18               | 2 hours | Energy Production Systems                    | Chapter Two / Training   | Advanced Lecture | Group evaluation      |
| 19               | 2 hours | Interaction of Energy Systems in Team Sports | Chapter Two / Training   | Advanced Lecture | Group evaluation      |
| 20               | 2 hours | Athletic Preparation                         | Chapter Two / Training   | Advanced Lecture | Group evaluation      |
| 21               | 2 hours | Detraining                                   | Chapter Two / Training   | Advanced Lecture | Individual assessment |
| 22               | 2 hours | Transfer of Training Effect                  | Chapter Two / Training   | Lecture          | Individual assessment |
| 23               | 2 hours | Sports Training Planning and its Types       | Chapter Two / Training   | Blended learning | Individual assessment |
| 24               | 2 hours | Second semester theoretical exam1            |                          |                  |                       |
| 25               | 2 hours | Periodization of Training Plans              | Chapter Three / Training | Blended learning | Individual assessment |
| 26               | 2 hours | Training Unit                                | Chapter Three / Training | Blended learning | Individual assessment |
| 27               | 2 hours | Training Program Design                      | Chapter Three / Training | Lecture          | Group evaluation      |
| 28               | 2 hours | muscle Hypertrophy and its Types             | Chapter Three / Training | Lecture          | Group evaluation      |

|    |            |                                   |                            |         |                     |
|----|------------|-----------------------------------|----------------------------|---------|---------------------|
| 29 | 2<br>hours | Second semester theoretical exam2 |                            |         |                     |
| 30 | 2<br>hours | Bodybuilding                      | Chapter Four /<br>Training | Lecture | Group<br>evaluation |

#### ١١ Course Evaluation

:The grade is distributed as follows

.Mid-course exam, worth (50) points, divided into: 25 for Term 1 and 25 for Term 2 .١

End-of-course exam, worth (50) points, divided into: End-of-year exam .٢

#### ١٢ Learning and teaching resources .

|                                                                                  |                                                                                         |
|----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|
| (Required textbooks (methodology if any                                          | The Grocer, Yasser Munir (2022), Risan<br>.Khuraibet (2014), and Al-Takriti, Zatsyorsky |
| (Main References (Sources                                                        | Sports training books in the sports field                                               |
| Recommended supporting books and<br>(...references (scientific journals, reports | Hara, Allawi, Maglesho Bomba 2014, Al-Hajjar 2003                                       |
| Electronic references, websites                                                  | .Sports Academy website. Kora website                                                   |

#### Name and signature of the course holder

Prof. Dr. Mahmoud Hamdoun Younis

Asst. Prof. Dr. Al-Waleed Salem Al-Baso

Asst. Prof, Dr. Idham saleh Mahmood



Name and signature of the head of the department or branch

Prof. Dr. Nawfal Fadel Rashid