

Ministry of Higher Education and Scientific Research

Scientific Supervision and Evaluation Authority

**Quality Assurance and Academic Accreditation
Department**



Academic Program and Course Description Guide for the 2024-2025 Academic Year

Academic Program Description Form

University Name: Wasit

Faculty/Institute: Faculty of Physical Education and Sports Sciences

Scientific Department: Faculty of Physical Education and Sports Sciences

Academic or Professional Program Name: Bachelor of Physical Education and Sports Science

Final Certificate Name: Bachelor of Physical Education and Sports Science

Academic System: Annual system

Description Preparation Date: 1/11/2024 – 31/1/2025

File Completion Date: 31/1/2025

Signature

Assistant Dean for Academic Affairs Name: Dr. Ameer Rashid

Date: 2.2.2025

The file is checked by: Marwa Nafea Saeed

Department of Quality Assurance and University Performance

Director of the Quality Assurance and University Performance Department:

Date: 2.2.2025

Signature:



Prof. Dr.
GHAFAR SAAD ISSA
Dean

Approval of the Dean

1- Program vision

Leadership, excellence and creativity, spreading the culture of physical education and sports sciences, keeping pace with scientific progress, openness locally, on new developments according to quality regionally and globally, and following up standards in all fields.

2- Program message

Contributing to building a solid educational system to prepare educational and scientific personnel in the field of physical education and sports sciences, with high ciency, professional experience and skills, creative thinking, and enriching effi . aspects of scientific research

3- Program objectives

**krow ot level hgih a ta lennosrep lanoitacude dna cifitneics ‘lanoisseforp gniraperP •
.in secondary and higher education**

**Promote future visions for physical culture and sports and implement the slogan •
”IIA rof stropS“**

**fo dleif eht ni yllanoitacude dna yllacifitneics srehaet gniyfilauq dna gniraperP •
te physical education and sports sciences to work in undergraduate and gradua
.studies**

**strops dna lacisyhp fo dleif eht ni srehaeser fo seilibapac eht gnipoleveD •
.sciences in accordance with modern developments**

**ot ytitca lacisyhp dna strops fo erutluc eht gnidaerps yb htlaeh cilbup gnitomorP •
tance of sports in society in improving public health raise awareness of the impor
.and preventing diseases**

**dna cifitneics s’egelloc eht gnissenrah dna ecivres ytinummoc ni gnikroW •
.educational capabilities to achieve social service requirements**

**ts movement leaders and athletes to work in rops ‘sreniart ‘srehaet gniyfilauQ •
.clubs, sports federations and various state institutions**

**nommoc dliub ot yrtnuoc eht edistuo dna edisni segelloc ralimis htiw gnitcaretnI •
.sworking rules for scientific research and various educational activitie**

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| 4- Accredited accreditation program |
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| NCATE |
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| 5- Other external influences |
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| nothing |
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| 6- Required program outcomes, teaching, learning and evaluation methods |
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| A-Cognitive outputs |
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| A-1 Knowledge facts Specific. |
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| A-2 Knowledge Terminology Technical and methods Search. |
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| A-3 Knowledge Terminology The commonplace On it To deal with Phenomena or Knowledge |
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| A-4 Ability on the explanation And clarification And the interpretation and description And drawing. |
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| A-5 Knowledge Categories and categories ogyAnd the methodol. |
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| A-6 Knowledge methodology and methods Search. |
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| B- specific skill outputs-Program |
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| B-1 an recognize Thestudent |
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| B- N2 remembers Thestudent |
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| B-3 an Explains .The student |
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| C-Teaching and learning methods |
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| C-1 .Lecture method |
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| C-2 .books Auxiliary curriculum |
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| C-3 .Practical activities |
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| C-4 .Workshops |
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| D-Teaching and learning methods |
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| D-1 .Scientific reports and research on materials |
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D-2 .Permanent attendance

D-3 .Daily activities and participations

D-4 .Theoretical, oral and practical tests

based outcomes-and value Emotional

and-1 ability on .Analysis

and-2 ability on thinking Creative

E-Evaluation methods

E-1 .Daily exams

E-2 Monthly . exams

E-3 .Annual examinations

E-4 Oral . exams

H-Extracurricular

H-1 activities

H-2 Writingscientific .and articles reports

H-3 Delivering oral presentations.

| 7- Program structure | | | | |
|-----------------------------|--------------------|---------------------|---|-----------------------|
| Credit hours | | Course code | Course name | Academic stage |
| 2 | theoretical | UWA26PHED101 | anatomy | First |
| 2 | practical | UWA26PHED102 | The square and the field | |
| 2 | practical | UWA26PHED103 | ball basket | |
| 2 | practical | UWA26PHED104 | soccer | |
| 2 | practical | UWA26PHED105 | swimming | |
| 2 | practical | UWA26PHED106 | Scouting and Camps | |
| 2 | practical | UWA26PHED107 | to lift Weightlifting students | |
| 2 | practical | UWA26PHED108 | Fitness Physical female students | |
| 2 | theoretical | UWA26PHED109 | the language Arabic | |

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|---|-------------|---------------|--|--------|
| 2 | theoretical | UWA26PHED110 | date Physical education | |
| 1 | theoretical | UWA26PHED111 | rights human | |
| 2 | theoretical | UWA26PHED112 | English language | |
| 2 | practical | UWA26PHED113 | computer | |
| 2 | theoretical | UWA26PHED201 | Biomechanics | Second |
| 2 | practical | UWA26PHED202 | he square and T the field | |
| 2 | practical | UWA26PHED203 | basketball | |
| 2 | practical | UWA26PHED204 | handball | |
| 2 | practical | UWA26PHED205 | volleyball | |
| 2 | practical | UWA26PHED206 | Gymnastics equipment | |
| 2 | practical | UWA26PHED207 | Student boxing | |
| 2 | practical | UWA26PHED208 | thmic Rhy gymnastics for female students | |
| 2 | practical | UWA26PHED209 | Teaching methods | |
| 2 | theoretical | UWA26PHED210 | Sports training | |
| 2 | theoretical | UWA26PHED211 | Mathematical statistics | |
| 2 | theoretical | UWA26PHED212 | Tests and Measurements | |
| 2 | theoretical | UWA26PHED213 | Arabic | |
| 1 | theoretical | UWA26PHED214 | Baath crimes | |
| 2 | theoretical | UWA26PHED2115 | English language | |
| 2 | practical | UWA26PHED2116 | Calculators | |
| 2 | theoretical | UWA26PHED301 | Sports physiology | Third |
| 2 | theoretical | UWA26PHED302 | Injuries and rehabilitation | |
| 2 | theoretical | UWA26PHED303 | learning The kinetic | |
| 2 | theoretical | UWA26PHED304 | Scientific research | |
| 2 | practical | UWA26PHED305 | The square and the field | |
| 2 | practical | UWA26PHED306 | The ball The plane | |
| 2 | practical | UWA26PHED307 | ball foot | |
| 2 | practical | UWA26PHED308 | allb hand | |
| 2 | practical | UWA26PHED309 | Gymnastics Devices | |

