

Course description template

1. Course Name:	
Sports training / Phase Four	
2. Course Code	
SESS26F4021/SESS26G4021	
3. Term/Year	
2025-2026	
4. Date this description was prepared	
February/ 2026	
5. Available attendance formats	
In-person/Theoretical	
6. Total number of study hours / Total number of units	
2hour within Week	
7. Name of the course coordinator (if there is more than one, mention it)	
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8. Course Objectives	
Students learnThe subject of sports training theory. - knowledgeTheoretical concepts of sports training science. - The possibility of students teaching the prescribed theoretical courses after graduating from college. This is the college's primary goal: to graduate teachers.thebreedingPhysical Education and Sports ScienceBecause it willTStudents learned differentTeaching skills. developmentSkills development - andqualitiesAdministrative, teaching	Course objectives

and psychological aspects that enhance the ability to concentrate, think and observe.	
9. Teaching and learning strategies	
Teaching method, learning method Lecture Method 1 - Partial 1- Method Improved lecture method 2- 2- The holistic method Blended learning method 3 - Trial 3-	strategy

10.Course structure					
Evaluation Method	Learning method	Unit or topic name	Required learning outcomes	Hours	T
Group assessment	Lecture	Chapter One / Training	The concept of training load, its characteristics, types, and importance	2 hours	1
Group assessment	Lecture	Chapter One / Training	Training load levels	2 hours	2
Group assessment	Lecture	Chapter One / Training	Principles of sports training (warm-up, overload, adaptation, progression, individual response)	2 hours	3
Group assessment	Lecture	Chapter One / Training	Principles of diversification and change, preparedness, privacy, continuity, and calming down.	2 hours	4
Group assessment	The developed lecture	Chapter One / Training	Modern methods and techniques of sports training (the concept of the method and how to choose it, training methods (repetition, interval, continuous load, testing and competition)	2 hours	5

Group assessment	Lecture	Chapter One / Training	Modern training methods (plyometric training method - definition - mechanism of operation)–Its conditions, uses, principles, disadvantages, and examples.	2 hours	6
Group assessment	Lecture	Chapter One	Ballistic training method (its concept, conditions, objectives, and principles)–Its divisions and types - examples)	2 hours	7
			Theoretical exam, Chapter 1/No. 1	2 hours	8
Group assessment	The developed lecture	Chapter One / Training	Circuit training method, contrast training method, compression training method	2 hours	9
Individual assessment	Lecture	Chapter One / Training	Training in an aquatic environment	2 hours	10
		Chapter One / Training	Training in sandy environments	2 hours	11
Group assessment	The developed lecture	Chapter One / Training	Energy production systems with applications and practical examples	2 hours	12
		Chapter One / Training	Physical fitness: its concept and types	2 hours	13
Individual assessment	blended learning	Chapter One / Training	Methods of measuring physical fitness	2 hours	14
			First semester theory exam / 2	2hour	15
				Mid-year break	
Group assessment	Lecture	Chapter Two / Training	facts and guidelines Scientific in Training Physical:	2 hours	16

Group assessment	The developed lecture	Chapter Two / Training	facts and guidelines around Training Skillful	2 hours	17
Group assessment	The developed lecture	Chapter Two / Training	facts and guidelines around Training My plans	2 hours	18
Group assessment	The developed lecture	Chapter Two / Training	restoration healing after exercise	2 hours	19
Group assessment	The developed lecture	Chapter Two / Training	Weight training using different types of muscle contractions	2 hours	20
Individual assessment	The developed lecture	Chapter Two / Training	compensation excess	2 hours	21
Individual assessment	Lecture	Chapter Two / Training	Planning The athlete Hadith For levels Sports different	2 hours	22
Individual assessment	blended learning	Chapter Two / Training	Courses training:	2 hours	23
			Theory exam, second semester / No. 1	2 hours	24
Individual assessment	blended learning	Chapter Two: Training	ingredients season training(periods or stages Training)	2 hours	25
Individual assessment	blended learning	Chapter Two/ Training	Plans Daily(Unity training Daily)	2 hours	26
Group assessment	Lecture	Chapter Two / Training	Training The athlete For the purpose health	2 hours	27
Group assessment	Lecture	Chapter Two/ Training	Training Sports to lose weight the weight	2 hours	28
			Theory exam, second semester / number 2	2 hours	29
			General review	2 hours	30

11. Course Evaluation

The grade is distributed as follows:

The mid-term exam will consist of (50 Degrees are divided into:25 marks for Chapter 1 .1 and 25 marks for Chapter 2

The end-of-course exam will consist of (50 Degrees are divided into:End-of-year exam .2

12. Learning and teaching resources

Al-Baqal, Yasser Munir (2022) Sports Training Science for Colleges and Departments of Physical Education and Sports Science, Dhamkhari (2014)	Required textbooks (methodology, if applicable)
Sports training books in the sports field	Main references (sources)
Al-Hajjar and Al-Tikriti, 2005: Physical Preparation for Women; Bomba, 2014; Al-Baqal; Yasser Munir, 2025: Modern Methods and Techniques of Sports Training: Between Concept and Application	Recommended supporting books and references (scientific journals, reports...)
The website of the Iraqi Sports Academy. Kocora website.	Electronic references, websites

Name and signature of the course author

Prof. Dr. Yasser Mounir Taha

Assistant Prof.Dr. Maan Abdul Karim Jasim

Lec. Dr. Baraa Tariq Al-Jawari



Name and signature of the head of the department or branch

Prof. Dr. Nawfal Fadel Rashid