Ministry of Higher
Education and Scientific Research
Scientific Supervision and Evaluation Authority

Quality Assurance and Academic Accreditation Department
Accreditation Department

Description of the academic program

Description of Academic Program & Syllabus

College of Physical Education and Sports

Hilla University

2026-2025

Introduction

The Department of Physical Education and Sports Science was established in 2016 and seeks to raise the academic level of individual athletes by graduating competent academics to work in educational and scientific institutions, in addition to providing development for training and educational staff through development and keeping pace with global sports administration modernization

In 2024, Al-Hilla University College was transformed into the University of Al-Hilla according to Ministerial Order No. 18788 dated August 26, 2024. Consequently, the department was renamed the College of Education and Sports Sciences, as per the aforementioned ministerial order. The college's new building, which includes several classrooms equipped with the latest technologies to keep pace with developments in the field of sports, was also received

The educational laboratories have been equipped with the latest medical and physiological equipment and with direct support from the university presidency

Metadata for the College of Physical Education and Sports Sciences/University of Hilla

The following is a table of organizational identity data

University of Hilla	University name
Faculty of Physical Education and Sports Sciences	College
	Department Academic Program Name
Bachelor of Physical Education and Sports Science	Degree Awarded Study System
Bachelor of Physical Education and Sports Science	Certificate awarded
annual	School system
Courses and syllabi according to the Ministry	Accredited programme
Ministry of Higher Education and Scientific Research / University Presidency	Accredited Program Other External Factors
2025/10/10	Date of Description Preparation
2025/10 / 10	Date of File Completion

Dr. Ali Abdul Amir Al-Hasnawi

Dean

Dr. Mohammed Assem Ghazi

Assistant Dean for Scientific Affairs

Dr. Ali Sabri Al-Saadi

Head of the Quality Assurance Division

1 - Program Vision
Leadership and excellence in teaching and training specialized personnel in physical education and sports science, and conducting innovative scientific research to contribute to community development and serve the sports sector locally and regionally
2 -Program Message
Graduating qualified specialists in the fields of physical education and sports science, and developing scientific and applied research to serve the community and advance the sports sector
3- Program objectives
1- General objectives: a- Graduating specialized and qualified personnel: Preparing and qualifying graduates who possess أ- the necessary knowledge, skills and competencies in the fields of physical education and sports sciences such as (education - training - sports management - motor rehabilitation). b- Developing scientific research and innovation: Encouraging innovative scientific and applied research that contributes to the development of knowledge in the sports field and the solution of related societal problems. C- Community and Sports Sector Service: Actively contributing to community and sports sector service by providing specialized consultations and training programs and raising the level of athletic performance and public health D- Developing professional and ethical skills: Instilling professional and leadership skills, and commitment to professional values and ethics in the practice of physical education and sports science disciplines E-Accreditation and Quality: Achieving quality and academic accreditation standards to ensure the excellence and competitiveness of the educational program at the local and regional levels. 2-Specific objectives - a-Knowledge and Understanding: To provide the student with the theoretical foundations and modern -1 scientific concepts in the fields of anatomy, physiology, biomechanics, and sports psychology. b- Training and practical skills: Enabling the graduate to apply modern sports training principles and methods and develop motor and physical performance skills C- Education: Preparing teachers capable of planning, implementing, and evaluating school physical education programs and curricula D- Scientific Research and Critical Thinking: Developing students' scientific research skills and encouraging them to use critical thinking in analyzing and evaluating mathematical phenomena and problems.
4- Program accreditation
nothing
5- Other external influences
Ministry of Higher Education and Scientific Research - University of Hilla - Committee of Deans of Colleges of Physical Education and Sports Sciences

6- Program structure				
notes	Percentage	Study unit	Number of courses	Program structure
				Enterprise requirements
	% 100	172	55	College requirements
			Fourth stage	Summer training
			Community services through field visits to schools and orphanages	other
		172	55	total



Study plan

units	Credit hours		Course name	Course code	Academic stage
	practical ; realistic	theoretical			
2	practical		Swimming	HSPO4101	First stage
4	practical		Arena and field	HSPO4102	
2	practical		Computer	HSPO4103	
4	practical		basketball	HSPO4104	
4	practical		football	HSPO4105	
4		theoretical	History of philosophy	HSPO4106	
4	practical		Rhythmic Gymnastics	HSPO4107	
2		theoretical	English language	HSPO4108	
2		theoretical	Arabic	HSPO4109	
2		theoretical	human rights	HSPO4110	
4		theoretical	anatomy	HSPO4111	
2	practical		Girl Scouts and Girl Guides	HSPO4112	
2	practical		Weightlifting	HSPO4113	
2	practical		Physical Fitness	HSPO4114	
4		theoretical	Biomechanics	HSPO4215	The second stage
2		theoretical	Baath Party crimes	HSPO4216	
4	practical		Arena and field	HSPO4102	
2	practical		boxing	HSPO4217	
4	practical		volleyball	HSPO4218	
4	practical		Gymnastics equipment	HSPO4219	
4		theoretical	Science of sports training	HSPO4220	
2	practical		basketball	HSPO4104	
2	practical		Teaching methods	HSPO4221	
4	practical		Handball	HSPO4222	
4		theoretical	Tests and measurement	HSPO4223	
4		theoretical	Mathematical statistics	HSPO4224	
2	practical		Racket games	HSPO4225	
2		theoretical	English language	HSPO4108	
2		theoretical	Arabic	HSPO4109	
2	practical		computer	HSPO4103	

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4	practical		Motor learning	HSPO4326	The third stage
2		theoretical	Arena and field	HSPO4102	
2	practical		Gymnastics equipment	HSPO4219	
4		theoretical	Mathematical physiology	HSPO4327	
2	practical		Wrestling	HSPO4328	
2	practical		Handball	HSPO4222	
2	practical		Duel	HSPO4329	
2	practical		football	HSPO4105	
2	practical		volleyball	HSPO4118	
2	practical		Racket games	HSPO4225	
4	practical		Teaching methods	HSPO4221	
4		theoretical	Sports medicine	HSPO4330	
4		theoretical	Scientific research	HSPO4331	
2	practical		Futsal	HSPO4332	
2	practical		Rhythmic Gymnastics	HSPO4107	
4		theoretical	Science of sports training	HSPO4220	Fourth stage
4	practical		Arena and field	HSPO4102	
2	practical		computer	HSPO4103	
2	practical		Handball	HSPO4222	
2	practical		football	HSPO4105	
4		theoretical	Administration and organization	HSPO4333	
2	practical		basketball	HSPO4104	
4		theoretical	The sport of properties	HSPO4334	
2	practical		Teaching methods	HSPO4221	
4		theoretical	Sports psychology	HSPO4335	
2	practical		volleyball	HSPO4218	
2	practical		Fitness	HSPO4336	
4	practical		Application	HSPO4337	
4			Research project	HSPO4338	
158	18	38	56		total

7-Expected learning outcomes of the program		
2- Learning outcomes	a- Knowledge	
Ensuring that the graduate possesses the necessary scientific and theoretical foundation to understand and apply the principles of the sports field efficiently and effectively in different work environments, and describing effective teaching methods and techniques.	Understanding the principles and methods of effective teaching of physical education and sports science at different educational levels	1a
	Explaining the anatomical and functional principles of the human body and their relationship to movement and performance	2a
	Identifying the acute and chronic physiological responses and adaptations (organ functions) that occur as a result of physical activity and athletic training	3a
	Describe the basic concepts (biomechanics) and their application to movement analysis, motor performance efficiency, and injury prevention	4a
	Understanding the principles of sports management and organization, and the structure of sports institutions and clubs, including facility management and sports marketing	5a
	Understanding and applying modern sports training theories and principles, and planning and implementing specialized training programs for individuals and teams	6a
	Understanding the components of physical fitness, methods of measuring and evaluating it, and developing health promotion and lifestyle disease prevention programs	7 a

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Learning outcomes	b- Skills	
Performing basic and specialized motor skills with high technical proficiency in a variety of sports and activities	The student performs basic and specialized motor skills in a variety of sports and games (individual and team).	1 b
	The student designs and implements fitness and physical health education programs for different age groups and levels.	2 b
	He uses effective teaching and training strategies and manages educational environments safely and efficiently.	3 b
	Implementing safety procedures and providing basic first aid in sports environments	4 b
	The graduate identifies problems in the sports and educational field such as (injuries - decline in level and performance - behavioral problems).	5 b
	He reads and interprets scientific research and studies in the field of sports and has the ability to conduct scientific research.	6 b

Learning outcomes	C - Values	
Developing the emotional, behavioral, and ethical aspects of the graduate to enable him to interact positively and responsibly in society and the work environment	Commitment to ethical and professional values and principles in teaching, training and sports management (integrity - fair play - respect for competitors	C1
	Effective communication, both verbally and in writing, with individuals and groups, and working effectively within a team to achieve common goals	C2
	Demonstrating responsibility towards the community, promoting awareness of health and physical activity, taking responsibility for leadership, and guiding others	C3
	Demonstrate the ability to learn independently and keep up with scientific and professional developments in the field of physical education and sports science	C4



9- Teaching and learning strategy

a-Interactive lectures: These are used to present the basic theoretical content and integrate presentations, videos, and discussions to stimulate interaction
b-Field Experience

c- Project-Based Learning

d- Cooperative Learning: Promoting teamwork and collaborative learning through group projects and activities

e- Direct and guided practical training
f- E-Learning: Utilizing e-learning platforms to provide flexible educational resources, such as recorded lectures, interactive tests, and online discussions.

g-Constructive feedback: Providing immediate feedback to students with the aim of improving their academic and skills performance

10- Evaluation methods 1

A- Continuous assessment: Periodic in-person, electronic and paper tests during the lecture - student participation in class - presentations (seminars)

B- Practical assessment: Student's applied field skills (Micro teaching)

C- Written assessment: Developing the student's responsibility in passing written exams during the semester
D- Student attendance

e- Extracurricular activities

f - reports from field supervisors

Y- Final Assessment: Final Exam and Graduation Projects

m- The ministerial assessment exam

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11-Staff								
Numbers of teaching staff		Special requirements/skills		Specialization		Academic degree	name	seq
lecturer	genuine			accuracy	general			
	*			Sports physiology	Philosophy of Physical Education and Sports Science	Ph.D.	Ali Abdul Amir Al-Hasnawi	1
	*			Curricula and teaching methods	Philosophy of Physical Education and Sports Science	Ph.D.	Mohammed Assem Mohammed Ghazi	2
	*			Sports psychology	Philosophy of Physical Education and Sports Science	Ph.D.	Yassin Alwan Ismail	3
	*			Basket training	Philosophy of Physical Education and Sports Science	Ph.D.	Saleh Balash Takhikh	4
	*			handball	Philosophy of Physical Education and Sports Science	Master's	Ahmed Malek Hamoud	5
	*			Gymnastics	Philosophy of Physical Education and Sports Science	Master's	Fatima Ahmed Kazem	6
	*			Physiology and sports training	Philosophy of Physical Education and Sports Science	Master's	Amir Mohsen Hussein	7
	*			football	Philosophy of Physical Education and Sports Science	Master's	Ashraf Jaafar Kazar	8
	*			Sports management	Philosophy of Physical Education and Sports Science	Master's	Ali Hussein Daher	9
	*			computer	Computer Science and Information Technology	Master's	Doha Ismail Khalil	10

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	*				Criminal law		Mustafa Samer Abdel Aziz	11
	*				Philosophy of Physical Education and Sports Science		Rehab Ahmed Hafez	12
	*				Philosophy of Physical Education and Sports Science		Muhannad Muhammad Fanoukh	13
	*				Philosophy of Physical Education and Sports Science		Mustafa Muhammad Abdel Amir	14
	*				Philosophy of Physical Education and Sports Science	Master's	Nowras Hussein Mzaal	15
*				Motor learning	Philosophy of Physical Education and Sports Science	Ph.D.	Mazen Abdelhadi Ahmed	16
*				Mathematical physiology	Philosophy of Physical Education and Sports Science	Ph.D.	Ali Sabri Kazem	17
*					Philosophy of Physical Education and Sports Science	Ph.D.	Wahab Razzaq Jabr	18
*					Philosophy of Physical Education and Sports Science	Ph.D.	Qasim Muhammad Yasser	19
*					Philosophy of Physical Education and Sports Science	Master's	Hassan Fahim Al-Hasnawi	20
*					Philosophy of Physical Education and Sports Science	Master's	Mirand manats daham	21

11- Guidance for faculty members

a-Teaching, research, and academic servicea

b-Active participation in permanent and temporary committees, workshops, and training courses: Holding workshops on modern teaching methods, such as Problem-Based Learning and Blended Learning, which encourage critical thinking among students.

c- Training and mentoring faculty members on curriculum design, innovative teaching methods, classroom management, student assessment, and the use of modern technology in education

d- Courses in Scientific Research Methodology: Specialized courses will be held in study design, statistical data analysis, and research proposal writing, with the aim of enhancing faculty members' participation in scientific research and publication in prestigious scientific journals, as well as research time management.

e- Research collaboration: Collaboration is encouraged within the college, as well as with international research institutions, to exchange experiences and establish joint research projects.

f-Research Grants: Providing support and assistance to faculty members in obtaining research grants from local and international entities, thus ensuring the continuity of scientific research.

g - developing communication skills: enhancing active listening skills, providing constructive and motivating feedback, and asking targeted questions, which helps identify strengths and weaknesses and improve performance.

n- A clear explanation of the requirements and standards for academic promotion, preparation of the promotion file, and balancing teaching, research, and university service.

12- Faculty development

a- Scientific Conferences and Seminars: Participation in scientific conferences and seminars is an opportunity for faculty members to learn about the latest technologies and developments in sports science.
b- A- Continuing Education Programs: Specialized training courses are offered in various fields to update the academic skills of faculty members.

c- Evaluating faculty performance: Using student questionnaires to assess faculty performance

d- Research output: Measuring the number of research papers published in peer-reviewed scientific journals with an impact factor

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13- Acceptance criteria

1 -The overall average for central admission, which is within the established limits and according to the directives of the Ministry of Higher Education and Scientific Research. This includes students who have a certain average and possess the necessary physical and mental capabilities.

2- Personal interviews with applicants, noting speech, behavioral, or personality defects, and assessing attributes.

14- Main sources of information about the program

A- Ministry of Higher Education and Scientific Research / Committee of Deans of Faculties of Physical Education and Sports Sciences

B- College website

C- General books and resources for the college and for various disciplines in mathematical science

15- Program development plan

1-The Physical Education and Sports Science Development Program aims to transform physical activity into a comprehensive educational tool that contributes to building the student's character and enhancing their health and life skills. Among these objectives are:

A- Updating school curricula

To ensure our graduates possess the skills and knowledge necessary to keep pace with global developments in physical education and sports science, we must periodically review and update our curricula to move from a traditional approach to a holistic one that focuses on lifelong fitness and well-being.

B- Comprehensive review: A specialized committee of faculty members and experts should be formed to evaluate the current curricula and identify strengths and weaknesses.

C- A- Updating the curriculum content by including modern and diverse sports activities such as e-sports and non-traditional team games, while integrating health and fitness concepts into the curriculum.

D- Using modern technologies such as fitness measurement applications – simple motion analysis in evaluating student performance

E- Providing ongoing training programs for teachers on the latest teaching methods, sports training, and first aid.

2- Developing teaching and assessment methods

A vital process that focuses on integrating modern technology to provide immediate and objective feedback.

a- A- E-learning platforms for submitting assignments, designing personal training plans, and collecting electronic portfolios

b- Wearable sensors are used to measure physical exertion, heart rate, distance traveled, and movement speed, providing accurate quantitative data for assessing fitness and endurance.

C- Continuous Assessment: Updating the Formative Assessment system to continuously measure student progress, instead of relying solely on final exams.

d- Strengthening infrastructure and practical training

e - Qualitative Development: The need to provide continuous training for faculty members on modern teaching and assessment strategies

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HUSP																		
Learning outcomes required from the program																		
General and transferable skills)Other skills related to employability and personal development)				Affective and value-based objectives				Program-specific skills objectives				Cognitive objectives				Essential or optional?	Course name	Course code	Year/level
د4	د3	د2	د1	ج4	ج3	ج2	ج1	ب4	ب3	ب2	ب1	أ4	أ3	أ2	أ1				
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Swimming	HUSP0004001	
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Arena and field	HUSP0004002	
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	computer	HUSP0004003	
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	basketball	HUSP0004004	
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	soccer	HUSP0004005	The first stage

✓	✓	✓	✓	✓	✓	✓	✓						✓	✓	✓	✓	History of philosophy	HUSP0004006	
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	**Rhythmic Gymnastics**	**HUSP0004007**	
✓	✓	✓	✓	✓	✓	✓	✓					✓	✓	✓	✓	✓	**English language**	**HUSP0004008**	
✓	✓	✓	✓	✓	✓	✓	✓					✓	✓	✓	✓	✓	**Arabic**	**HUSP0004009**	
✓	✓	✓	✓	✓	✓	✓	✓					✓	✓	✓	✓	✓	human rights	**HUSP0004010**	
✓	✓	✓	✓	✓	✓	✓	✓					✓	✓	✓	✓	✓	anatomy	**HUSP0004011**	
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	**Scouts and Guides**	**HUSP0004012**	
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	**weight lifting**	**HUSP0004013**	
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	**Fitness**	**HUSP0004014**	
✓	✓	✓	✓	✓	✓	✓	✓					✓	✓	✓	✓	✓	**Biomechanics**	**HUSP0004015**	**The second stage**
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	**Arena and field**	**HUSP0004016**	
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	boxing	**HUSP0004017**	

✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	volleyball	HUSP0004018	
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Gym equipment	HUSP0004019	
✓	✓	✓	✓	✓	✓	✓	✓					✓	✓	✓	✓	✓	Science of sports training	HUSP0004020	
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	basketball	HUSP0004021	
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Teaching methods	HUSP0004022	
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Handball	HUSP0004023	
✓	✓	✓	✓	✓	✓	✓	✓					✓	✓	✓	✓	✓	Tests and measurement	HUSP0004024	
✓	✓	✓	✓	✓	✓	✓	✓					✓	✓	✓	✓	✓	Mathematical statistics	HUSP0004025	
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Racket games	HUSP0004026	
✓	✓	✓	✓	✓	✓	✓	✓					✓	✓	✓	✓	✓	Motor learning	HUSP0004027	*The third stage*
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Arena and field	HUSP0004028	

✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Gym equipment	HUSP0004029
✓	✓	✓	✓	✓	✓	✓	✓					✓	✓	✓	✓	✓	Mathematical physiology	HUSP0004030
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		Wrestling	HUSP0004031
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Handball	HUSP0004032
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Duel	HUSP0004033
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	football	HUSP0004034
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	volleyball	HUSP0004035
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Racket games	HUSP0004036
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Teaching methods	HUSP0004037
✓	✓	✓	✓	✓	✓	✓	✓					✓	✓	✓	✓	✓	Sports medicine	HUSPOOO4038
✓	✓	✓	✓	✓	✓	✓	✓					✓	✓	✓	✓	✓	Scientific research	HUSPOOO4039

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✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Fitness	HUSP0004040	
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Rhythmic Gymnastics	HUSP0004041	
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Sports training	HUSP0004042	Fourth stage
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Arena and field	HUSP0004043	
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	computer	HUSP0004044	
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Handball	HUSP0004045	
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	football	HUSP0004046	
✓	✓	✓	✓	✓	✓	✓	✓					✓	✓	✓	✓	✓	Management and organization	HUSP0004047	
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	basketball	HUSP0004048	
✓	✓	✓	✓	✓	✓	✓	✓					✓	✓	✓	✓	✓	The sport of properties	HUSP0004049	
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Teaching methods	HUSP0004050	
✓	✓	✓	✓	✓	✓	✓	✓					✓	✓	✓	✓	✓	Sports psychology	HUSP0004051	

✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	volleyball	HUSP0004052	
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Fitness	HUSP0004053	
✓	✓	✓	✓	✓	✓	✓	✓					✓	✓	✓	✓	✓		HUSP0004054	
✓	✓	✓	✓	✓	✓	✓	✓					✓	✓	✓	✓	✓	Research project	HUSP0004055	

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Course Description Specification

2026-2025

Asst.prof.Dr.Ali Abdul-Amir Al-Hasnawi
dean

Lect.Dr. Mohammed Assem Ghazi
Assistant Dean, Faculty Member

Lect.Dr. Ali Sabri Al-Saadi
Head of Quality Assurance Department

1. Course Name:

Basketball//The firest stage



2. Course Code:

HSPO4104

3. Semester / Year:

Year

4. Description Preparation Date:

2026/1/1

5. Available Attendance Forms:

Presence

6. Number of Credit Hours (Total) / Number of Units (Total)

4

7. Course administrator's name (mention all, if more than one name)

me: Merand matanes dham
ıail:merand_mtans@hilla-unc.edu.iq

8. Course Objectives

Course Objectives	• **1- Basic skills in basketball** • **2- Part of the legal materials**

9. Teaching and Learning Strategies

Strategy	-Brainstorming -Self-organized style -Partial method -The total method :Outputs Learn basic skills - Performing offensive skills - Performing defensive skills - Moving the fulcrum foot - Pitch measurements - Run times - Technical errors - Regular errors - The five mistakes -

	evaluation method -Theoretical exam -Practical test -Daily participation in the lecture Reports and duti

10. Course Structure

Week	Hours	Required Learning Outcomes	Unit or subject name	Learning method	Evaluation method
1	4	:Outputs Learn basic skills – Performing – offensive skills Performing – defensive skills Moving the – fulcrum foot Pitch – measurements Run times – Technical errors – Regular errors – The five mistakes –	Catch the ball	Partial method	Understanding and understanding And the application
2	4	The student must :know 1-The distance between the feet 2–The direction of the feet 3–The position of the trunk and .pelvis	Pause ready to attack	Partial and total method	Understanding and understanding And the application

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		4-Place the ball .on one side			
3	4	The student must :know 1-Raise the hands .in front 2-Move the hands .aside 3-Follow the path .of the ball 4-Follow the .opposing player	Defensive pause	Partial and total method	Understanding and understanding And the application
4	4	The student must get to know 1- Move one foot. 2- Rotate in all directions. 3- Transferring the ball from one side to another. 4- Protecting the ball from the opponent. Move	fulcrum foot	Brainstorming method Partial method	Understanding and understanding And the application
5	4	The student must get to know 1-Focusing from -1 .the front 2-Support from -2 .the back 3-Place the ball -3 after moving one	Fulcrum movements	Partial and total method	Understanding and understanding And the application

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		.foot 4-Open step mode 5-Short start mode			
6	4	The student should :know 1-Distribution of the .feet 2-They should not be on the same line 3- Bend the knees 4The pelvis is down 5 The defender is as far away from 6-the attacker as the arm extends	Defense on moving the fulcrum foot	Total method	Understanding and understanding And the application
7	4	The student should know: 1- Plump with a short step 2- Plump with a long stride 3- Low bump at knee level 4- Stumping opposite the moving foot	Start and stop after tapping the ball once and twice	Self-organized style	Understanding and understanding And the application
8	4	For the student to get to know 1- Stop with your feet together 2- Landing the feet on the ground alternately	the stopping skill	Total method	Understanding and understanding And the application

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		3- Integrating the start and stop mechanism and			
9	4	The student must get to know 1- The tap is performed with the palm of the hand and fingers 2- Move the wrist and elbow while tapping, keeping the fingers apart 3- Create a safe path line for passing 4- Fast running with tumbling	Plumpness	Total method	Understanding and understanding And the application
10	4	The student must know: 1- Improving the ball control mechanism 2- Al- tumbling is an introduction to learning to deceive with the ball 3- Protect the ball while hitting 4- Learn to deceive while being happy 5- Al- tumbling	Plumpness of stability	Total method	Understanding and understanding And the application

مكتب العميد

		with a defender			
11	4	The student must know the factors affecting scoring: 1- Switch from the front 2- Movement between the legs 3- Rotation 4- Frequency 5- Inward, then outward	The plumpness of movement	Brainstorming and Self-Regulated Method	Understanding and understanding And the application
12	4	The student should know: 1- Close one end of the attacker 2- Prevent the attacker from entering the basket 3- Trying to stop the plumpness 4- Forcing the attacker to move towards the sides	Defense on plumpness	Total method	Understanding and understanding And the application
13	4	The student should know: 1- The position of the feet while performing Communion	Handling	Partial method	Understanding and understanding And the application

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		2- Distributing attention to colleagues And competitors 3- Keeping the ball from the opponent 4- Continue playing after passing			
14	4	The student must know: 1- The playing field 2- Length, width and area 3- Pitch lines 4- The middle circle 5- Semi-circles. 6- Free throw and restricted area. 7- The 3-point area 8- Bench area	Legal drawing of the playing field	Lecture style	Understanding and understanding And the application
15	4	exam	exam	Theoretical and practical exam	Theoretical and practical exam
16	4	To get to know 1- Types of handling stability 2- Standby mode during handling. 3- Move the foot forward. 4- Return to the ready position upon receiving the ball	Handling stability	Total method	Understanding and understanding And the application

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17	4	The student should know: 1- Pectoral Communion 2- Return handling. 3- Communion from above the head. 4- Pectoral handling with one hand from the side. 5- Communion behind the back	Forms of handling	Total method	Understanding and understanding And the application
18	4	The student should know: 1- Passing from behind the head. 2- Scrolling with one hand from above. 3- Simple scrolling. 4- Passing at shoulder level.	Forms of handling	Self-organized style	Understanding and understanding And the application
19	4	The student should know: 1- Place the arms extended forward with the fingers spread upward.	Receiving the ball	Total method	Understanding and understanding And the application

مكتب العميد

		2- The palms are close together. 3- Bend the elbows when receiving the ball. 4- Apply to the ball with your fingers			
20	4	The student should know: 1- The defender stands in front of the attacker The one in possession of the ball. 2- Move the arms from the side with The ball. 3- Cutting the ball while passing	Pass defense	Partial and total method	Understanding and understanding And the application
21	4	The student should know: 1- Passing from running with two players 2- Direction of running 3- Moving the legs. 4- Receiving the ball on one foot and passing with the other foot. 5- Players remain	running and passing movement	Total method	Understanding and understanding And the application

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		at one level during the			
22	4	The student should know: 1- Openness 2- Deception before receiving the ball 3- Foot movement, then asking for the ball with the hand farthest from the defender. 4- Looking at the competitor until the last minute. 5- Looking at the ball even after getting rid of the defender	Cutting movement	Total method	Understanding and understanding And the application
23	4	For the student to get to know 1- The shape of the letter (v) 2- Letter (L) shape 3- Cutting from the back. 4- Complete cutting 5- Cutting and changing positions.	Cutting shapes	Partial method	Understanding and understanding And the application

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24	4	The student should know: 1- Deception with the ball 2- Deception by cutting 3- Deception by shooting from a jump 4- Deception by plumpness	Ball trickery	Partial and total method	Understanding and understanding And the application
25	4	The student should know: 1- Objectives of deception 2- Ways to deceive without the ball 3- Deception by changing speed 4- Deception by changing direction 5- Deception using body parts	Deception without a ball	Total method	Understanding and understanding And the application
26	4	The student should know: 1- Control the ball and relax the body 2- The ability to choose a specific area for the purpose of shooting 3- Ball position	shooting ball	Brainstorming and the partial method	Understanding and understanding And the application

مكتب العميد

		4- The direction of the ball 5- Follow the throwing arm after shooting 6- The ability to concentrate 7- Estimating the arc of flight of the			
27	4	The student should know: 1- Shooting from a stand still 2- Peaceful shooting 3- Shooting from stability. 4- Free throw	Types of shooting	Partial method	Understanding and understanding And the application
28	4	The student should know: 1- The ball bounces. 2- Move quickly. 3- Using deception. 4- Investing in defense mistakes. 5- Bend the knees. 6- Spread the arms upward. 7- Directing the gaze towards the	direction of the ball after shooting	Total method	Understanding and understanding And the application

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		ball 8- Follow the			
29	4	The student should know: 1- Front reservation 2- Lateral reservation. 3- Rear reservation	reservation	Partial method	Understanding and understanding And the application
30	4	**exam**	**exam**	**Exam**	**exam**

11. Course Evaluation

Distributing the score out of 100 according to the tasks assigned to the student such as daily preparation, daily oral, monthly, or written exams, reports .... etc

First semester grade	Secondsemester grade	Final exam score	the total
Theoretical + practical exam	Theoretical + practical exam	Theoretical + practical exam	100
25	25	50	

12. Learning and Teaching Resources

Required textbooks (curricular books, if any)	Walid Mardini, learning and teaching basketball to students in colleges of physical education, 2022. 2 ,Ahmed Ali Khalifa, basketball for beginners, 2015
Main references (sources)	Basic basketball skills, Ali Samoum and others, basketball lectures for the first stage
Recommended books and references (scientific journals, reports...)	Forbes magazine
Electronic References, Websites	- Wikipedia: Rules of the game of basketball - International Basketball Federation

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مكتب العميد

Course Description Specification

2026-2025

Asst.prof.Dr.Ali Abdul-Amir Al-Hasnawi
dean

Lect.Dr. Mohammed Assem Ghazi
Assistant Dean, Faculty Member

Lect.Dr. Ali Sabri Al-Saadi
Head of Quality Assurance Department

Course description template

1. : Course Name
Swimming
2. : Course Code
HSPO4101
3. :Annual/quarterly
annual
4. :Date of preparing the course description
2-1-2026
5. :Forms of attendance
weekly
6. :Number of study hours (total) / number of units (total)
2 / hours per week 60hours per year
7. Course administrator (mention more than one name)
phy.mazin.ab@uobabylon.edu.iq prof.Dr.mazin Abdul Hedi Ahmed
8. Course objectives

1. **To familiarize students with the objectives of studyin swimming.** 2. **To explain the importance of swimming in our daily lives.** 3. **To identify the purposes of swimming.** 4. **To learn about the different types of Olympic swimming.** 5. **To understand the importance of swimming and its effects on the human body.** 6. **To learn about the international rules of swimming.** 7. **To learn how to rescue drowning victims and methods of rescue.**	Course objectives

9. Education and outcomes	
A. Knowledge and Understanding 1. Understanding the basic principles of learning to swim 2. Understanding the purposes of swimming and its importance in our lives	Outputs

3. Understanding the importance of swimming in improving cardiovascular health
4. Understanding the role of swimming in treating various sports injuries
5. Recognizing the importance of swimming in providing recreational and recovery opportunities for athletes.
6. Identifying the different types of Olympic swimming.

B. Teaching and Learning Methods

1. Lecture Method
2. Discussion Method
3. Cooperative Learning Method
4. Blended Learning Method
5. Brainstorming Method

Techniques

- □ Guided Discovery Method
- □ Self-Discovery Method
- □ Challenge-Based Learning Method

Tools and Presentation Tools

- □ 3D Complete Anatomy Software
- □ Artificial Intelligence Software (ChatGPT) to assist in preparing the lecture
- □ Interactive Screen
- □ PowerPoint Presentation
- □ Whiteboard

D. Assessment Methods

1. Monthly Exam
2. Daily Exam
3. Practical Exams
4. Weekly Reports

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مكتب العميد

10. Course vocabulary

Evaluation method	Teaching method	Name of the unit or topic	Learning outcomes requirements	The number of hours	the week
Question Answer	a lecture	Introduction to swimming	•A Brief History of Swimmi -1The Development of Swimming in the Babylonian Era -2The Development of Swimming among the Pharao 3- The Development of Swimming in the Islamic Era	2	1.
Weekly reports	Discussion method:	swimming equipment	• Purposes of swimming: -1Military purpose -2Recreational purpose -3Religious purpose 4- Competitions	2	2.
method, exam	lecture and discussion daily	The importance of swimming:	•Importance and Benefits of Swimming 1 .Functional Importance of Swimming 2 .Improved Cardiovascular Function 3. Increased Lung Capacity.	2	3.
oral exam	blended learn method	The importance of swimming, ,	• Therapeutic aspects: .1Treatment of injuries .2Rehabilitation of individua 3. Treatment of patients with joint calcification	2	4.
Question and answer, oral exam	lecture discussion for	The importance of swimming:,	•Psychological aspects: 1 .Relieving physical and me tension, promoting relaxation 2 .Enhancing and strengthenii social relationships 3. Helping individuals to beha naturally	2	5.
weekly reports	blended learn methods	The importance of swimming, ,	•In the field of fitness and public health, it works to: 1 .Strengthen the upper body muscles 2 .Facilitate metabolic proces 3 .Create recreational and recovery conditions for athlet 4. Reduce weight	2	6.

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daily quiz	lecture method; cooperative learning	The importance of swimming;;	•The Importance and Benefit of Swimming 1 -Water exercises improve heart efficiency, stimulate blo circulation, and increase heart capacity. 2 -Water exercises help increa joint flexibility, maintain bod fitness, prevent stiffness in all joints, and treat lumbar spine injuries through joint movements. 3- They help eliminate fungal skin infections caused by sun exposure.	2	7.
(question And answer); oral exam	blended learn method	The importance of swimming;	1 .It helps to expand and strengthen the chest muscles, thus increasing lung capacity and allowing for a larger intal of air, which in turn facilitates inhalation and exhalation. 2 .It increases hemoglobin lev in the blood. 3 .It affects the abdominal muscles and internal organs, leading to easier digestion. 4. Water acts as a natural bod massager.	2	8.
weekly reports	lecture format	The importance of swimming;;	1 .It has humanitarian importance in rescuing someo from drowning, and learning reduces the rate of drowning accidents. 2 .It helps relieve worries, troubles, and mental fatigue d to the enjoyment involved in diving, swimming in water, su exposure, and breathing fresh air. 3. It improves neuromuscular coordination.	2	9.
(question answer)	learning: Discussion method	Factors affecting swimming	•Factors affecting the proces of learning to swim 1 -Psychological factors a- Fear	2	10.
methods; weekly reports	learning; lect and discussion	Factors affecting swimming	•B- Lack of desire 1 -Social factor 2 -Economic factor 3 -Spiritual factor	2	11.