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|---|-------------------------|--------------|---|--------|
| 2 | practical | UWA26PHED310 | duel | |
| 2 | practical | UWA26PHED311 | games Racket (tennis) | |
| 2 | practical | UWA26PHED312 | Wrestling students | |
| 2 | practical | UWA26PHED313 | Rhythmic gymnastics for female students | |
| 2 | theoretical | UWA26PHED301 | Foundations of education | Fourth |
| 2 | theoretical | UWA26PHED302 | Sports Psychology | |
| 2 | theoretical | UWA26PHED303 | Sports training | |
| 2 | theoretical | UWA26PHED304 | Administration and Organization | |
| 2 | theoretical | UWA26PHED305 | Kinetic analysis | |
| 2 | practical | UWA26PHED306 | The square and the field | |
| 2 | practical | UWA26PHED307 | The ball The plane | |
| 2 | practical | UWA26PHED308 | ball foot | |
| 2 | practical | UWA26PHED309 | ball hand | |
| 2 | practical | UWA26PHED310 | ball basket | |
| 2 | Theoretical practical + | UWA26PHED311 | Research project | |
| 2 | practical | UWA26PHED312 | Methods teaching | |
| 2 | practical | UWA26PHED313 | Field application | |

8- Planning for personal development

- 1- a job Courses Training in Specialization In a way My league
- 2- to merge Students in Institutes ificationQual For work in Institutions The state.
- 3- Use network Internet Global To expand and development Scientific
- 4- Induction on visit Library constantly
- 5- stay Exhibitions Shared Reflect bezel Capability Students on the job And creativity And development.

6- up-Follow Continuous For students that You need to more For information and perception and understanding ularyFor vocab some Materials.

9- Admission criteria (setting regulations related to admission to the college or (institute

- 1- a test touchstone Acceptance60 which It is represented On average The year For thestudent**
- 2- a test Examination Medical**
- 3- passing Tests itivenesscompet And represented by (Physical tests) Skill(.**
- 4- passing Test theoretical The interview Personality**
- 5- Use Standards in Acceptance from during Accreditation on Foundations Scientific For tests And acceptance The best According to the plan Acceptance Central**

10- The most important sources of information about the program

- 1- Notes.**
- 2- books Academic For the decision.**
- 3- magazines Scientific**
- 4- magazines .The periodical**
- 5- network Information Technology((Internet**

11- Faculty

| Faculty members | | | | | | | |
|-----------------|-------------------------------|---|----------------|-------------|---|--|---|
| Angel/Lecturer | Subspecialty | General specialization | Academic title | Certificate | College | Full name and surname | T |
| | Tests and Measurements | Physical education | professor | PhD | Faculty of Physical Education and Sports Sciences | Mazen Hassan Jassim Hasani-Hashim Al | 1 |
| | Physiology /Handball Training | Philosophy of Physical Education and Sports | professor | PhD | Faculty of Physical Education and Sports Sciences | Baha' Muhammad -Taqi Hussein al Moussawi | 2 |

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|--|---|---|----------------------|----------|--|--|----|
| | | Science | | | | | |
| | Philosophy in the Principles of Education | psychology | professor | PhD | Faculty of Physical Education and Sports Sciences | Hussein Rahim Aziz Hamashi-Shaheen Al | 3 |
| | ack training physiologyField and tr | Philosophy of Physical Education and Sports Science | professor | PhD | Faculty of Physical Education and Sports Sciences | Amer Mohammed -Nasser Hussein Al Kaidat | 4 |
| | Biomechanics / Square and Field | Philosophy of Physical Education and Sports Science | professor | PhD | Faculty of Physical Education and Sports Sciences | Ghaffar Saad Issa Badri-Rajab Al | 5 |
| | Biomechanics / Square and Field | Philosophy of Physical Education and Sports Science | professor | PhD | Faculty of Physical Education and Sports Sciences | Mazen collapsed My t mother is ligh Quraishi | 6 |
| | basketball | Physical education | professor | PhD | Faculty of Physical Education and Sciences Sports | -Muhammad Abd al Nabi Muhammad Dulaimi-Huwayt al | 7 |
| | Sports Psychology / Football | Philosophy of Physical Education and Sports Science | professor | PhD | Faculty of Physical Education and Sports Sciences | Muhammad Kazim Ta'i-Arab Khafii al | 8 |
| | Philosophy/football | Physical education | assistant professor | Master's | Faculty of Physical Education and Sports Sciences | n Hassan Jabbar Arka Jawrani-Mohsen Al | 9 |
| | Teaching Methods / Gymnastics | Philosophy of Physical Education and Sports Science | stant assi professor | PhD | Faculty of Physical Education and Sports Sciences | Amin Atta Hassan Gharibawi-Mahdi Al | 10 |
| | Sports Injuries / Health Sciences | Physical Education and Sports Science | assistant professor | PhD | Faculty of Physical Education and Sports Sciences | Bashar Binwan -Hassan Arouj Al Zamili | 11 |
| | volleyball | Philosophy of Physical Education | assistant professor | PhD | Faculty of Physical Education and Sports Sciences | Hassan Sabry Mohammed Hassan Amiri-Al | 12 |
| | Sports Psychology/Football | Physical Education and Sports Science | assistant professor | PhD | y of Facult Physical Education and Sports Sciences | Haider Mahmoud -Allawi Ali Al Samarraais | 13 |
| | Training/Tennis | Physical education | assistant rprofesso | PhD | Faculty of Physical Education and Sports Sciences | Khaled Ali Hassoun, Return of the Palace | 14 |
| | Kinesthetic Learning / Yard and Field | Philosophy of Physical Education and Sports Science | assistant professor | PhD | Faculty of Physical Education and Sports Sciences | Rana Mohammed -Matar Hussein Al Jabouri | 15 |
| | Motor Learning / Volleyball | Philosophy of Physical Education and Sports Science | assistant professor | PhD | Faculty of Physical Education and Sports Sciences | Amer Rashid, the -bearer of Lafta Al Zubaidi's gesture | 16 |
| | Physiology /Athletics | Philosophy of Physical Education and Sports Science | assistant professor | PhD | Faculty of Physical Education and Sports Sciences | Ali Hussein Sagheer iAmir-Khadir Al | 17 |
| | Learn/Swim | Philosophy of Physical Education and Sports Science | assistant professor | PhD | Faculty of Physical Education and Sports Sciences | Ali Hamid Jubail Badri-Wahid Al | 18 |

