

Course Description Form

1. Course Name	
Wrestling Stage 3	
2. Course Code	
SEGI26F3061	
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)	
2 hours per week/ 2 units	
7. Course administrator's name (if more than one name is mentioned)	
Assistant Professor Ziad Tariq Hamid Zead4444@uomosul.edu	
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8. Course Objectives	
Course Objectives	A- Cognitive Objectives A1- By the end of the course, the student will be able to define the basic skills of general and specific preparatory exercises, offensive and defensive skills, and counterattacks. A2- By the end of the course, the student will be able to understand the international laws of wrestling and both types of wrestling. A3- By the end of the course, the student will be able to develop physical attributes, improve motor skills, and mental abilities, and develop courage, as this increases the ability to concentrate and develops the ability to think and observe. B- Course Skill Objectives B1- By the end of the course, the student will be able to perform offensive skills from a seated and standing position. B2- By the end of the course, the student will be able to perform defensive positions. B3- By the end of the course, the student will be able to perform tackles within the legal rounds. B4- By the end of the course, the student will be able to perform counterattacks. B5- The student will be able to By the end of the course, the student will be able to perform evasive maneuvers during a fight. B6- By the end of the course, the student will be able to perform various movements on the mat in different directions. C- Affective and Value-Based Objectives

	C1– The curriculum should foster a spirit of challenge. C2– The curriculum should foster a spirit of courage. C3– The curriculum should foster self–confidence. C4– The curriculum should foster a spirit of altruism. D– General and Transferable Skills (other skills related to employability and personal development): D1– Safety and Security Skills D2– Assistance Skills D3– First Aid D4– Injury Rehabilitation
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9. Teaching and learning strategies

Strategy	Teaching Methods;	Learning Methods:
	1– Lecture Method	1– Partial Method
	2– Advanced Lecture Method	2– Holistic Method
	3– Blended Learning Method	3– Trial and Error Method
	4– E–Learning Method	4– Learning to Empower Method

10. Course Structure

Evaluation method	Learning method	Unit or subject name	Required Learning Outcomes	Hours	The week
Group evaluation	Lecture	Practical application of general preparatory exercises	The history of wrestling in Iraq and the world, and an explanation of general preparatory exercises.	2 hours	1
Group evaluation	partial kidney	Practical application of special preparatory exercises	Special preparatory exercises to develop all types of strength using a partner and body weight	2 hours	2
Group evaluation	Lecture	Practical application of special preparatory exercises	Special preparatory exercises to develop speed and agility	2 hours	3
Individual assessment	Lecture	Practical application of special preparatory exercises	Special preparatory exercises to develop the distinctive strength endurance and speed	2 hours	4

Group evaluation	Advanced Lecture	Practical application of competition exercises	Competition exercises and their types	2 hours	5
Group evaluation	Advanced Lecture	Practical application of the grip	Technical elements of wrestling: body position, footwork, and teaching the ankle grab.	2 hours	6
Group evaluation	Advanced Lecture	Practical re-application of the ankle grab	The technical elements in wrestling for the grip, its types, the characteristics of a good grip, and then the technical elements for placing the legs and moving on the mat.	2 hours	7
Individual assessment	Advanced Lecture	Practical application of bow exercises	Technical elements of bow work in various forms of performance. Stages of learning the wrestling bow.	2 hours	8
Individual assessment	Blended learning	Practical application of the set of technical elements using a colleague without resistance and then with the colleague's resistance	Stages of learning the technical grip	2 hours	9
Individual assessment	Blended learning	Testing students' practical performance of the ankle grab and application of the set of technical elements	Theoretical and practical exam	2 hours	10
Individual assessment	mixed method	Special preparatory exercises Applying the grip without resistance, with partner resistance, and in both directions	Teaching the rotating grip of the item carrier	2 hours	11
Group evaluation	The holistic method	Special preparatory exercises Applying the grip without	Teaching the rotation grip by tying the waist from a sitting position next to the player	2 hours	12

		resistance, with partner resistance, and in both directions			
Group evaluation	Partial method	Repetition of grappling exercises with a partner in different positions using a competitive style and practical performance of the grip.	Teaching the head and arm hold	2 hours	13
Individual assessment	Partial method	Repetition of grappling exercises with a partner in different positions using a competitive style and practical performance of the grip.	Abbasid grip education	2 hours	14
Theoretical exam, first semester + practical exam, first semester				2 hours	15
Mid-year holiday					
Individual assessment	Lecture	Re-learning of motor skills learned	The concept of artistic performance and methods of teaching grips	2 hours	16
Group evaluation	Advanced Lecture	Practical performance of close combat and the difference between freestyle and Greco-Roman wrestling in combat positions	The concept of technique according to its diversity, breadth of technique, and control of technique	2 hours	17
Group evaluation	Advanced Lecture	Applying defensive positions in practice	Explanation of international wrestling law and defensive positions for the movement skills learned	2 hours	18
Group evaluation	Advanced Lecture	Practical application of grip and engagement from a seated position	Explaining the international wrestling law and teaching the mat grip	2 hours	19
Group evaluation	Advanced Lecture	Practical application of grip and engagement from a standing position	Explaining the international wrestling law and teaching the leg hold and then lifting	2 hours	20
Theoretical and practical exam / students' practical performance test of skills, second semester				2 hours	21

Individual Assessment	Lecture	Motor connection of offensive motor skills and how to defend during practical performance	Explaining the international law of wrestling and teaching the movement transfer between the learned movement skills.	2 hours	22
Individual Assessment	Lecture	The conflict is according to international wrestling law.	Explaining the international wrestling law and a fight between students for various periods of time, with students participating in refereeing the fight.	2 hours	23
Individual Assessment	Lecture	The conflict is according to international wrestling law.	Explaining the international wrestling law and a fight between students for various periods of time, with students participating in refereeing the fight.	2 hours	24
Individual Assessment	Lecture	Student participation and interaction with the presentation by directing questions to the arbitration cases.	Explaining the international wrestling law using video presentation of wrestling matches.	2 hours	25
Individual Assessment	The holistic method	Practical application	Explanation of direct attack, counterattack, and combination holds	2 hours	26
Individual Assessment	mixed method	Practical application	Wrestling coach's educational and training duties	2 hours	27
Individual Assessment	mixed method	A fight between students	Wrestling tactics and requirements	2 hours	28
Theoretical and practical exam				2 hours	29
Basic Skills, Sparring and Refereeing / Final Practical Exam				2 hours	30

11. Course Evaluation

The grade is distributed as follows:

1. The first semester exam is worth 25% of the grade and is divided into 10% theoretical and 15% practical.
2. The second semester exam is worth 25% of the grade and is divided into 10% theoretical and 15% practical.
3. The final practical exam is worth 30% of the grade and the final theoretical exam is worth 20% of the grade. Total: 50%
4. The final total: 100%

12. Learning and Teaching Resources

Required textbooks (methodology, if any)	Wrestling Training / Abdul Ali Masif Basic Principles for Learning Freestyle and Greco-Roman Wrestling International Laws of Freestyle and Greco-Roman Wrestling
Key references (sources)	
Recommended supporting books and references (scientific journals, reports...)	Learning and Motor Learning in Wrestling / Hamdan Al-Kubaisi 2008
Electronic references, websites	



Name and signature of the head of the department or branch
Assistant Professor Dr. Nawaf Owaid Abood

Name and signature of the course holder :

Assistant Professor Dr. Ziad Tariq Hamed

Assistant Professor Dr. Salwan Khalid Mahmoud

Assistant Lecturer Omar Haitham Hazem