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			4- Senses of hearing and sigh		
daily exam	learning; blen learning metho	Factors affecting swimming;	•Physiological factors 1 -Heart 2 -Circulation 3- Pulmonary capacity	2	12.
method, exam	Cooperative learning	Factors affecting swimming	•Physical Factors 1 -Law of Reaction 2 -Law of Inertia 3 -Law of Levers 4- Resistance	2	13.
question answer	Cooperative learning	Factors affecting swimming	•Effects of swimming on the body cell 1 -Effects of water, air, and su •Body temperature regulatio system • Effects of ultraviolet radiati acquired from the sun	2	14.
Monthly exam	(theory practical),	exam First semester	_____	2	15.
(question And answer); oral exam	learning; discussion method	Factors affecting swimming	2 -Effects on the Cardiovascu System •The athlete's heart •The somatic cell • Blood pressure	2	16.
weekly reports	Lecture discussion method;	Factors affecting swimming	3 -Effects on the metabolic process: •Protein •Carbohydrates • Fats	2	17.
method, daily exam	Blended learni	Factors affecting swimming	1 -Effects on the nervous syst •Central nervous system • Peripheral nervous system	2	18.
oral examination	The lecture method and collaborativ learning,	Organizing swimming lessons	•Beginner Instruction Guidelines 1 .The instructor explains the procedures to be followed during the application. 2. How to adjust the system f entering and exiting the wate	2	19.
question answer format; oral exam	Cooperative learning method,	Organizing swimming lessons	•Attention to health and safet 1 .Wash your body before entering the water. 2 .Beginners should undergo medical examination before starting swimming lessons. 3 .Your feet should be disinfected with antiseptic before entering the water. 4. Beginners should not enter	2	20.

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			the water if they have any cut or wounds.		
daily exam	Method discussion,	Organizing swimming lessons	•Tips and Guidelines for Trainers 1 -Focus on the sequence of exercises. The instructor shou progress from easy to difficul exercises. 2 -Alleviate beginners' fear by choosing engaging exercises. 3 -Do not move on to the nex exercise until you are certain that the majority of beginners have mastered the previous or correctly and thoroughly. 4- Demonstrate the exercises dry land.	2	21.
weekly reports	Discussion method,	Contents of the swimming lesson	•Swimming Lesson Contents 1- Section One / Land Exercis	2	22.
daily exam	The lecture discussion method,	Contents of the swimming lesson	2- Section Two / Exercises in Water	2	23.
oral exam	Blended learning method,	Freestyle swimming	•Freestyle swimming 1- Arm movement	2	24.
question answer oral exam.	The discuss method is,	Freestyle swimming	1 .Leg movements	2	25.
daily exam	The lecture discussion method,	freestyle swimming	2. Breathing	2	26.
weekly reports	Blended learn method,	Backstroke swimming	•Backstroke swimm 1- Arm movement		27.
question answer	Cooperative learning metho	Backstroke swimming	2- Leg movement	2	28.
question answer	Cooperative learning metho	Backstroke swimming	3- Breathing	2	29.
Monthly exam	Practical and theoretical,	Second semester exam	_____	2	30.

11. Evaluation methods

The breakdown of the grade out of 100 shows practical tests (60%) and theoretical tests (40%), or assigning the student to prepare reports, etc.

Total	Second semester grade: 25%	First semester grade: 25%
50	10% theory, 15% practical	10% theory, 15% practical

12. Sources of education and teaching

• Olympic Swimming: Faisal Al-Ayyash, Mosul University Press,	Required textbooks

1999 •The Scientific Foundations of Swimming Instruction and Training: Saleh Bashir Saad, Zahran Publishing and Distribution House, 2014 •Foundations of Swimming Instruction: Khaled Al-Hashoush, Arab Community Library for Publishing and Distribution, 2012 • Swimming: Instruction, Training, and Organization: Samira Arabi, Arab Thought House, 2019	
	Main references (sources)
Swimming (Teaching - Training - Progran Osama Rateb, Dar Al Wafaa for Printing Publishing, 2014	Recommended books and references (scientific journals, reports, etc.)
https://www.google.com/search?q	Electronic references and websites



Course Description Specification

2026-2025

Asst.prof.Dr.Ali Abdul-Amir Al-Hasnawi
dean

Lect.Dr. Mohammed Assem Ghazi
Assistant Dean, Faculty Member

Lect.Dr. Ali Sabri Al-Saadi
Head of Quality Assurance Department

Course description template



1. : Course Name

human rights

2. : Course Code

HSPO4110

3. :Annual/quarterly

annual

4. :Date of preparing the course description

2026/1/2

5. :Forms of attendance

weekly

6. :Number of study hours (total) / number of units (total)

2 hours per week / 60 hours per year

Total number of units: 148 units

7. Course administrator (mention more than one name)

Name: Mustafa Thamer Abdul Aziz Farhan

Email: aljoboury1223@gmail.com

8. Course objectives

Course objectives	
Introducing students to the objectives of studying human rights and public freedoms. • Understanding the concept of human rights. • Understanding the concept of public freedoms. • Understanding democracy and its impact on regulating rights and freedoms. • Recognizing rights and freedoms and their guarantees.	

9. Education and outcomes

Outputs	
A- Knowledge and Understanding 1. The concept of human rights. 2. Identify the stages of human rights.	

3. Define human rights in different civilizations.

4. Identify the importance of human rights.

5. Identify the characteristics of human rights.

6. Identify the conclusions of human rights.

7. The concept of public freedoms.

8. Distinguish between the divisions of public freedoms.

9. Identify political rights.

10. Identify guarantees of public freedoms and the position of Islamic law on them.

11. The concept of democracy.

12. Identify the historical development of democracy.

13. Identify the characteristics of democracy.

14. Identify human rights and freedoms in different systems.

15. Identify human rights and freedoms in international conventions.

intelligence program (complete anatomy)

ϖ Artificial intelligence program (chat gpt) to assist in preparing the lecture

ϖ Explanatory screens

ϖ Magnetic boards

ϖ Blackboard

D- Evaluation Methods

1. Monthly exam 2. Daily exam

3. Oral exam

4. Question and answer

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مكتب العميد

10. Course vocabulary

Evaluation method	Teaching method	Name of the unit or topic	Learning outcomes requirements	The number of hours	the week

1- The Concept of Human Rights	1- The Concept of Human Rights	1- The Concept of Human Rights	1- The Concept of Human Rights	2	1.
2- The Stages of Human Rights Developme nt	2- The Stages of Human Rights Development	2- The Stages of Human Rights Development	2- The Stages of Human Rights Development	2	2.
3- Human Rights in Different Civilization s. Human Rights: Lecture and Question-and-Answer Method	3- Human Rights in Differe nt Civiliza tions. Human Rights: Lecture and Questio n-and-Answer Method	3- Human Rights in Different Civilizations. Human Rights: Lecture and Question-and-Answer Method	3- Human Rights in Different Civilizations. Human Rights: Lecture and Question-and-Answer Method	2	3.

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1- Types of Human Rights Classifications	1- Types of Human Rights Classifications	1- Types of Human Rights Classifications	1- Types of Human Rights Classifications	2	4.
• Human Rights in Their Importance	• Human Rights in Their Importance	• Human Rights in Their Importance	• Human Rights in Their Importance	2	5.
1- Guarantees of freedoms in the Iraqi Constitution	1- Guarantees of freedoms in the Iraqi Constitution	1- Guarantees of freedoms in the Iraqi Constitution	1- Guarantees of freedoms in the Iraqi Constitution	2	6.
2- The position of Islamic Sharia on public freedoms	2- The position of Islamic Sharia on public freedoms	2- The position of Islamic Sharia on public freedoms	2- The position of Islamic Sharia on public freedoms	2	7.
1-	1- Definition of	1- Definition of	1- Definition of Democracy	2	8.

Definition of Democracy	Democracy	Democracy			
2- Importance of Democracy and Human Rights. Blended Learning Method. Question and Answer	2- Importance of Democracy and Human Rights. Blended Learning Method. Question and Answer	2- Importance of Democracy and Human Rights. Blended Learning Method. Question and Answer	2- Importance of Democracy and Human Rights. Blended Learning Method. Question and Answer	2	9.
1- Regulating and Restricting Rights and Freedoms	1- Regulating and Restricting Rights and Freedoms	1- Regulating and Restricting Rights and Freedoms	1- Regulating and Restricting Rights and Freedoms	2	10.
2- The Idea	2- The	2- The Idea of	2- The Idea of Regulation	2	11.

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of Regulation	Idea of Regulation	Regulation			
1- The Impact of Exceptional Circumstances on Freedoms and Rights	1- The Impact of Exceptional Circumstances on Freedoms and Rights	1- The Impact of Exceptional Circumstances on Freedoms and Rights	1- The Impact of Exceptional Circumstances on Freedoms and Rights	2	12.

11. Evaluation methods

The division of the score out of 100is explained, such as conducting daily or monthly tests, or assigning the student to prepare reports, etc

total summation	Second semester grade	the exam	Daily attendance and activity	First semester grade	the exam	Daily attendance and activity
50	25	25		25	25	

12. Sources of education and teaching

	required textbooks
Professor Dr. Aqeel Majeed Al-Saadi	(1. Human Rights and Public Liberties Main References (Sources) Electronic References and Websites
Assistant Professor: Ibrahim Abbas Al-Jubouri	Recommended books and references (scientific (.journals , reports, etc
Assistant Lecturer: Muhammad Ghazi Al-Humairi	Electronic references and websites



Course Description Form

1. Course Name:

Computers (the First)

2. Course Code:

3. Semester / Year:

Year

4. Description Preparation Date:

1/10/2025

5. Available Attendance Forms:

weekly

6. Number of Credit Hours (Total) / Number of Units (Total) :

2 hours per week / 60 hours per year

1. Course administrator's name (mention all, if more than one name)

Name: Dhuha Ismael
Email: dhuhaism@hilla-unc.edu.iq

2. Course Objectives

Course Objectives	• **Increasing the student's skill in using computer** • **Getting to know Microsoft Office programs** • **Knowledge of areas of use of Office progra** • **Knowledge of Excel and PowerPoint**

3. Teaching and Learning Strategies

Strategy	1- -Knowledge and understanding (the student's ability to use a computer and operating system) 2-Subject-specific skills (Excel and PowerPoint components) 3-Methods of teaching and learning (clarifying and explaining the study materials - giving the student tasks and applications inside the laboratory - presenting different ideas and knowing the extent of the student's ability to apply them) 4-Evaluation methods

	(.Daily tests with multiple-choice questions for academic subjects-) Participation marks for difficult competition questions for students - Assigning grades for assigned homework assignments and .theoretical and practical exams 5-Thinking skills (collecting plans and ideas and implementing them within the program) 6- General and transferable skills (other skills related to employability a personal development)

4. Course Structure

Week	Hours	Required Learning Outcomes	Unit or subject name	Learning method	Evaluation method
1	2	Introduction PowerPoint	PowerPoint interface	Power point	applicatio
2	2	Find out the file list	Explanation of file list	Power point	applicatio
3	2	Find out the main mer	Explanation of the home menu with the application	Power point	applicatio
4	2	Add a slide	How to add a slide	Power point	applicatior
5	2	Add image	Add a picture to the slide	Power point	applicatio n
6	2	Knowledge table operation	making a table	Power point	applicatio
7	2	Know how to insert a video	Insert video	Power point	applicatio

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8	2	Knowledge of slide design	Explanation of menu design	Power point	applicatio
9	2	Knowledge of slide design	Design different backgrounds for each slide	Power point	application
10	2	Learn to add shapes	Add shapes and symbols to the slide	Power point	applicatior
11	2	Learn to move between slides	Explanation of the transitions list	Power point	applicatio
12	2	Learn to move shapes	Explanation of the Animations menu	Power point	application
13	2	Know the list view	Explanation of the view menu	Power point	application
14	2	Exam	Practical exam	Exam	Application exam
15	2	Exam	First semester exam	Presence	Exam
16	2	Know what Excel	An introduction to the Excel program	Power point	application
17	2	Identify the program window	Main window components	Power point	application
18	2	xplanation of bar equations	Equations bar	Power point	application
19	2	What is a worksheet	Explanation a worksheet	Power point	application
20	2	Learn data entry	Explanation of data entry	Power point	application

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21	2	Learn data entry	Explanation of data entry	Power point	application
22	2	Learn arithmetic operations	Explanation of mathematical operations in Excel	Power point	application
23	2	Learn functions	Explanation of functions in Excel	Power point	application
24	2	Find out the range	What is the range?	Power point	application
25	2	Knowing the average function	Explanation of the avarage function	Power point	application
26	2	Explanation of the Min function	Explanation of the Min function	Power point	application
27	2	Explanation of the Max function	Explanation of the Max function	Power point	application
28	2	Explanation of the count function	Explanation of the count function	Power point	application
29	2	Exam	Practical exam	exam	Application exam
30	2	Exam	second semester exam	Presence	Exam

5. Course Evaluation

Distributing the score out of 100 according to the tasks assigned to the student such as daily preparation, daily oral, monthly, or written exams, reports .... etc

Quizzes	The exam	first semester exam	Presence and activity	The exam	Quizzes	The total
5	20	25	5	20	25	50

6. Learning and Teaching Resources

Required textbooks (curricular books, if any)	Microsoft Word 2016 Tutorial 2- Microsoft Word Tutorial handout 3- Curso de PowerPoint 2010 4- Microsoft Excel 2010
Main references (sources)	WWW.TUTORIALSPOINT.COM

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Recommended books and references (scientific journals, reports…)	Scientific journals in the field
Electronic References, Websites	WWW.TUTORIALSPOINT.COM



Course Description Specification

2026-2025

Asst.prof.Dr.Ali Abdul-Amir Al-Hasnawi
dean

Lect.Dr. Mohammed Assem Ghazi
Assistant Dean, Faculty Member

Lect.Dr. Ali Sabri Al-Saadi
Head of Quality Assurance Department

Course Description Form

1. Course Name:

Football

2. Course Code:

HSPO4102

3. Semester / Year:

Year

4. Description Preparation Date:

30/12/2026

5. Available Attendance Forms:

Weekly

6. Number of Credit Hours (Total) / Number of Units (Total) :

2 hours per week / 60 hours per year

1. Course administrator's name (mention all, if more than one name)

Name: Wahb Razzaq Jabr Al-Jubouri
Email: dr.wahb.R.j@gmail.com

2. Course Objectives

Course Objectives	**• Teaching basic football skills** **• Teaching FIFA law**

3. Teaching and Learning Strategies

Strategy	1- -Knowledge and understanding (The student's ability to recognize and understand the tactical aspect of Football) -Subject-specific skills (Use a court mounted on a chalkboard and moveable player pieces) 2-Teaching and learning methods (clarifying and explaining the academic subjects - giving the student tasks and applications on the playground - presenting different ideas and knowing the extent of the student's ability to apply them) 3-Methods of teaching and learning (clarifying and explaining the study materials - giving the student tasks and applications inside the laboratory - presenting different ideas and knowing the extent of the student's ability to apply them) 4-Evaluation methods (.Daily tests with multiple-choice questions for academic subjects-) Participation marks for difficult competition questions for students Assigning grades for assigned homework assignments and - .theoretical and practical exams

4. Course Structure

Week	Hours	Required Learning Outcomes	Unit or subject name	Learning method	Evaluation method
1	2	Meeting with students and distributing vocabulary	Introducing students to their duties	Oral questions	Oral questions
2	2	History of the emergence of football	History of the emergence of football	Oral questions	Oral questions
3	2	Modern football	Modern football	Oral questions	Oral questions
4	2	Basic skills in football	Basic skills in football	Question and answer	Question and answer
5	2	Skillful performances in football	Skillful performances in football	Question and answer	Question and answer
6	2	Single (simple) skill performances	Single (simple) skill performances	Question and answer	Question and answer
7	2	Ball rolling skill	Ball rolling skill	Question and answer	Question and answer
8	2	Ball passing skill	Ball passing skill	Practical performance	Practical performance
9	2	The skill of receiving the ball	The skill of receiving the ball	Practical performance	Practical performance
10	2	Dribbling skill	Dribbling skill	Practical performance	Practical performance
11	2	Goal scoring skill	Goal scoring skill	Practical performance	Practical performance
12	2	Compassionate skill	Compassionate skill	Practical performance	Practical performance
13	2	Complex skill performances	Complex skill performances	Practical performance	Practical performance
14	2	Meeting with students and	Introducing students to their duties	Practical performance	Practical performance

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15	2	Exam	Exam	exam	exam
16	2	Football law	Football law	Question and answer	Question and answer
17	2	Law No. 1 The field of play	Law No. 1 The field of play	Practical performance	Practical performance
18	2	Law No. 2 Ball	Law No. 2 Ball	Practical performance	Practical performance
19	2	Law No. 3 Players	Law No. 3 Players	Practical performance	Practical performance
20	2	Law No. 4 Player Equipment	Law No. 4 Player Equipment	Practical performance	Practical performance
21	2	Law No. 5 Governance	Law No. 5 Governance	Practical performance	Practical performance
22	2	Law No. 6 Duration of the match	Law No. 6 Duration of the match	Practical performance	Practical performance
23	2	Law No. 7: Beginning and resuming play	Law No. 7: Beginning and resuming play	Practical performance	Practical performance
24	2	Law No. 8 Determine the result of the match	Law No. 8 Determine the result of the match	Question and answer	Question and answer
25	2	Law No. 9: Penalty kicks	Law No. 9: Penalty kicks	Practical performance	Practical performance
26	2	Law No. 10 Offside	Law No. 10 Offside	Practical performance	Practical performance
27	2	Law No. 11: Free kicks and throw-ins	Law No. 11: Free kicks and throw-ins	Question and answer + practical performance	Question and answer + practical performance
28	2	Law No. 13 Goal kick and corner kick	Law No. 13 Goal kick and corner kick	Practical performance	Practical performance
29	2	Football law	Football law	Practical performance	Practical performance
30	2	Exam	Exam	exam	exam

5. Course Evaluation

Distributing the score out of 100 according to the tasks assigned to the student such as daily preparation, daily oral, monthly, or written exams, reports .... etc

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Presence and activity	The exam	first semester exam	Presence and activity	The exam	second semester exam	The total
5	20	25	5	20	25	50

6. Learning and Teaching Resources

Required textbooks (curricular books, if any)	Football for the year 2016
Main references (sources)	Professional Football training for the year 2020
Recommended books and references (scientific journals, reports…)	Scientific journals in the field



Course Description Specification

2026-2025

Asst.prof.Dr.Ali Abdul-Amir Al-Hasnawi
dean

Lect.Dr. Mohammed Assem Ghazi
Assistant Dean, Faculty Member

Lect.Dr. Ali Sabri Al-Saadi
Head of Quality Assurance Department

Course Description Form

1. Course Name:	Weights
2. Course Code:	HSPO4113
3. Semester / Year:	Yearly
4. Description Preparation Date:	1/1/2026
5. Available Attendance Forms:	weekly
6. Number of Credit Hours (Total) / Number of Units (Total) :	2 hours per week / 60 hours per year

1. Course administrator's name (mention all, if more than one name)

Name: Ameer Mohsen Hussein
Email: ameeralyasiry550@gmail.com

2. Course Objectives

Course Objectives	• Communicating mathematical information, knowledge, and skills to students at different academic levels • Innovation, careful bservation, planning, criticism and comparison in school hysical education lessons and activities • Creating a safe and healthy environment for learners to ensure effective learning • Applying various evaluation methods to follow up and develop the school sports

	program and ensure that its goals are achieved **• Active and positive interaction with the community environment surrounding the work** **• Knowing the role of physical education and movement and sports activities in establishing and consolidating social traditions and norms**

3. Teaching and Learning Strategies

Strategy	- Cognitive objectives - Skills objectives for the course. Providing students with the basics and topics related to the knowledge and systems described in A Clarification and explanation of study materials by the academic staff. Providing students with knowledge through homework assignments for academic vocabulary. Asking students to visit the library to obtain academic knowledge related to academic vocabulary. Improving students' skills by visiting websites to obtain additional knowledge of academic subjects.

4. Course Structure

Week	Hours	Required Learning Outcomes	Unit or subject name	Learning method	Evaluation method
1	2	owledge of teaching methods in general	The concept of teaching methods	Explanation and esentation of the skill	derstandi and pplyi ng
2	2	ow the opinions of nkers and scientists about exercise	Physical exercises	Explanation and	derstandi and

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				presentation of the skill	pplyi ng
3	2	vantages not found in other sports	Advantages of physical exercises	Explanation and esentat n of the skill	derstandi and pplyi ng
4	2	ow what physical exercise aims to do	Physical exercise goals	xplanati and esentat n of the skill	nderstandi and pplyi ng
5	2	Knowledge of regular exercises Reformism and consensualism	Types of physical exercises	xplanati and esentat n of the skill	Understa nding and applying
6	2	owing and derstanding the mportance of exercise	The importance of physical exercises	xplanati and esentat n of the skill	derstandi and pplyi ng
7	2	Understanding objects such as physical and motor ability	Physical exercise purposes	xplanati and esentat n of the skill	derstandi and pplyi ng
8	2	Understand the comparison between exercise and daily movement	Physical exercises and comparing them to daily movements	xplanati and esentat n of the skill	derstandi and pplyi ng
9	2	Knowing the situation in general	Physical exercise conditions	xplanati and esentat n of the skill	derstandin and pplying
10	2	Know the five basic positions	Initial conditions (original)	xplanati and esentat n of the skill	nderstandi and pplyin g

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11	2	Know the modes derived from the basic ones	Initial (derivative) conditions	xplanati and esentat n of the skill	nderstandi and applying
12	2	Fundamental and derived positions	Exercise application	xplanati and esentat n of the skill	nderstandin and pplyi ng
13	2	Fundamental and derived positions	Exercise application	xplanati and esentat n of the skill	nderstandin and pplyi ng
14	2	Exam	Practical exam	Exam	Exam
15	2	Exam	Exam	Exam	Exam
16	2	Know and understand writing exercise	How to write physical exercise	xplanati and esentat n of the skill	nderstandin and applying
17	2	Know how to write physical exercise	Primary exercise	xplanati and esentat n of the skill	nderstandin and pplyi ng
18	2	Know how to write physical exercise	Movement or movements	xplanati and esentat n of the skill	nderstandin and pplyi ng
19	2	Know how to write physical exercise	Final position	xplanati and esentat n of the skill	nderstandin and applying
20	2	Know how to write physical exercise	Number of times you exercise	xplanati and esentat n of the skill	nderstandin and applying

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21	2	Understand the details of writing the initial situation and avoid mistakes	Basics that must be taken into account when writing the initial situation	xplanati and esentat n of the skill	nderstandin and pplyi ng
22	2	Understand the details of writing the initial situation and avoid mistakes	Basics to consider when writing an exercise movement	xplanati and esentat n of the skill	nderstandin and pplyi ng
23	2	Understanding accompanying movements	The burdensome movement	xplanati and esentat n of the skill	nderstandin and pplyi ng
24	2	Understanding the directive, its terms and sections	Instruction for physical exercise	xplanati and esentat n of the skill	nderstandin and pplyi ng
25	2	Know the news section	Instruction for physical exercise	xplanati and esentat n of the skill	nderstandin and pplyi ng
26	2	Knowing how to wait	Instruction for physical exercise	xplanati and esentat n of the skill	nderstandin and pplyi ng
27	2	Knowledge of the procedural section	Instruction for physical exercise	xplanati and esentat n of the skill	nderstandin and pplyi ng
28	2	Learn how to stop exercise on command	Instruct to stop the exercise	xplanati and esentat n of the skill	nderstandin and pplyi ng
29	2	Exam	Practical exam	Exam	Exam
30	2	Exam	second semester exam	Presence	Exam

UNIVERSITY OF HILLA
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5. Course Evaluation

Distributing the score out of 100 according to the tasks assigned to the student such as daily preparation, daily oral, monthly, or written exams, reports .... etc

Presence and activity	The exam	first semester exam	Presence and activity	The exam	second semester exam	The total
5	20	25	5	20	25	50

6. Learning and Teaching Resources

Required textbooks (curricular books, if any)	ethods of teaching physical education)
Main references (sources)	Dr.. Afaf Al-Katib Dr. Nihad Muhammad Alwan
Recommended books and references (scientific journals, reports…)	Contemporary Sports Journal Babylon University Journal Al-Qadisiyah University Journal
Electronic References, Websites	Research gate



Course Description Specification

2026-2025

Asst.prof.Dr.Ali Abdul-Amir Al-Hasnawi
dean

Lect.Dr. Mohammed Assem Ghazi
Assistant Dean, Faculty Member

Lect.Dr. Ali Sabri Al-Saadi
Head of Quality Assurance Department

Course Description Form

1. Course Name:	Weights
2. Course Code:	HSPO4113
3. Semester / Year:	Yearly
4. Description Preparation Date:	1/1/2026
5. Available Attendance Forms:	weekly
6. Number of Credit Hours (Total) / Number of Units (Total) :	2 hours per week / 60 hours per year

1. Course administrator's name (mention all, if more than one name)

Name: Ameer Mohsen Hussein
Email: ameeralyasiry550@gmail.com

2. Course Objectives

Course Objectives	• Communicating mathematical information, knowledge, and skills to students at different academic levels • Innovation, careful bservation, planning, criticism and comparison in school hysical education lessons and activities • Creating a safe and healthy environment for learners to ensure effective learning • Applying various evaluation methods to follow up and develop the school sports

	program and ensure that its goals are achieved **• Active and positive interaction with the community environment surrounding the work** **• Knowing the role of physical education and movement and sports activities in establishing and consolidating social traditions and norms**

3. Teaching and Learning Strategies

Strategy	- Cognitive objectives - Skills objectives for the course. Providing students with the basics and topics related to the knowledge and systems described in A Clarification and explanation of study materials by the academic staff. Providing students with knowledge through homework assignments for academic vocabulary. Asking students to visit the library to obtain academic knowledge related to academic vocabulary. Improving students' skills by visiting websites to obtain additional knowledge of academic subjects.

4. Course Structure

Week	Hours	Required Learning Outcomes	Unit or subject name	Learning method	Evaluation method
1	2	owledge of teaching methods in general	The concept of teaching methods	Explanation and esentation of the skill	derstandi and pplyi ng
2	2	ow the opinions of nkers and scientists about exercise	Physical exercises	Explanation and	derstandi and

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				presentation of the skill	pplyi ng
3	2	vantages not found in other sports	Advantages of physical exercises	Explanation and esentat n of the skill	derstandi and pplyi ng
4	2	ow what physical exercise aims to do	Physical exercise goals	xplanati and esentat n of the skill	nderstandi and pplyi ng
5	2	Knowledge of regular exercises Reformism and consensualism	Types of physical exercises	xplanati and esentat n of the skill	Understa nding and applying
6	2	owing and derstanding the mportance of exercise	The importance of physical exercises	xplanati and esentat n of the skill	derstandi and pplyi ng
7	2	Understanding objects such as physical and motor ability	Physical exercise purposes	xplanati and esentat n of the skill	derstandi and pplyi ng
8	2	Understand the comparison between exercise and daily movement	Physical exercises and comparing them to daily movements	xplanati and esentat n of the skill	derstandi and pplyi ng
9	2	Knowing the situation in general	Physical exercise conditions	xplanati and esentat n of the skill	derstandin and pplying
10	2	Know the five basic positions	Initial conditions (original)	xplanati and esentat n of the skill	nderstandi and pplyin g

مكتب العميد

11	2	Know the modes derived from the basic ones	Initial (derivative) conditions	xplanati and esentat n of the skill	nderstandi and applying
12	2	Fundamental and derived positions	Exercise application	xplanati and esentat n of the skill	nderstandin and pplyi ng
13	2	Fundamental and derived positions	Exercise application	xplanati and esentat n of the skill	nderstandin and pplyi ng
14	2	Exam	Practical exam	Exam	Exam
15	2	Exam	Exam	Exam	Exam
16	2	Know and understand writing exercise	How to write physical exercise	xplanati and esentat n of the skill	nderstandin and applying
17	2	Know how to write physical exercise	Primary exercise	xplanati and esentat n of the skill	nderstandin and pplyi ng
18	2	Know how to write physical exercis	Movement or movements	xplanati and esentat n of the skill	nderstandin and pplyi ng
19	2	Know how to write physical exercise	Final position	xplanati and esentat n of the skill	nderstandin and applying
20	2	Know how to write physical exercise	Number of times you exercise	xplanati and esentat n of the skill	nderstandin and applying

UNIVERSITY OF HILLA
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21	2	Understand the details of writing the initial situation and avoid mistakes	Basics that must be taken into account when writing the initial situation	xplanati and esentat n of the skill	nderstandin and pplyi ng
22	2	Understand the details of writing the initial situation and avoid mistakes	Basics to consider when writing an exercise movement	xplanati and esentat n of the skill	nderstandin and pplyi ng
23	2	Understanding accompanying movements	The burdensome movement	xplanati and esentat n of the skill	nderstandin and pplyi ng
24	2	Understanding the directive, its terms and sections	Instruction for physical exercise	xplanati and esentat n of the skill	nderstandin and pplyi ng
25	2	Know the news section	Instruction for physical exercise	xplanati and esentat n of the skill	nderstandin and pplyi ng
26	2	Knowing how to wait	Instruction for physical exercise	xplanati and esentat n of the skill	nderstandin and pplyi ng
27	2	Knowledge of the procedural sectio	Instruction for physical exercise	xplanati and esentat n of the skill	nderstandin and pplyi ng
28	2	Learn how to stop exercise on command	Instruct to stop the exercise	xplanati and esentat n of the skill	nderstandin and pplyi ng
29	2	Exam	Practical exam	Exam	Exam
30	2	Exam	second semester exam	Presence	Exam

Course Evaluation .5						
Distributing the score out of 100 according to the tasks assigned to the student such as daily preparation, daily oral, monthly, or written exams, reports .... etc						
Presence and activity	The exam	first semester exam	Presence and activity	The exam	second semester exam	The total
5	20	25	5	20	25	50

Learning and Teaching Resources .6	
Required textbooks (curricular books, if any)	ethods of teaching physical education)
Main references (sources)	Dr.. Afaf Al-Katib Dr. Nihad Muhammad Alwan
Recommended books and references (scientific journals, reports…)	Contemporary Sports Journal Babylon University Journal Al-Qadisiyah University Journal
Electronic References, Websites	Research gate



Course Description Specification

2026-2025

Asst.prof.Dr.Ali Abdul-Amir Al-Hasnawi
dean

Lect.Dr. Mohammed Assem Ghazi
Assistant Dean, Faculty Member

Lect.Dr. Ali Sabri Al-Saadi
Head of Quality Assurance Department

Course Description Form

Course Name: .1
Scouting
Course Code: .2
HSPO4112
Semester / Year: .3
Yearly
Description Preparation Date: .4
1/1/2026
Available Attendance Forms: .5
weekly
Number of Credit Hours (Total) / Number of Units (Total) : .6
2 hours per week / 60 hours per year
Course administrator's name (mention all, if more than one name) .1
Name: Ameer Mohsen Hussein Email: ameeralyasiry550@gmail.com
Course Objectives .2

Course Objectives	• Communicating mathematical information, knowledge, and skills to students at different academic levels • Innovation, careful observation, planning, criticism and comparison in school physical education lessons and activities • Creating a safe and healthy environment for learners to ensure effective learning • Applying various evaluation methods to follow up and

	develop the school sports program and ensure that its goals are achieved • Active and positive interaction with the community environment surrounding the work • Knowing the role of physical education and movement and sports activities in establishing and consolidating social traditions and norms

3. Teaching and Learning Strategies

Strategy	- Cognitive objectives - Skills objectives for the course. Providing students with the basics and topics related to the knowledge and systems described in A Clarification and explanation of study materials by the academic staff. Providing students with knowledge through homework assignments for academic vocabulary. Asking students to visit the library to obtain academic knowledge related to academic vocabulary. Improving students' skills by visiting websites to obtain additional knowledge of academic subjects.