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|--|---|--|----------------------|----------|--|---|----|
| | Field and square training | Physical education | assistant professor | PhD | Faculty of Physical Education and Sports Sciences | Ali Naeem Ajil Sahi Mayahy-Al | 19 |
| | Injuries and Rehabilitation / Weightlifting | Philosophy of Physical Education and Sports Science | assistant professor | PhD | Faculty of Physical Education and Sports Sciences | aber Imad Khalifa J Asi-Marouh Al | 20 |
| | History of Physical Education/Handball | Physical education | assistant professor | PhD | Faculty of al Physic Education and Sports Sciences | Ghazwane Aziz Mohsen Mohammed Batawi-Al | 21 |
| | literature English | English language | assistant professor | PhD | Faculty of Physical Education and Sports Sciences | Fouad Abbas Ali Lami-Mohammed Al | 22 |
| | football training | Philosophy of Physical Education and Sports Science | assistant professor | PhD | Faculty of Physical Education and Sports Sciences | Fadhel Daham -Mansour Idham Al Mayah | 23 |
| | History of Physical Education/Swimming | Physical Education and Sports Science | assistant professor | Master's | ty of Facul Physical Education and Sports Sciences | Fatima Haidar -Majeed Khafaji Al Aboudi | 24 |
| | Management and organization | Physical education | tant assis professor | PhD | Faculty of Physical Education and Sports Sciences | Falah Abdul Hassan Rikabi-Yousef Al | 25 |
| | football training | Sports training | assistant professor | PhD | Faculty of Physical Education and Sports Sciences | Qasim Muhammad Fadhili-Ali Ahzim Al | 26 |
| | Sports Training and Movement Science / Handball | Physical Education and Sports Science | assistant professor | PhD | Faculty of Physical Education and Sports Sciences | Majid Hassan Ali shiQurai-Jabr Al | 27 |
| | Sports injuries and rehabilitation racquet/ | Physical Education and Sports Science | assistant professor | PhD | Faculty of Physical Education and cesSports Scien | Mustafa Muhammad Lami-Ali Farhan Al | 28 |
| | Tests and Measurements/Yard and Field | Physical Education and Sports scienceS | assistant professor | PhD | Faculty of Physical Education and Sports Sciences | Mahdi Lafta is Kaabi-Jabbar Al | 29 |
| | Kinetic learning/boxing | Physical education | assistant professor | PhD | Faculty of Physical Education and Sports Sciences | Star profit Abdullah -Abdullah Al Ghanimawi | 30 |
| | Handball Teaching Methods Curricula | Philosophy of Physical Education and Sports Science | teacher | PhD | Faculty of Physical Education and Sports Sciences | Israa Fadel Hassan riBad-Ahmed Al | 31 |
| | literature | Arabic language | chertea | PhD | Faculty of Physical Education and Sports Sciences | Thamer Jassim -Mohammed Ali Al Dalfi | 32 |
| | Sports recreation | Philosophy of Physical Education and Sports Science | teacher | PhD | Faculty of Physical Education and Sports Sciences | Hamed Ali Abdul -Hussein Jaber Al Kanani | 33 |
| | Teaching methods / handball | Philosophy of Physical Education and Sports Science | teacher | PhD | Faculty of Physical Education and Sports Sciences | Hussein Faye Aziz zzanWa-Hussein Al | 34 |
| | Sports training/football | hilosophy P of Physical Education and Sports Science | teacher | PhD | Faculty of Physical Education and Sports Sciences | Hamid Majeed -Hamid Salem Al Zarkani | 35 |

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| | ds/battle gamesTeaching metho | Philosophy of Physical Education and Sports Science | teacher | PhD | Faculty of Physical Education and Sports Sciences | -Haider Abdul Kazem. Khadir Nassif Adly-Al | 36 |
| | Athletic Training/Track and Field | Philosophy of Physical Education and Sports Science | teacher | PhD | Faculty of Physical Education and Sports Sciences | Fiqar Adeeb -Dhu al Hussein Sakban The Cretan | 37 |
| | Sports/Weapon Training | Philosophy of Physical Education and Sports Science | teacher | PhD | Faculty of Physical Education and Sports Sciences | Sajjad Nasser Awad Badri-Isultan A | 38 |
| | Rhythmic Gymnastics | Philosophy of Physical Education and Sports Science | teacher | PhD | Faculty of Physical Education and SciencesSports Sc | His Excellency Hassanein Abdel Moneim Abdel Reda Hakim-Al | 39 |
| | ning/training scienceTrai | Philosophy of Physical Education and Sports Science | teacher | PhD | Faculty of Physical Education and Sports Sciences | Saad Jassim Jalab Gharbawi-Radhi Al | 40 |
| | Handball training | Physical education | teacher | PhD | Faculty of Physical Education and Sports Sciences | Saad Dhari Hamel Ali Dalfi-Al | 41 |
| | wrestling | Physical education | teacher | DPh | Faculty of Physical Education and Sports Sciences | Issam Mohsen Nasser Abdel Rahman | 42 |
| | Athletic Training / Boxing | Philosophy of Physical Education and Sports Science | teacher | PhD | Faculty of Physical Education and Sports Sciences | Ghazwane collapsed My mother is light Quraishi | 43 |
| | Physiology / Gymnastics | Physical education | teacher | PhD | Faculty of Physical Education and Sports Sciences | hammad Ghofran M -Taama Matalib Al Daryasawi | 44 |
| | Square and field/ Biomechanics | osophy Phil of Physical Education and Sports Science | teacher | PhD | Faculty of Physical Education and Sports Sciences | Karar Abdul Karim -Khadir Abbas Al Saadi | 45 |
| | rcisesTherapeutic exe | Philosophy of Physical Education and Sports Science | teacher | PhD | Faculty of Physical Education and Sports Sciences | Karar Abdullah Mohsen Dahash Al Dahsh | 46 |
| | Training/Football | Philosophy of Physical Education and Sports Science | teacher | PhD | Faculty of Physical Education and Sports Sciences | Mohammed Ashour -Abbas Hamoud Al Amiri | 47 |
| | Sports Management/Athletics | Philosophy of Physical Education and Sports Science | teacher | PhD | Faculty of Physical cation and Edu Sports Sciences | Hamam Ismail -Hussein Ali Al Harkani | 48 |
| | Kinematics | Sports Training and logyKinesio | teacher | PhD | Faculty of Physical Education and Sports Sciences | Wissam Zaki Muhammad Abbas Mizdawi-Al | 49 |
| | Private law | Public law | teacher | Master's | Faculty of Physical Education and Sports Sciences | Saham Hamid -Majeed Ahfadhi Al Aboudi | 50 |
| | Gymnastics | Physical Education and Sports Science | Assistant Professor | Master's | Faculty of Physical Education and Sports Sciences | Ather Hamza Jijan Bijan The Jokli | 51 |