4. Course Structure

Week	Hours	Required Learning Outcomes	Unit or subject name	Learning method	Evaluation method
1	2	owledge of teaching methods in general	The concept of teaching methods	Explanation and esentation of the skill	derstandi and pplyi ng

UNIVERSITY OF HILLA
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2	2	ow the opinions of nkers and scientists about exercise	Physical exercises	Explanation and resentation of the skill	derstandi and pplyi ng
3	2	vantages not found in other sports	Advantages of physical exercises	Explanation and esentat n of the skill	derstandi and pplyi ng
4	2	ow what physical exercise aims to do	Physical exercise goals	xplanati and esentat n of the skill	nderstandi and pplyi ng
5	2	Knowledge of regular exercises Reformism and consensualism	Types of physical exercises	xplanati and esentat n of the skill	Understa nding and applying
6	2	owing and derstanding the mportance of exercise	The importance of physical exercises	xplanati and esentat n of the skill	derstandi and pplyi ng
7	2	Understanding objects such as physical and motor ability	Physical exercise purposes	xplanati and esentat n of the skill	derstandi and pplyi ng
8	2	Understand the comparison between exercise and daily movement	Physical exercises and comparing them to daily movements	xplanati and esentat n of the skill	derstandi and pplyi ng
9	2	Knowing the situation in general	Physical exercise conditions	xplanati and esentat n of the skill	nderstandin and pplying
10	2	Know the five basic positions	Initial conditions (original)	xplanati and esentat	nderstandi and pplyin g

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				n of the skill	
11	2	Know the modes derived from the basic ones	Initial (derivative) conditions	xplanati and esentat n of the skill	nderstandi and applying
12	2	Fundamental and derived positions	Exercise application	xplanati and esentat n of the skill	nderstandin and pplyi ng
13	2	Fundamental and derived positions	Exercise application	xplanati and esentat n of the skill	nderstandin and pplyi ng
14	2	Exam	Practical exam	Exam	Exam
15	2	Exam	Exam	Exam	Exam
16	2	Know and understand writing exercise	How to write physical exercise	xplanati and esentat n of the skill	nderstandin and applying
17	2	Know how to write physical exercise	Primary exercise	xplanati and esentat n of the skill	nderstandin and pplyi ng
18	2	Know how to write physical exercise	Movement or movements	xplanati and esentat n of the skill	nderstandin and pplyi ng
19	2	Know how to write physical exercise	Final position	xplanati and esentat n of the skill	nderstandin and applying
20	2	Know how to write physical exercise	Number of times you exercise	xplanati and esentat	nderstandin and applying

UNIVERSITY OF HILLA
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				ı of the skill	
21	2	Understand the details of writing the initial situation and avoid mistakes	Basics that must be taken into account when writing the initial situation	xplanati and esentat ı of the skill	nderstandin and pplyi ng
22	2	Understand the details of writing the initial situation and avoid mistakes	Basics to consider when writing an exercise movement	xplanati and esentat ı of the skill	nderstandin and pplyi ng
23	2	Understanding accompanying movements	The burdensome movement	xplanati and esentat ı of the skill	nderstandin and pplyi ng
24	2	Understanding the directive, its terms and sections	Instruction for physical exercise	xplanati and esentat ı of the skill	nderstandin and pplyi ng
25	2	Know the news section	Instruction for physical exercise	xplanati and esentat ı of the skill	nderstandin and pplyi ng
26	2	Knowing how to wait	Instruction for physical exercise	xplanati and esentat ı of the skill	nderstandin and pplyi ng
27	2	Knowledge of the procedural section	Instruction for physical exercise	xplanati and esentat ı of the skill	nderstandin and pplyi ng
28	2	Learn how to stop exercise on command	Instruct to stop the exercise	xplanati and esentat ı of the skill	nderstandin and pplyi ng

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29	2	Exam	Practical exam	Exam	Exam
30	2	Exam	second semester exam	Presence	Exam

5. Course Evaluation

Distributing the score out of 100 according to the tasks assigned to the student such as daily preparation, daily oral, monthly, or written exams, reports .... etc

Presence and activity	The exam	first semester exam	Presence and activity	The exam	second semester exam	The total
5	20	25	5	20	25	50

6. Learning and Teaching Resources

Required textbooks (curricular books, if any)	ethods of teaching physical education)
Main references (sources)	Dr.. Afaf Al-Katib Dr. Nihad Muhammad Alwan
Recommended books and references (scientific journals, reports…)	Contemporary Sports Journal Babylon University Journal Al-Qadisiyah University Journal
Electronic References, Websites	Research gate



Course Description Specification

2026-2025

Asst.prof.Dr.Ali Abdul-Amir Al-Hasnawi
dean

Lect.Dr. Mohammed Assem Ghazi
Assistant Dean, Faculty Member

Lect.Dr. Ali Sabri Al-Saadi
Head of Quality Assurance Department

Course Description

1. Course Name
Sport Training
2. Course Code
HSPO4220
3. Semester/Year:
Year
4. Date of preparation of this description:
2026/1/15
5. Available forms of attendance.
In-person (classroom)
6. Number of study hours (total) per unit (total):
2 hour per week/ 4 unit
7. Name of the course supervisor (if more than one name is mentioned).
Dr. Omar Hossam El-Din Omaralhshimy7@gmail.com
8. No Course Objectives

Subject objectives	**1. The student will understand sports training.** **2. The student will classify the principles of sports training.** **3. The student will understand the standardization of training loads.** **4. The student will analyze the training unit.** **5. The student will explain the basic components of sports training.** **6. The student will explain physical fitness and its components.**
9. Teaching and learning strategies	
strategies	1. Brainstorming 2. Collaborative Learning 3. Problem Solving 4. Dialogue and Discussion 5. Presentation and Lecture

10. Course structure

Week	Hours	Required learning outcomes	Unit or topic name	Learning Method	Evaluation Method
1	2		Presentation of the material, its components, and lesson requirements	Purification and lecture	
2	2	.1The student should understand sports training .2The student should classify	Sports Training Concept / Sports Training Duties	Dialogue and Discussion	Question and Answer

		the principles of sports training .3The student should list the training tasks			
3	2	.1The student should understand the basic components of training .2The student should classify the basic components of training	Basic Components	Speech and Lecture	Question and Answer
4	2	.1The student should understand general physical preparation .2The student should classify the intensity used in general physical preparation	General Physical Preparation	Brainstorming	short exam
5	2	.1The student should understand specific physical preparation .2The student should link general and specific physical preparation	Specific Physical Preparation	Brainstorming	Question and Answer
6	2	.1The student should understand skill preparation .2The student should explain how to teach a skill	Skill Preparation	Dialogue and Discussion	Question and Answer
7	2	.1The student should explain tactical preparation .2The student should distinguish between tactical and skill preparation	Planning Preparation	Problem Solving	Question and Answer
8	2	1. The student should understand psychological preparation 2. The student should analyze the stages of psychological preparation	Psychological Preparation	Dialogue and Discussion	Question and Answer
9	2	.1The student understands cognitive preparation .2The student proposes a preparation plan for a sports team	Cognitive Preparation	Dialogue and Discussion	Question and Answer
10	2	.1The student identifies	Training Load: Forms and Types	Cooperative Learning	short exam

UNIVERSITY OF HILLA
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		internal and external loads .2The student makes connections between internal and external loads			
11	2	.1The student understands training intensity 2. The student explains how to calculate intensity	Training Intensity	Problem Solving	Question and Answer
12	2	.1The student understands training volume 2. The student explains how to calculate volume	Training Volume	Problem Solving	short exam
13	2	.1The student understands training intensity .2The student explains how to calculate intensity	Training Intensity	Speech and Lecture	Question and Answer
14	2	.1The student understands training intensity 2. The student explains how to calculate intensity	Degrees of Training Load	Cooperative Learning	Question and Answer
15	2		Exam		short exam
16	2	.1The student will understand the training unit .2The student will differentiate between the training unit and the preparation unit	Training Unit	Lecture and Discussion	Question and Answer
17	2	.1The student will understand the preparatory, main, and concluding parts of the unit .2The student will analyze the three parts of the unit	Components of the Training Unit	Lecture and Discussion	short exam
18	2	.1The student will understand the purpose of constructing the unit .2The student will provide an example of a training unit with a skill-based objective	Objectives of the Training Unit	Lecture and Discussion	Question and Answer
19	2	.1The student will know how to plan the unit .2The student will draw a plan for a training unit	Training Unit Design	Cooperative Learning	Question and Answer
20	2	.1The student will know what	Physical Fitness	Brainstorming	short exam

UNIVERSITY OF HILLA
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		physical fitness is .2The student will differentiate between physical fitness related to health and fitness related to performance			
21	2	.1The student will understand the concept of muscular strength and its types .2The student will understand the factors affecting strength	Muscular Strength	Cooperative Learning	Question and Answer
22	2	.1The student will know when to train muscular strength 2. The student will suggest a method for strength training	Muscular Strength Training	Brainstorming for	Question and Answer
23	2	.1The student will understand the concept of endurance and its types .2The student will explain the relationship between fatigue and endurance	Endurance	Cooperative Learning	short exam
24	2	.1The student will understand when to train for endurance .2The student will suggest a method for training for endurance	Endurance Training	Brainstorming	short exam
25	2	.1The student will understand the concept of speed and its types .2The student will understand the factors affecting speed	Speed	Lecture and Discussion	Question and Answer
26	2	.1The student will understand the concept of flexibility and its types .2The student will understand when to provide flexibility to the player	Flexibility	Lecture and Discussion	short exam
27	2	.1The student will understand the concept of agility and its types .2The student will explain the relationship between agility and other abilities	Agility	Lecture and Discussion	short exam

28	2	.1The student will understand the concept of balance and its types .2The student will demonstrate the importance of balance	Balance	Lecture and Discussion	Question and Answer
29	2	.1The student will understand the concept of coordination and its types 2. The student will explain the relationship between coordination and skill	Coordination	Lecture and Discussion	Question and Answer
30	2		Exam		

11. Course Evaluation

Distribution of the grade out of 100 according to the tasks assigned to the student such as daily preparation, daily, oral, monthly and written exams |

First semester grade	Second semester grade	total summation
25	**25**	50

12. Learning and teaching resources

Required prescrib books (methodolo if available	
Main referen (sources)	.1Sports Training Skills, Ahmed Youssef, 2014 2. Sports Training Basics, Muwaffaq Asaad Mahmoud, 2011 3. Periodization Theory and Methodology of Training. Tudor O. Bompa. 2019 4. Science of Sports Training. Thomas Kurz. 2016 5. Science and Practice of Strength Training. Vladimir M. Zatsiorsky. 2021
Prevailing books a references that recommended scientific journ reports ....)	Iraqi Scientific Library



Course Description Specification

2026-2025

Asst.prof.Dr.Ali Abdul-Amir Al-Hasnawi
dean

Lect.Dr. Mohammed Assem Ghazi
Assistant Dean, Faculty Member

Lect.Dr. Ali Sabri Al-Saadi
Head of Quality Assurance Department

Course Description

1. Course Name:

Badminton

2. Course Code:

HSPO4225

3. Semester / Year:

Year

1. Date of preparation of this description:

2026/1/9

2. Available forms of attendance.

In-person (classroom)

3. Number of study hours (total) per unit (total):

2 hour per week/ 2 unit

4. Name of the course supervisor (if more than one name is mentioned).

Dr. Omar Hossam El-Din

Omaralhshimy7@gmail.com

1. Course Objectives

Course Objectives	**1. Developing students' cognitive aspects in knowing the concepts of badminton** **2. Developing cognitive aspects regarding the principles of learning badminton skills** **3. Developing the scientific aspects of knowledge of the basic principles of badminton** **4. Understanding and analyzing mistakes when performing the basic skills of badminton** **5. Developing students' cognitive aspects in knowing the laws and rules of badminton**

6. Teaching and Learning Strategies

Strategy	1. The Partial Method 2. The Holistic Method 3. Cooperative Learning 4. .Dialogue and Discussion 5. Lecture and Presentation

7. Course Structure

Week	Hours	Required Learning Outcomes	Unit or subject name	Learning method	Evaluation method
1	2		Presentation of the material, its vocabular and lesson requiremen		Lecture and present on

2	2	.1The student will determine the dimension of the badminton court .2The student will explain how to play badminton	Introduction to Badminton	Lecture and Discussion	Question and Answe
3	2	.1The student will list the principles of badminton 2. The student will demonstrate these principles	Basic Badminton Principles	Lecture and Discussion	Short Exam
4	2	.1The student will perform an exercise according to the principles of the game 2. The student will know how to hold the racket	Practical Exercises	Cooperative Learning	Performance test
5	2	1 .The student will list the stages of hitting the serve 2. The student will perform an exercise for performing the serve	Long and Short Forehand Serves	Holistic Method	Short Exam
6	2	.1The student will know how to hold the racket .2The student will list the stages of hitting t serve	Practical Exercises	Cooperative Learning	Performance test
7	2	1. The student will perform an exercise for performing the serve	Short and Fas Back hand Serv es	Holistic Method	Question and Answer
8	2	.1The student should know how to hold the racket. .2The student should list the stages of the drop shot. .3The student should explain the purpose of this shot.	Practical Exercises	Cooperative Learning	Performance test
9	2	1. The student should practice performing the drop shot. 2. The student should know how to hold the racket.	Forehand Drop Shot	Segmental Metho	Question and Answer
10	2	1. The student should list the stages of the smash. 2. The student should explain the purpose of this shot.	Practical Exercises	Cooperative Learning	Performance test
11	2	1. The student will practice performing the smash.	Forehand Smash	Segmental Metho	
12	2	1. The student will know how to hold the racket. 2. The student will list the stages of the smash. 3. The student will explain the purpose of this smash.	Practical Exercises	Cooperative Learning	Performance test
13	2	.1The student should know how to hold the racket 2. The student should list the stages of the	Forehand Dimension Shot	Segmental Metho	Question and Answe

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		forehand strike .3The student should explain the purpose of this strike			
14	2	.1The student should perform an exercise to perform the overhand strike	Theoretical Exam		
15	2	1. The student should know how to hold the racket 2. The student should list the stages of the backhand strike 3. The student should explain the purpose of this strike	Practical Exam		
16	2	1. The student should perform an exercise to perform the backhand strike	Forehand Swing Skill	The Partial Meth	Question and Answe
17	2	1. The student should know how to hold the racket 2. The student should list the stages of the forehand strike	Practical Exercises	Lecture and Discussion	Performance test
18	2	1. The student will perform a drill for the forehand stroke	ackhand Swing Skill	Partial Method	Question and Answe
19	2	1. The student will know how to hold the racket. 2. The student will list the stages of the backhand stroke. 3. The student will explain the purpose of this stroke	Practical Exercises	Cooperative Learning	Performance test
20	2	1. The student will perform a drill for the backhand stroke.	Forehand Drive Skill	The Holistic Method	Question and Answe
21	2	1. The student should know how to hold the racket. 2. The student should list the stages of the net stroke. 3. The student should explain the purpose of this stroke.	Practical Exercises	For Cooperative Learning	Performance test
22	2	1. The student should practice performing the net stroke. 2. The student should know the rules of the game 3. The student should know the form.	Backhand Drive Skill	The Holistic Method	Question and Answe
23	2	1. The student should explain how to fill out the form.	Practical Exercises	Cooperative Learning	Performance test
24	2	1. The student should know how to hold the racket. .2The student should list the stages of the net stroke. .3The student should explain the purpose of this stroke.	Network Swing	The Holistic Method	Question and Answe
25	2	1. The student should practice performing the net stroke.	Practical Exercises	Cooperative Learning	Performance

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					test
26	2	1. The student should know the rules of the game.	Rules and Rules of the Game	Lecture and Discussion	
27	2	1. The student should know the form.	Registration Form	Lecture and Discussion	Short Exam
28	2	1. The student should explain how to fill out the form.	Application on the Registration Form	Cooperative Learning	Short Exam
29	2		Theoretical Exam		
30	2		Practical Exam		

8. Course Evaluation

Distribution of the grade out of 100 according to the tasks assigned to the student, such as daily preparation, daily exams, strengthening, monthly, written, and reports

First semester grade	Second semester grade	total summation
25	25	50

9. Learning and Teaching Resources

Required textbooks (curricular books if any)	
Main references (sources)	1. Badminton Level 1, International Federation, 2019 2. Badminton: Steps to Success, Omar Hossam El-Din, 2022 3. International Badminton Law, Huthaifa Ibrahim Al-Harbi, 2014.
Recommended books and references (scientific journals, reports…)	
Electronic References, Websites	WWW.BWF.COM

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وزارة التعليم العالي والبحث العلمي
جهاز الإشراف والتقويم العلمي
دائرة ضمان الجودة والاعتماد الأكاديمي
قسم الاعتماد

وصف المقرر الدراسي

2026-2025

م.د. محمد عاصم غازي
معاون العميد للشؤون العلمية

م.د. علي صبري السعدي
مسؤول شعبة الجودة

أ.م.د. علي عبد الأمير الحسناوي
العميد

وصف المقرر الدراسي

1. اسم المقرر:
الريشة الطائرة
2. رمز المقرر
HSPO4225
3. الفصل / السنة:
سنوي
4. تاريخ إعداد هذا الوصف:
2026/1/5
5. أشكال الحضور المتاحة :
حضوري (ملعب الجامعة)
6. عدد الساعات الدراسية (الكلي)/ عدد الوحدات (الكلي):
2 ساعة اسبوعياً / 2 وحدة
7. اسم مسؤول المقرر الدراسي (اذا اكثر من اسم يذكر)
م.د عمر حسام الدين Omaralhshimy7@gmail.com
8. اهداف المقرر

اهداف المادة الدراسية	**1- تعليم المبادئ الأساسية والمهارات الحركية للريشة الطائرة** **2- تطوير الجوانب المعرفية فيما يخص ادوات ملعب الريشة الطائرة** **3- تطوير الجوانب العلمية في فهم فقرات القانون الريشة الطائرة** **4. كيفية التحكيم باستمارة التحكيم**

9. استراتيجيات التعليم والتعلم

الاستراتيجية	**1. الطريقة الجزئية** **2. الطريقة الكلية** **3. التعلم التعاوني** **4. الحوار والمناقشة** **5. الالقاء والمحاضرة**

10. بنية المقرر

الأسبوع	الساعات	مخرجات التعلم المطلوبة	اسم الوحدة او الموضوع	طريقة التعلم	طريقة التقييم
الاول	2		تقديم المادة ومفرداتها ومتطلبات الدرس	الالقاء والمحاضرة	
الثاني	2	1. ان يحدد الطالب قياسات ملعب	مدخل في الريشة الطائرة	المحاضرة والمناقشة	السؤال والجواب

		الريشة الطائرة 2. ان يشرح الطالب طريقة لعب الريشة			
الثالث	2	1. ان يعدد الطالب مبادئ الريشة الطائرة 2. ان يبين الطالب هذه المبادئ	المبادئ الاساسية بالريشة الطائرة	المحاضرة والمناقشة	امتحان قصير
الرابع	2	1. ان يطبق الطالب تمرين وفقا لاحد مبادئ اللعب	تمارين تطبيقية	التعلم التعاوني	السؤال والجواب
الخامس	2	1. ان يعرف الطالب كيفية مسك المضرب 2. ان يعدد الطالب مراحل ضرب الارسال	مهارة الارسال الامامي الطويل والقصير	الطريقة الكلية	السؤال والجواب
السادس	2	1. ان يطبق الطالب تمرين لأداء الارسال	تمارين تطبيقية	التعلم التعاوني	السؤال والجواب
السابع	2	1. ان يعرف الطالب كيفية مسك المضرب 2. ان يعدد الطالب مراحل ضرب الارسال	مهارة الارسال الخلفي القصير والسريع	الطريقة الكلية	امتحان قصير
الثامن	2	1. ان يطبق الطالب تمرين لأداء الارسال	تمارين تطبيقية	التعلم التعاوني	السؤال والجواب
التاسع	2	1. ان يعرف الطالب كيفية مسك المضرب 2. ان يعدد الطالب مراحل الضربة المسقطة 3. ان يشرح الطالب الغرض من هذه الضربة	مهارة الضربة المسقطة الامامية	الطريقة الجزئية	امتحان قصير
العاشر	2	1. ان يطبق الطالب تمرين لأداء الضربة المسقطة	تمارين تطبيقية	التعلم التعاوني	السؤال والجواب
الحادي عشر	2	1. ان يعرف الطالب كيفية مسك المضرب 2. ان يعدد الطالب مراحل الضربة الساحقة 3. ان يشرح الطالب الغرض من هذه الضربة	مهارة الضربة الساحقة الامامية	الطريقة الجزئية	امتحان قصير
الثاني عشر	2	1. ان يطبق الطالب تمرين لأداء الضربة الساحقة	تمارين تطبيقية	التعلم التعاوني	السؤال والجواب
الثالث عشر	2	1. ان يعرف الطالب كيفية مسك	مهارة ضربة الابعاد الامامية	الطريقة الجزئية	امتحان قصير

مكتب العميد

		المضرب 2. ان يعدد الطالب مراحل ضربة الابعاد 3. ان يشرح الطالب الغرض من هذه الضربة			
الرابع عشر	2		امتحان نظري		
الخامس عشر	2		امتحان عملي		
السادس عشر	2	1. ان يعرف الطالب كيفية مسك المضرب 2. ان يعدد الطالب مراحل الضربة المرفوعة الامامية 3. ان يشرح الطالب الغرض من هذه الضربة	مهارة الضربة المرفوعة الامامية	الطريقة الجزئية	امتحان قصير
السابع عشر	2	1. ان يطبق الطالب تمرين لأداء الضربة المرفوعة	تمارين تطبيقية	المحاضرة والمناقشة	السؤال والجواب
الثامن عشر	2	1. ان يعرف الطالب كيفية مسك المضرب 2. ان يعدد الطالب مراحل الضربة المرفوعة الخلفية 3. ان يشرح الطالب الغرض من هذه الضربة	مهارة الضربة المرفوعة الخلفية	الطريقة الجزئية	امتحان قصير
التاسع عشر	2	1. ان يطبق الطالب تمرين لأداء الضربة المرفوعة الخلفية	تمارين تطبيقية	التعلم التعاوني	السؤال والجواب
العشرون	2	1. ان يعرف الطالب كيفية مسك المضرب 2. ان يعدد الطالب مراحل الضربة المدفوعة الامامية 3. ان يشرح الطالب الغرض من هذه الضربة	مهارة الضربة المدفوعة الامامية	الطريقة الكلية	السؤال والجواب
الواحد والعشرون	2	1. ان يطبق الطالب تمرين لأداء الضربة المدفوعة الامامية	تمارين تطبيقية	لتعلم التعاوني	السؤال والجواب
الثاني والعشرون	2	1. ان يعرف الطالب كيفية مسك المضرب 2. ان يعدد الطالب مراحل الضربة المدفوعة الخلفية 3. ان يشرح الطالب الغرض من هذه الضربة	مهارة الضربة المدفوعة الخلفية	الطريقة الكلية	امتحان قصير

مكتب العميد

الثالث والعشرون	2	1. ان يطبق الطالب تمرين لأداء الضربة المدفوعة الخلفية	تمارين تطبيقية	التعلم التعاوني	السؤال والجواب
الرابع والعشرون	2	1. ان يعرف الطالب كيفية مسك المضرب 2. ان يعدد الطالب مراحل ضربة الشبكة 3. ان يشرح الطالب الغرض من هذه الضربة	ضربة الشبكة	الطريقة الكلية	السؤال والجواب
الخامس والعشرون	2	1. ان يطبق الطالب تمرين لأداء ضربة الشبكة	تمارين تطبيقية	التعلم التعاوني	امتحان قصير
السادس والعشرون	2	1. ان يعرف الطالب قواعد اللعب	قانون وقواعد اللعب	المحاضرة والمناقشة	امتحان قصير
السابع والعشرون	2	1. ان يعرف الطالب ملئ الاستمارة	استمارة التسجيل	المحاضرة والمناقشة	السؤال والجواب
الثامن والعشرون	2	1. ان يوضح الطالب كيفية ملئ الاستمارة	تطبيق على استمارة التسجيل	التعلم التعاوني	امتحان قصير
التاسع والعشرون	2		امتحان نظري		
الثلاثون	2		امتحان عملي		

11. تقييم المقرر

توزيع الدرجة من 100 على وفق المهام المكلف بها الطالب مثل التحضير اليومي والامتحانات اليومية والشفوية والشهرية والتحريرية والتقارير

درجة الفصل الاول	درجة الفصل الثاني	المجموع الكلي
25	25	50

12. مصادر التعلم والتدريس

الكتب المقررة المطلوبة (المنهجية أن وجدت	
المراجع الرئيسة (المصادر)	اهم الكتب والمصادر الخاصة بالكلية: 1- الريشة الطائرة المستوى الاول. الاتحاد الدولي. 2019 2.الريشة الطائرة خطوات الى النجاح. عمر حسام الدين. 2022 3-القانون الدولي للريشة الطائرة .حذيفة ابراهيم الحربي،2014 .
الكتب والمراجع الساندة التي يوصى بها (المجلات العلمية، التقارير....)	
المراجع الإلكترونية ، مواقع الانترنيت	الاتحاد الدولي للريشة الطائرة

مكتب العميد

Course Description Specification

2026-2025

Asst.prof.Dr.Ali Abdul-Amir Al-Hasnawi
dean

Lect.Dr. Mohammed Assem Ghazi
Assistant Dean, Faculty Member

Lect.Dr. Ali Sabri Al-Saadi
Head of Quality Assurance Department

Course Description

1.	Course name
2.	***Biomechanics***
3.	Course code
4.	***HSPO4215***
5.	Annual/ Semesterly
6.	annual
7.	Course description preparation date
8.	***1/1/2026***
9.	Forms of attendance
10.	weekly
11.	Number of study hours (total) / Number of units (total)
12.	hours per week / 60 hours per year ***2***
13.	
14.	Course Supervisor (mention more than one name)

Dr. Mohammed Asim Ghazi Name
Email***Mohammed.A.Mohammed@hillaa-unc.edu.iq***

15. Course objectives

16. Course objectives	• Improving technical performance (technique) The course aims to enhance the technical skills of athletes. • Developing and creating new tools The course seeks to innovate the tools used in training. • Training Improvement Focuses on improving training methods to achieve the best results. • Injury Prevention The course includes strategies to reduce injuries that athletes may be exposed to. • Rehabilitation for athletes .Also includes how to rehabilitate athletes after injuries
17. Education and Outputs	
Outputs	• ,Analysis of motor performance Pyomechanics helps in analyzing sports movements accurately .Which enables errors to be identified and technical performance improved • Developing training techniques Provides scientific foundations for developing training techniques, which contributes to improving .Efficiency and effectiveness in sports performance

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	• . Injury Prevention By understanding the forces acting on the body during movement, the risk of sports injuries can be reduced • Improves self-performance Helps athletes analyze their own movements .And understand how to improve their performance • .Applications in multiple fields The use of pyromechanics extends to other fields .Such as medicine and engineering, which enhances our understanding of how the human body works in different conditions • Curriculum development contributes to improving curricula in physical education .By integrating scientific knowledge into training and assessment • Providing scientific solutions to motor problems Helps provide research-based solutions .Scientific treatment of problems related to motor performance

18. Course vocabulary

The week	Number of hours	Learning Outcome Requirements	Name of the unit or topic	Teaching method	Evaluation method
1	2	The ability to explain basic concepts in biomechanics.	Introduction to Pneumatics	Theoretical lectures Providing basic information about biomechanical concepts.	Practical evaluation measuring the actual performance of athletes during training or competition.
2	2	Sports movement analysis the ability to analyze different movements and identify technical errors.	Fundamentals of Biomechanics	Practical workshops Applying concepts through practical activities .	Theoretical tests Conducting written tests to assess theoretical knowledge about pneumatics.
3	2	Applying the laws of motion Using Newton's laws to explain	Motion Analysis Basic Concepts	Project-based learning Implement projects related to motion analysis.	Video Analysis Use video clips to analyze movements and

مكتب العميد

		mathematical motion.			provide feedback.
4	2	Determining the forces affecting the body The ability to determine the forces affecting the body during athletic performance.	Forces acting on a body during motion	Self-learning Encouraging students to seek additional information.	Self-evaluation Encourage athletes to evaluate their personal performance.
5	2	Understanding the role of joints Know how types of joints affect movement.	Types of joints and their effect on athletic performance	Cooperative learning working in groups to analyze sports movements.	Peer Evaluation Using peer evaluation to analyze performance.
6	2	Sports performance evaluation ***The ability to evaluate sports performance using*** biomechanical analysis tools.	Analysis Biomechanics of Sports Performance	Case studies analysis of real-life cases of sports injuries.	Research projects Evaluation of research conducted by students in the fields of biomechanics.
7	2	Implementation of training strategies Developing training strategies based on the principles of pyrotechnics.	Sports Injuries Prevention and Treatment	Practical evaluation Conducting practical evaluations of athletic performance.	Continuous evaluation Conduct periodic evaluations to monitor progress.
8	2	Identifying injury factors The ability to identify factors that lead to sports injuries.	Training Biomechanics Strategies and Methods	Group discussions Organizing discussions on biomechanical topics.	Performance-based evaluation Evaluating performance

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					based on specific criteria.
9	2	Developing rehabilitation programs Designing sports rehabilitation programs based on biomechanical analysis.	Modern techniques in motion analysis	Technological applications Using software to analyze movement.	Evaluation using technology Using digital motion analysis tools to evaluate performance.
10	2	Use of technology in analysis The ability to use modern technologies in movement analysis.	The role of physiotherapy in sports rehabilitation	Problem-based learning solving real biomechanical problems.	Benchmarking Comparing performance with standards or benchmarks.
11	2	Assessing the Effect of Weight and Mass Understanding the Effect of Weight and Mass on Athletic Performance.	The effect of weight and mass on athletic performance	Practical training Perform exercises to improve performance.	Evaluation through observation Observing performance in real time and providing feedback.
12	2	Performance analysis in various sports The ability to analyze performance in sports such as ,swimming, football etc.	Analysis Biomechanics of running	Simulation Using simulation to understand mathematical movements.	Evaluation using questionnaires Using questionnaires to collect information about performance.
13	2	Applications of pyrotechnics in everyday life	Analysis Biomechanics of swimming	Self-assessment Encourage students to	Assessment through presentations

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		Understand how to apply the principles of pyrotechnics in everyday activities.		evaluate their performance.	Students are assessed based on their presentations on biomechanical topics.
14	2	Developing balance skills The ability to improve balance and stability skills.	Analysis biomechanics of basketball	Learning through play Using games to enhance biomechanical understanding.	Evaluation through workshops Evaluation of participants in practical workshops.
15	2	Understanding the relationship between muscular strength and performance Analyzing how muscular strength affects athletic performance.	Analysis Biomechanics of football	Individual guidance Providing individual support to students.	Evaluation using simulation Using simulation to evaluate feedback and performance.
16	2	Nutrition Impact Assessment Understanding the impact of nutrition on biomechanical performance.	The effect of speed on athletic performance	Blended learning merging traditional learning with e-learning.	Evaluation through case studies Analyzing and reporting on case studies.
17	2	Movement Analysis in Combat Sports The ability to	Analysis Biomechanics of jumping	Research projects Conducting research in specific	Assessment using educational games Using

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		analyze movements in combat sports.		biomechanical fields.	games to assess understanding and concepts.
18	2	Determining the impact of environmental factors Evaluating the impact of environmental factors on athletic performance.	Applications of Poymechanics in various sports	Skills training Improving motor skills through continuous training.	Evaluation through discussions Evaluating participants based on their participation in discussions.
19	2	biomechanical measurements Use of biomechanical measurements in analysis.	Measurements Biomechanics Tools and Techniques	Continuous evaluation Conduct periodic evaluations to monitor progress.	Evaluation using modern technologies using applications and programs to evaluate performance.
20	2	Developing leadership skills the ability to lead sports teams based on biomechanical analysis.	Balance and stability in sports performance	Learning through video Using educational videos.	Evaluation through quantitative analysis Using quantitative data to evaluate performance.
21	2	Performance evaluation in sports exercises the ability to evaluate	The effect of muscle strength on performance	Interact with experts Invite specialists to give lectures.	Evaluation through qualitative analysis Using qualitative data

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		performance in different exercises.			to understand performance.
22	2	Understanding the Effect of Age and Gender Analyzing how age and gender influence biomechanical performance.	Analysis Biomechanics of Exercise	Practical experiments Conduct experiments to understand biomechanical concepts.	Evaluation through social interaction Evaluating participants based on their interaction with others.
23	2	Developing research skills the ability to conduct research in the field of biomechanics.	The role of nutrition in improving biomechanical performance	Performance–based learning Evaluating performance based on specific criteria.	Evaluation through written feedback Providing written feedback on performance.
24	2	Application of knowledge in the clinical field Using biomechanical knowledge in clinical applications.	Interaction between the nervous system and muscles	Learning through examples Providing practical examples to illustrate concepts .	Evaluation through practical tests Conducting practical tests to evaluate skills.
25	2	Develop communication skills the ability to communicate effectively with athletes and coaches.	The impact of environmental factors on athletic performance	Critical Thinking Training Encourage students to think critically in analysis.	Evaluation through practical demonstrations Performance evaluation through

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					practical demonstrations.
26	2	Self-performance assessment the ability to evaluate and improve one's own performance.	Techniques used in motion measurement	Learning through assessment Using assessment as a learning tool.	Evaluation through statistical analysis Using statistical analysis to evaluate data.
27	2	Understanding the scientific foundations of training Analyzing the scientific foundations on which training programs are based.	Analysis Biomechanics of Combat Sports	Mobile learning using educational applications on smartphones.	Evaluation through immediate feedback Providing immediate feedback during performance.
28	2	Developing motivational strategies The ability to develop strategies to motivate athletes.	Effect of age and gender on biomechanical performance	Learning through motion simulation Using simulation techniques to understand movement.	Evaluation through periodic reviews Conduct periodic performance reviews.
29	2	Application of knowledge in multiple fields Use of biomechanical knowledge in fields	Clinical applications of poiamechanics	Learning through field experiences Visiting sports centers to analyze performance.	Evaluation through external assessments Using assessments

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		such as medicine and sports.			from external experts.
30	2	Evaluating future trends The ability to evaluate future trends in biomechanics.	Future trends in biomechanics	Learning through social interaction Using social media to	Evaluation through analysis of results Analysis of the final results of performance evaluation.

Evaluation methods

It shows the division of the grade out of 100 as conducting daily or monthly tests or assigning the student to .prepare reports and others

Daily attendance and activity	Exam	First semester grade	Daily attendance and activity	Exam	Second semester grade	Total
5	20	25	5	20	25	50

Education and teaching resources

Required textbooks 1

- Biomechanics Principles and Applications" - A. M. (Mario) R. P. DeVita
- "Biomechanics of Sport and Exercise" - Peter McGinnis
- "Fundamentals of Biomechanics" - Duane Knudson
- "Biomechanics A Qualitative Approach for Studying Human Movement" - David A. Winter
- "Biomechanics of Human Movement" - Benno M. Nigg and Walter Herzog
- "Clinical Biomechanics" - Robert P. C. McCormick

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	• "Introduction to Biomechanics Solving Problems Using Newton's Laws" - Robert D. B. and David G. M.
Main References (Sources)	• Journal of Biomechanics • Journal of Applied Biomechanics • Clinical Biomechanics
Recommended books and references (scientific journals , reports, etc.)	Research reports from universities on developments in the bi -calamity.
Electronic references and websites	• Purdue Owl Provides information on how to write electronic references.[1] • Walden University Academic Guides Contains examples of different references.[2] • New Mexico State University Libguides Provides information about different types of sources [3].



Course Description Specification

2026-2025

Asst.prof.Dr.Ali Abdul-Amir Al-Hasnawi
dean

Lect.Dr. Mohammed Assem Ghazi
Assistant Dean, Faculty Member

Lect.Dr. Ali Sabri Al-Saadi
Head of Quality Assurance Department

Course description template

1. : Course Name
Statistics
2. : Course Code
HSPO4224
3. :Annual/quarterly
annual
4. :Date of preparing the course description
1-1-2026
5. :Forms of attendance
weekly
6. :Number of study hours (total) / number of units (total)
2 / hours per week 60hours per year Total number of units: 148 units
7. Course administrator (mention more than one name)
phy.mazin.ab@uobabylon.edu.iq prof.Dr.mazin Abdul Hedi Ahmed
8. Course objectives

- **Learn how and how to display unclassified data.** - **Learn how and how to display classified data.** - **Identify the concept of measures of central tendency (arithmetic mean, median, mode), their types, methods of calculating them, their advantages, and disadvantages.** - **Identify the concept of dispersion measures (range, interquar deviation, standard deviation), their types, methods of calculati them, their advantages, and disadvantages.** - **Identify the types of data distribution curves and how to draw them.** - **Learn about the concept of correlation, and how to determ the form of data propagation in various correlation relationshi** **How to draw a diffusion figure**	Course objectives

9. Education and outcomes	
- **Teaching and Learning Methods** 1. Lecture Method 2. Discussion Method 3. Thinking Skills	Outputs

4. Critical Thinking
5. Observation Skills
6. Creative Thinking Skills
7. Brainstorming

- **Evaluation Methods**

1. Monthly Exam
2. Expression Method
3. Weekly Reports
4. Daily Exam
5. Question and Answer
6. Oral Exam

10. Course vocabulary

Evaluation method	Teaching method	Name of the unit or topic	Learning outcomes requirements	The number of hours	the week
Question and Answer	a Lecturea and discussion	What is statistics? Statistics homework collected? Constructing ascending and descending cumulative frequencies.	Introduction to statistics	2	1.
Daily Exam	Critical thinking	Why do we study statistics? Its importance in sports	Statistics and its importance i physical education.	2	2.
Oral Exam	Observation skill	Scientific method homework. Why is it called scientific	Scientific method and statisti method.	2	3.
Question and Answer	Critical thinkin	How is a sample collected? Statistics in sports research.	Designing statistical research i the field of physical education.	2	4.
Daily Exam	a lecture And discuss	How is a sample collected? Types of distributions.	Data, variables and their types	2	5.
Daily Exam	a lecture And discuss	How is a sample collected? Types of distributions	Samples and statistical population	2	6.
Report Discuss	Creative thinking skill	How are distributions plotted?	Frequency distributions.	2	7.
Question and Answer	Brainstorming	How are single and double frequencies collected?	Frequency tables (single and double).	2	8.

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Daily Exam	**a lecture And discuss**	**Constructing ascending and descending cumulative frequencies.**	**Ascending and descending clustered repetition table.**	2	9.
exam	--------	**the first exam**	----------	2	10
Question and Answer	**Critical thinking.**	**How to convert data to graphs?**	**Methods of displaying unclassified data (pictorials, graphs).**	2	11
Oral Exam	**Problem-solving**	**What do we mean by a graph? How is a graph drawn?**	**Chart line.**	2	12
Daily Exam	**a lecture And discuss**	**How are tabulated data grouped? Convert data to a histogram?**	**Tabulated data display metho (histogram).**	2	13
Question and Answer	**thinking skills**	**Draw a frequency polygon. Draw a frequency curve?**	**Iterative polygon, and iterativ curve.**	2	14
. Oral Exam	**Critical thinking**	**What is the arithmetic mean? And what is its importance?**	**Measures of central tendency (arithmetic mean)**	2	15
Report Discussion	**Brainstorming**	**What is the mode? How is it measured?**	**Mediator**	2	16
exam	-------	**Second monthly exam**	----------	2	17
Oral exam	**Problem-Solving**	**Why is it called the median? How do we measure the median?**	**Measures of dispersion (range**	2	18
Daily exam	**approach Critica**	**What are measures of dispersion? What is the concept of range?**	**standard deviation**	2	19
Question and answer	**a lecture And discuss**	**What is skewness? How is it measured?**	**Correlation coefficients**	2	20
short exam	**Creative thinkin skills**	**What are correlation coefficients? Why do we use them in sports?**	**Pearson correlation coefficient**	2	21
Online exam	**Observation skill**	**When would you use a simple correlation coefficient? How is it applied?**	**Spearman correlation coefficie**	2	22
exam	------	**Third monthly exam**	----------	2	23

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Question and Answer	**Creative And discuss**	**When is Spearman's correlation coefficienHow is it applied?t used?**	**Tabular grades**	2	24
short Exam	**Problem-solving techniques**	**What are standard scores? Why do we use them?**	**T.Test for independent sample**	2	25
Report Discussion	**Brainstorming.**	**How do we use tabular scores and why?**	**T.Test for different samples**	2	26
Oral Exam	**Creative thinking skills**	**What are independent samples? How do we apply the law?**	**Analysis of variance test**	2	27
online Exam	**Problem-solving techniques**	**What are different samples? How do we apply the law?**	**Statistical bag and ways to use**	2	28
Question and Answer	**a lecture And discuss**	**Why use the analysis of variance test? And how is it applied to samples with more than two?**	**Monthly exam**	2	29
Exam	**---------**	**Fourth monthly exam**	**---------**	2	30

11. Evaluation methods

The division of the score out of 100is explained, such as conducting daily or monthly tests, or assigning the student to prepare reports, etc

total summation	Second semester grade	the exam	Daily attendance and activity	First semester grade	the exam	Daily attendance and activity
50	25	20	5	25	20	5

12. Sources of education and teaching

	required textbooks
1- Wadih Yassin and Hassan Al-Obaidi. Statistical applications and computer use in physical education research, Mosul, Dar Al-Kutub for Printing and Publishing, 1999. 2- Muhammad Hassan Allawi and Muhammad Nasr al-Din. Measurement in Physical Education and Sports Psychology, Cairo, Dar Al-Fikr Al-Arabi, 2000. 3 - Muhammad Jassim Al-Yasiri and Marwan Abdel Majeed. Statistical methods in the field of educational research, Amman, Al-Warith Publishing and Distribution Foundation, 2001.	Main references (sources)

Muhammad Jassim Al-Yasiri: Principles of Statistics the Mathematical Field, Amman, Dar Al-Radwan Printing and Publishing, 2011.	Recommended books and references (scientific journals , reports, etc.)
https://www.noor.com	Electronic references and websites



Course Description Specification

2026-2025

Asst.prof.Dr.Ali Abdul-Amir Al-Hasnawi
dean

Lect.Dr. Mohammed Assem Ghazi
Assistant Dean, Faculty Member

Lect.Dr. Ali Sabri Al-Saadi
Head of Quality Assurance Department

Course description template

1. : Course Name
Statistics (the second)
2. : Course Code
HSPO4224
3. :Annual/quarterly
annual
4. :Date of preparing the course description
1-1-2026
5. :Forms of attendance
weekly
6. :Number of study hours (total) / number of units (total)
2 / hours per week 60hours per year Total number of units: 148 units
7. Course administrator (mention more than one name)
Dhuha Ismael Khaleel dhuhaism@hilla-unc.edu.iq
8. Course objectives

- **Learn how and how to display unclassified data.** - **Learn how and how to display classified data.** - **Identify the concept of measures of central tendency (arithmetic mean, median, mode), their types, methods of calculating them, their advantages, and disadvantages.** - **Identify the concept of dispersion measures (range, interquar deviation, standard deviation), their types, methods of calculati them, their advantages, and disadvantages.** - **Identify the types of data distribution curves and how to draw them.** - **Learn about the concept of correlation, and how to determ the form of data propagation in various correlation relationshi How to draw a diffusion figure**	Course objectives

9. Education and outcomes

- **Teaching and Learning Methods** 1. Lecture Method 2. Discussion Method 3. Thinking Skills	Outputs

4. Critical Thinking
5. Observation Skills
6. Creative Thinking Skills
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- **Evaluation Methods**

1. Monthly Exam
2. Expression Method
3. Weekly Reports
4. Daily Exam
5. Question and Answer
6. Oral Exam

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Evaluation method	Teaching method	Name of the unit or topic	Learning outcomes requirements	The number of hours	the week
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Question and Answer	Critical thinkin	How is a sample collected? Statistics in sports research.	Designing statistical research i the field of physical education.	2	4.
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Report Discuss	Creative thinking skill	How are distributions plotted?	Frequency distributions.	2	7.
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Daily Exam	**a lecture And discuss**	**Constructing ascending and descending cumulative frequencies.**	**Ascending and descending clustered repetition table.**	2	9.
exam	--------	**the first exam**	----------	2	10
Question and Answer	**Critical thinking.**	**How to convert data to graphs?**	**Methods of displaying unclassified data (pictorials, graphs).**	2	11
Oral Exam	**Problem-solving**	**What do we mean by a graph? How is a graph drawn?**	**Chart line.**	2	12
Daily Exam	**a lecture And discuss**	**How are tabulated data grouped? Convert data to a histogram?**	**Tabulated data display metho (histogram).**	2	13
Question and Answer	**thinking skills**	**Draw a frequency polygon. Draw a frequency curve?**	**Iterative polygon, and iterativ curve.**	2	14
. Oral Exam	**Critical thinking**	**What is the arithmetic mean? And what is its importance?**	**Measures of central tendency (arithmetic mean)**	2	15
Report Discussion	**Brainstorming**	**What is the mode? How is it measured?**	**Mediator**	2	16
exam	-------	**Second monthly exam**	----------	2	17
Oral exam	**Problem-Solving**	**Why is it called the median? How do we measure the median?**	**Measures of dispersion (range)**	2	18
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Online exam	**Observation skill**	**When would you use a simple correlation coefficient? How is it applied?**	**Spearman correlation coefficie**	2	22
exam	------	**Third monthly exam**	----------	2	23

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Question and Answer	**Creative And discuss**	**When is Spearman's correlation coefficienHow is it applied?t used?**	**Tabular grades**	2	24
short Exam	**Problem-solving techniques**	**What are standard scores? Why do we use them?**	**T.Test for independent sample**	2	25
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online Exam	**Problem-solving techniques**	**What are different samples? How do we apply the law?**	**Statistical bag and ways to use**	2	28
Question and Answer	**a lecture And discuss**	**Why use the analysis of variance test? And how is it applied to samples with more than two?**	**Monthly exam**	2	29
Exam	---	**Fourth monthly exam**	---	2	30

11. Evaluation methods

The division of the score out of 100 is explained, such as conducting daily or monthly tests, or assigning the student to prepare reports, etc

total summation	Quizzes	the exam	Daily attendance and activity	First semester grade	the exam	Quizzes
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12. Sources of education and teaching

	required textbooks
1- Wadih Yassin and Hassan Al-Obaidi. Statistical applications and computer use in physical education research, Mosul, Dar Al-Kutub for Printing and Publishing, 1999. 2- Muhammad Hassan Allawi and Muhammad Nasr al-Din. Measurement in Physical Education and Sports Psychology, Cairo, Dar Al-Fikr Al-Arabi, 2000. 3 - Muhammad Jassim Al-Yasiri and Marwan Abdel Majeed. Statistical methods in the field of educational research, Amman, Al-Warith Publishing and Distribution Foundation, 2001.	Main references (sources)

Muhammad Jassim Al-Yasiri: Principles of Statistics the Mathematical Field, Amman, Dar Al-Radwan Printing and Publishing, 2011.	Recommended books and references (scientific (.journals , reports, etc
https://www.noor.com	Electronic references and websites



Course Description Specification

2026-2025

Asst.prof.Dr.Ali Abdul-Amir Al-Hasnawi
dean

Lect.Dr. Mohammed Assem Ghazi
Assistant Dean, Faculty Member

Lect.Dr. Ali Sabri Al-Saadi
Head of Quality Assurance Department

Course Description Form

1. Course Name:
Computers (the second)
2. Course Code:
HSPO4103
3. Semester / Year:
Year
4. Description Preparation Date:
1/1/2026
5. Available Attendance Forms:
weekly
6. Number of Credit Hours (Total) / Number of Units (Total) :
2 hours per week / 60 hours per year
1. Course administrator's name (mention all, if more than one name)
Name: Dhuha Ismael Email: dhuhaism@hilla-unc.edu.iq
2. Course Objectives

Course Objectives	• **Increasing the student's skill in using computer** • **Getting to know Microsoft Office programs** • **Knowledge of areas of use of Office progra** • **Knowledge of Excel and PowerPoint**
3. Teaching and Learning Strategies	
Strategy	1- -Knowledge and understanding (the student's ability to use a computer and operating system) 2-Subject-specific skills (Excel and PowerPoint components) 3-Methods of teaching and learning (clarifying and explaining the study materials - giving the student tasks and applications inside the laboratory - presenting different ideas and knowing the extent of the student's ability to apply them) 4-Evaluation methods

	(.Daily tests with multiple-choice questions for academic subjects-) Participation marks for difficult competition questions for students - Assigning grades for assigned homework assignments and .theoretical and practical exams 5-Thinking skills (collecting plans and ideas and implementing them within the program) 6- General and transferable skills (other skills related to employability a personal development)

4. Course Structure

Week	Hours	Required Learning Outcomes	Unit or subject name	Learning method	Evaluation method
1	2	Introduction PowerPoint	PowerPoint interface	Power point	applicatio
2	2	Find out the file list	Explanation of file list	Power point	applicatio
3	2	Find out the main mer	Explanation of the home menu with the application	Power point	applicatio
4	2	Add a slide	How to add a slide	Power point	applicatior
5	2	Add image	Add a picture to the slide	Power point	applicatio n
6	2	Knowledge table operation	making a table	Power point	applicatio
7	2	Know how to insert a video	Insert video	Power point	applicatio

UNIVERSITY OF MILLA
مكتب العميد

8	2	Knowledge of slide design	Explanation of menu design	Power point	applicatio
9	2	Knowledge of slide design	Design different backgrounds for each slide	Power point	application
10	2	Learn to add shapes	Add shapes and symbols to the slide	Power point	applicatior
11	2	Learn to move between slides	Explanation of the transitions list	Power point	applicatio
12	2	Learn to move shapes	Explanation of the Animations menu	Power point	application
13	2	Know the list view	Explanation of the view menu	Power point	application
14	2	Exam	Practical exam	Exam	Application exam
15	2	Exam	First semester exam	Presence	Exam
16	2	Know what Excel	An introduction to the Excel program	Power point	application
17	2	Identify the program window	Main window components	Power point	application
18	2	xplanation of bar equations	Equations bar	Power point	application
19	2	What is a worksheet	Explanation a worksheet	Power point	application
20	2	Learn data entry	Explanation of data entry	Power point	application

UNIVERSITY OF HILLA
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21	2	Learn data entry	Explanation of data entry	Power point	application
22	2	Learn arithmetic operations	Explanation of mathematical operations in Excel	Power point	application
23	2	Learn functions	Explanation of functions in Excel	Power point	application
24	2	Find out the range	What is the range?	Power point	application
25	2	Knowing the average function	Explanation of the avarage function	Power point	application
26	2	Explanation of the Min function	Explanation of the Min function	Power point	application
27	2	Explanation of the Max function	Explanation of the Max function	Power point	application
28	2	Explanation of the count function	Explanation of the count function	Power point	application
29	2	Exam	Practical exam	exam	Application exam
30	2	Exam	second semester exam	Presence	Exam

5. Course Evaluation

Distributing the score out of 100 according to the tasks assigned to the student such as daily preparation, daily oral, monthly, or written exams, reports .... etc

Quizzes	The exam	first semester exam	Presence and activity	The exam	Quizzes	The total
5	20	25	5	20	25	50

6. Learning and Teaching Resources

Required textbooks (curricular books, if any)	Microsoft Word 2016 Tutorial 2- Microsoft Word Tutorial handout 3- Curso de PowerPoint 2010 4- Microsoft Excel 2010
Main references (sources)	WWW.TUTORIALSPOINT.COM



Recommended books and references (scientific journals, reports…)	Scientific journals in the field
Electronic References, Websites	WWW.TUTORIALSPOINT.COM



Course Description Specification

2026-2025

Asst.prof.Dr.Ali Abdul-Amir Al-Hasnawi
dean

Lect.Dr. Mohammed Assem Ghazi
Assistant Dean, Faculty Member

Lect.Dr. Ali Sabri Al-Saadi
Head of Quality Assurance Department

Course Description Form

1. Course Name:	boxing
2. Course Code:	HSPO4217
3. Semester / Year:	Yearly
4. Description Preparation Date:	1/1/2026
5. Available Attendance Forms:	weekly
6. Number of Credit Hours (Total) / Number of Units (Total) :	2 hours per week / 60 hours per year

1. Course administrator's name (mention all, if more than one name)

Name: Ameer Mohsen Hussein
Email: ameeralyasiry550@gmail.com

2. Course Objectives

Course Objectives	• **Communicating mathematical information, knowledge, and skills to students at different academic levels** • **Innovation, careful observation, planning, criticism and comparison in school physical education lessons and activities** • **Creating a safe and healthy environment for learners to ensure effective learning** • **Applying various evaluation methods to follow up and**

	develop the school sports program and ensure that its goals are achieved • Active and positive interaction th the community environment surrounding the work • Knowing the role of physical education and movement and sports activities in establishing and consolidating social traditions and norms

3. Teaching and Learning Strategies

Strategy	- Cognitive objectives - Skills objectives for the course. Providing students with the basics and topics related to the knowledge and systems described in A Clarification and explanation of study materials by the academic staff. Providing students with knowledge through homework assignments for academic vocabulary. Asking students to visit the library to obtain academic knowledge related to academic vocabulary. Improving students' skills by visiting websites to obtain additional knowledge of academic subjects.

4. Course Structure

Week	Hours	Required Learning Outcomes	Unit or subject name	Learning method	Evaluation method
1	2	owledge of teaching methods in general	The concept of teaching methods	Explanation and esentation of the skill	derstandi and pplyi ng

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2	2	ow the opinions of nkers and scientists about exercise	Physical exercises	Explanation and presentation of the skill	derstandi and pplyi ng
3	2	vantages not found in other sports	Advantages of physical exercises	Explanation and esentat n of the skill	derstandi and pplyi ng
4	2	ow what physical exercise aims to do	Physical exercise goals	xplanati and esentat n of the skill	nderstandi and pplyi ng
5	2	Knowledge of regular exercises Reformism and consensualism	Types of physical exercises	xplanati and esentat n of the skill	Understa nding and applying
6	2	owing and derstanding the mportance of exercise	The importance of physical exercises	xplanati and esentat n of the skill	derstandi and pplyi ng
7	2	Understanding objects such as physical and motor ability	Physical exercise purposes	xplanati and esentat n of the skill	derstandi and pplyi ng
8	2	Understand the comparison between exercise and daily movement	Physical exercises and comparing them to daily movements	xplanati and esentat n of the skill	derstandi and pplyi ng
9	2	Knowing the situation in general	Physical exercise conditions	xplanati and esentat n of the skill	derstandin and pplying
10	2	Know the five basic positions	Initial conditions (original)	xplanati and esentat	nderstandi and pplyin g

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				n of the skill	
11	2	Know the modes derived from the basic ones	Initial (derivative) conditions	xplanati and esentat n of the skill	nderstandi and applying
12	2	Fundamental and derived positions	Exercise application	xplanati and esentat n of the skill	nderstandin and pplyi ng
13	2	Fundamental and derived positions	Exercise application	xplanati and esentat n of the skill	nderstandin and pplyi ng
14	2	Exam	Practical exam	Exam	Exam
15	2	Exam	Exam	Exam	Exam
16	2	Know and understand writing exercise	How to write physical exercise	xplanati and esentat n of the skill	nderstandin and applying
17	2	Know how to write physical exercise	Primary exercise	xplanati and esentat n of the skill	nderstandin and pplyi ng
18	2	Know how to write physical exercise	Movement or movements	xplanati and esentat n of the skill	nderstandin and pplyi ng
19	2	Know how to write physical exercise	Final position	xplanati and esentat n of the skill	nderstandin and applying
20	2	Know how to write physical exercise	Number of times you exercise	xplanati and esentat	nderstandin and applying

UNIVERSITY OF HILLA
مكتب العميد

				n of the skill	
21	2	Understand the details of writing the initial situation and avoid mistakes	Basics that must be taken into account when writing the initial situation	xplanati and esentat n of the skill	nderstandin and pplyi ng
22	2	Understand the details of writing the initial situation and avoid mistakes	Basics to consider when writing an exercise movement	xplanati and esentat n of the skill	nderstandin and pplyi ng
23	2	Understanding accompanying movements	The burdensome movement	xplanati and esentat n of the skill	nderstandin and pplyi ng
24	2	Understanding the directive, its terms and sections	Instruction for physical exercise	xplanati and esentat n of the skill	nderstandin and pplyi ng
25	2	Know the news section	Instruction for physical exercise	xplanati and esentat n of the skill	nderstandin and pplyi ng
26	2	Knowing how to wait	Instruction for physical exercise	xplanati and esentat n of the skill	nderstandin and pplyi ng
27	2	Knowledge of the procedural section	Instruction for physical exercise	xplanati and esentat n of the skill	nderstandin and pplyi ng
28	2	Learn how to stop exercise on command	Instruct to stop the exercise	xplanati and esentat n of the skill	nderstandin and pplyi ng
29	2	Exam	Practical exam	Exam	Exam

UNIVERSITY OF HILLA
مكتب العميد

30	2	Exam	second semester exam	Presence	Exam

5. Course Evaluation

Distributing the score out of 100 according to the tasks assigned to the student such as daily preparation, daily oral, monthly, or written exams, reports .... etc

Presence and activity	The exam	first semester exam	Presence and activity	The exam	second semester exam	The total
5	20	25	5	20	25	50

6. Learning and Teaching Resources

Required textbooks (curricular books, if any)	ethods of teaching physical education)
Main references (sources)	Dr.. Afaf Al-Katib Dr. Nihad Muhammad Alwan
Recommended books and references (scientific journals, reports…)	Contemporary Sports Journal Babylon University Journal Al-Qadisiyah University Journal
Electronic References, Websites	Research gate

UNIVERSITY OF HILLA
مكتب العميد

Course Description Specification

2026-2025

Asst.prof.Dr.Ali Abdul-Amir Al-Hasnawi
dean

Lect.Dr. Mohammed Assem Ghazi
Assistant Dean, Faculty Member

Lect.Dr. Ali Sabri Al-Saadi
Head of Quality Assurance Department

Course Description Form

Course Name: .1	
Teaching methods	
Course Code: .2	
HSPO4221	
Semester / Year: .3	
Yearly	
Description Preparation Date: .4	
1/1/2026	
Available Attendance Forms: .5	
weekly	
Number of Credit Hours (Total) / Number of Units (Total) : .6	
2 hours per week / 60 hours per year	
Course administrator's name (mention all, if more than one name) .1	
Name: ali Hussein dhaher Email: ali.ap893@gmail.com	
Course Objectives .2	
Course Objectives	**Communicating mathematical information, knowledge, and skills to students at different academic levels** **• Innovation, careful bservation, planning, criticism and comparison in school hysical education lessons and activities** **• Creating a safe and healthy environment for learners to ensure effective learning**

	• Applying various evaluation methods to follow up and develop the school sports program and ensure that its goals are achieved • Active and positive interaction th the community environment surrounding the work • Knowing the role of physical education and movement and sports activities in establishing and consolidating social traditions and norms

3. Teaching and Learning Strategies

Strategy	- Cognitive objectives - Skills objectives for the course. Providing students with the basics and topics related to the knowledge and systems described in A Clarification and explanation of study materials by the academic staff. Providing students with knowledge through homework assignments for academic vocabulary. Asking students to visit the library to obtain academic knowledge related to academic vocabulary. Improving students' skills by visiting websites to obtain additional knowledge of academic subjects.

4. Course Structure

Week	Hours	Required Learning Outcomes	Unit or subject name	Learning method	Evaluation method

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1	2	owledge of teaching methods in general	The concept of teaching methods	Explanation and esentation of the skill	derstandi and pplyi ng
2	2	ow the opinions of nkers and scientists about exercise	Physical exercises	Explanation and presentation of the skill	derstandi and pplyi ng
3	2	vantages not found in other sports	Advantages of physical exercises	Explanation and esentat n of the skill	derstandi and pplyi ng
4	2	ow what physical exercise aims to do	Physical exercise goals	xplanati and esentat n of the skill	nderstandi and pplyi ng
5	2	Knowledge of regular exercises Reformism and consensualism	Types of physical exercises	xplanati and esentat n of the skill	Understa nding and applying
6	2	owing and derstanding the mportance of exercise	The importance of physical exercises	xplanati and esentat n of the skill	derstandi and pplyi ng
7	2	Understanding objects such as physical and motor ability	Physical exercise purposes	xplanati and esentat n of the skill	derstandi and pplyi ng
8	2	Understand the comparison between exercise and daily movement	Physical exercises and comparing them to daily movements	xplanati and esentat n of the skill	derstandi and pplyi ng
9	2	Knowing the situation in general	Physical exercise conditions	xplanati and esentat	derstandin and pplying

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				ı of the skill	
10	2	Know the five basic positions	Initial conditions (original)	xplanati and esentat ı of the skill	nderstandi and plyin g
11	2	Know the modes derived from the basic ones	Initial (derivative) conditions	xplanati and esentat ı of the skill	derstandi and applying
12	2	Fundamental and derived positions	Exercise application	xplanati and esentat ı of the skill	derstandin and pplyi ng
13	2	Fundamental and derived positions	Exercise application	xplanati and esentat ı of the skill	derstandin and pplyi ng
14	2	Exam	Practical exam	Exam	Exam
15	2	Exam	Exam	Exam	Exam
16	2	Know and understand writing exercise	How to write physical exercise	xplanati and esentat ı of the skill	derstandin and applying
17	2	Know how to write physical exercise	Primary exercise	xplanati and esentat ı of the skill	derstandin and pplyi ng
18	2	Know how to write physical exercise	Movement or movements	xplanati and esentat ı of the skill	derstandin and pplyi ng

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19	2	Know how to write physical exercise	Final position	xplanati and esentat n of the skill	nderstandin and applying
20	2	Know how to write physical exercise	Number of times you exercise	xplanati and esentat n of the skill	nderstandin and applying
21	2	Understand the details of writing the initial situation and avoid mistakes	Basics that must be taken into account when writing the initial situation	xplanati and esentat n of the skill	nderstandin and pplyi ng
22	2	Understand the details of writing the initial situation and avoid mistakes	Basics to consider when writing an exercise movement	xplanati and esentat n of the skill	nderstandin and pplyi ng
23	2	Understanding accompanying movements	The burdensome movement	xplanati and esentat n of the skill	nderstandin and pplyi ng
24	2	Understanding the directive, its terms and sections	Instruction for physical exercise	xplanati and esentat n of the skill	nderstandin and pplyi ng
25	2	Know the news section	Instruction for physical exercise	xplanati and esentat n of the skill	nderstandin and pplyi ng
26	2	Knowing how to wait	Instruction for physical exercise	xplanati and esentat n of the skill	nderstandin and pplyi ng

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27	2	Knowledge of the procedural section	Instruction for physical exercise	xplanati and esentat n of the skill	nderstandin and pplyi ng
28	2	Learn how to stop exercise on command	Instruct to stop the exercise	xplanati and esentat n of the skill	nderstandin and pplyi ng
29	2	Exam	Practical exam	Exam	Exam
30	2	Exam	second semester exam	Presence	Exam

Course Evaluation .5

Distributing the score out of 100 according to the tasks assigned to the student such as daily preparation, daily oral, monthly, or written exams, reports .... etc

Presence and activity	The exam	first semester exam	Presence and activity	The exam	second semester exam	The total
5	20	25	5	20	25	50

Learning and Teaching Resources .6

Required textbooks (curricular books, if any)	ethods of teaching physical education)
Main references (sources)	Dr.. Afaf Al-Katib Dr. Nihad Muhammad Alwan
Recommended books and references (scientific journals, reports…)	Contemporary Sports Magazine
Electronic References, Websites	Research gate

مكتب العميد

Course Description Specification

2026-2025

Asst.prof.Dr.Ali Abdul-Amir Al-Hasnawi
dean

Lect.Dr. Mohammed Assem Ghazi
Assistant Dean, Faculty Member

Lect.Dr. Ali Sabri Al-Saadi
Head of Quality Assurance Department

Course Description Form

1. Course Name:	gymnastics
2. Course Code:	HSPO4219
3. Semester / Year:	Yearly
4. Description Preparation Date:	1/1/2026
5. Available Attendance Forms:	weekly
6. Number of Credit Hours (Total) / Number of Units (Total) :	2 hours per week / 60 hours per year

1. Course administrator's name (mention all, if more than one name)

Name mohanad mohammed
Email: mohanad.mohammed1u2@gmail.com

2. Course Objectives

Course Objectives	• **Communicating mathematical information, knowledge, and skills to students at different academic levels** • **Innovation, careful bservation, planning, criticism and comparison in school hysical education lessons and activities** • **Creating a safe and healthy environment for learners to ensure effective learning** • **Applying various evaluation methods to follow up and**

	develop the school sports program and ensure that its goals are achieved • Active and positive interaction with the community environment surrounding the work • Knowing the role of physical education and movement and sports activities in establishing and consolidating social traditions and norms

3. Teaching and Learning Strategies

Strategy	- Cognitive objectives - Skills objectives for the course. Providing students with the basics and topics related to the knowledge and systems described in A Clarification and explanation of study materials by the academic staff. Providing students with knowledge through homework assignments for academic vocabulary. Asking students to visit the library to obtain academic knowledge related to academic vocabulary. Improving students' skills by visiting websites to obtain additional knowledge of academic subjects.