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|--|---|---|---------------------|----------|--|--|----|
| | Kinesiology/Swimming | Physical Education and Sports Science | Assistant Professor | Master's | Faculty of Physical Education and Sports Sciences | Ahmed Saad -Mahmoud Radhi Al Bozouni | 52 |
| | Physiology /Training/Handball | Physical Education and Sports Science | Assistant Professor | Master's | Faculty of Physical Education and Sports Sciences | Ahmed Shaker -Kazim Shukr Al Khanaqe | 53 |
| | Kinetic learning / gymnastics | Physical Education and Sports Science | Assistant Professor | Master's | of Faculty Physical Education and Sports Sciences | Ahmed Abdullah Lafta swore allegiance to Hussein | 54 |
| | Field and square training | Philosophy of Physical Education and Sports Science | Assistant ofessorPr | Master's | Faculty of Physical Education and Sports Sciences | Ahmed Aliwi Rahim Badri-Khanjar Al | 55 |
| | ning/AthleticsTrai | Physical Education and Sports Science | Assistant Professor | Master's | Faculty of Physical Education and Sports Sciences | Ahmed Nayef Batouli Buhussain-Fareh Al | 56 |
| | Law/General | law | Assistant Professor | Master's | Faculty of Physical Education and Sports Sciences | Batoul Zghair Eidan Jaafari-Naes Al | 57 |
| | Biomechanics / Square and Field | Physical Education and Sports Science | Assistant Professor | s'Master | Faculty of Physical Education and Sports Sciences | Baraa Ismail Ajam Abadi-Jawad Al | 58 |
| | Training/Wrestling | Physical Education and Sports Science | Assistant Professor | Master's | Faculty of Physical Education and Sports Sciences | Tawhid Haidar Abdul Razzaq Muhammad Shahwahi | 59 |
| | Teaching methods | Physical Education and Sports Science | Assistant Professor | Master's | Faculty of Physical Education and Sports Sciences | Hussam Yassin -Khader Radhi Al Mozan | 60 |
| | Sports recreation | Physical Education and Sports Science | Assistant Professor | Master's | Faculty of Physical Education and Sports Sciences | Hassan Abdul Razzaq -Hassan Saad Al aniHark | 61 |
| | Teaching Methods / Football | Physical Education and Sports Science | Assistant essorProf | Master's | Faculty of Physical Education and Sports Sciences | Hassan Hadi Abd Hamrani-Hasuni Al | 62 |
| | sPhysiological test | Physical Education and Sports Science | Assistant Professor | Master's | Faculty of Physical Education and Sports Sciences | Hassanein Amer Jalal Shahmani-Hamid Al | 63 |
| | Training/Fighting | Physical Education and Sports Science | Assistant Professor | Master's | Faculty of Physical Education and Sports Sciences | Hassanein Abbas -Fadel Sultan Al Fatlawi | 64 |
| | Management and Organization / Football | Physical Education and Sports Science | Assistant Professor | Master's | Faculty of Physical ducation and E Sports Sciences | Hussein Majed -Farhan Khalbas Al Atabi | 65 |
| | Motor Learning/Volleyball | Physical Education and Sports Science | Assistant ofessorPr | Master's | Faculty of Physical Education and Sports Sciences | Hanin Muhammad -Saad Muhammad al Qazwini | 66 |
| | square and field / Teaching methods | Physical Education and Sports Science | Assistant Professor | Master's | Faculty of Physical Education and Sports Sciences | Hanin Maysam Abbas Abdul Amir Saadi-Al | 67 |
| | Curricula and teaching methods/football | Physical Education and Sports Science | Assistant Professor | Master's | Faculty of Physical Education and Sports Sciences | Haider Mahdi -Darwish Alwan Al Drisawi | 68 |
| | Motor Learning/Volleyball | Physical Education and Sports Science | Assistant Professor | Master's | Faculty of Physical Education and Sports Sciences | Razzaq Awad Saeed Maksousi-Al ' Badi | 69 |
| | Physiology | Physical | Assistant | Master's | Faculty of | Peace Messenger | 70 |