4. Course Structure

Week	Hours	Required Learning Outcomes	Unit or subject name	Learning method	Evaluation method
1	2	owledge of teaching methods in general	The concept of teaching methods	Explanation and esentation of the skill	derstandi and pplyi ng

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2	2	ow the opinions of nkers and scientists about exercise	Physical exercises	Explanation and presentation of the skill	derstandi and pplyi ng
3	2	vantages not found in other sports	Advantages of physical exercises	Explanation and esentat n of the skill	derstandi and pplyi ng
4	2	ow what physical exercise aims to do	Physical exercise goals	xplanati and esentat n of the skill	nderstandi and pplyi ng
5	2	Knowledge of regular exercises Reformism and consensualism	Types of physical exercises	xplanati and esentat n of the skill	Understa nding and applying
6	2	owing and derstanding the mportance of exercise	The importance of physical exercises	xplanati and esentat n of the skill	derstandi and pplyi ng
7	2	Understanding objects such as physical and motor ability	Physical exercise purposes	xplanati and esentat n of the skill	derstandi and pplyi ng
8	2	Understand the comparison between exercise and daily movement	Physical exercises and comparing them to daily movements	xplanati and esentat n of the skill	derstandi and pplyi ng
9	2	Knowing the situation in general	Physical exercise conditions	xplanati and esentat n of the skill	derstandin and pplying
10	2	Know the five basic positions	Initial conditions (original)	xplanati and esentat	nderstandi and pplyin g

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				ı of the skill	
11	2	Know the modes derived from the basic ones	Initial (derivative) conditions	xplanati and esentat ı of the skill	ıderstandi and applying
12	2	Fundamental and derived positions	Exercise application	xplanati and esentat ı of the skill	ıderstandin and pplyi ng
13	2	Fundamental and derived positions	Exercise application	xplanati and esentat ı of the skill	ıderstandin and pplyi ng
14	2	Exam	Practical exam	Exam	Exam
15	2	Exam	Exam	Exam	Exam
16	2	Know and understand writing exercise	How to write physical exercise	xplanati and esentat ı of the skill	ıderstandin and applying
17	2	Know how to write physical exercise	Primary exercise	xplanati and esentat ı of the skill	ıderstandin and pplyi ng
18	2	Know how to write physical exercise	Movement or movements	xplanati and esentat ı of the skill	ıderstandin and pplyi ng
19	2	Know how to write physical exercise	Final position	xplanati and esentat ı of the skill	ıderstandin and applying
20	2	Know how to write physical exercise	Number of times you exercise	xplanati and esentat	ıderstandin and applying

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				n of the skill	
21	2	Understand the details of writing the initial situation and avoid mistakes	Basics that must be taken into account when writing the initial situation	xplanati and esentat n of the skill	nderstandin and pplyi ng
22	2	Understand the details of writing the initial situation and avoid mistakes	Basics to consider when writing an exercise movement	xplanati and esentat n of the skill	nderstandin and pplyi ng
23	2	Understanding accompanying movements	The burdensome movement	xplanati and esentat n of the skill	nderstandin and pplyi ng
24	2	Understanding the directive, its terms and sections	Instruction for physical exercise	xplanati and esentat n of the skill	nderstandin and pplyi ng
25	2	Know the news section	Instruction for physical exercise	xplanati and esentat n of the skill	nderstandin and pplyi ng
26	2	Knowing how to wait	Instruction for physical exercise	xplanati and esentat n of the skill	nderstandin and pplyi ng
27	2	Knowledge of the procedural section	Instruction for physical exercise	xplanati and esentat n of the skill	nderstandin and pplyi ng
28	2	Learn how to stop exercise on command	Instruct to stop the exercise	xplanati and esentat n of the skill	nderstandin and pplyi ng

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29	2	Exam	Practical exam	Exam	Exam
30	2	Exam	second semester exam	Presence	Exam

5. Course Evaluation

Distributing the score out of 100 according to the tasks assigned to the student such as daily preparation, daily oral, monthly, or written exams, reports .... etc

Presence and activity	The exam	first semester exam	Presence and activity	The exam	second semester exam	The total
5	20	25	5	20	25	50

6. Learning and Teaching Resources

Required textbooks (curricular books, if any)	ethods of teaching physical education)
Main references (sources)	Dr.. Afaf Al-Katib Dr. Nihad Muhammad Alwan
Recommended books and references (scientific journals, reports…)	Contemporary Sports Journal Babylon University Journal Al-Qadisiyah University Journal
Electronic References, Websites	Research gate

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Course Description Specification

2026-2025

Asst.prof.Dr.Ali Abdul-Amir Al-Hasnawi
dean

Lect.Dr. Mohammed Assem Ghazi
Assistant Dean, Faculty Member

Lect.Dr. Ali Sabri Al-Saadi
Head of Quality Assurance Department

Course Description Form

1. Course Name:	gymnastics
2. Course Code:	HSPO4219
3. Semester / Year:	Yearly
4. Description Preparation Date:	1/1/2026
5. Available Attendance Forms:	weekly
6. Number of Credit Hours (Total) / Number of Units (Total) :	2 hours per week / 60 hours per year

1. Course administrator's name (mention all, if more than one name)

Name mohanad mohammed
Email: mohanad.mohammed1u2@gmail.com

2. Course Objectives

Course Objectives	• Communicating mathematical information, knowledge, and skills to students at different academic levels • Innovation, careful bservation, planning, criticism and comparison in school hysical education lessons and activities • Creating a safe and healthy environment for learners to ensure effective learning • Applying various evaluation methods to follow up and

	develop the school sports program and ensure that its goals are achieved • Active and positive interaction with the community environment surrounding the work • Knowing the role of physical education and movement and sports activities in establishing and consolidating social traditions and norms

3. Teaching and Learning Strategies

Strategy	- Cognitive objectives - Skills objectives for the course. Providing students with the basics and topics related to the knowledge and systems described in A Clarification and explanation of study materials by the academic staff. Providing students with knowledge through homework assignments for academic vocabulary. Asking students to visit the library to obtain academic knowledge related to academic vocabulary. Improving students' skills by visiting websites to obtain additional knowledge of academic subjects.

4. Course Structure

Week	Hours	Required Learning Outcomes	Unit or subject name	Learning method	Evaluation method
1	2	owledge of teaching methods in general	The concept of teaching methods	Explanation and esentation of the skill	derstandi and pplyi ng

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2	2	ow the opinions of nkers and scientists about exercise	Physical exercises	Explanation and presentation of the skill	derstandi and pplyi ng
3	2	vantages not found in other sports	Advantages of physical exercises	Explanation and esentat n of the skill	derstandi and pplyi ng
4	2	ow what physical exercise aims to do	Physical exercise goals	xplanati and esentat n of the skill	nderstandi and pplyi ng
5	2	Knowledge of regular exercises Reformism and consensualism	Types of physical exercises	xplanati and esentat n of the skill	Understa nding and applying
6	2	owing and derstanding the mportance of exercise	The importance of physical exercises	xplanati and esentat n of the skill	derstandi and pplyi ng
7	2	Understanding objects such as physical and motor ability	Physical exercise purposes	xplanati and esentat n of the skill	derstandi and pplyi ng
8	2	Understand the comparison between exercise and daily movement	Physical exercises and comparing them to daily movements	xplanati and esentat n of the skill	derstandi and pplyi ng
9	2	Knowing the situation in general	Physical exercise conditions	xplanati and esentat n of the skill	derstandin and pplying
10	2	Know the five basic positions	Initial conditions (original)	xplanati and esentat	nderstandi and pplyin g

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				ı of the skill	
11	2	Know the modes derived from the basic ones	Initial (derivative) conditions	xplanati and esentat ı of the skill	ıderstandi and applying
12	2	Fundamental and derived positions	Exercise application	xplanati and esentat ı of the skill	ıderstandin and pplyi ng
13	2	Fundamental and derived positions	Exercise application	xplanati and esentat ı of the skill	ıderstandin and pplyi ng
14	2	Exam	Practical exam	Exam	Exam
15	2	Exam	Exam	Exam	Exam
16	2	Know and understand writing exercise	How to write physical exercise	xplanati and esentat ı of the skill	ıderstandin and applying
17	2	Know how to write physical exercise	Primary exercise	xplanati and esentat ı of the skill	ıderstandin and pplyi ng
18	2	Know how to write physical exercise	Movement or movements	xplanati and esentat ı of the skill	ıderstandin and pplyi ng
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20	2	Know how to write physical exercise	Number of times you exercise	xplanati and esentat	ıderstandin and applying

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				n of the skill	
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22	2	Understand the details of writing the initial situation and avoid mistakes	Basics to consider when writing an exercise movement	xplanati and esentat n of the skill	nderstandin and pplyi ng
23	2	Understanding accompanying movements	The burdensome movement	xplanati and esentat n of the skill	nderstandin and pplyi ng
24	2	Understanding the directive, its terms and sections	Instruction for physical exercise	xplanati and esentat n of the skill	nderstandin and pplyi ng
25	2	Know the news section	Instruction for physical exercise	xplanati and esentat n of the skill	nderstandin and pplyi ng
26	2	Knowing how to wait	Instruction for physical exercise	xplanati and esentat n of the skill	nderstandin and pplyi ng
27	2	Knowledge of the procedural section	Instruction for physical exercise	xplanati and esentat n of the skill	nderstandin and pplyi ng
28	2	Learn how to stop exercise on command	Instruct to stop the exercise	xplanati and esentat n of the skill	nderstandin and pplyi ng

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29	2	Exam	Practical exam	Exam	Exam
30	2	Exam	second semester exam	Presence	Exam

5. Course Evaluation

Distributing the score out of 100 according to the tasks assigned to the student such as daily preparation, daily oral, monthly, or written exams, reports .... etc

Presence and activity	The exam	first semester exam	Presence and activity	The exam	second semester exam	The total
5	20	25	5	20	25	50

6. Learning and Teaching Resources

Required textbooks (curricular books, if any)	ethods of teaching physical education)
Main references (sources)	Dr.. Afaf Al-Katib Dr. Nihad Muhammad Alwan
Recommended books and references (scientific journals, reports…)	Contemporary Sports Journal Babylon University Journal Al-Qadisiyah University Journal
Electronic References, Websites	Research gate

مكتب العميد

Course Description Specification

2026-2025

Asst.prof.Dr.Ali Abdul-Amir Al-Hasnawi
dean

Lect.Dr. Mohammed Assem Ghazi
Assistant Dean, Faculty Member

Lect.Dr. Ali Sabri Al-Saadi
Head of Quality Assurance Department

Course Description



1. Course Name:
Racket Game
2. Course Code:
HSPO4225
1. Semester/Year:
Year
2. Date of preparation of this description:
2026/1/9
3. Available forms of attendance.
In-person (classroom)
4. Number of study hours (total) per unit (total):
2 hour per week/ 2 unit
5. Name of the course supervisor (if more than one name is mentioned).
Dr. Omar Hossam El-Din Omaralhshimy7@gmail.com

1. Course Objectives

Course Objectives	1. Developing students' cognitive aspects in knowing the concepts of racket games 2. Developing the cognitive aspects regarding the principles of learning racket skills 3. Developing the scientific aspects of knowledge of the basic principles of racket games 4. Understanding and analyzing mistakes when performing the basic skills of racket games 5. Developing students' cognitive aspects in knowing the laws and rules of racket games

1. Teaching and Learning Strategies

Strategy	1. The Partial Method 2. The Holistic Method 3. Cooperative Learning 4. .Dialogue and Discussion 5. Lecture and Presentation

1. Course Structure

Week	Hours	Required Learning Outcomes	Unit or subject name	Learning method	Evaluation method
1	2		Presentation of the material, its vocabulary, and lesson requirements		Lecture and presentat n
2	2	.1The student will determine the dimensions of the badminton court	Introduction to Badmint	Lecture and Discussion	Question and Answer



		.2The student will explain how to play badminton			
3	2	.1The student will list the principles of badminton 2. The student will demonstrate these principles	Basic Badminton Principles	Lecture and Discussion	Short Exam
4	2	.1The student will perform an exercise according to the principles of the game 2. The student will know how to hold tl racket	Practical Exercises	Cooperative Learning	Performance test
5	2	1 .The student will list the stages of hitting the serve 2. The student will perform an exercise for performing the serve	Long and Short Forehand Serves	Holistic Method	Short Exam
6	2	.1The student will know how to hold tl racket .2The student will list the stages of hitting the serve	Practical Exercises	Cooperative Learning	Performance test
7	2	1. The student will perform an exercise for performing the serve	Short and Fas Backh and Serves	Holistic Method	Question and Answer
8	2	.1The student should know how to hold the racket. .2The student should list the stages of the drop shot. .3The student should explain the purpose of this shot.	Practical Exercises	Cooperative Learning	Performance test
9	2	1. The student should practice performing the drop shot. 2. The student should know how to hold the racket.	Forehand Drop Shot	Segmental Metho	Question and Answer
10	2	1. The student should list the stages of the smash. 2. The student should explain the purpose of this shot.	Practical Exercises	Cooperative Learning	Performance test
11	2	1. The student will practice performing the smash.	Forehand Smash	Segmental Metho	
12	2	1. The student will know how to hold the racket. 2. The student will list the stages of the smash. 3. The student will explain the purpose of this smash.	Practical Exercises	Cooperative Learning	Performance test
13	2	.1The student should know how to hold the racket 2. The student should list the stages of the forehand strike .3The student should explain the purpose of this strike	Forehand Dimension Shot	Segmental Metho	Question and Answer
14	2		Theoretical Exam		

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15	2		Practical Exam		
16	2	1. The student will determine the dimensions of a tennis court. 2. The student will explain how to play tennis..	Introduction to Tennis	Lecture and Discussion	Question and Answer
17	2	1. The student will list the principles of tennis. 2. The student will demonstrate these principles.	Basic Principles of Ten	Lecture Discussion	Short Exam
18	2	1. The student will perform an exercise according to the principles of the game.	Practical Exercises	Cooperative Learning	Performance test
19	2	.1The student will know how to hold the racket. 2. The student will list the stages of the serve.	Serving	Holistic Method	Short Exam
20	2	1. The student will perform an exercise for performing the serve.	Practical Exercises	Cooperative Learning	Performance test
21	2	1. The student will know how to hold the racket. 2. The student will list the stages of the serve	Forehand	Segmental Metho	Short Exam
22	2	.1The student will complete a forehand drill	Practical Exercises	Cooperative Learning	Performance test
23	2	.1The student will know how to hold the racket 2. The student will list the stages of the serve	Backhand	Segmental Metho	Short Exam
24	2	1. The student will complete a backhand drill	Practical Exercises	Cooperative Learning	Performance test
25	2	1. The student will know how to hold the racket 2. The student will list the stages of the volley	Volleyball	Holistic Method	Question and Answer
26	2	1. The student will complete a volley drill	Practical Exercises	Cooperative Learning	Performance test
27	2	1. The student will know the rules of the game	Rules and Rules of the Game	Lecture Discussion	Question and Answer
28	2	1. The student will know how to fill out the form	Registration Form	Lecture Discussion	Question and Answer
29	2		Theoretical Exam		
30	2		Practical Exam		

2. Course Evaluation

Distribution of the grade out of 100 according to the tasks assigned to the student, such as daily preparation, daily exams, strengthening, monthly, written, and reports

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First semester grade	Second semester grade	total summation
25	25	50

3. Learning and Teaching Resources

Required textbooks (curricular books, any)	
Main references (sources)	
Recommended books and references (scientific journals, reports…)	1. Zafer Al-Kazemi. Mazen Hadi Kazar. Tennis: Technical Preparation and Tactical Performance, 2014 2. 2. Complete Adaptation to Tennis, Omar Hossam El-Din, 2023 3. 3. International Tennis Law, Huthaifa Ibrahim Al-Harbi, 2014 4. 4. Badminton, Level 1, International Federation, 2019 5. tennis skill. Joey rive. 2012
Electronic References, Websites	WWW.BWF.COM

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مكتب العميد

Course Description Specification

2026-2025

Asst.prof.Dr.Ali Abdul-Amir Al-Hasnawi
dean

Lect.Dr. Mohammed Assem Ghazi
Assistant Dean, Faculty Member

Lect.Dr. Ali Sabri Al-Saadi
Head of Quality Assurance Department

Course Description

Course name

1. Third stage teaching methods
2. Course code
3. ***HSPO4221***
4. Annual/Semesterly
5. annual
6. Course description preparation date
7. 1/1/2026
8. Forms of attendance
9. weekly
10. Number of study hours (total) / Number of units (total)
11. hours per week / 60 hours per year 2
12. Course Supervisor (mention more than one name)

Dr. Muhammad Asim Ghazi Name
EmailMohammed.A.Mohammed@hillaa-unc.edu.iq

13. Course objectives

Course objectives

1. **Develop teaching skills**
   - Enhancing planning and organizing skills for sports lessons.
2. **Understanding learning theories**
   - Learn about different learning theories and how to apply them in sports education.
3. **Applying teaching strategies**
   - Design and implement effective teaching strategies that suit students' needs.
4. **Performance evaluation**
   - Developing skills to evaluate students' performance in sports activities.
5. **Developing critical thinking**
   - Enhancing students' critical thinking through analyzing teaching situations.
6. **Enhance communication**
   - Improving effective communication skills between teacher and students.
7. **Developing leadership skills**
   - Developing leadership and classroom management skills in sports activities.
8. **Application of health concepts**
   - Promoting the concept of health and fitness through sports activities.
9. **Understanding diversity**
   - Learn how to deal with diversity in students' mathematical ability levels.
10. **Developing a positive learning environment**

	○ .Create a learning environment that encourages participation and positive interaction

14. Education and Outputs

Outputs	**Learning outcomes in teaching methods** **1. Lesson planning** **○ Ability to prepare comprehensive lesson plans for sports lessons that include objectives and activities.** **2. Applying teaching strategies** **○ Use a variety of teaching strategies to suit different students' needs.** **3. Performance evaluation** **○ Ability to evaluate student performance using effective assessment tools.** **4. Understanding learning theories** **○ Identify learning theories and apply them in designing sports activities.** **5. Developing communication skills** **○ Improving effective communication skills between teacher and students.** **6. Classroom management** **○ Develop classroom management skills and organize sports activities effectively.** **7. Interact with students** **○ Ability to motivate students and enhance their participation in activities.** **8. Developing a positive learning environment** **○ Create a learning environment that encourages cooperation and participation.** **9. Curriculum adaptation** **○ Ability to adapt curricula and activities to meet the needs of students with different abilities.** **10. Application of modern technologies** **○ Integrating modern technologies into the teaching process to enhance learning.**

15. Course vocabulary

The week	Number of hours	Learning Outcome Requirements	Name of the unit or topic	Teaching method	Evaluation method
1	**2**	Understanding basic concepts **Knowing the basic principles of teaching methods.**	**Introduction to Teaching Methods**	Lecture **Presenting information orally.**	Continuous assessment **Evaluating 'students performance periodically**

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					throughout the semester.
2	**2**	Lesson planning **the ability to prepare effective lesson plans.**	**Learning styles**	Active learning **encouraging active student participation.**	Quizzes **Use short quizzes to measure understanding.**
3	**2**	Applying diverse strategies **Using different teaching strategies that suit students.**	**Basics of designing sports lessons**	Cooperative learning **working in groups to achieve common goals.**	Projects **Evaluating students through practical projects.**
4	**2**	Performance evaluation **The ability to evaluate student performance in objective ways.**	**Traditional teaching strategies**	Project-based learning **implementing practical educational projects.**	Presentations **Assessing presentation and communication skills.**
5	**2**	Developing communication skills **Enhancing effective communication**	**Active learning strategies**	Self-learning **Encouraging students to study subjects on their own.**	Self-assessment **Encourage students to evaluate themselves.**

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		skills with students.			
6	**2**	Classroom management **The ability to manage the classroom effectively.**	**Cooperative Education**	Student-centered education **adapting education to 'suit students needs.**	Peer assessment **students assessing each other.**
7	**2**	Application of technology **Using technological tools in the educational process.**	**Sports performance evaluation**	Teaching through play **using games as a teaching tool.**	Final exams **A comprehensive assessment of 'students performance at the end of the semester.**
8	**2**	Active learning **Enhancing active learning methods in lessons.**	**Classroom management techniques**	Experiential learning **learning through practical experience.**	Practical evaluation **measuring performance through practical activities.**
9	**2**	Cooperative education **developing**	**Healthy nutrition for athletes**	Distance learning **Using technology to**	Class discussions **assessing**

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		teamwork skills .		**learn outside the classroom .**	**participation in discussions.**
10	**2**	Motor Skills Development **Developing students' basic motor skills.**	**Safety principles in physical education**	Visual-based learning **using videos and presentations.**	Open-ended tests **Use open-ended questions to assess deep understanding.**
11	**2**	Self-learning applications **Encouraging students to learn independently.**	**Technology Applications in Physical Education**	Creative Education **Encouraging creative thinking in solving problems.**	Daily logs **Use logs to track student progress.**
12	**2**	Integrating individual differences **dealing with differences in students' levels and abilities.**	**Student-centered education**	Formative assessment **using assessment to improve learning.**	Performance-based assessment **Evaluating students based on their performance in activities.**
13	**2**	Play applications **Using play as a teaching method.**	**Motor skills development**	Multimedia education **combining**	Criteria-based assessment **Using specific criteria to**

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				images, video and audio.	**evaluate performance.**
14	**2**	Curriculum evaluation **the ability to evaluate educational curricula.**	**Positive interaction with students**	Directed teaching **Providing ongoing guidance to students.**	Questionnaires **Collecting information from students about their educational experience.**
15	**2**	Developing critical thinking **Enhancing critical thinking among students .**	**Develop critical thinking**	Teamwork **Enhancing cooperation between students in projects.**	Comprehensive assessment **Integrating different assessments to get a comprehensive picture.**
16	**2**	Developing leadership skills **Developing leadership and management skills among students.**	**Physical activity planning**	Critical thinking **Encouraging students to analyze information.**	Evaluation by observations **observing 'students behavior during activities.**

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17	2	Planning sports activities **Organizing physical activities effectively.**	**Play applications in learning**	Case-based learning **Using case studies to apply concepts.**	Practical tests **measuring practical skills in real-world contexts.**
18	2	Lesson evaluation **the ability to evaluate the effectiveness of the lessons implemented.**	**Teaching sports**	Blended learning **merging traditional education with e-learning.**	Assessment through games **Using games to assess skills.**
19	2	Values Education **Integrating Moral Values into the Educational Process.**	**Comprehensive education**	Practical training **providing practical experiences in a specific field .**	Problem-based assessment **presenting real problems to assess solution ability.**



20	**2**	Mental health development **Focus on 'students mental health.**	**Fitness Enhancement Strategies**	Peer learning **Encouraging students to share knowledge.**	Group Project Assessment **Assessing teamwork and collaboration.**
21	**2**	Developing interaction skills **Improving interaction skills among students.**	**learning through experience**	Skill-based education **Focus on developing practical skills .**	Remote assessment **Using technology tools to evaluate performance.**
22	**2**	Inclusive education applications **Integrating students with special needs.**	**Lesson evaluation**	Teacher-assisted instruction **using the teacher as a guide and information provider.**	Video evaluation **recording activities and evaluating performance through observation.**
23	**2**	Motivational strategies **Enhancing motivation and**	**outdoor teaching**	Interactive learning **Using interactive activities to enhance**	Simulation Evaluation **Using scenarios to simulate real situations.**

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		participation in activities.		**understanding .**	
24	**2**	Healthy Nutrition **Understanding the importance of nutrition in academic performance.**	**Motivation strategies**	Emotion-Based Learning **Integrating Emotions into the Learning Process.**	Outcome-based assessment **measuring the final outcomes of learning.**
25	**2**	Practical training **Providing practical experiences in education.**	**Various sports activities**	Discussion education **promoting dialogue and discussion among students.**	Diversified assessment **combining different assessment methods into one process.**
26	**2**	Time management **Time management skills in planning and**	**Develop leadership skills**	Mobile learning **using mobile devices for learning.**	Evaluation through creativity **Evaluating new ideas and innovation.**

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		implementation .			
27	**2**	Developing sports culture **Promoting sports culture among students .**	**The importance of exercises in the lesson plan**	Values-based education **promoting moral values through education.**	Interactive assessment **Using interactive activities for assessment.**
28	**2**	Sports Nutrition **Understanding the Basics of Nutrition for Athletes.**	**Sports Event Planning**	Self-directed learning **Providing resources for students to direct their learning.**	Feedback Evaluation **Providing ongoing feedback to improve performance.**
29	**2**	Practice Analysis **Analysis and evaluation of current teaching practices.**	**Mathematical Values Concepts**	Inquiry-based learning **encouraging students to research and investigate.**	Objective-based evaluation **setting clear objectives and evaluating their achievement.**
30	**2**	Adaptability to change **The**	**Physical and mental nutrition**	Inclusive education	Oral assessment **Use oral**

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		ability to adapt to changes in the educational environment.		**integrating all students regardless of their abilities.**	**assessment to measure understanding and interaction.**

Evaluation methods

It shows the division of the grade out of 100 as conducting daily or monthly tests or assigning the student to .prepare reports and research and publish them, etc

Daily attendance and activity	Exam	First semester grade	Daily attendance and activity	Exam	Second semester grade	Total
5	20	25	5	20	25	50

Education and teaching resources

Required textbooks 1	▪ **Fundamentals of Teaching Physical Education”** - Charles T. Clapp ▪ **“Teaching Physical Education”** - Richard A. Schempp ▪ **“Physical Education for Lifelong Fitness”** - Jerry R. Thomas ▪
Main References (Sources)	**Journal of Teaching in Physical Education" - a specialized scientific journal.** **"Research Quarterly for Exercise and Sport" - a scientific journal focusing on sports research.** **"The Physical Educator" - a magazine that provides articles in the field of physical education.**
Recommended books and references (scientific journals , reports, etc.)	**“Physical Activity and Health”** - David R Bassett **“Introduction to Kinesiology”** - Peter RCHH van der Mars

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	□ **“Teaching Games for Understanding”** - Linda L. Griffin
Electronic references and websites	• □ **Google Scholar** **scholar.google.com** □ **JSTOR** **www.jstor.org** □ **ERIC (Education Resources Information Center)** **eric.ed.gov** □ **PubMed** **pubmed.ncbi.nlm.nih.gov**



Course Description Specification

2026-2025

Asst.prof.Dr.Ali Abdul-Amir Al-Hasnawi
dean

Lect.Dr. Mohammed Assem Ghazi
Assistant Dean, Faculty Member

Lect.Dr. Ali Sabri Al-Saadi
Head of Quality Assurance Department

1. Course Name:

Football / The third stage

2. Course Code:

HSPO4332

3. Semester / Year:

Year

4. Description Preparation Date:

2026/1/1

5. Available Attendance Forms:

presence

6. Number of Credit Hours (Total) / Number of Units (Total)

4

7. Course administrator's name (mention all, if more than one name)

me: Merand matanes dham
ail:merand_mtans@hilla-unc.edu.iq

8. Course Objectives

Course Objectives	• **1- Warm-up in football** • **2- Tactics in football** • **3- The difference between the playing styles of playing football (atta defense)** • **4- Technique** • **5- Collective action.....**

9. Teaching and Learning Strategies

Strategy	Brainstorming -1 Self-organized style -2 Partial method -3 -4 The total method

	:outputs Performing a warm-up according to scientific logic - Establishing offensive and defensive tactical formations - Understanding individual defensive and offensive duties - Awareness of collective defensive and offensive duties - Establishing tactical formations - :Evaluation method Theoretical exam-1 Practical test -2 .Daily participation in the lecture -3 .Reports and duties -4

10. Course Structure

Week	Hours	Required Learning Outcomes	Unit or subject name	Learning method	Evaluation method
1	4	The student must know the warm–up and how to perform it	General and private warm–up in football	Partial method	Understanding and understanding
2	4	The student must learn about offensive and defensive tactical performance (individual, team).	Types of tactical performance	And the application	

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3	4	The student must learn about individual offensive tactical performance	Tactical performance (defensive, (forward)	Partial and total method	Understanding and understanding
4	4	The student must get to know Withdrawing −1 .the competitor Preparing to −2 perform another .skill Move to the −3 opposing team's square with the .ball Preparing to −4 implement a .plan Keeping the −5 ball between the .team's players	Running with the ball	And the application	
5	4	The student must get to know Controlling −1 the ball while running fast, in addition to deception movements and changing the .running speed	Successful driving of the ball while performing a method	Partial and total method	Understanding and understanding

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		Self--2 confidence and .courage The visual -3 area, that is, the overall and comprehensive view of the .stadium			
6	4	The student must get to know The location -1 of the opposing player because it affects the choice of the type of deception move. Is it in front of the player? Or ?next to him Choose the -2 deception move that suits the player's .position Perfecting -3 and refining the evasion and deception movements that the player performs constantly so	Evasiveness and deception	And the application	

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		that they become easy and effective when .implemented			
7	4	For the student to get to know Deception -1 movement Performance -2 during man-to-man defense Performing a -3 deception move while receiving the ball without an opponent is a waste of time	Dribbling and deception movements when receiving the ball	Brainstorming method	
8	4	**For the student to get to know** The success -1 of driving the ball is linked to the success of dribbling and deception movements Diversity and -2 increasing the number of repetitions are good performance The student -3	Dribbling and deception movements when driving the ball	Partial method	

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		is able to surpass the competitor Distracting -4 the opponent's attention from the main goal of driving the ball			
9	4	The student must get to know Passing is a -1 method of collective tactical performance The dribbling -2 and deception movements that take place before and during the pass are aimed at keeping the opponent from knowing the direction of the ball. By -3 transferring the opponent's attention before passing to something else by executing an Dribbling and	Dribbling and deception movements while passing	Total method	Understanding and understanding

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		deception movements while passing appropriate **deception move**			
10	4	The student must know: 1- It is not true that the results of shooting strong and close to the goal are always positive 2- The student must know exactly when the shot can be successful 3- Using spiral strikes preceded by a deception move is much better than random powerful scoring	Dribbling and deception movements while scoring on goal	Total method	Understanding and understanding
11	4	The student must know the factors affecting scoring: 1- Skill performance level. 2- Tactical	**Scoring**	Brainstorming and Self-Regulated Method	Understanding and understanding

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		.performance Physical -3 fitness and psychological .factors Other factors -4			
12	4	The student :should know Maintaining -1 .body balance Advance the -2 part of the body that is to be used to carry out the control process toward the ball first, then pull it back the moment it touches the ball to prevent its .bounce The player -3 must not waste too much time during the process of receiving and controlling the ball with the least number of .touches Securing the -4 ball and protecting it from	Receiving and controlling the ball	Total method	Understanding and understanding

		the opponent			
13	4	The student should know: 1- Maintaining body balance. 2- Advance the part of the body that is to be used to carry out the control process toward the ball first, then pull it back the moment it touches the ball to prevent its bounce. 3- The player must not waste too much time during the process of receiving and controlling the ball with the least number of touches. 4- Securing the ball and protecting it from the opponent. 5- This skill must be linked to deception movements.	Receiving and controlling the ball	Partial method	Understanding and understanding

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14	4	The student should know: 1- Stop the ball with the sole and bottom of the foot for ground balls only. 2- Muffling the ball for high balls with the help of the ground. 3- Absorbing the ball with the chest. 4- Absorbing the ball with the thigh	Forms of receiving or controlling the ball skill	Lecture style	Understanding and understanding
15	4	**exam**	**exam**	Theoretical and practical exam	Theoretical and practical exam
16	4	The student must become familiar with the means of performing collective offensive tactics: 1- Free running and exchanging positions 2- Eliminate the presence of the opposing team's	Team offensive tactical performance	Total method	Understanding and understanding

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		players They free −3 themselves from the monitoring of the opposing team's players Providing −4 sufficient space for the teammate in possession of the ball to pass it			
17	4	The student :should know Types of −1 scrolling The best −2 way to do scrolling How to −3 position correctly	**Passing**	Total method	Understanding and understanding
18	4	The student :should know Defense −1 organization Types of −2 defense Means of −3 implementing individual defense plans Player position,) ability to move,	Defensive plans	Self-organized style	Understanding and understanding

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		(coverage			
19	4	The student :should know Direct form −1 Indirect form, −2	microscopic coverage	Total method	Understanding and understanding
20	4	The student :should know Monitor the −1 attackers of the opposing team Preventing −2 the opposing team's players from advancing Implementing −3 this plan even in the event of a numerical shortage in	covering the area	Partial and total method	Understanding and understanding And the application
21	4	**The** student will :know The −1 importance of keeping the ball away to protect .the goal Removing −2 the ball from the opponent's control Obtaining the −3 ball and putting .it under control	**Distracting the ball**	Total method	Understanding and understanding

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22	4	The student :should know Awareness −1 of individual duties within the group. Closing −2 areas near the penalty area. Dividing the −3 field into defensive triangles, collective	defensive plans	Total method	Understanding and understanding
23	4	**F**or the student to know how to defend and according to the :playing areas Defensive −1 third area. A third of the −2 midfield area. The offensive −3 third area, the collective	**.defense areas**	Partial method	Understanding and understanding
24	4	The student :should know The basics −1 of applying this defense. Physical −2 specifications. The basic −3	man−to−man defense	Partial and total method	Understanding and understanding

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		duties of every player are			
25	4	The student should know: 1- The nature of the massed defense. 2- Specifications of massed defense. 3- The importance of massed defense.	Massed defence	Total method	Understanding and understanding
26	4	The student should know: 1- How to implement defensive and offensive duties. 2- How to defend defensive areas.	Apply defensive and offensive situations of play	Brainstorming and the partial method	Understanding and understanding
27	4	The student should know: 1- How to implement defensive and offensive duties. 2- How to defend defensive areas.	Apply defensive and offensive situations of play	Partial method	Understanding and understanding

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28	4	The student :should know How to −1 implement defensive and .offensive duties How to −2 defend .defensive areas	Apply defensive and offensive situations of play	Total method	Understanding and understanding
29	4	The student :should know How to −1 implement defensive and .offensive duties How to −2 defend .defensive areas	Apply defensive and offensive situations of play	Partial method	Understanding and understanding And the application
30	4	**exam**	**exam**	exam	exam



11. Course Evaluation

Distributing the score out of 100 according to the tasks assigned to the student such as daily preparation, daily oral, monthly, or written exams, reports .... etc

First semester grade	Secondsemester grade	Final exam score	the total
Theoretical + practical exam	Theoretical + practical exam	Theoretical + practical exam	100
25	25	50	

12. Learning and Teaching Resources

Required textbooks (curricular books, if any)	-1 Foundations of learning and teaching and its applications in football, Qasim Lazzam and others, 2005, Dar Al-Wafa for Printing and Publishing. -2 los Hanna, Muhammad Saeed Rashid, Football,

	,2009
Main references (sources)	Match Magazine, Football
Recommended books and references (scientific journals, reports…)	
Electronic References, Websites	Quooora website: the first Arab sports - website ternational Federation of Association - Football



Course Description Specification

2026-2025

Asst.prof.Dr.Ali Abdul-Amir Al-Hasnawi
dean

Lect.Dr. Mohammed Assem Ghazi
Assistant Dean, Faculty Member

Lect.Dr. Ali Sabri Al-Saadi
Head of Quality Assurance Department

Course description template

1. : Course Name
Motor learning
2. : Course Code
HSPO4326
3. :Annual/quarterly
annual
4. :Date of preparing the course description
1-1-2026
5. :Forms of attendance
weekly
6. :Number of study hours (total) / number of units (total)
2 / hours per week 60hours per year Total number of units: 148 units
7. Course administrator (mention more than one name)
phy.mazin.ab@uobabylon.edu.iq prof.Dr.mazin Abdul Hedi Ahmed
8. Course objectives

-Developing students' cognitive aspects in knowing concepts of motor learning **- Developing cognitive aspects regarding the principles learning sports skills and movements** **- Developing the scientific aspects of understanding how movement occurs and its development in the sporting aspect** **- Understanding and analyzing sports movements according their internal and external manifestations and forms** **- Understanding and interpreting the mental processes related to the underlying action** **- Understanding and analyzing the mental processes related to motor action** **- Developing the cognitive aspects of feedback and its applied concepts**	Course objectives

9. Education and outcomes	
- Teaching and Learning Methods	Outputs

1. Lecture Method
2. Discussion Method
3. Thinking Skills
4. Critical Thinking
5. Observation Skills
6. Creative Thinking Skills
7. Brainstorming

- **Evaluation Methods**

1. Monthly Exam
2. Expression Method
3. Weekly Reports
4. Daily Exam
5. Question and Answer
6. Oral Exam

10. Course vocabulary

Evaluation method	Teaching method	Name of the unit or topic	Learning outcomes requirements	The number of hours	the week
Question and Answer	Lecture and Discussion	Concepts of movement and factors affecting movement	What is Kinesiology ? The Importance of Kinesiology	2	1.
Oral Exam	Critical Thinking	Learning concepts and learning laws	Definition and Important of Kinesiology Factors Affecting It	2	2.
Daily Exam	Self-Discovery	The concept of motor learning and the basic principles of motor learning	The Concept of Learning The Difference Between Learning and Teaching	2	3.
Question and Answer	Lecture and Discussion	Learning curve, types	The Concept of Kinesiology Learning Its Importance and Principles	2	4.
Daily Exam	Lecture and Discussion	Learning curve problem, learning plateau	Definition of the Learning Curve Its Types and Forms	2	5.
Daily Exam	Self-Discovery	Motor learning paths. Rough compatibility	The Concept of Rough Compatibility Its Advantages	2	6.
Report Discussion	Creative Thinking Skills	Motor learning pathways, fine coordination	The Concept of Fine Compatibility Its Advantages	2	7.
Theoretical exam	--------	First monthly exam, first semester	----------	2	8.

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Question and Answer	Brainstorming	Motor learning paths, static compatibility	The Concept of Static Coordination Its Features	2	9.
Oral Exam	Lecture and Discussion	Motor compatibility. Motor coordination systems	The Meaning of Motor Coordination The Concept of Coordinatior Coordination Systems	2	10
Daily Exam	Critical Thinking	Mental processes, motor action	The Nature of Coordination Ability Motor Qualities. Physical Qualities	2	11
Question and Answer	problem-Solving Method	Mental processes latent action	The Mental Concept of Movement Attention, Concentration, Reaction	2	12
Oral Exam	Lecture and Discussion	Feedback, its concept, types	Perception, Thinking, Imagination	2	13
Report Discussion	Critical Thinking	Feedback, its forms, methods providing it, factors affecting it	The Concept of Feedback Its Importance, Conditions for Providing It	2	14
Theoretical exam	---------	Second monthly exam, first semester	----------	2	15
Oral Exam	Guided Discovery	Motor skill	Methods of Providing Feedback Factors Influencing It	2	16
Daily Exam	Creative Thinking Skills	Self-education	The Concept of Motor Skill: Types and Factors Influencing It	2	17
Question and Answer	problem-Solving Method	Mental training	The Concept of Self-Learning Its Importance and Use	2	18
Short Exam	Self-Discovery	Exercise methods (sequential exercise)	The Concept of Mental Training: Its Functions, Importance, and Methods of Implementation	2	19
Online Exam	Lecture and Discussion	Exercise methods (random exercise)	The Concept of Exercise: Influencing Factors and Types	2	20
Question and Answer	Creative Thinking Skills	Internal form of movements	Types of Exercise complemer the previous lecture: Partial and Total Exercise	2	21
Theoretical exam	--------	First monthly exam, second semester	----------	2	22
Question and Answer	Lecture and Discussion	The external form of movements	Sports Movements External Form of Movement Types of Movement	2	23
Short Exam	Problem -Solving Method	Motor manifestations (motor transport)	Movement Path, Internal Movement Coherence	2	24

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Online Exam	**Brainstorming**	**Motor manifestations (motor rhythm)**	**Causes of Individual Differences Types**	2	25
Oral Exam	**Creative Thinking Skills**	**Kinetic manifestations (flow)**	**The Concept of Movement Rhythm Aspects of Rhythm**	2	26
Question and Answer	**Problem -Solving Method**	**Individual differences**	**The Concept of Fluidity Factors Influencing Fluidity**	2	27
Short Exam	**Lecture and Discussion**	**Transfer learning effect**	**The concept of motor transfer Types of motor transfer**	2	28
Report Discussion	**Guided Discove**	**Retention of learning**	**The concept of learning effects Types of learning effects**	2	29
Theoretical exam	---	**Second monthly exam, second semester**	---	2	30

11. Evaluation methods

The division of the score out of 100is explained, such as conducting daily or monthly tests, or assigning the student to prepare reports, etc

total summation	Second semester grade	the exam	Daily attendance and activity	First semester grade	the exam	Daily attendance and activity
50	25	20	5	25	20	5

12. Sources of education and teaching

	required textbooks
1- Wadih Yassin and Hassan Al-Obaidi. Statistical applications and computer use in physical education research, Mosul, Dar Al-Kutub for Printing and Publishing, 1999. 2- Muhammad Hassan Allawi and Muhammad Nasr al-Din. Measurement in Physical Education and Sports Psychology, Cairo, Dar Al-Fikr Al-Arabi, 2000. 3 - Muhammad Jassim Al-Yasiri and Marwan Abdel Majeed. Statistical methods in the field of educational research, Amman, Al-Warith Publishing and Distribution Foundation, 2001.	Main references (sources)
Muhammad Jassim Al-Yasiri: Principles of Statistics the Mathematical Field, Amman, Dar Al-Radwan Printing and Publishing, 2011.	Recommended books and references (scientific (.journals , reports, etc
https://www.noor.com	Electronic references and websites

Course Description Specification

2026-2025

Asst.prof.Dr.Ali Abdul-Amir Al-Hasnawi
dean

Lect.Dr. Mohammed Assem Ghazi
Assistant Dean, Faculty Member

Lect.Dr. Ali Sabri Al-Saadi
Head of Quality Assurance Department

Course Description Form

1. Course Name:
Computers (the third)
2. Course Code:
HSPO4224
3. Semester / Year:
Year
4. Description Preparation Date:
1/1/2026
5. Available Attendance Forms:
weekly
6. Number of Credit Hours (Total) / Number of Units (Total) :
2 hours per week / 60 hours per year
1. Course administrator's name (mention all, if more than one name)
Name: Dhuha Ismael Email: dhuhaism@hilla-unc.edu.iq
2. Course Objectives

Course Objectives	• **Increasing the student's skill in using computer** • **Getting to know Microsoft Office programs** • **Knowledge of areas of use of Office progra** • **Knowledge of Excel and PowerPoint**
3. Teaching and Learning Strategies	
Strategy	1- -Knowledge and understanding (the student's ability to use a computer and operating system) 2-Subject-specific skills (Excel and PowerPoint components) 3-Methods of teaching and learning (clarifying and explaining the study materials - giving the student tasks and applications inside the laboratory - presenting different ideas and knowing the extent of the student's ability to apply them) 4-Evaluation methods

	(.Daily tests with multiple-choice questions for academic subjects-) Participation marks for difficult competition questions for students - Assigning grades for assigned homework assignments and .theoretical and practical exams 5-Thinking skills (collecting plans and ideas and implementing them within the program) 6- General and transferable skills (other skills related to employability a personal development)

4. Course Structure

Week	Hours	Required Learning Outcomes	Unit or subject name	Learning method	Evaluation method
1	2	Introduction PowerPoint	PowerPoint interface	Power point	applicatio
2	2	Find out the file list	Explanation of file list	Power point	applicatio
3	2	Find out the main mer	Explanation of the home menu with the application	Power point	applicatio
4	2	Add a slide	How to add a slide	Power point	applicatior
5	2	Add image	Add a picture to the slide	Power point	applicatio n
6	2	Knowledge table operation	making a table	Power point	applicatio
7	2	Know how to insert a video	Insert video	Power point	applicatio

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8	2	Knowledge of slide design	Explanation of menu design	Power point	applicatio
9	2	Knowledge of slide design	Design different backgrounds for each slide	Power point	application
10	2	Learn to add shapes	Add shapes and symbols to the slide	Power point	applicatior
11	2	Learn to move between slides	Explanation of the transitions list	Power point	applicatio
12	2	Learn to move shapes	Explanation of the Animations menu	Power point	application
13	2	Know the list view	Explanation of the view menu	Power point	application
14	2	Exam	Practical exam	Exam	Application exam
15	2	Exam	First semester exam	Presence	Exam
16	2	Know what Excel	An introduction to the Excel program	Power point	application
17	2	Identify the program window	Main window components	Power point	application
18	2	xplanation of bar equations	Equations bar	Power point	application
19	2	What is a worksheet	Explanation a worksheet	Power point	application
20	2	Learn data entry	Explanation of data entry	Power point	application

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21	2	Learn data entry	Explanation of data entry	Power point	application
22	2	Learn arithmetic operations	Explanation of mathematical operations in Excel	Power point	application
23	2	Learn functions	Explanation of functions in Excel	Power point	application
24	2	Find out the range	What is the range?	Power point	application
25	2	Knowing the average function	Explanation of the avarage function	Power point	application
26	2	Explanation of the Min function	Explanation of the Min function	Power point	application
27	2	Explanation of the Max function	Explanation of the Max function	Power point	application
28	2	Explanation of the count function	Explanation of the count function	Power point	application
29	2	Exam	Practical exam	exam	Application exam
30	2	Exam	second semester exam	Presence	Exam

5. Course Evaluation

Distributing the score out of 100 according to the tasks assigned to the student such as daily preparation, daily oral, monthly, or written exams, reports .... etc

Quizzes	The exam	first semester exam	Presence and activity	The exam	Quizzes	The total
5	20	25	5	20	25	50

6. Learning and Teaching Resources

Required textbooks (curricular books, if any)	Microsoft Word 2016 Tutorial 2- Microsoft Word Tutorial handout 3- Curso de PowerPoint 2010 4- Microsoft Excel 2010
Main references (sources)	WWW.TUTORIALSPOINT.COM

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Recommended books and references (scientific journals, reports…)	Scientific journals in the field
Electronic References, Websites	WWW.TUTORIALSPOINT.COM



Course Description Specification

2026-2025

Asst.prof.Dr.Ali Abdul-Amir Al-Hasnawi
dean

Lect.Dr. Mohammed Assem Ghazi
Assistant Dean, Faculty Member

Lect.Dr. Ali Sabri Al-Saadi
Head of Quality Assurance Department

Course Description Form

1. Course Name:

Sports medicine

2. Course Code:

HSPO4330

3. Semester / Year:

Year

4. Description Preparation Date:

2/1/2026

5. Available Attendance Forms:

Weekly

6. Number of Credit Hours (Total) / Number of Units (Total) :

2 hours per week / 60 hours per year

1. Course administrator's name (mention all, if more than one name)

Name: Ali Abdul Amir Al-Hasnawi
Email: dr.ali.a.al@gmail.co

2. Course Objectives

Course Objectives	**• Introducing students to the objectives of studying Sports medicine.** **• Identify the foundations of the physiological work of functional organs** **• Analysis of the vital functional activities of the human body.** **• Identify the impact of the physical and psychological effort of training and competition on these job activities.** **• Identify the importance of energy and its systems in sports work.** **• Identify the importance of food and nutrition in sports work.** **• Identify muscle Sports medicine, muscle types, and tissue structure.**

3. Teaching and Learning Strategies

Strategy	A- Knowledge and understanding 1. Identify the Sports medicine of the heart and vascular system, it parts and functions. 2. Identifying blood and its cellular components. 3. Identify the vital importance of blood. 4. Identifying blood functions and the effect of training on the hear vascular system, and blood. 5. Identify the respiratory system, its structure and functions.

4. Course Structure

Week	Hours	Required Learning Outcomes	Unit or subject name	Learning method	Evaluation method
1	2	Sports medicine	Introduction to the concept of sports medicine	Lecture and discussion	Creative thinking skill.
2	2	Sports medicine	Principles of exemption from physical education and sports science lessons	Lecture and discussion	
3	2	Sports medicine	Sports injuries	Lecture and discussion	Critical thinking.
4	2	Sports medicine	The main types of sports injuries	Lecture and discussion	Observation skill.
5	2	Sports medicine	Seasonal distribution of injuries	Lecture and discussion	Virtual reality glasses
6	2	Sports medicine	Skin injuries	Lecture and discussion	Critical thinking.
7	2	Sports medicine	Muscle injuries	Lecture and discussion	Observation skill.
8	2	Sports medicine	Bone injury	Lecture and discussion	Creative thinking skill.
9	2	Sports medicine	Joint injury	Lecture and discussion	Brainstorming
10	2	Sports medicine	Head and neck injury	Exam	----------
11	2	Sports medicine	Shoulder girdle injury	Lecture and discussion	Cooperative learning
12	2	Sports medicine	Elbow injury	Lecture and discussion	Critical thinking.
13	2	Sports medicine	Back injury	Lecture and discussion	Problem solving style
14	2	Sports medicine	Injury to the wrist and fingers	Lecture and discussion	Creative thinking skill.

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15	2	----------	First semester exam	Exam	----------
16	2	Sports medicine	Hip and pelvic injury	Lecture and discussion	Critical thinking.
17	2	Sports medicine	Thigh injury	Lecture and discussion	Critical thinking.
18	2	Sports medicine	Knee joint injury	Lecture and discussion	Brainstorming
19	2	Sports medicine	Leg bone injury	Lecture and discussion	Virtual reality glasses
20	2	Sports medicine	Ankle bone injury	Lecture and discussion	Critical thinking.
21	2	Sports medicine	Mirror and sports	Lecture and discussion	Observation skill.
22	2	Sports medicine	Nutritional supplements	Lecture and discussion	Creative thinking skill.
23	2	Sports medicine	Steroids	Lecture and discussion	Problem solving style
24	2	Sports medicine	Situations threatening the athlete's life	Lecture and discussion	Observation skill.
25	2	Sports medicine	Proper nutrition for athletes	Lecture and discussion	Creative thinking skill.
26	2	Sports medicine	Medicines and sports stimulants	Exam	
27	2	Sports medicine	Anti-ligaments and tethers	Lecture and discussion	Critical thinking.
28	2	Sports medicine	Achilles tendon injury	Lecture and discussion	Observation skill.
29	2	Sports medicine	Cold and hot baths	Lecture and discussion	Virtual reality glasses
30	2	----------	Second semester exam.	Exam	----------

5. Course Evaluation

Distributing the score out of 100 according to the tasks assigned to the student such as daily preparation, daily oral, monthly, or written exams, reports .... etc

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Presence and activity	The exam	first semester exam	Presence and activity	The exam	second semester exam	The total
5	20	25	5	20	25	50

6. Learning and Teaching Resources

Required textbooks (curricular books, if any)	▯ Qasim Hassan Hussein: Sports medicine and its applications in the sports field, Mosul, Dar Al-Hekma, 2022. ▯ Wajih Mahjoub: Nutrition, movement, food, training, and Mosul, Dar Al-Hekma, 2004. ▯ Talha Jassam El-Din: Functional foundations of sports training, Cairo, Dar Al-Fikr Al-Arabi, 2020. ▯ Rashid Fattouh: General Fundamentals of Sports medicine, Kuwait, That Al Salasil, 1997. ▯ Safaa Al-Murayb: Introduction to Chemistry and Mathematics, Baghdad, Dar Al-Kutub, 1990.
Main references (sources)	
Recommended books and references (scientific journals, reports…)	



Course Description Specification

2026-2025

Asst.prof.Dr.Ali Abdul-Amir Al-Hasnawi
dean

Lect.Dr. Mohammed Assem Ghazi
Assistant Dean, Faculty Member

Lect.Dr. Ali Sabri Al-Saadi
Head of Quality Assurance Department

Course Description Form

- Course Name:

Physiology

- Course Code:

HSPO4034

- Semester / Year:

Year

- Description Preparation Date:

2/1/2026

- Available Attendance Forms:

Weekly

- Number of Credit Hours (Total) / Number of Units (Total) :

2 hours per week / 60 hours per year

- Course administrator's name (mention all, if more than one name)

Name: Ali sabri kadhim
Email: alialialisadey@gmail.com

- Course Objectives

Course Objectives	**• Introducing students to the objectives of studying physiology.** **• Identify the foundations of the physiological work of functional organs** **• Analysis of the vital functional activities of the human body.** **• Identify the impact of the physical and psychological effort of training and competition on these job activities.** **• Identify the importance of energy and its systems in sports work.** **• Identify the importance of food and nutrition in sports work.** **• Identify muscle physiology, muscle types, and tissue structure.**

- Teaching and Learning Strategies

Strategy	A- Knowledge and understanding 1. Identify the physiology of the heart and vascular system, its part and functions. 2. Identifying blood and its cellular components. 3. Identify the vital importance of blood. 4. Identifying blood functions and the effect of training on the hear vascular system, and blood. 5. Identify the respiratory system, its structure and functions.

- Course Structure

Week	Hours	Required Learning Outcomes	Unit or subject name	Learning method	Evaluation method
1	2	1 -The concept of philosophy 2 -The relationship between anatomy and physiology 3 -The physiology of sports training 4 -The importance of physiology in the field of sports 5 -Understanding the physiological effect of training	Physiology	Lecture and discussion	Creative thinking skill.
2	2	•Cell Structure 1 -Cell Membrane 2 -Cytoplasm 3 -Nucleus	cell	Lecture and discussion	
3	2	1 -Physiology of the Nerve Cell 2 -Structure of the Nerve Cell 3 -Divisions of the Nerve Cell 4 -Nerve Nutrition	Nervous system	Lecture and discussion	Critical thinking.
4	2	1- Neuron Physiology 2- Neuron Structure 3- Neuron Divisions 4- Neuronal Nutrition	Nervous system	Lecture and discussion	Observation skill.
5	2	1- Central Nervous System • Brain • Spinal Cord 2- Peripheral Nervous System and Autonomic Nervous System • Means of Maintaining the Nervous System	Muscular system	Lecture and discussion	Virtual reality glasses
6	2	1- Adaptations of the Muscular System 2- Types and Forms of Muscle Contraction 3- Types of Muscle Fibers	Muscular system	Lecture and discussion	Critical thinking.

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		4- Functional Changes During Muscle Contraction 5- Adaptations of the Muscular System to Exercise			
7	2	1- The Concept of Muscle Fatigue 2- Physiological Changes During Fatigue 3- Signs of Fatigue 4- The Importance of Fatigue 5- Types of Fatigue 6- Measuring Fatigue	Muscle fatigue	Lecture and discussion	Observation skill.
8	2	1- Degrees of Fatigue 2- Causes of Delayed Onset of Fatigue 3- Factors Accelerating the Onset of Fatigue 4- Functional Adaptation of Muscles in Athletes	Functional adaptation	Lecture and discussion	Creative thinking skill.
9	2	1- The Concept of Adaptation 2- Types of Adaptation 3- Goals of Adaptation 4- Physiological Characteristics of Adaptation 5- Adaptation According to Energy Production Systems 6- Factors Influencing the Adaptation Process	Circulatory system	Lecture and discussion	Brainstorming
10	2	1- Components of the Circulatory System 2- The Heart 3- Blood Vessels Connected to the Heart 4- Electrical Innervation of the Heart 5- Blood Vessels 6- Pulse Rate 7- Causes of Tachycardia 8- Causes of Bradycardia	Circulatory system	Exam	----------
11	2	1- Cardiac Output 2- The Effect of Exercise on Heart Properties 3- Adaptation of the Heart Muscle to Physical Exercise 4- The Phenomenon of Athlete's Heart 5- Key Indicators of Athlete's Heart 6- Training Conditions to Prevent Negative Effects on the Heart Muscle	Blood and blood pressure	Lecture and discussion	Cooperative learning

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12	2	1- Definition of Blood 2- Blood Components • Blood Plasma • Blood Cells • Platelets 3- Physical Properties of Blood 4- Effect of Physical Activity on Blood 5- Blood Pressure • Systolic Pressure • Diastolic Pressure 6- Blood Pressure and Physical Exercise	Respiratory System	Lecture and discussion	Critical thinking.
13	2	1- Components of the Respiratory System 2- Mechanism of Respiration 3- Gas Exchange 4- Causes of Oxygen Deficiency 5- Factors Affecting the Respiratory Process 6- Maximum Oxygen Consumption	Energy Production Systems	Lecture and discussion	Problem solving style
14	2	1- The concept of energy 2- Adenosine triphosphate (ATP) 3- Phosphating system 4- Lactic system 5- Oxygenic system	First Semester Exam	Lecture and discussion	Creative thinking skill.
15	2	Exam	----------	Exam	----------
16	2	1- The Concept of Recovery 2- The Importance of Recovery 3- Physiological Characteristics of Recovery 4- Types of Recovery 5- Benefits of Recovery 6- Methods of Recovery	Hormonal System	Lecture and discussion	Critical thinking.
17	2	1- The Concept of Hormones 2- Types of Hormones 3- Functions of Hormones in the Human Body 4- -4Physiological and Medical Conditions Associated with Hormones	Endocrine Glands	Lecture and discussion	Critical thinking.
18	2	1- The Concept of Endocrine Glands 2- The Importance of Endocrine Glands 3- Endocrine Secretions	Free Radicals	Lecture and discussion	Brainstormin g

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		4- The Impact of Endocrine Glands on Sports			
19	2	1- Free Radicals and Free Radicals 2- Causes of Increased Free Radicals 3- Exercise and Free Radicals 4- Food Preparation Methods and Their Effect on Free Radicals 5- -5Pesticides and Their Effect on Free Radicals	Antioxidants	Lecture and discussion	Virtual reality glasses
20	2	1- The Concept of Antioxidants 2- Types of Antioxidants 3- Antioxidant Substances 4- Exercise and Antioxidants 5- Foods Rich in Antioxidants	Proper Nutrition for Athletes	Lecture and discussion	Critical thinking.
21	2	1- Introduction to Nutrition 2- Main Food Components That Meet Human Needs 3- Carbohydrates 4- Glycogen 5- Glucose	Proper Nutrition for Athletes	Lecture and discussion	Observation skill.
22	2	1- Proteins 2- Fats 3- Vitamins 4- Water 5- -5Nutrition for Athletes and Non-Athletes and Calorie Intake	Steroids and Nutritional Supplements	Lecture and discussion	Creative thinking skill.
23	2	1- Introduction to the concept of doping 2- The importance of doping in sports 3- Main sports doping 4- The risks of doping tampering 5- Nutritional supplements 6- Benefits of nutritional supplements 7- The most important supplements in sports	Thermoregulation (Water Balance)	Lecture and discussion	Problem solving style
24	2	1- Thermoregulation 2- Circadian rhythm 3- Negative feedback for regulating body temperature 4- Normal core body temperature 5- The body's insulation system 6- Evaporation mechanism	Sports and the Environment	Lecture and discussion	Observation skill.

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25	2	1- Sports Training and Temperature 2- Heat Injuries 3- Sports Training and Cold 4- Key Factors That Help Prevent Heat Loss 5- The Effect of Altitude on Athlete Performance	Physiology of Psychological Changes	Lecture and discussion	Creative thinking skill.
26	2	1- Introduction to the Psychophysiology of Athletes 2- Fluctuations in Physiological Measures 3- Chemical Causes of Psychological Stress 4- The Effect of Enzyme Secretion on the Psychological State of Athletes 5- -5The Most Important Hormones and Enzymes That Manipulate Psychological State	The Role of Exercise on the Brain and Cerebellum	Exam	
27	2	1- The concept of the brain 2- The cerebellum 3- Cerebral dominance patterns 4- The effect of exercise on the brain 5- Reflex action 6- -6Muscle tone	Energy Production Systems	Lecture and discussion	Critical thinking.
28	2	General review of first semester lectures and solutions to sample questions	First Semester Exam	Lecture and discussion	Observation skill.
29	2	General review of second semester lectures and solutions to sample questions	Sports Recovery	Lecture and discussion	Virtual reality glasses
30	2	Exam	Hormonal System	Exam	Exam

- Course Evaluation

Distributing the score out of 100 according to the tasks assigned to the student such as daily preparation, daily oral, monthly, or written exams, reports .... etc

first semester exam	second semester exam	The total
25	25	50

- Learning and Teaching Resources

Required textbooks (curricular books, if any)	Qasim Hassan Hussein: Physiology and its applications in the sports field, Mosul, Dar Al-Hekma, 2022.

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	- Wajih Mahjoub: Nutrition, movement, food, training, and Mosul, Dar Al-Hekma, 2004. - Talha Jassam El-Din: Functional foundations of sports training, Cairo, Dar Al-Fikr Al-Arabi, 2020. - Rashid Fattouh: General Fundamentals of Physiology, Kuwait, That Al Salasil, 1997. - Safaa Al-Murayb: Introduction to Chemistry and Mathematics, Baghdad, Dar Al-Kutub, 1990.
Main references (sources)	
Recommended books and references (scientific journals, reports…)	



Course Description Specification

2026-2025

Asst.prof.Dr.Ali Abdul-Amir Al-Hasnawi
dean

Lect.Dr. Mohammed Assem Ghazi
Assistant Dean, Faculty Member

Lect.Dr. Ali Sabri Al-Saadi
Head of Quality Assurance Department

Course Description Form

1. Course Name:

Fencing sport

2. Course Code:

HSPO4329

3. Semester / Year:

Year

4. Description Preparation Date:

2/1/2025

5. Available Attendance Forms:

Weekly

6. Number of Credit Hours (Total) / Number of Units (Total) :

2 hours per week / 60 hours per year

1. Course administrator's name (mention all, if more than one name)

Name: Ali sabri kadhim
Email: alialialisadey@gmail.com

2. Course Objectives

Course Objectives	**• Teaching tactical concepts in basketball** **• Teaching basketball coaching and leadership skills** **• Learn sports management skills and the concept of tactical training**

3. Teaching and Learning Strategies

Strategy	1- -Knowledge and understanding (The student's ability to recognize and understand the skill aspect of fencing) -Subject-specific skills (Using modern fencing devices and using smart screens for presentation and clarification) 2-Teaching and learning methods (clarifying and explaining the academic subjects - giving the student tasks and applications on the playground - presenting different ideas and knowing the extent of the student's ability to apply them) 3-Methods of teaching and learning (clarifying and explaining the study materials - giving the student tasks and applications inside the laboratory - presenting different ideas and knowing the extent of the student's ability to apply them) 4-Evaluation methods (.Daily tests with multiple-choice questions for academic subjects-) Participation marks for difficult competition questions for students

	Assigning grades for assigned homework assignments and theoretical and practical exams.

4. Course Structure

Week	Hours	Required Learning Outcomes	Unit or subject name	Learning method	Evaluation method
1	2	Basic skills	History of fencing, epee	Practical	application
2	2	Basic skills	Basic skills in fencing	Practical	application
3	2	Basic skills	standby (oncard)	Practical	application
4	2	Basic skills	Progress (Marsha)	Practical	application
5	2	Basic skills	Backwards (Rumba)	Practical	application
6	2	Basic skills	Appeal motion	Practical	application
7	2	Basic skills	Review of the third and fourth present	practical	application
8	2	Basic skills	Review the fifth and sixth lectures	practical	application
9	2	Basic skills	Merging the seventh and eighth lectures	practical	application
10	2	Basic skills	Repeat the third, fourth, fifth and sixth lectures	practical	application
11	2	Basic skills	Learn the common mistakes in the lunge movement and avoid them	practical	application
12	2	Basic skills	Teaching the salute and linking it to the ready position	practical	application
13	2	Basic skills	Integrating all previous lectures into one unified performance for all students	practical	application
14	2	----------	Exam	Exam	Application ex
15	2	----------	Exam	Presence	Exam
16	2	Basic skills	Stabbing accuracy exercises	practical	application
17	2	Basic skills	French epee skill exercises	practical	application

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18	2	**Basic skills**	**Weapon flexibility exercises**	**practical**	application
19	2	**Basic skills**	**Attack in fencing**	**practical**	application
20	2	**Basic skills**	**Simple attack**	**practical**	application
21	2	**Basic skills**	**Direct and indirect attack**	**practical**	application
22	2	**Basic skills**	**The decisive attack**	**practical**	application
23	2	**Basic skills**	**Combination attack**	**practical**	application
24	2	**Basic skills**	**Numerical attack**	**practical**	application
25	2	**Basic skills**	**Circular attack**	**practical**	application
26	2	**Basic skills**	**Defense concept, circular defense**	**practical**	application
27	2	**Basic skills**	**Fourth and sixth defense**	**practical**	application
28	2	**Basic skills**	**Legal target areas**	**practical**	application
29	2	----------	**Exam**	Exam	Application exam
30	2	----------	**Exam**	Presence	Exam

5. Course Evaluation

Distributing the score out of 100 according to the tasks assigned to the student such as daily preparation, daily oral, monthly, or written exams, reports .... etc

Presence and activity	The exam	first semester exam	Presence and activity	The exam	second semester exam	The total
5	20	25	5	20	25	50

6. Learning and Teaching Resources

Required textbooks (curricular books, if any)	Duel game 2020
Main references (sources)	Fencing, the sport of champions, 2001
Recommended books and references (scientific journals, reports…)	Scientific journals in the field

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Course Description Specification

2026-2025

Asst.prof.Dr.Ali Abdul-Amir Al-Hasnawi
dean

Lect.Dr. Mohammed Assem Ghazi
Assistant Dean, Faculty Member

Lect.Dr. Ali Sabri Al-Saadi
Head of Quality Assurance Department

Course Description Form

1. Course Name:

Volleyball third stage

2. Course Code:

HSP4218

3. Semester / Year:

Yearly

4. Description Preparation Date:

6/1/2026

5. Available Attendance Forms:

weekly

6. Number of Credit Hours (Total) / Number of Units (Total) :

2 hours per week / 60 hours per year

1. Course administrator's name (mention all, if more than one name)

Name: Ashraf jaafar kazr
Email: aj.alhly@gmail.com

2. Course Objectives

Course Objectives	• **1. Knowledge and Understandi Introducing students to the history development of the game.** • **2. Motor and Applied Skills: Develop basic volleyball skills such as servi receiving, passing, and setting.** • **3. Tactics and Plans: Learning indivic and team playing strategies.** • **4. Teaching rotation and player posit numbers on the court.**

3. Teaching and Learning Strategies

Strategy	• 1. Possess basic and technical knowledge of volleyball • 2. Ability to perform basic skills efficiently • 3. Apply game strategies in matches • 4. Enhance physical and mental abilities associated with the game

4. Course Structure

Week	Hours	Learning Outcome Requirements	Name of unit or topic	Teaching method	Evaluation method
	2	A brief explanation of volleyball	A brief explanation of the history of volleyball	brainstorming	Questions and answers
	2	Teaching transmission	Explanation of transmission types	a lecture	Understanding, comprehension a application
	2	Knowing the technical performance to teach the bottom serve	Practical exercises for the skill of sending from below	Explanation and application of the skill	Field application
	2	Knowing and learning the stages sending from above	Practical exercises for the skill of sending from above	Explanation and applicati of the skill	Field application
	2	Knowing and learning how to perform the serve from above	Application exercises for sending from above	Explanation and application of the skill	Field application
	2	Knowing and learning the skill of the smash serve	Smashing transmission application	Explanation and application of the skill	Field application
	2	Learn to perform the smash serve skill	Practical exercises for the smash serve	Explanation and application of the skill	Field

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					application
		Knowing and learning the skill of receiving transmissions	Receiver skill	Explanation and presentation of the skill	Field application
9		Learn to perform the skill of receiving the transmission.	Practical exercises for the skill of receiving the transmission	Explanation and presentation of the skill	Field application
1		Learn to perform the skill of receiving the transmission.	Practical exercises for the skill of receiving the transmiss ion	Explanation and presentation of the skill	Field application
		Knowing and learning the skill of preparation	Practical exercises for preparation skills	Explanation And Presentation of the skill	Field application
		Learn to perform the skill of preparation	Practical exercises to perform the preparati on skill	Explanation And Presentation of the skill	Field application
		Explaining all sending and receiving skills	Skills explanati on	Theoretical explanation w video	Questions and answers
		Exam	First semester practical exam	Practical exam	Practical exam
		Exam	First semester theoretic al exam	Theoretical exam	Theoretical and pap based exam
		Know the skill of the crushing blow	Drills for performi ng the	Explanation of the skill a its application	Comprehension a application of the skill

			smash skill		
		Learn to perform the skill and perform special exercises	Practical exercises for the smash skill	Explanation of the skill and application	Comprehension a application of the skill
		earn to perform the smash skill	Practical exercises for the smash skill	Explanation the skill and application	Comprehension a application of the skill
		Knowing and learning the skill of the firewall	Exercises to perform the blocking skill	Explanation of the skill and application	Comprehension a application of the skill
		Learn and know the skill of the firewall 	Practical exercises to perform the blocking skill	Explanation of the skill and application	Comprehension a application of the skill
		Learn to perform the skill and perform special exercises	Practical exercises to perform the blocking skill	Explanation of the skill and application	Comprehension a application of the skill
		Knowing the stages of technical performance of the skill of defending the field	Practical exercises for performing the skill of defending the field	Explanation of the skill and application	Comprehension a application of the skill
		Learn to perform the skill of defense and perform special exercises.	Marine applied to perform the skill of defending the field	Explanation of the skill and application	Comprehension and application of the skill
		Learn to perform the skill of defense and perform special exercises.	Practical exercises for the skill of	Explanation the skill and application	Comprehension and application of the skill

			defending the field		
		Learn to perform skills and connect them to each other	Performing skills together	Explanation of the skill and application	
		Learn to perform skills and link them together	Performing skills together	Explanation of the skill and application	Comprehension a application of the skill
		Performing skills during competition	Two teams play	Guidance And supervision	Technical level
		Performing skills during competition	Two teams play	Guidance And supervision	Technical level
		Exam	Second semester practical exam	Exam	Practical exam
		Exam	Second semester theoretical exam	Exam	Theoretical And paper-based exam

UNIVERSITY OF HILLA
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5. Course Evaluation

Distributing the score out of 100 according to the tasks assigned to the student such as daily preparation, daily oral, monthly, or written exams, reports .... etc

Presence and activity	The exam	first semester exam	Presence and activity	The exam	second semester exam	The total
5	20	25	5	20	25	50

6. Learning and Teaching Resources

Required textbooks (curricular books, if any)	
Main references (sources)	
Recommended books and references (scientific journals, reports…) Volleyball Coaching Skills Written by Rose Ghazi Omran	According to the twin college's books a resources for the course
Electronic References, Websites	- The Iraqi Scientific Library - International Volleyball Federation

Course Description Specification

2026-2025

Asst.prof.Dr.Ali Abdul-Amir Al-Hasnawi
dean

Lect.Dr. Mohammed Assem Ghazi
Assistant Dean, Faculty Member

Lect.Dr. Ali Sabri Al-Saadi
Head of Quality Assurance Department

Course Description Form

Course Name: .1
gymnastics
Course Code: .2
HSPO4219
Semester / Year: .3
Yearly
Description Preparation Date: .4
1/1/2026
Available Attendance Forms: .5
weekly
Number of Credit Hours (Total) / Number of Units (Total) : .6
2 hours per week / 60 hours per year
Course administrator's name (mention all, if more than one name) .1
Name mohanad mohammed Email: mohanad.mohammed1u2@gmail.com
Course Objectives .2

Course Objectives	• **Communicating mathematical information, knowledge, and skills to students at different academic levels** • **Innovation, careful bservation, planning, criticism and comparison in school hysical education lessons and activities** • **Creating a safe and healthy environment for learners to ensure effective learning**

	• **Applying various evaluation methods to follow up and develop the school sports program and ensure that its goals are achieved** • **Active and positive interaction with the community environment surrounding the work** • **Knowing the role of physical education and movement and sports activities in establishing and consolidating social traditions and norms**

3. Teaching and Learning Strategies

Strategy	- Cognitive objectives - Skills objectives for the course. Providing students with the basics and topics related to the knowledge and systems described in A Clarification and explanation of study materials by the academic staff. Providing students with knowledge through homework assignments for academic vocabulary. Asking students to visit the library to obtain academic knowledge related to academic vocabulary. Improving students' skills by visiting websites to obtain additional knowledge of academic subjects.