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|--|--|--|---------------------|----------|--|--|----|
| | | Education and Sports Science | Professor | | Physical Education and Sports Sciences | -Jaber Khamis Al Khafaji | |
| | itnessPhysiology/F | Physical Education and Sports Science | Assistant Professor | Master's | Faculty of Physical Education and Sports Sciences | Rasul Shaalan -Ghanem Aflak Al Jaafari | 71 |
| | Biomechanics / Gymnastics | Physical Education and Sports Science | Assistant Professor | Master's | Faculty of Physical Education and Sports Sciences | Zahraa Nasser -Razouki Nasser Al Abbas | 72 |
| | Learn/Football | Physical Education and Sports Science | Assistant Professor | Master's | Faculty of Physical Education and Sports Sciences | Spa Mohammed -Hamid Aboud Al Zuwaini | 73 |
| | Training/Handball | Physical Education and Sports Science | Assistant Professor | Master's | Faculty of Physical Education and Sports Sciences | Sajjad Ayad Hadi Harkani-Fadhel Al | 74 |
| | Health Sciences | Physical Education and Sports Science | Assistant Professor | Master's | Faculty of Physical Education and Sports Sciences | Mahdi Jassim's -carpet and Al Bahadeli's shawl | 75 |
| | Personal status | Special law | Assistant Professor | Master's | Faculty of Physical Education and Sports Sciences | aleh Salwan Saad S Sulaimani-Jassim Al | 76 |
| | Psychology / Paralympic Sports | Physical Education and Sports Science | Assistant ofessorPr | Master's | Faculty of Physical Education and Sports Sciences | Susan Muhammad Jawad Abdul Kadhim Sabaa-Al | 77 |
| | eightliftingSports Psychology/W | Physical Education and Sports Science | Assistant Professor | Master's | Faculty of Physical Education and Sports Sciences | Sadiq Jaber Matani Sharif Mayahi | 78 |
| | accounting | accounting | Assistant Professor | Master's | Faculty of Physical Education and Sports Sciences | Sadiq Sadiq Khazal Saray-Khalati Al | 79 |
| | Injury rehabilitation | Physical Education and Sports Science | Assistant Professor | ster'sMa | Faculty of Physical Education and Sports Sciences | Hussein Shaalan Shammari-Hamad Al | 80 |
| | Training/Fighting | Physical Education and Sports eScience | Assistant Professor | Master's | Faculty of Physical Education and Sports Sciences | Atta Allah Saif Atta -Allah Zahir Al Saadoun | 81 |
| | Learn gymnastic movement | Physical Education and Sports Science | Assistant Professor | Master's | Faculty of Physical Education and Sports Sciences | Ali Barkawi Jalib Qurashi-Darm Al | 82 |
| | Training/Football | Physical Education and Sports Science | Assistant Professor | Master's | Ity of Facu Physical Education and Sports Sciences | Ali Hussein Arabi Moussawi-Karim Al | 83 |
| | Kinesthetic Learning/Tennis | al Physic Education and Sports Science | Assistant Professor | Master's | Faculty of Physical Education and Sports Sciences | Ali Hamid Faraj Taie-Dubai Al | 84 |
| | Physiology /Training | Physical Education and Sports Science | Assistant Professor | Master's | Faculty of Physical Education and Sports Sciences | Ali Shahab Hamad Khamas-Khabat Al | 85 |
| | Kinesiology/Wrestling/Teaching Methods | Physical Education and Sports Science | Assistant Professor | Master's | Faculty of Physical Education and Sports Sciences | Saleh Abdul Ali Ali -Abdul Nabi Al Zubaidi | 86 |
| | Arabic language | Human education | Assistant Professor | Master's | Faculty of sical Phy Education and Sports Sciences | Messengers Nasir Ali Waili-Hussein Al | 87 |
| | Handball injury rehabilitation | Physical Education and Sports | Assistant Professor | Master's | Faculty of Physical Education and | Dusk Tahir Habib Maamouri-Issa Al | 88 |

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| | | eScience | | | Sports Sciences | | |
| | Sports injuries and corrective exercises | Physical Education and Sports Science | Assistant Professor | Master's | Faculty of Physical Education and Sports Sciences | Fawzia Kazim -Mohsen Jabr Al Hamashi | 89 |
| | Swimming and injury rehabilitation | Physical Education and Sports Science | Assistant Professor | Master's | Faculty of Physical Education and Sports Sciences | Jabbar Mu'taman Muhammad Husayn Gharib-al | 90 |
| | Physiology / Weights | Physical Education and Sports Science | Assistant Professor | Master's | Faculty of Physical Education and Sports Sciences | Muhammad Jibrán Jibrán Abdul Sahib Badri-Al | 91 |
| | Sports/Basketball Training | Physical Education and Sports Science | Assistant Professor | Master's | Faculty of Physical Education and Sports Sciences | Mohammed Hussein Jaafari-Wali Latif Al | 92 |
| | Football / Sports Training Science | Physical Education and Sports Science | Assistant Professor | Master's | Faculty of Physical Education and Sports Sciences | Muhammad Abd Abu Kuh -Dhar Abd al-al Dalfi-al | 93 |
| | Health fitness | Physical Education and Sports Science | Assistant Professor | Master's | Faculty of Physical Education and Sports Sciences | Muhammad Abdul Hussein Majli Sarhan Sarhan | 94 |
| | Physiology Gymnastics | Physical Education and Sports Science | Assistant Professor | Master's | Faculty of Physical Education and Sports Sciences | Muhammad Kazim -Daher Al-Jabbar Al Abadi | 95 |
| | Training/Futsal | Physical Education and Sports Science | Assistant Professor | Master's | Faculty of Physical Education and Sports Sciences | Mayada Faisal -Tawfiq Jaafar Al Aidi | 96 |
| | Sports training | Physical Education and Sports Science | Assistant Professor | Master's | Faculty of Physical Education and Sports Sciences | Happy birthday, -Radhi Obaid Al Azzawi | 97 |
| | History of Islamic Civilization | Public law | Assistant Professor | Master's | Faculty of Physical Education and Sports Sciences | Nagham Hamid shid Abdul Nabi Ra Taie-Al | 98 |
| | Teaching Methods / Rhythmic Gymnastics | Physical Education and Sports Science | Assistant Professor | Master's | Faculty of Physical Education and Sports Sciences | Heba Salah Abdel Mohsen Mohammed Maqdadi-Al | 99 |
| | Tests and Measurements / Handball | Physical Education and Sports Science | Assistant Professor | Master's | Faculty of Physical Education and Sports Sciences | Saleh Nasser Rashid Dubi-Saleh Al | 100 |
| | Training/Football | Physical Education and Sports Science | Assistant Professor | Master's | Faculty of Physical Education and Sports Sciences | Ali Naji Jabri Aqabi-Saadoun Al | 101 |
| | criminal | Public law | Assistant Professor | Master's | Faculty of Physical Education and Sports Sciences | Saif Mahdi Hattab ishSakhi Beit Shal | 102 |
| | Private law | Public law | Assistant Professor | Master's | Faculty of Physical Education and Sports Sciences | Hassan Saad Hamoud Moussawi-Lafta Al | 103 |
| | Sports injury rehabilitation | Physical Education and Sports Science | Assistant Professor | Master's | Faculty of Physical Education and Sports Sciences | Mujtaba Salman -Aliwi Jarallah Al Zubaidi | 104 |
| | Teaching methods | Physical Education and Sports Science | Assistant Professor | Master's | Faculty of Physical Education and Sports Sciences | Mustafa Hamid Latif Mayahy-Mayus Al | 105 |