4. Course Structure

Week	Hours	Required Learning Outcomes	Unit or subject name	Learning method	Evaluation method

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1	2	owledge of teaching methods in general	The concept of teaching methods	Explanation and esentation of the skill	derstandi and pplyi ng
2	2	ow the opinions of nkers and scientists about exercise	Physical exercises	Explanation and presentation of the skill	derstandi and pplyi ng
3	2	vantages not found in other sports	Advantages of physical exercises	Explanation and esentat n of the skill	derstandi and pplyi ng
4	2	ow what physical exercise aims to do	Physical exercise goals	xplanati and esentat n of the skill	nderstandi and pplyi ng
5	2	Knowledge of regular exercises Reformism and consensualism	Types of physical exercises	xplanati and esentat n of the skill	Understa nding and applying
6	2	owing and derstanding the mportance of exercise	The importance of physical exercises	xplanati and esentat n of the skill	derstandi and pplyi ng
7	2	Understanding objects such as physical and motor ability	Physical exercise purposes	xplanati and esentat n of the skill	derstandi and pplyi ng
8	2	Understand the comparison between exercise and daily movement	Physical exercises and comparing them to daily movements	xplanati and esentat n of the skill	derstandi and pplyi ng
9	2	Knowing the situation in general	Physical exercise conditions	xplanati and esentat	derstandin and pplying

				n of the skill	
10	2	Know the five basic positions	Initial conditions (original)	xplanati and esentat n of the skill	nderstandi and pplyin g
11	2	Know the modes derived from the basic ones	Initial (derivative) conditions	xplanati and esentat n of the skill	nderstandi and applying
12	2	Fundamental and derived positions	Exercise application	xplanati and esentat n of the skill	nderstandin and pplyi ng
13	2	Fundamental and derived positions	Exercise application	xplanati and esentat n of the skill	nderstandin and pplyi ng
14	2	Exam	Practical exam	Exam	Exam
15	2	Exam	Exam	Exam	Exam
16	2	Know and understand writing exercise	How to write physical exercise	xplanati and esentat n of the skill	nderstandin and applying
17	2	Know how to write physical exercise	Primary exercise	xplanati and esentat n of the skill	nderstandin and pplyi ng
18	2	Know how to write physical exercise	Movement or movements	xplanati and esentat n of the skill	nderstandin and pplyi ng

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19	2	Know how to write physical exercise	Final position	xplanati and esentat n of the skill	nderstandin and applying
20	2	Know how to write physical exercise	Number of times you exercise	xplanati and esentat n of the skill	nderstandin and applying
21	2	Understand the details of writing the initial situation and avoid mistakes	Basics that must be taken into account when writing the initial situation	xplanati and esentat n of the skill	nderstandin and pplyi ng
22	2	Understand the details of writing the initial situation and avoid mistakes	Basics to consider when writing an exercise movement	xplanati and esentat n of the skill	nderstandin and pplyi ng
23	2	Understanding accompanying movements	The burdensome movement	xplanati and esentat n of the skill	nderstandin and pplyi ng
24	2	Understanding the directive, its terms and sections	Instruction for physical exercise	xplanati and esentat n of the skill	nderstandin and pplyi ng
25	2	Know the news section	Instruction for physical exercise	xplanati and esentat n of the skill	nderstandin and pplyi ng
26	2	Knowing how to wait	Instruction for physical exercise	xplanati and esentat n of the skill	nderstandin and pplyi ng

2		Knowledge of the procedural section	Instruction for physical exercise	xplanati and esentat n of the skill	nderstandin and pplyi ng
28	2	Learn how to stop exercise on command	Instruct to stop the exercise	xplanati and esentat n of the skill	nderstandin and pplyi ng
29	2	Exam	Practical exam	Exam	Exam
30	2	Exam	second semester exam	Presence	Exam

5. Course Evaluation

Distributing the score out of 100 according to the tasks assigned to the student such as daily preparation, daily oral, monthly, or written exams, reports .... etc

Presence and activity	The exam	first semester exam	Presence and activity	The exam	second semester exam	The total
5	20	25	5	20	25	50

6. Learning and Teaching Resources

Required textbooks (curricular books, if any)	ethods of teaching physical education)
Main references (sources)	Dr.. Afaf Al-Katib Dr. Nihad Muhammad Alwan
Recommended books and references (scientific journals, reports…)	Contemporary Sports Journal Babylon University Journal Al-Qadisiyah University Journal
Electronic References, Websites	Research gate

Course Description Specification

2026-2025

Asst.prof.Dr.Ali Abdul-Amir Al-Hasnawi
dean

Lect.Dr. Mohammed Assem Ghazi
Assistant Dean, Faculty Member

Lect.Dr. Ali Sabri Al-Saadi
Head of Quality Assurance Department

Course Description Form

Course Name: .1
gymnastics
Course Code: .2
HSPO4219
Semester / Year: .3
Yearly
Description Preparation Date: .4
1/1/2026
Available Attendance Forms: .5
weekly
Number of Credit Hours (Total) / Number of Units (Total) : .6
2 hours per week / 60 hours per year
Course administrator's name (mention all, if more than one name) .1
Name mohanad mohammed Email: mohanad.mohammed1u2@gmail.com
Course Objectives .2

Course Objectives	• **Communicating mathematical information, knowledge, and skills to students at different academic levels** • **Innovation, careful bservation, planning, criticism and comparison in school hysical education lessons and activities** • **Creating a safe and healthy environment for learners to ensure effective learning** • **Applying various evaluation methods to follow up and**

	develop the school sports program and ensure that its goals are achieved • Active and positive interaction th the community environment surrounding the work • Knowing the role of physical education and movement and sports activities in establishing and consolidating social traditions and norms

Teaching and Learning Strategies .3

Strategy	- Cognitive objectives - Skills objectives for the course. Providing students with the basics and topics related to the knowledge and systems described in A Clarification and explanation of study materials by the academic staff. Providing students with knowledge through homework assignments for academic vocabulary. Asking students to visit the library to obtain academic knowledge related to academic vocabulary. Improving students' skills by visiting websites to obtain additional knowledge of academic subjects.

Course Structure .4

Week	Hours	Required Learning Outcomes	Unit or subject name	Learning method	Evaluation method
1	2	owledge of teaching methods in general	The concept of teaching methods	Explanation and esentation of the skill	derstandi and pplyi ng

2	2	ow the opinions of nkers and scientists about exercise	Physical exercises	Explanation and presentation of the skill	derstandi and pplyi ng
3	2	vantages not found in other sports	Advantages of physical exercises	Explanation and esentat n of the skill	derstandi and pplyi ng
4	2	ow what physical exercise aims to do	Physical exercise goals	xplanati and esentat n of the skill	nderstandi and pplyi ng
5	2	Knowledge of regular exercises Reformism and consensualism	Types of physical exercises	xplanati and esentat n of the skill	Understa nding and applying
6	2	owing and derstanding the mportance of exercise	The importance of physical exercises	xplanati and esentat n of the skill	derstandi and pplyi ng
7	2	Understanding objects such as physical and motor ability	Physical exercise purposes	xplanati and esentat n of the skill	derstandi and pplyi ng
8	2	Understand the comparison between exercise and daily movement	Physical exercises and comparing them to daily movements	xplanati and esentat n of the skill	derstandi and pplyi ng
9	2	Knowing the situation in general	Physical exercise conditions	xplanati and esentat n of the skill	nderstandin and pplying
10	2	Know the five basic positions	Initial conditions (original)	xplanati and esentat	nderstandi and

				n of the skill	pplyin g
11	2	Know the modes derived from the basic ones	Initial (derivative) conditions	xplanati and esentat n of the skill	nderstandi and applying
12	2	Fundamental and derived positions	Exercise application	xplanati and esentat n of the skill	nderstandin and pplyi ng
13	2	Fundamental and derived positions	Exercise application	xplanati and esentat n of the skill	nderstandin and pplyi ng
14	2	Exam	Practical exam	Exam	Exam
15	2	Exam	Exam	Exam	Exam
16	2	Know and understand writing exercise	How to write physical exercise	xplanati and esentat n of the skill	nderstandin and applying
17	2	Know how to write physical exercise	Primary exercise	xplanati and esentat n of the skill	nderstandin and pplyi ng
18	2	Know how to write physical exercise	Movement or movements	xplanati and esentat n of the skill	nderstandin and pplyi ng
19	2	Know how to write physical exercise	Final position	xplanati and esentat n of the skill	nderstandin and applying
20	2	Know how to write physical exercise	Number of times you exercise	xplanati and esentat	nderstandin and applying

				n of the skill	
21	2	Understand the details of writing the initial situation and avoid mistakes	Basics that must be taken into account when writing the initial situation	xplanati and esentat n of the skill	nderstandin and pplyi ng
22	2	Understand the details of writing the initial situation and avoid mistakes	Basics to consider when writing an exercise movement	xplanati and esentat n of the skill	nderstandin and pplyi ng
23	2	Understanding accompanying movements	The burdensome movement	xplanati and esentat n of the skill	nderstandin and pplyi ng
24	2	Understanding the directive, its terms and sections	Instruction for physical exercise	xplanati and esentat n of the skill	nderstandin and pplyi ng
25	2	Know the news section	Instruction for physical exercise	xplanati and esentat n of the skill	nderstandin and pplyi ng
26	2	Knowing how to wait	Instruction for physical exercise	xplanati and esentat n of the skill	nderstandin and pplyi ng
27	2	Knowledge of the procedural section	Instruction for physical exercise	xplanati and esentat n of the skill	nderstandin and pplyi ng
28	2	Learn how to stop exercise on command	Instruct to stop the exercise	xplanati and esentat n of the skill	nderstandin and pplyi ng

29	2	Exam	Practical exam	Exam	Exam
30	2	Exam	second semester exam	Presence	Exam

5. Course Evaluation

Distributing the score out of 100 according to the tasks assigned to the student such as daily preparation, daily oral, monthly, or written exams, reports .... etc

Presence and activity	The exam	first semester exam	Presence and activity	The exam	second semester exam	The total
5	20	25	5	20	25	50

6. Learning and Teaching Resources

Required textbooks (curricular books, if any)	ethods of teaching physical education)
Main references (sources)	Dr.. Afaf Al-Katib Dr. Nihad Muhammad Alwan
Recommended books and references (scientific journals, reports…)	Contemporary Sports Journal Babylon University Journal Al-Qadisiyah University Journal
Electronic References, Websites	Research gate

Course Description Specification

2026-2025

Asst.prof.Dr.Ali Abdul-Amir Al-Hasnawi
Dean

Lect.Dr. Mohammed Assem Ghazi
Assistant Dean, Faculty Member

Lect.Dr. Ali Sabri Al-Saadi
Head of Quality Assurance Department

1. Course Name:
Football / The third stage
2. Course Code:
HSPO4105
3. Semester / Year:
Year
4. Description Preparation Date:
2026/1/1
5. Available Attendance Forms:
Presence
6. Number of Credit Hours (Total) / Number of Units (Total)
4
7. Course administrator's name (mention all, if more than one name)
me: Merand matanes dham ıail:merand_mtans@hilla-unc.edu.iq
8. Course Objectives

Course Objectives	• **1- Warm-up in football** • **2- Tactics in football** • **3- The difference between the playing styles of playing football (atta defense)** • **4- Technique** • **5- Collective action.....**

9. Teaching and Learning Strategies	
Strategy	Brainstorming Self-organized style Partial method The total method :outputs Performing a warm-up according to scientific logic - Establishing offensive and defensive tactical formations - Understanding individual defensive and offensive duties - Awareness of collective defensive and offensive duties - Establishing tactical formations -

	:Evaluation method Theoretical exam-1 Practical test -2 .Daily participation in the lecture -3 .Reports and duties -4

10. Course Structure

Week	Hours	Required Learning Outcomes	Unit or subject name	Learning method	Evaluation method
1	4	The student must know the warm-up and how to perform it	General and private warm-up in football	Presentation and application method	Understanding and application
2	4	The student must learn about offensive and defensive tactical performance (individual, .(team	Types of tactical performance	Presentation and application method	Understanding and application
3	4	The student must learn about individual offensive tactical performance	Tactical performance (defensive, (forward)	Presentation and application method	Understanding and application
4	4	The student must get to know Withdrawing -1 .the competitor Preparing to -2 perform another	Running with the ball	Presentation and application method	Understanding and application

		.skill Move to the -3 opposing team's square with the ball. Preparing to -4 implement a plan. Keeping the -5 ball between the team's players.			
5	4	The student must get to know Controlling -1 the ball while running fast, in addition to deception movements and changing the running speed. Self--2 confidence and courage. The visual -3 area, that is, the overall and comprehensive view of the stadium.	Successful driving of the ball while performing a method	Presentation and application method	Understanding and application
6	4	The student must get to know	Evasiveness and deception	Presentation and application method	Understanding and application

		The location -1 of the opposing player because it affects the choice of the type of deception move. Is it in front of the player? Or ?next to him Choose the -2 deception move that suits the player's .position Perfecting -3 and refining the evasion and deception movements that the player performs constantly so that they become easy and effective when .implemented			
7	4	For the student to get to know Deception -1 movement Performance -2 during man-to-man defense	Dribbling and deception movements when receiving the ball	Presentation and application method	Understanding and application

		Performing a deception move while receiving the ball without an opponent is a waste of time −3			
8	4	**For the student to get to know** The success of driving the ball is linked to the success of dribbling and deception movements −1 Diversity and increasing the number of repetitions are good performance −2 The student is able to surpass the competitor −3 Distracting the opponent's attention from the main goal of driving the ball −4	Dribbling and deception movements when driving the ball	Presentation and application method	Understanding and application
9	4	The student must get to know Passing is a −1	Dribbling and deception movements while passing	Presentation and application method	Understanding and application

		method of collective tactical performance The dribbling −2 and deception movements that take place before and during the pass are aimed at keeping the opponent from knowing the direction of the .ball By −3 transferring the opponent's attention before passing to something else by executing an Dribbling and deception movements while passing appropriate **deception move**			
10	4	The student :must know It is not true −1 that the results of shooting strong and close	Dribbling and deception movements while scoring on goal	Presentation and application method	Understanding and application

		to the goal are always positive The student -2 must know exactly when the shot can be successful Using spiral -3 strikes preceded by a deception move is much better than random powerful scoring			
11	4	The student must know the factors affecting :scoring Skill -1 performance .level Tactical -2 .performance Physical -3 fitness and psychological .factors Other factors -4	**Scoring**	Presentation and application method	Understanding and application
12	4	The student :should know Maintaining -1 .body balance Advance the -2 part of the body	Receiving and controlling the ball	Presentation and application method	Understanding and application

		that is to be used to carry out the control process toward the ball first, then pull it back the moment it touches the ball to prevent its bounce. -3 The player must not waste too much time during the process of receiving and controlling the ball with the least number of touches. -4 Securing the ball and protecting it from the opponent			
13	4	The student should know: -1 Maintaining body balance. -2 Advance the part of the body that is to be used to carry out the control process toward the ball first,	Receiving and controlling the ball	Presentation and application method	Understanding and application

		then pull it back the moment it touches the ball to prevent its .bounce The player -3 must not waste too much time during the process of receiving and controlling the ball with the least number of .touches Securing the -4 ball and protecting it from .the opponent This skill -5 must be linked to deception .movements			
14	4	The student :should know Stop the ball -1 with the sole and bottom of the foot for ground balls .only Muffling the -2 ball for high balls with the help of the	Forms of receiving or controlling the ball skill	Presentation and application method	Understanding and application

		.ground Absorbing -3 the ball with the .chest Absorbing -4 the ball with the thigh			
15	4	**exam**	**exam**	**Theoretical and practical exam**	**Theoretical and practical exam**
16	4	The student must become familiar with the means of performing collective :offensive tactics Free running -1 and exchanging positions Eliminate the -2 presence of the opposing team's players They free -3 themselves from the monitoring of the opposing team's players Providing -4 sufficient space for the teammate in possession of the ball to pass	Team offensive tactical performance	Presentation and application method	Understanding and application

		it			
17	4	The student :should know Types of scrolling −1 The best way to do scrolling −2 How to position correctly −3	**Passing**	Presentation and application method	Understanding and application
18	4	The student :should know Defense organization −1 Types of defense −2 Means of implementing individual defense plans −3 Player position,) ability to move, (coverage	Defensive plans	Presentation and application method	Understanding and application
19	4	The student :should know Direct form −1 Indirect form, −2	microscopic coverage	Presentation and application method	Understanding and application
20	4	The student :should know Monitor the attackers of the opposing team −1 Preventing −2	covering the area	Presentation and application method	Understanding and application

		the opposing team's players from advancing Implementing −3 this plan even in the event of a numerical shortage in			
21	4	**The** student will :know The −1 importance of keeping the ball away to protect .the goal Removing −2 the ball from the opponent's control Obtaining the −3 ball and putting .it under control	**Distracting the ball**	Presentation and application method	Understanding and application
22	4	The student :should know Awareness −1 of individual duties within the .group Closing −2 areas near the .penalty area Dividing the −3 field into defensive	defensive plans	Presentation and application method	Understanding and application

		triangles, collective			
23	4	**F**or the student to know how to defend and according to the :playing areas Defensive −1 .third area A third of the −2 .midfield area The offensive −3 third area, the collective	**.defense areas**	Presentation and application method	Understanding and application
24	4	The student :should know The basics −1 of applying this .defense Physical −2 .specifications The basic −3 duties of every player are	man−to−man defense	Presentation and application method	Understanding and application
25	4	The student :should know The nature −1 of the massed .defense −2 Specifications of massed .defense The −3	Massed defence	Presentation and application method	Understanding and application

		importance of massed defense.			
26	4	The student :should know How to −1 implement defensive and .offensive duties How to −2 defend .defensive areas	Apply defensive and offensive situations of play	Presentation and application method	Understanding and application
27	4	The student :should know How to −1 implement defensive and .offensive duties How to −2 defend .defensive areas	Apply defensive and offensive situations of play	Total method	
28	4	The student :should know How to −1 implement defensive and .offensive duties How to −2 defend .defensive areas	Apply defensive and offensive situations of play	Total method	Self-evaluation
29	4	The student :should know How to −1 implement	Apply defensive and offensive situations of play	Total method	Self-evaluation

		defensive and offensive duties. 2- How to defend defensive areas.			
30	4	**exam**	**exam**	**exam**	**exam**

11. Course Evaluation

Distributing the score out of 100 according to the tasks assigned to the student such as daily preparation, daily oral, monthly, or written exams, reports .... etc

Daily attendance and activity	5
Theoretical + practical exam	20
First semester grade	25
Second semester grade	25
Final practical exam	30
Final theoretical exam	20

12. Learning and Teaching Resources

Required textbooks (curricular books, if any)	1- Foundations of learning and teaching and its applications in football, Qasim Lazzam and others, 2005, Dar Al-Wafa for Printing and Publishing. 2- Elos Hanna, Muhammad Saeed Rashid, Football, 2009,
Main references (sources)	Match Magazine, Football
Recommended books and references (scientific journals, reports…)	
Electronic References, Websites	1- Quooora website: the first Arab sports website 2- International Federation of Association Football

Course Description Specification

2026-2025

Asst.prof.Dr.Ali Abdul-Amir Al-Hasnawi
dean

Lect.Dr. Mohammed Assem Ghazi
Assistant Dean, Faculty Member

Lect.Dr. Ali Sabri Al-Saadi
Head of Quality Assurance Department

Course Description

1. Course Name	
Sport Training	
2. Course Code	
HSOP4220	
3. Semester/Year:	
Year	
4. Date of preparation of this description:	
2026/1/7	
5. Available forms of attendance.	
In-person (classroom)	
6. Number of study hours (total) per unit (total):	
2 hour per week/ 4 unit	
7. Name of the course supervisor (if more than one name is mentioned).	
Dr. Omar Hossam El-Din Omaralhshimy7@gmail.com	
8. No Course Objectives	
Subject objectives	**1. Developing the cognitive aspects of students in knowing the concepts of sports training** **2. Developing the cognitive aspects regarding the principles of sports training** **3. Developing the scientific aspects in understanding how to standardize training loa** **4. Understanding and analyzing overtraining** **5. Understanding and knowing how to plan training units** **6. Understanding and knowing the laws of sports training** **7. Developing the cognitive aspects related to physical abilities** **8. Developing the cognitive aspects of students in knowing the methods of sports training** **9. Developing the cognitive aspects of students in physical preparation**
9. Teaching and learning strategies	
strategies	1. Brainstorming 2. Collaborative Learning 3. Problem Solving 4. Dialogue and Discussion Presentation and Lecture
10. Course structure	

Week	Hours	Required learning outcomes	Unit or topic name	Learning Method	Evaluation Method
1	2		Presentation of the material, its vocabulary, and lesson requirements	Lecture and presentation	
2	2	.1The student will understand athletic training .2The student will define training tasks	Introduction to sports crepe	Lecture and Discussion	Question and Answer
3	2	.1The student will classify training principles .2The student will explain the principle of individuality	Principles of Sports Training	Speech and Lecture	short exam
4	2	.1The student will state the laws of training .2The student will explain the law of overcompensation	Laws of Sports Training	Collaborative Learning	Question and Answer
5	2	.1The student will understand training load .2The student will distinguish between internal and external load	Training Load: Definition and Types	Brainstorming	Question and Answer
6	2	.1The student will list the components of load .2The student will explain the relationship between these components	Components of Training Load	Lecture and Discussion	Question and Answer
7	2	.1The student will understand intensity .2The student will explain the relationship between pulse and intensity	Training Intensity	Lecture and Discussion	Question and Answer
8	2	.1The student will present a model of volume .2The student will explain the relationship between pulse and volume	Applications of Intensity Calculations	Collaborative Learning	Question and Answer
9	2	.1The student will understand intensity 2. The student will explain the relationship between pulse and intensity	Training Volume	Dialogue and Discussion	short exam
10	2	.1The student will present an intensity model 2. The student will explain the components of the unit	Applications of Volume Calculations	Collaborative Learning	Question and Answer
11	2	.1The student will explain the degree of maximum load .2The student will differentiate between degrees of load	Training density	Lecture and Discussion	short exam
12	2	.1The student will understand overtraining	Applications of density Calculations	Problem Solving	Question and Answer
13	2	.1The student will explain the degree of maximum load .2The student will distinguish between degrees of load	Degrees of Training Load	Speech and Lecture	Question and Answer
14	2	.1The student will understand	Overtraining	Collaborative	short exam

		overtraining .2The student will compare overtraining with overload		Learning	
15	2		Exam		
16	2	.1The student will understand planning in sports training .2The student will list the principles of planning in sports training	Planning in Sports Training	Lecture and Discussion	short exam
17	2	.1The student will understand the training unit 2. The student will explain the parts of the unit	Training Unit	Lecture and Discussion	Question and Answer
18	2	.1The student lists objectives .2The student links the unit's components to its objectives	Training Unit Goals	Brainstorming	Question and Answer
19	2	.1The student plans a design for the unit 2 .The student defines the small circle	Training Unit Design	Cooperative Learning	short exam
20	2	1 .The student proposes an idea for the small circle 2 .The student defines the medium circle	Small Circuit	Brainstorming	Question and Answer
21	2	1 .The student proposes an idea for the medium circle 2 .The student defines the large circle	Medium Circuit	Cooperative Learning	Question and Answer
22	2	1 .The student proposes an idea for the large circle 2 .The student understands the mathematical formula	Large Circuit	Lecture and Discussion	short exam
23	2	1. The student explains the stages of the mathematical formula	Sports Form	Cooperative Learning	short exam
24	2	.1The student must understand training methods .2The student must list the training methods	Sports Training Methods	Lecture and Discussion	Question and Answer
25	2	.1The student must apply the continuous training method to a specific exercise 2 .The student must understand circuit training	Application of Main Methods	Lecture and Discussion	short exam
26	2	1 .The student must explain the rules of circuit training 2 .The student must understand the fartlek method	Circuit Training	Lecture and Discussion	short exam
27	2	1 .The student must explain the types of fartlek methods 2 .The student must understand the plyometric method	Fartlek Method	Lecture and Discussion	Question and Answer
28	2	1 .The student must explain the mechanism of plyometrics 2 .The student must understand recovery	Plyometric Method	Lecture and Discussion	Question and Answer
29	2	1. The student must list the stages of recovery	Recovery	Lecture and Discussion	Question and Answer
30	2		exam		

11. Course Evaluation

Distribution of the grade out of 100 according to the tasks assigned to the student such as daily preparation, daily, oral, monthly and written exams | Reports

First semester grade	Second semester grade	total summation
25	**25**	50

12. Learning and teaching resources

Required prescribed bo (methodology if available	1. Mathematical Approximation Skills, Ahmed Youssef, 2014 2. Civil Pregnancy, Rissan Kharit, 2017 3. Periodization Theory and Methodology of Training. Tudor O. Bompa. 2019 4. Science of Sports Training. Thomas Kurz. 2016
Main references (sources)	
Prevailing books and referen that are recommended scientific journals, reports ....)	Iraqi Scientific Library

Course Description Specification

2026-2025

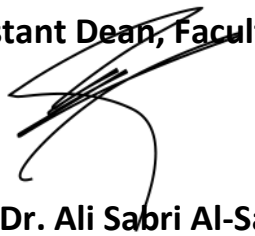


Asst.prof.Dr.Ali Abdul-Amir Al-Hasnawi
dean





Lect.Dr. Mohammed Assem Ghazi
Assistant Dean, Faculty Member



Lect.Dr. Ali Sabri Al-Saadi
Head of Quality Assurance Department

Course Description

1. Course name	
2. Third stage teaching methods	
3. Course code	
4. ***HSOP004221***	
5. Annual/Semesterly	
6. annual	
7. Course description preparation date	
8. 1/1/2026	
9. Forms of attendance	
10. weekly	
11. Number of study hours (total) / Number of units (total)	
12. hours per week / 60 hours per year 2	
13. Course Supervisor (mention more than one name)	
Dr. Muhammad Asim Ghazi EmailMohammed.A.Mohammed@hillaa-unc.edu.iq	
14. Course objectives	
Course objectives	1. **Developing advanced teaching strategies** Enhancing the ability to use advanced teaching strategies that suit the diverse needs of students. 2. **Implementing integrated assessment methods** Designing and implementing comprehensive assessment methods that include academic performance and motor skills. 3. **Promoting critical thinking** Encouraging students to think critically and analytically in the context of physical education. 4. **Developing leadership skills** Enhancing leadership and management skills in teaching contexts. 5. **Tailoring lessons to individual differences** The ability to tailor lessons to meet the needs of students with different abilities. 6. **Integrating Technology into Education** Using Modern Technology to Improve the Learning Experience in Physical Education. 7. **Planning and implementing sports events** Learn how to plan and implement sports events professionally. 8. **Applying Public Health Principles** Integrating Public Health and Fitness Principles into Curricula.

	9. **Teaching sports values** promoting sports values such as teamwork, respect, and discipline. 10. **Responding to social and cultural changes** Understanding how social and cultural changes affect physical education and adapting curricula.

15. Education and Outputs

Outputs	**Developing effective teaching strategies** ○ **Ability to design and implement advanced teaching strategies that suit different learning styles.** **Application of integrated assessment methods** ○ **Ability to use a variety of effective assessment tools to evaluate students' performance and motor skills.** **Promote critical and analytical thinking** ○ **Develop students' critical thinking skills through discussions and interactive activities.** **Developing leadership skills** ○ **Gain the leadership and management skills necessary to direct sports activities and classrooms.** **Tailoring lessons to take into account individual differences** ○ **The ability to design lessons that meet the needs of students with different abilities and individual differen** **Integrating technology into education** ○ **Using modern technological tools to improve the learning experience and provide interactive content.** **Planning and implementing sports events** ○ **Ability to plan and organize various sporting events in a professional manner.** **Application of public health principles** ○ **Integrating public health and fitness principles into educational curricula to promote health awareness.** **Teaching mathematical values** ○ **Promote sports values among students, such as teamwork, respect, and discipline.** **Responding to social and cultural changes** ○ **Understanding the impact of social and cultural changes on physical education and adapting curricula**

16. Course vocabulary

The week	Number of hours	Learning Outcome Requirements	Name of the unit or topic	Teaching method	Evaluation method
1	**2**	Understanding interactive teaching strategies	**Introduction to Education Strategy**	Interactive learning **Encouraging students to actively participate in lessons.**	Performance-based assessment **measuring students' skills through practical performance.**
2	**2**	Evaluation **Evaluation by participation in classroom activities.**	**Interactive teaching strategies**	Project-based learning **Using hands-on**	Written tests **Using tests to assess**

				projects to enhance understanding.	**theoretical knowledge.**
3	**2**	Project-based learning application	**Lesson planning according to modern education standards**	Cooperative learning **Organizing group activities to promote cooperation among students.**	Self-assessment **Encourage students to evaluate their own progress.**
4	**2**	Evaluation **Submit a practical project.**	**performance based assessment**	Learning through games **Using educational games to increase motivation.**	Peer assessment **Involve students in evaluating their peers.**
5	**2**	Develop teamwork skills	**Using Technology in Physical Education**	Inquiry-based learning **Encouraging students to explore topics on their own.**	Practical projects **Evaluating students through the projects they complete.**
6	**2**	Evaluation **Peer evaluation in group projects.**	**Design custom learning activities**	Learning by doing **applying skills practically to enhance understanding.**	Continuous assessment **monitoring 'students progress throughout the semester.**
7	**2**	Developing leadership skills	**Project–Based Learning**	Blended learning **merging traditional learning with e–learning.**	Group discussions **Assessing 'students understanding through discussions.**
8	**2**	Evaluation **Notes on leadership performance in activities.**	**Activating the student's role in the learning process**	Case-based learning **using case studies to analyze problems.**	Critical analysis **Use tasks that require critical analysis of**

					specific concepts.
9	**2**	Sports performance analysis	**Teaching leadership and collaboration skills**	Peer-based learning **Encouraging students to share knowledge with each other.**	Quizzes **Use quick tests to assess immediate understanding.**
10	**2**	Evaluation **Use of practical performance tests.**	**Flexible Curriculum Development**	Multimedia teaching **integrating videos and images to enhance understanding.**	Multimedia assessment **using presentations and videos in assessment.**
11	**2**	Design customized educational activities	**Teaching sports values and game ethics**	Goal-based teaching **setting clear goals for each lesson.**	Participatory assessment **measuring the extent of 'students participation in classroom activities.**
12	**2**	Evaluation **Presenting and evaluating innovative activities.**	**Learning through sports**	Unique Instruction **Customizing teaching methods to meet individual student needs.**	Surveys **Collecting data 'about students opinions and feedback.**
13	**2**	Applying the principles of inquiry-based education	**Responding to Cultural Diversity in Education**	Teaching through feedback **Using feedback to improve performance.**	Evaluation by observations **observing performance and behavior during activities .**

14	**2**	Evaluation **Evaluation through research reports.**	**Applying the principles of inquiry-based learning**	Emotion-based learning **connecting materials to students' feelings to motivate them.**	Practical performance tests **Evaluation of motor skills through practical tests.**
15	**2**	Assessing understanding through discussions	**Developing self-assessment strategies**	Self-directed learning **Encouraging students to take responsibility for their learning.**	Project submission **Students are evaluated based on their project submission.**
16	**2**	Evaluation **Notes on group discussions.**	**case based learning**	Practical learning **using practical activities to enhance understanding.**	Written reports **evaluation of written information and research.**
17	**2**	Develop critical thinking skills	**Planning and implementing sports events**	Values-based education **promoting human and sporting values.**	Grading system **Using a grading system to determine the level of performance.**
18	**2**	Evaluation **Evaluation using analytical questions.**	**Designing activities to promote physical fitness**	Learning through experience **Conducting practical experiments to enhance understanding.**	Interview assessment **Conducting interviews with students to assess their knowledge.**
19	**2**	Evaluation of theoretical knowledge	**Dealing with individual differences in classes**	Teaching by example **Providing real-life examples to illustrate concepts.**	Assessment using applications **Using educational applications to**

					assess understanding.
20	**2**	Evaluation **Short written tests.**	**Use of multimedia in education**	Teaching with physical activities **integrating physical activities into learning.**	Assessment through play **Using educational games as a means of assessment.**
21	**2**	Promoting sports values	**Analyzing sports performance using data**	Dialogue-based learning **organizing dialogues and discussions to enhance understanding.**	Portfolio **A collection of work and tasks in a portfolio to evaluate progress.**
22	**2**	Evaluation **Evaluation of behaviors in sports activities.**	**Developing critical thinking skills in students**	Storytelling **Using stories to engage students.**	Community-based evaluation **Evaluating participation in projects that serve the community.**
23	**2**	Assessing individual differences	**Group project-based learning**	Creativity-based education **encouraging students to think creatively.**	Evaluation through daily observations **Observing daily performance and behavior.**
24	**2**	Evaluation **Self-evaluation and achievement file.**	**Lesson planning using modern teaching models**	Simulation education **Using simulation to teach skills.**	Assessment through sports activities **assessment of participation and performance in**

					physical activities.
25	**2**	Integrating technology into learning	**Teaching effective communication skills**	Data-Driven Learning **Analyzing Data to Enhance Understanding.**	Assessment by individual discussions **Discussing specific concepts with students individually.**
26	**2**	Evaluation **Evaluation of digital presentations .**	**Applying active learning techniques**	Learning through field visits **Organizing field visits to enhance learning.**	Assessment using interactive tests **Use interactive tests online.**
27	**2**	Planning and implementing sports events	**Developing self-motivation strategies**	Personal development-based education **enhancing personal development skills.**	Video Evaluation **Using video recordings to evaluate performance.**
28	**2**	Evaluation **Evaluation through performance in events.**	**Evaluating educational effectiveness through feedback**	Teaching with the Arts **Integrating the Arts into Educational Programs.**	Outcome-based assessment **measuring students' final results in activities.**
29	**2**	Developing self-assessment strategies	**Teaching creative thinking skills**	Learning through social interaction **Enhancing learning through interaction with others.**	Group assessment **assessing group performance in activities.**
30	**2**	Evaluation **Self-assessment questionnaires.**	Take the exam	Education through community projects **Involving students in projects that serve the community.**	Evaluation using competitive games **Evaluating performance**

					through competitive games.