| Required learning outcomes of the program | | | | | | | | | | | | | | | | | | | |
|---|----|----|----|---------------------------|------------|------------|------------|----------------------------|----|----|----|----------------------|----|----|----|-------------------------------|----------------------------------|--------------|------------|
| General and transferable skills | | | | Emotional and value goals | | | | rogram skill Pr objectives | | | | Cognitive objectives | | | | essential Or my choice | Course name | Course code | Year/Level |
| Other skills related to) employability and personal (development | | | | | | | | | | | | | | | | | | | |
| D4 | D3 | D2 | D1 | A4 | Par t 3 | Par t 2 | Par t 1 | B4 | B3 | B2 | B1 | A4 | A3 | A2 | A1 | | | | |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | essential | anatomy | UWA26PHED101 | the first |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | essential | The square and the field | UWA26PHED102 | |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | essential | ball basket | UWA26PHED103 | |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | essential | soccer | UWA26PHED104 | |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | essential | swimming | UWA26PHED105 | |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | essential | Scouting and Camps | UWA26PHED106 | |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | essential | to lift Weightlifting students | UWA26PHED107 | |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | essential | Fitness Physical students female | UWA26PHED108 | |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | essential | the language Arabic | UWA26PHED109 | |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | essential | date Physical education | UWA26PHED110 | |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | essential | rights human | UWA26PHED111 | |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | essential | English language | UWA26PHED112 | |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | essential | computer | UWA26PHED113 | |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | essential | Biomechanics | UWA26PHED201 | the second |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | essential | The square and the field | UWA26PHED202 | |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | essential | basketball | UWA26PHED203 | |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | essential | handball | UWA26PHED204 | |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | essential | volleyball | UWA26PHED205 | |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | essential | Gymnastics | UWA26PHED206 | |

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|-----------|--|---------------|-----------|
| | | | | | | | | | | | | | | | | | equipment | | |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | essential | Student boxing | UWA26PHED207 | |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | essential | c Rhythmi gymnastics for female students | UWA26PHED208 | |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | essential | Teaching methods | UWA26PHED209 | |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | essential | Sports training | UWA26PHED210 | |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | essential | Mathematical ticsstatis | UWA26PHED211 | |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | essential | Tests and Measurements | UWA26PHED212 | |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | essential | Arabic | UWA26PHED213 | |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | essential | Baath crimes | UWA26PHED214 | |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | essential | English language | UWA26PHED2115 | |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | essential | Calculators | UWA26PHED2116 | |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | essential | Sports physiology | UWA26PHED301 | the third |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | essential | Injuries and rehabilitation | UWA26PHED302 | |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | essential | learning The kinetic | UWA26PHED303 | |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | essential | chScientific resear | UWA26PHED304 | |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | essential | The square and the field | UWA26PHED305 | |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | essential | The ball The plane | UWA26PHED306 | |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | essential | ball foot | UWA26PHED307 | |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | essential | ball hand | UWA26PHED308 | |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | essential | Gymnastics Devices | UWA26PHED309 | |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | essential | duel | UWA26PHED310 | |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | essential | games Racket (tennis) | UWA26PHED311 | |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | essential | students Wrestling | UWA26PHED312 | |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | essential | Rhythmic gymnastics for female students | UWA26PHED313 | |

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|-----------|------------------------------------|--------------|--------|
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | essential | Foundations of tioneduca | UWA26PHED301 | Fourth |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | essential | Sports Psychology | UWA26PHED302 | |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | essential | Sports training | UWA26PHED303 | |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | essential | Administration and Organization | UWA26PHED304 | |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | essential | Kinetic analysis | UWA26PHED305 | |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | essential | The square and the field | UWA26PHED306 | |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | essential | The ball The plane | UWA26PHED307 | |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | essential | ball foot | UWA26PHED308 | |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | essential | ball hand | UWA26PHED309 | |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | essential | ball basket | UWA26PHED310 | |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | essential | Research project | UWA26PHED311 | |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | essential | Methods teaching | UWA26PHED312 | |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | essential | Field application | UWA26PHED313 | |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | essential | Foundations of education | UWA26PHED301 | |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | essential | Sports Psychology | UWA26PHED302 | |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | essential | Sports training | UWA26PHED303 | |

Course description templates

The first stage

| Anatomy | | | | | | |
|---|---------------------------|-----------------------|--|----------------|-------------------------------|------|
| A.M.D. Imad Khalif Jaber | | | | | the name | |
| ejaber@uowasit.edu.iq | | | | | mail-e | |
| Sports anatomy | | | | | Name of the material | |
| First | | | | | stage | |
| theoretical sciences | | | | | Branch | |
| Introduction to human anatomy and knowledge of the body's systems, organs, nts of the College of Physical Education and Sports and functions. For stude .Sciences | | | | | Course objectives | |
| Anatomy / Trends and Levels / The cell, its components and functions, systems .(skeletal, muscular, joint and respiratory in brief) | | | | | Basic details of the material | |
| College of Physical -ts anatomy at the University of Wasit A textbook on spor Education and Sports Sciences | | | | | Textbooks | |
| .Anatomy books are systematic at the University of Baghdad .The Internet | | | | | External sources | |
| Final exam | ject + Pro Daily Exams | Second semester | Project + Daily Exams | First semester | Chapter estimates | |
| %0 5 | %10 | %15 | %10 | % 15 | | |
| | | | | | Additional information | |
| Notes | | Practical material | Theoretical material | | the date | week |
| | | | Anatomy subject, branches of anatomy, anatomical position, levels | | 2024/11/6 | 1 |
| | | | onentsThe cell and its comp | | 2024/13/11 | 2 |
| | | | Skeletal system, parts of the skeleton, bones, bone formation, types of bone tissue, bone formation and growth, types of bones | | 2024/20/11 | 3 |