Evaluation methods						
It shows the division of the grade out of 100 as conducting daily or monthly tests or assigning the student to .prepare reports and research and publish them, etc						
Daily attendance and activity	Exam	First semester grade	Daily attendance and activity	Exam	Second semester grade	Total
5	20	25	5	20	25	50

Education and teaching resources	
Required textbooks 1	• **Methodological engineering book in teaching physical education** • **Book of physical education curricula according to methodological regulations within the framework of educational world visions** • **Book of teaching methods system for people with disabilities**
Main References (Sources)	• **Scientific journals Look for journals that specialize in physical education and sport, such asthe Journal of Physical Education and Sport and theInternational Journal of Sports Science & Coaching .**
Recommended books and references (scientific journals (.reports, etc ,	• **University Websites Many universities offer educational .resources** • **And electronic libraries containing research and articles in the .field of physical education** • **E-learning platforms such asCoursera andedX where you can , .find courses in physical education** • **Academic research sites such asGoogle Scholar and ResearchGate** • **. To search for academic articles and research**
Electronic references and websites	• **Artificial Intelligence and Digital Globalization in Physical Education Book**

Course Description Form

1. Course Name:

Computers (the Four)

2. Course Code:

3. Semester / Year:

Year

4. Description Preparation Date:

1/10/2025

5. Available Attendance Forms:

weekly

6. Number of Credit Hours (Total) / Number of Units (Total) :

2 hours per week / 60 hours per year

1. Course administrator's name (mention all, if more than one name)

Name: Dhuha Ismael
Email: dhuhaism@hilla-unc.edu.iq

2. Course Objectives

Course Objectives	• **Increasing the student's skill in using computer** • **Getting to know Microsoft Office programs** • **Knowledge of areas of use of Office progra** • **Knowledge of Excel and PowerPoint**

3. Teaching and Learning Strategies

Strategy	1- -Knowledge and understanding (the student's ability to use a computer and operating system) 2-Subject-specific skills (Excel and PowerPoint components) 3-Methods of teaching and learning (clarifying and explaining the study materials - giving the student tasks and applications inside the laboratory - presenting different ideas and knowing the extent of the student's ability to apply them) 4-Evaluation methods

	(.Daily tests with multiple-choice questions for academic subjects-) Participation marks for difficult competition questions for students Assigning grades for assigned homework assignments and - .theoretical and practical exams 5-Thinking skills (collecting plans and ideas and implementing them within the program) 6- General and transferable skills (other skills related to employability a personal development)

4. Course Structure

Week	Hours	Required Learning Outcomes	Unit or subject name	Learning method	Evaluation method
1	2	Introduction PowerPoint	PowerPoint interface	Power point	applicatio
2	2	Find out the file list	Explanation of file list	Power point	applicatio
3	2	Find out the main mer	Explanation of the home menu with the application	Power point	applicatio
4	2	Add a slide	How to add a slide	Power point	applicatior
5	2	Add image	Add a picture to the slide	Power point	applicatio n
6	2	Knowledge table operation	making a table	Power point	applicatio
7	2	Know how to insert a video	Insert video	Power point	applicatio

8	2	Knowledge of slide design	Explanation of menu design	Power point	applicatio
9	2	Knowledge of slide design	Design different backgrounds for each slide	Power point	application
10	2	Learn to add shapes	Add shapes and symbols to the slide	Power point	applicatior
11	2	Learn to move between slides	Explanation of the transitions list	Power point	applicatio
12	2	Learn to move shapes	Explanation of the Animations menu	Power point	application
13	2	Know the list view	Explanation of the view menu	Power point	application
14	2	Exam	Practical exam	Exam	Application exam
15	2	Exam	First semester exam	Presence	Exam
16	2	Know what Excel	An introduction to the Excel program	Power point	application
17	2	Identify the program window	Main window components	Power point	application
18	2	xplanation of bar equations	Equations bar	Power point	application
19	2	What is a worksheet	Explanation a worksheet	Power point	application
20	2	Learn data entry	Explanation of data entry	Power point	application

21	2	Learn data entry	Explanation of data entry	Power point	application
22	2	Learn arithmetic operations	Explanation of mathematical operations in Excel	Power point	application
23	2	Learn functions	Explanation of functions in Excel	Power point	application
24	2	Find out the range	What is the range?	Power point	application
25	2	Knowing the average function	Explanation of the avarage function	Power point	application
26	2	Explanation of the Min function	Explanation of the Min function	Power point	application
27	2	Explanation of the Max function	Explanation of the Max function	Power point	application
28	2	Explanation of the count function	Explanation of the count function	Power point	application
29	2	Exam	Practical exam	exam	Application exam
30	2	Exam	second semester exam	Presence	Exam

5. Course Evaluation

Distributing the score out of 100 according to the tasks assigned to the student such as daily preparation, daily oral, monthly, or written exams, reports .... etc

Quizzes	The exam	first semester exam	Presence and activity	The exam	Quizzes	The total
5	20	25	5	20	25	50

6. Learning and Teaching Resources

Required textbooks (curricular books, if any)	Microsoft Word 2016 Tutorial 2- Microsoft Word Tutorial handout 3- Curso de PowerPoint 2010 4- Microsoft Excel 2010
Main references (sources)	WWW.TUTORIALSPOINT.COM

Recommended books and references (scientific journals, reports…)	Scientific journals in the field
Electronic References, Websites	WWW.TUTORIALSPOINT.COM

Course Description Specification

2026-2025

Asst.prof.Dr.Ali Abdul-Amir Al-Hasnawi
dean

Lect.Dr. Mohammed Assem Ghazi
Assistant Dean, Faculty Member

Lect.Dr. Ali Sabri Al-Saadi
Head of Quality Assurance Department

Course description template

1. : Course Name
Sports psychology
2. : Course Code
HSPO4335
3. :Annual/quarterly
annual
4. :Date of preparing the course description
2026/1/1
5. :Forms of attendance
weekly
6. :Number of study hours (total) / number of units (total)
hours per week / 60 hours per year 2
7. Course administrator (mention more than one name)
Name: Yassin Alwan Ismail :Emailyassin1956@hilla-unc edu iq
8. Course objectives

• **Introducing the student to the tasks ar duties of sports psychol and familiarizing himself with the history sports psychology** • **Identify the impact of sports psychology o ,sports social and psychological life** • **Providing the student with knowledge of the means and methods that will benefit him in l scientific and practical life** • **Forming tendencies and desires and establishing sports levels**	Course objectives

9. Education and outcomes	
Knowledge and understanding in using scientific research in sports life and organizing real paths Methods for learning psychological skills and forming attitudes, inclinations and desires	Outputs

Identifying the pressures facing athletes and the party responsible for dealing with them -3 Methods of psychological preparation and training for athletes -4	

10. Course vocabulary

Evaluation method	Teaching method	Name of the unit or topic	Learning outcomes requirements	The number of hours	the week
a test	a lecture	Definition of sports psychology, its duties and tasks	Advanced readin in sports psychology	2	1
a test	a lecture	History of sports psychology	Definition of sports psychology	2	2
a test	Lect and discussion	Sports psychology	Learning and motor learning	2	3
a test	a lecture And discuss	science self The athlete	Learning, motor learning, remembering and forgetting	2	4
a test	a lecture And discuss	science self The athlete	Personality in the sports field	2	5
a test	a lecture And discuss	science self The athlete	Personality measuremer and development of personal traits from the sports field	2	6
a test		Exam	Exam	2	7
a test	a lecture And discuss	science self Th athlete	Incentives, motives and needs	2	8
a test	a lecture And discuss	science self The athlete	Formation of motives, their types	2	9

			and types		
a test	a lecture And discuss	science self Th athlete	Methods of using needs sports motivation	2	10
a test	a lecture And discuss	science self Th athlete	Psychological orientatic	2	11
applicatio	a lecture And discuss	science self Th athlete	Create, change and measure tren	2	12
applicatio	Exam	**Exam**	Second semester exa	2	13
applicatio	a lecture And discuss	**science self The athlete**	Ability and talent in physical educatio lessons	2	14
applicatio	a lecture And discuss	**science self The athlete**	Mental processes in mathematical calculatio sensation, perception and attention	2	15
applicatio	a lecture And discuss	**science self The athlete**	Aggression in the sports field	2	16
applicatio	a lecture And discu	**science self The athlete**	Psychological stress	2	17
applicatio	a lecture And discuss	**science self The athlete**	Psychological Burnout	2	18
applicatio	a lecture And discu	**science self The athlete**	Social factors affecting athletic level	2	19
applicatio	a lecture And discu	**science self The athlete**	Clashing and cracking together	2	20
applicatio	a lecture And discu	**Explanation of data entry**	Fear and anxiety	2	21
applicatio	a lecture And discu	**science self The athlete**	Raising anxiety in the sports field	2	22
applicatio	a lecture And discu	**science self The athlete**	Daring and courage in t sports field	2	23
applicatio	a lecture And discu	**science self The athlete**	Violence and passion sports	2	24
applicatio	a lecture And discu	**science self The athlete**	Psychological preparati in the sports field	2	25
applicatio	a lecture And discu	**science self The athlete**	preparation Psychological in the fie Long term athlete	2	26
applicatio	a lecture	**science self**	The importance of the	2	27

	And discuss	**The athlete**	concept of sports talent		
applicatio	a lecture And discuss	**science self The athlete**	Natural inclination, ,aptitude aptitude and taler	2	28
Practical exam	a lecture And discuss	**science self The athlete**	Experiences of success and failu and their components	2	29
Exam		**Exam the chapter the second**	End of semester exam	2	30

11. Evaluation methods

The division of the score out of 100 is explained, such as conducting daily or monthly tests, or assigning the student to prepare reports, etc

total summation	Second semester grade	the exam	Daily attendance and activity	First semeste r grade	the exam	Daily attendance and activity
50	25	20	5	25	20	5

12. Sources of education and teaching

1- Sports Psychology book by Dr. Nizar Al-Talib **Sports Psychology, Dr. -2 Amer Saeed and others** **Educational Sports -3 Psychology, Dr. Yassin Alwan**	required textbooks 1
Sports Psychology Dr. Nizar Al-Talib	Main references (sources)
References, sources, and scientific, psychological, and educational books	Recommended books and references (scientific (.journals , reports, etc
www.noor-book.com/tag Psychology - Sports	Electronic references and websites

Course Description Specification

2026-2025

Asst.prof.Dr.Ali Abdul-Amir Al-Hasnawi
dean

Lect.Dr. Mohammed Assem Ghazi
Assistant Dean, Faculty Member

Lect.Dr. Ali Sabri Al-Saadi
Head of Quality Assurance Department

Course Description Form

1. Course Name:

Basketball

2. Course Code:

HSPO4104

3. Semester / Year:

Year

4. Description Preparation Date:

2/1/2026

5. Available Attendance Forms:

Weekly

6. Number of Credit Hours (Total) / Number of Units (Total) :

2 hours per week / 60 hours per year

1. Course administrator's name (mention all, if more than one name)

Name: Ali sabri kadhim
Email: alialialisadey@gmail.com

2. Course Objectives

Course Objectives	**• Teaching tactical concepts in basketball** **• Teaching basketball coaching and leadership skills** **• Learn sports management skills and the concept of tactical training**

3. Teaching and Learning Strategies

Strategy	1- -Knowledge and understanding (The student's ability to recognize and understand the tactical aspect of basketball) -Subject-specific skills (Use a court mounted on a chalkboard and moveable player pieces) 2-Teaching and learning methods (clarifying and explaining the academic subjects - giving the student tasks and applications on the playground - presenting different ideas and knowing the extent of the student's ability to apply them) 3-Methods of teaching and learning (clarifying and explaining the study materials - giving the student tasks and applications inside the laboratory - presenting different ideas and knowing the extent of the student's ability to apply them) 4-Evaluation methods (.Daily tests with multiple-choice questions for academic subjects-) Participation marks for difficult competition questions for students

	Assigning grades for assigned homework assignments and - .theoretical and practical exams

4. Course Structure

Week	Hours	Required Learning Outcomes	Unit or subject name	Learning method	Evaluation method
1	2	**Defense**	**The concept of defense, differential defense**	**practical**	application
2	2	**Defense**	**Zone defense has advantages and disadvantages**	**practical**	application
3	2	**Defense**	**Defense method 3-2**	**practical**	application
4	2	**Defense**	**Defense method 2-1-2**	**practical**	application
5	2	**Defense**	**Defense method 2-2-1**	**practical**	application
6	2	**Defense**	**Defense method 1-2-2**	**practical**	application
7	2	**Defense**	**Defense method 1-3-1**	**practical**	application
8	2	**Defense**	**The man-to-man defense method has advantages and disadvantages**	**practical**	application
9	2	**Defense**	**Man-to-man defense for every arena**	**practical**	application
10	2	**Defense**	**Man-to-man defense for half the field**	**practical**	application
11	2	**Defense**	**Man-to-man defense in the shooting zone**	**practical**	application
12	2	**Defense**	**Applied cases of man-to-man defense**	**practical**	application
13	2	**Defense**	**The concept of defense, differential defense**	**practical**	application
14	2	----------	**Exam**	Exam	Application ex
15	2	----------	**Exam**	Presence	Exam
16	2	**Defense**	**Mixed defense has advantages and disadvantages**	**practical**	application
17	2	**Defense**	**Types of mixed defense**	**practical**	application

18	2	**Defense**	**The front zone is a zone defense and the back zone is man-to-man**	**practical**	application
19	2	**Defense**	**The front zone is a man-to-man defense, and the back zone is a zone**	**practical**	application
20	2	**Defense**	**Box method**	**practical**	application
21	2	**attack**	**The concept of attack and its types**	**practical**	application
22	2	**attack**	**Fast attack has advantages and disadvantages**	**practical**	application
23	2	**attack**	**Factors for the success and failure of a rapid attack, implementing a rapid attack**	**practical**	application
24	2	**attack**	**Types of fast attack**	**practical**	application
25	2	**attack**	**Differential attack and its types**	**practical**	application
26	2	**attack**	**Methods of attack against zone defense**	**practical**	application
27	2	**attack**	**Methods of attack against defense man to man**	**practical**	application
28	2	**attack**	**Methods of attack against mixed defense**	**practical**	application
29	2	----------	**Exam**	Exam	Application exam
30	2	----------	**Exam**	Presence	Exam

5. Course Evaluation

Distributing the score out of 100 according to the tasks assigned to the student such as daily preparation, daily oral, monthly, or written exams, reports .... etc

Presence and activity	The exam	first semester exam	Presence and activity	The exam	second semester exam	The total
5	20	25	5	20	25	50

6. Learning and Teaching Resources

Required textbooks (curricular books, if any)	Basketball for the year 2016
Main references (sources)	Professional basketball training for the year 2020
Recommended books and references (scientific journals, reports…)	Scientific journals in the field

Course Description Specification

2026-2025

Asst.prof.Dr.Ali Abdul-Amir Al-Hasnawi
dean

Lect.Dr. Mohammed Assem Ghazi
Assistant Dean, Faculty Member

Lect.Dr. Ali Sabri Al-Saadi
Head of Quality Assurance Department

Course Description Form

1. Course Name:

Football

2. Course Code:

HSPO4102

3. Semester / Year:

Year

4. Description Preparation Date:

30/12/2026

5. Available Attendance Forms:

Weekly

6. Number of Credit Hours (Total) / Number of Units (Total) :

2 hours per week / 60 hours per year

1. Course administrator's name (mention all, if more than one name)

Name: Wahb Razzaq Jabr Al-Jubouri
Email dr.wahb.R.j@gmail.com

2. Course Objectives

Course Objectives	**• Teaching tactical concepts in Football** **• Teaching Football coaching and leadership skills** **• Learn sports management skills and the concept of tactical training**

3. Teaching and Learning Strategies

Strategy	1- -Knowledge and understanding (The student's ability to recognize and understand the tactical aspect of Football) -Subject-specific skills (Use a court mounted on a chalkboard and moveable player pieces) 2-Teaching and learning methods (clarifying and explaining the academic subjects - giving the student tasks and applications on the playground - presenting different ideas and knowing the extent of the student's ability to apply them) 3-Methods of teaching and learning (clarifying and explaining the study materials - giving the student tasks and applications inside the laboratory - presenting different ideas and knowing the extent of the student's ability to apply them) 4-Evaluation methods (.Daily tests with multiple-choice questions for academic subjects-) Participation marks for difficult competition questions for students

	Assigning grades for assigned homework assignments and - theoretical and practical exams.

4. Course Structure

Week	Hours	Required Learning Outcomes	Unit or subject name	Learning method	Evaluation method
1	2	Oral questions	Oral questions	Oral questions	Oral questions
2	2	Oral questions	Oral questions	Oral questions	Oral questions
3	2	Oral questions	Oral questions	Oral questions	Oral questions
4	2	Question and answer	Question and answer	Question and answer	Question and answer
5	2	Question and answer	Question and answer	Question and answer	Question and answer
6	2	Question and answer	Question and answer	Question and answer	Question and answer
7	2	Question and answer	Question and answer	Question and answer	Question and answer
8	2	Practical performance	Practical performance	Practical performance	Practical performance
9	2	Practical performance	Practical performance	Practical performance	Practical performance
10	2	Practical performance	Practical performance	Practical performance	Practical performance
11	2	Practical performance	Practical performance	Practical performance	Practical performance
12	2	Practical performance	Practical performance	Practical performance	Practical performance

13	2	Practical performance	Practical performance	Practical performance	Practical performance
14	2	Practical performance	Practical performance	Practical performance	Practical performance
15	2	exam	exam	exam	exam
16	2	Question and answer	Question and answer	Question and answer	Question and answer
17	2	Practical performance	Practical performance	Practical performance	Practical performance
18	2	Practical performance	Practical performance	Practical performance	Practical performance
19	2	Practical performance	Practical performance	Practical performance	Practical performance
20	2	Practical performance	Practical performance	Practical performance	Practical performance
21	2	Practical performance	Practical performance	Practical performance	Practical performance
22	2	Practical performance	Practical performance	Practical performance	Practical performance
23	2	Practical performance	Practical performance	Practical performance	Practical performance
24	2	Question and answer	Question and answer	Question and answer	Question and answer
25	2	Practical performance	Practical performance	Practical performance	Practical performance
26	2	Practical performance	Practical performance	Practical performance	Practical performance

27	2	Question and answer + practical performance	Question and answer + practical performance	Question and answer + practical performance	Question and answer + practical performanc e
28	2	Practical performance	Practical performance	Practical performance	Practical performanc e
29	2	Practical performance	Practical performance	Practical performance	Practical performanc e
30	2	exam	exam	exam	exam

5. Course Evaluation

Distributing the score out of 100 according to the tasks assigned to the student such as daily preparation, daily oral, monthly, or written exams, reports .... etc

Presence and activity	The exam	first semester exam	Presence and activity	The exam	second semester exam	The total
5	20	25	5	20	25	50

6. Learning and Teaching Resources

Required textbooks (curricular books, if any)	Football for the year 2016
Main references (sources)	Professional Football training for the year 2020
Recommended books and references (scientific journals, reports…)	Scientific journals in the field

Course Description Specification

2026-2025

Asst.prof.Dr.Ali Abdul-Amir Al-Hasnawi
dean

Lect.Dr. Mohammed Assem Ghazi
Assistant Dean, Faculty Member

Lect.Dr. Ali Sabri Al-Saadi
Head of Quality Assurance Department

Course Description Form

1. Course Name:
Volleyball / Fourth Stage
2. Course Code:
HSPO4218
3. Semester / Year:
Yearly
4. Description Preparation Date:
1/1/2026
5. Available Attendance Forms:
weekly
6. Number of Credit Hours (Total) / Number of Units (Total) :
2 hours per week / 60 hours per year
7.Course administrator's name (mention all, if more than one name)
Name: Ashraf jaafar kazr Email: aj.alhly@gmail.com
8.Course Objectives

Course Objectives	• **1. Teaching game plans and internatio football laws.** • **2. Tactics and plans: Learning individ and team playing strategies.** • **3. Teaching rotation and player posit numbers on the field.** • **4. Explaining the registration form.** • **5. Teaching how to fill out the form throu play.**
9.Teaching and Learning Strategies	
Strategy	• 1. Possess basic and technical knowledge of volleyball • 2. Ability to perform basic skills efficiently • 3. Apply game strategies in matches • 4. Enhance physical and mental abilities associated with the game

10.Course Structure

Week	Hours	Learning Outcome Requirements	Name of unit or topic	Teaching method	Evaluation method
	2	Explaining the history volleyball	A brief explanation of volleyball	brainstorming	Questions and answers
	2	Knowing the basic rules the game	Explanation of articles of the law from 1 to 6	a lecture	Understanding, comprehension a application
	2	Description of a volleyball court, dimensions, areas, net , and posts	Volleyball skills rehearsal and training	Explanation a application skills	Field application
	2	The team, its location, uniforms, the team lead and the responsibilities the coach and assista coach.	Link skills by giving complex skill exercises.	Explanation a application skills	Field application
	2	Score points, win the game, and win the set.	Compound exercises for three skills: receiving, setting, and pressing.	Explanation a application skills	Field application
	2	The rotation a positioning of players the field	Two teams played, refereed by the instructor.	The ideal and presentation	Field application
	2	Explanation of the libero rule in volleyball	This rule applies to play.	The ideal and presentation	Field application
		Explanation of the rules for misconduct penalties, their schedule, and	Play as two teams and give each student the opportunity to apply the rules of misconduct and	The ideal and presentation	Field application

		how they are applied.	consecutive penalties.		
9		Explaining the role of governance, its powers, duties, and position.	Play as two teams and give each student the opportunity to play the role of the first referee.	The ideal and presentation	Field application
1		Explaining the role of the second ruling, its powers, duties, and location.	Play as two teams and give each student the opportunity to play the role of the second referee.	The ideal and presentation	Field application
		Explaining the role of the scorer in the match	Play as two teams and give each student the opportunity to play the role of the recorder.	The ideal and presentation	Field application
		Explain the role of line controllers	Play as two teams and give each student the opportunity to play the role of a lineman.	The ideal and presentation	Field application
		Explaining the rotation process and team errors in rotation	Play two teams and learn how to recognize position swaps.	The ideal and presentation	Questions and answers
		Exam	First semester practical exam	Practical exam	Practical exam
		Exam	First semester theoretical exam	Theoretical exam	Theoretical and pap based exam
		Learn attack methods and types in volleyball.	Play two teams and focus on defense methods.	The ideal model and presentation	Perfect performance

		Learn attack methods and types in volleyball.	Play two teams and focus on attacking methods.	The ideal model and presentation	Perfect performance
		egistration form explanation	Play in two teams and give each student the opportunity to view the registration form.	The ideal model and presentation	Question and Answer
		Re-explaining the registration form	Play as two teams and give each student the opportunity to apply the work recorded on the registration form.	The ideal model and presentation	Question and Answer
		Follow the explanation of the registration form.	Apply all the details of the registration form	The ideal model and presentation	Question and Answer
		- Types of plans Offensive plan (Forward player's setup plan)	Playing and implementing the plan practically during half-court play	The ideal model and presentation	Optimal performance
		Attack plan prepared by the prepared player	Playing and implementing the plan practically during half-court play	The ideal model and presentation	Optimal performance
		Attack plan after the first pass	Offensive plans play with application	The ideal model and presentation	Optimal performance
		Attack plan after the second pass from the backfield	Practical exercises for the skill of	The ideal model and presentation	Optimal performance

			defending the field		
		Defensive plans (six- and five-pronged serve defense plan)	Defensive plans (six- and five-piece service defense plan)	The ideal model and presentation	Optimal performance s
		The four-, three- and two-pronged defensive plan	Half-field plan implementation	The ideal model and presentation	Optimal performance
		Defensive formations By the block wall and defending the field	Defensive formations by the block wall and the defense of the field	The ideal model and presentation	Optimal performance
		Coverage after defense	Playing with two teams and applying defensive and offensive plans	Guidance And supervision	Technical level students
		Exam	Second semester practical exam	Exam	Practical exam
		Exam	Second semester theoretical exam	Exam	Theoretical And paper-based exam

11.Course Evaluation

Distributing the score out of 100 according to the tasks assigned to the student such as daily preparation, daily oral, monthly, or written exams, reports .... etc

Presence and activity	The exam	first semester exam	Presence and activity	The exam	second semester exam	The total
5	20	25	5	20	25	50

12.Learning and Teaching Resources

1. Required textbooks	Electronic references; websites
Main references (sources): Volleyball curriculum Written by: Dr. Saad Al-Jumaili	The Scientific Encyclopedia of Volleyball Authored by: Dr. Marwan Abdel Majeed Ibrahim

Course Description Specification

2026-2025

Asst.prof.Dr.Ali Abdul-Amir Al-Hasnawi
dean

Lect.Dr. Mohammed Assem Ghazi
Assistant Dean, Faculty Member

Lect.Dr. Ali Sabri Al-Saadi
Head of Quality Assurance Department

Course Description Form

.1 Course Name:	Teaching methods
.2 Course Code:	HSPO4107
.3 Semester / Year:	Yearly
.4 Description Preparation Date:	1/1/2026
.5 Available Attendance Forms:	weekly
.6 Number of Credit Hours (Total) / Number of Units (Total) :	2 hours per week / 60 hours per year
.1 Course administrator's name (mention all, if more than one name)	Name: ali Hussein dhaher Email: ali.ap893@gmail.com
.2 Course Objectives	
Course Objectives	**Communicating mathematical information, knowledge, and skills to students at different academic levels** **• Innovation, careful bservation, planning, criticism and comparison in school hysical education lessons and activities** **• Creating a safe and healthy environment for learners to ensure effective learning**

	• **Applying various evaluation methods to follow up and develop the school sports program and ensure that its goals are achieved** • **Active and positive interaction th the community environment surrounding the work** • **Knowing the role of physical education and movement and sports activities in establishing and consolidating social traditions and norms**

3. Teaching and Learning Strategies

Strategy	- Cognitive objectives - Skills objectives for the course. Providing students with the basics and topics related to the knowledge and systems described in A Clarification and explanation of study materials by the academic staff. Providing students with knowledge through homework assignments for academic vocabulary. Asking students to visit the library to obtain academic knowledge related to academic vocabulary. mproving students' skills by visiting websites to obtain additional knowledge of academic subjects.

4. Course Structure

Week	Hours	Required Learning Outcomes	Unit or subject name	Learning method	Evaluation method

1	2	owledge of teaching methods in general	The concept of teaching methods	Explanation and esentation of the skill	derstandi and pplyi ng
2	2	ow the opinions of nkers and scientists about exercise	Physical exercises	Explanation and presentation of the skill	derstandi and pplyi ng
3	2	vantages not found in other sports	Advantages of physical exercises	Explanation and esentat n of the skill	derstandi and pplyi ng
4	2	ow what physical exercise aims to do	Physical exercise goals	xplanati and esentat n of the skill	nderstandi and pplyi ng
5	2	Knowledge of regular exercises Reformism and consensualism	Types of physical exercises	xplanati and esentat n of the skill	Understa nding and applying
6	2	owing and derstanding the mportance of exercise	The importance of physical exercises	xplanati and esentat n of the skill	derstandi and pplyi ng
7	2	Understanding objects such as physical and motor ability	Physical exercise purposes	xplanati and esentat n of the skill	derstandi and pplyi ng
8	2	Understand the comparison between exercise and daily movement	Physical exercises and comparing them to daily movements	xplanati and esentat n of the skill	derstandi and pplyi ng
9	2	Knowing the situation in general	Physical exercise conditions	xplanati and esentat	nderstandin and pplying

				n of the skill	
10	2	Know the five basic positions	Initial conditions (original)	xplanati and esentat n of the skill	nderstandi and pplyin g
11	2	Know the modes derived from the basic ones	Initial (derivative) conditions	xplanati and esentat n of the skill	nderstandi and applying
12	2	Fundamental and derived positions	Exercise application	xplanati and esentat n of the skill	nderstandin and pplyi ng
13	2	Fundamental and derived positions	Exercise application	xplanati and esentat n of the skill	nderstandin and pplyi ng
14	2	Exam	Practical exam	Exam	Exam
15	2	Exam	Exam	Exam	Exam
16	2	Know and understand writing exercise	How to write physical exercise	xplanati and esentat n of the skill	nderstandin and applying
17	2	Know how to write physical exercise	Primary exercise	xplanati and esentat n of the skill	nderstandin and pplyi ng
18	2	Know how to write physical exercise	Movement or movements	xplanati and esentat n of the skill	nderstandin and pplyi ng

19	2	Know how to write physical exercise	Final position	xplanati and esentat n of the skill	nderstandin and applying
20	2	Know how to write physical exercise	Number of times you exercise	xplanati and esentat n of the skill	nderstandin and applying
21	2	Understand the details of writing the initial situation and avoid mistakes	Basics that must be taken into account when writing the initial situation	xplanati and esentat n of the skill	nderstandin and pplyi ng
22	2	Understand the details of writing the initial situation and avoid mistakes	Basics to consider when writing an exercise movement	xplanati and esentat n of the skill	nderstandin and pplyi ng
23	2	Understanding accompanying movements	The burdensome movement	xplanati and esentat n of the skill	nderstandin and pplyi ng
24	2	Understanding the directive, its terms and sections	Instruction for physical exercise	xplanati and esentat n of the skill	nderstandin and pplyi ng
25	2	Know the news section	Instruction for physical exercise	xplanati and esentat n of the skill	nderstandin and pplyi ng
26	2	Knowing how to wait	Instruction for physical exercise	xplanati and esentat n of the skill	nderstandin and pplyi ng

27	2	Knowledge of the procedural section	Instruction for physical exercise	xplanati and esentat n of the skill	nderstandin and pplyi ng
28	2	Learn how to stop exercise on command	Instruct to stop the exercise	xplanati and esentat n of the skill	nderstandin and pplyi ng
29	2	Exam	Practical exam	Exam	Exam
30	2	Exam	second semester exam	Presence	Exam

5. Course Evaluation

Distributing the score out of 100 according to the tasks assigned to the student such as daily preparation, daily oral, monthly, or written exams, reports .... etc

Presence and activity	The exam	first semester exam	Presence and activity	The exam	second semester exam	The total
5	20	25	5	20	25	50

6. Learning and Teaching Resources

Required textbooks (curricular books, if any)	ethods of teaching physical education)
Main references (sources)	Dr.. Afaf Al-Katib Dr. Nihad Muhammad Alwan
Recommended books and references (scientific journals, reports…)	Contemporary Sports Magazine
Electronic References, Websites	Research gate