| | | | | |
|--|-------------------------|--|-------------------|-----------|
| | | Spine, description of the spine, its components, functions, intervertebral discs | 2024/27/11 | 4 |
| | | ‘The rib cage, its components, its functions | 4 202/12/3 | 5 |
| | | The sternum during breathing , the ribs, the movement of the ribs during breathing | 2024/10/12 | 6 |
| | | First exam | 2024/17/12 | 7 |
| | | Upper limb, shoulder girdle bones, clavicle, ructureits functions and st | 2024/24/12 | 8 |
| | | Shoulder bone structure and movement during upper limb movement | 2024/30/12 | 9 |
| | | Humerus, ulna, radius, forearm pronation and supination | 5 202/1/5 | 10 |
| | | Hand, hand structure, wrist bone and its ‘structure | 2025/1/12 | 11 |
| | | of the metatarsals and phalanges Functions of the lower limb, the lower limb girdle | 2025/1/19 | 12 |
| | | Second exam | 2025/26/1 | 13 |
| | | femur, tibia, tibia , and fibula | 2025/2/2 | 14 |
| | | Bone functions | 2025/2/9 | 1 |
| | | The effect of sports training on bones | 2025/3/16 | 16 |
| | year holiday-Mid | | | |
| | | For the knee (Knee joint (meniscus discs ‘joint | 2024/3/2 | 17 |
| | | knee joint movement | 2025/3/9 | 18 |
| | | Foot (foot structure, ankle bones, arches of ‘the foot | 2025/3/16 | 19 |
| | | combs, saliva | 2025/23/3 | 20 |
| | | Distribution of body weight on the bones of the foot | 2025/3/30 | 21 |
| | | The third exam | 2025/4/6 | 22 |
| | | muscles | 2024/13/4 | 23 |
| | | Types of muscles | 2024/20/4 | 24 |

| | | | | |
|--|--|---|------------------|-----------|
| | | The effect of physical activity on muscles | 2024/27/4 | 25 |
| | | circulatory system | 2024/5/4 | 26 |
| | | Functions and components of the circulatory system | 5/11 2024 | 27 |
| | | respiratory system | 2024/6/18 | 28 |
| | | Functions and components of the circulatory system | 202/5/25 | 29 |
| | | The importance of body measurements for athletes | 2024/5/26 | 30 |
| | | Fourth exam | 2024/27/5 | 31 |
| | | | | 32 |

| The square and the field | |
|--|--------------------------------------|
| deeb HusseinDr. Zulfiqar A MM/ Ahmed Ali Y Rahim | the name |
| DhoalfakarA.Hussein616@uowasit.edu.iq ahmedo.irhayyim602@uowasit.edu.iq | mail-e |
| The square and the field | Name of the material |
| First | stage |
| ames BranchIndividual G | Branch |
| The student learns the basic principles of track and field games and how to apply .them | Course objectives |
| Scientific subject taught 2 hours per week | Basic details of the material |
| lan for higher education and Curriculum books prescribed within the sector p auxiliary books in the field of specialization | Spelling books |

| | | | | | |
|---|---|--|------------------------|-----------------------|-------------------------------|
| <p>Theoretical and Applied -Encyclopedia of Athletics (Mohamed Othman) - (Jabali-Foundations of Athletics (Awis Al</p> <p>: Website of the Iraqi Sports Academy</p> <p>https://iraqacad.net</p> <p>Wikipedia –Athletics https://ar.wikipedia.org > wiki Athletics</p> | | | | | External sources |
| Final grade | Final exam | Annual Quest | Second semester | First semester | Chapter Estimates |
| %100 | %50 | %50 | %25 | %25 | |
| <p>.There should be practical hours for field application -</p> <p>.Modern devices and tools are available to facilitate the educational process -</p> | | | | | Additio al information |
| Notes | Practical material | Theoretical material | | the date | week |
| | Learn about the track and field and the throwing and jumping range | the An introductory lecture on vocabulary of the first semester subject | | 2024/11/7 | 1 |
| | Practical application of the mechanics of athletes' movements | Running mechanics | | 2024/14/11 | 2 |
| | of the l applicationPractica beginnings according to its own instructions | Inspiring the right start | | 2024/21/11 | 3 |
| | Field application of types of beginnings | of starts in sprinting | | 2024/28/11 | 4 |
| | Practical application of low starts in short distances | Emphasis on correct performance | | 2024/5/12 | 5 |
| | Practical exam on running mechanics and starting performance in sprints | Theoretical exam on running mechanics and starts in short runs | | 2024/12/12 | 6 |
| | Practical performance of the m event100 | A brief history of the 100m freestyle event | | 2024/19/12 | 7 |
| | Practical application of performing the technical stages of the m event100 | arn about the technical stages of the Le .m event100 | | 2024/26/12 | 8 |

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|--------------------------|--|--|------------------|-----------|
| | Field application of the 100m event according to its rules and regulations | Rules and Law of Effectiveness | 2025/1/8 | 9 |
| | Practical exam for the event | Theoretical exam for the event | 2025/1/16 | 10 |
| | Field application of the javelin throw | A brief history of the javelin throwing event | 2025/23/1 | 11 |
| | Field application of the technical stages of the javelin throw event | Learn the technical stages of the javelin throw event | 2025/1/30 | 12 |
| | Practical application of the activity according to its own rules | Learn the rules and regulations of the event | 2025/2/6 | 13 |
| | Practical exam for javelin throwing | Theoretical exam for the javelin throw event | 2025/2/13 | 14 |
| | | Theoretical exam for the first semester | 2025/20/2 | 15 |
| year vacation-Mid | | | | |
| | Field application of the (200 m) event | A brief history of the 200m event | 2025/3/6 | 16 |
| | Practical application of performing the technical stages of the 200m event | Learn about the technical stages of the 200m event | 2025/3/13 | 17 |
| | Field application of the (200m) event according to its rules and regulations | Learn the rules and laws of effectiveness | 2025/3/20 | 18 |
| | Practical exam for the 200m event | Theoretical exam for the 200m event | 2025/27/3 | 19 |
| | Practical application of the (4x100m) relay event | A brief history of the track and field relay event | 2025/4/3 | 20 |
| | Practical application of performing the technical stages of the (4 x 100 m) relay event | Learn the technical stages of the 4x100m relay event | 2025/4/10 | 21 |
| | Field application of the 4x100m relay event according to its own rules | Learn the rules and regulations of the relay event | 2025/17/4 | 22 |
| | Practical exam for the performance of the (4 x 100 m) relay event | Theoretical exam for the 4x100m relay event | 2025/24/4 | 23 |
| | Field application of high jump | A brief history of the high jump event | 2025/30/4 | 24 |

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|--|--|--|------------|----|
| | effectiveness | | | |
| | Practical application of the high jump technical stages of the event | Learn the technical stages of the high jump event | 2025/5/8 | 25 |
| | Practical application to improve performance | Learn the competitor ranking form and solve the tiebreaker | 2025/5/15 | 26 |
| | Practical application of the event according to its own rules | Learn the rules of the law of effectiveness | 2025/22/5 | 27 |
| | Practical exam for high jump performance | Theoretical exam for the high jump event | 5 202/5/28 | 28 |
| | | General review | 2025/6/4 | 29 |
| | | Theoretical exam for the second semester | 2025/6/10 | 30 |

| | | | | |
|--|----------|---------------------|-------------------------------|-------------------|
| basketball | | | | |
| t Lecturer Milad Saeed RadhiAssistant Lecturer Ali Hussein Arabi / Assistan | | | the name | |
| Alih.oreibi631@uowasit.edu.iq | | | mail-e | |
| basketball | | | Name of the material | |
| First | | | stage | |
| Team games | | | Branch | |
| <ul style="list-style-type: none"> - Learn basic basketball skills - Explaining the rules of basketball in terms of the court, the number of yers, the ball in and out of play, the duration of the game, timeouts, pla .and the winning team - Application of skills | | | Course objectives | |
| Applying basic basketball skills | | | Basic details of the material | |
| Nothing | | | Textbooks | |
| | | | External sources | |
| Final exam Practical 30%, theoretical | striving | ond Sec semester | First semester | Chapter estimates |

| | | | | | |
|--------|--|-----|-----|-----------|------------------------|
| %20 | | | | | |
| %50 | | %50 | %25 | %25 | |
| | | | | | Additional information |
| Note T | Theoretical and practical material | | | the date | week |
| | Introductory lecture on basketball | | | 2024/11/3 | 1 |
| | History of Basketball / Basic sketball PositionBa | | | 11/10 | 2 |
| | Basic position of the player without the ball | | | 11/17 | 3 |
| | Stop / Basketball Laws Article 2 Court | | | 11/24 | 4 |
| | Basketball Laws Article 3 Equipment How to catch the ball | | | 12/1 | 5 |
| | Types of receiving the ball / receiving at chest level | | | 12/8 | |
| | Receiving rolling Receive below chest level / Receive above head balls with one hand | | | 12/15 | 7 |
| | First month exam | | | 12/22 | 8 |
| | Law Article 4 Teams / Basketball Law Article 5 Players | | | /29/12 | 9 |
| | Basketball Handling / Chest Handling and Rebounding | | | 2025/1/5 | 10 |
| | Communion over the head and Communion with one hand) (Woe Communion | | | 1/12 | 11 |
| | Basketball Laws Article 8 Playing Time | | | 1/19 | 12 |
| | Basketball Laws Article 9 Beginning and End of the Quarter | | | 1/26 | 13 |
| | Second month exam | | | 2/2 | 14 |
| | basketball dribbling skill | | | 2/9 | 15 |
| | High Tap / Basketball Laws Article 10 Legal Conditions of the Ball | | | 2/16 | 16 |
| | Basketball Laws Article 11 (Position) of the Player and the Referee | | | 2/23 | 1 |
| | year holiday-Mid | | | | 18 |
| | Basketball Laws Article 12 Jump Ball and Alternate Possession | | | 3/9 | 19 |

| | | | |
|--|--|-------------|-----------|
| | Medium belt tap / Low tap | 3/16 | 20 |
| | Basketball Laws Article 16 Field Injury When It Occurs and Its Value | 3/23 | 21 |
| | In-Basketball Laws Article 17 Throw | 3/30 | 22 |
| | First month exam | 4/6 | 23 |
| | Basketball Laws Article 18 Time Out / Basketball Laws Article stitutionSub 19 | 4/13 | 24 |
| | Basketball scoring, layup | 4/20 | 25 |
| | Basketball Laws Article 20 Loss of Match by Withdrawal | 4/27 | 26 |
| | Scoring with hands over the head from a standing position | 5/4 | 27 |
| | Basketball scoring from jumping | 5/11 | 28 |
| | Article 21 Failure | 5/18 | 29 |
| | Second month exam | 5/25 | 30 |

| | |
|---|--------------------------------------|
| soccer | |
| Asst. Prof. Dr. Haider Mahmoud Allawi / Asst. Prof. Dr. Qasim Muhammad Ali | the name |
| .M.M. Hussein Majed / M.M Mayada Faisal | |
| hallawi@uowasit.edu.iq qasimali@uowasit.edu.iq | mail-e |
| soccer | Name of the material |
| First | stage |
| Team games | Branch |
| Teaching basic skills and introducing football law subjects | I aim for the subject |
| Applying basic football skills | Basic details of the material |
| nothing | Textbooks |
| Football Skills Preparation / Professor Dr. Hassan Abu Abdo | External sources |

| | | | | | | |
|--------------------------|--|------------------------|-----------------------------|-----------------------|-------------------------------|-------------|
| Final exam | The project | Second semester | laboratory | First semester | Chapter estimates | |
| %50 | 0 | %25 | 0 | %25 | | |
| nothing | | | | | Additional information | |
| Notes | Practical material | | Theoretical material | | the date | week |
| | An introductory lecture on football | | | | 4 202/11/12 | 1 |
| | History of Football / Laws of Football Article 1 | | | | 11/19 | 2 |
| | Handling skill with the sole of the foot/Article 2 | | | | 11/26 | 3 |
| | Handling skill outside the foot / Article 3 | | | | 12/3 | 4 |
| | Handling Skill Foot Face / Article 4 | | | | 12/10 | 5 |
| | Handling skill: the front er part of the foot/Article inn 5 | | | | 12/17 | 6 |
| | First month exam | | | | 2025/1/4 | 7 |
| | Football Suppression Skill | | | | 1/1 | 8 |
| | Extinguishing inside the foot | | | | 1/18 | 9 |
| | Extinguishing outside the foot | | | | 1/25 | 10 |
| | Foot stomp/Article 6 | | | | 2/2 | 11 |
| | Thigh and chest compressions | | | | 2/9 | 12 |
| | Head Extinguisher/Article 7 | | | | 2/16 | 1 |
| | Second month exam | | | | 2/23 | 14 |
| | | | | | | 15 |
| | | | | | | 16 |
| year holiday -Mid | | | | | | |

| | | | | |
|--|--|--|------------------|-----------|
| | ball rolling skill | | 2025/25/2 | 17 |
| | Rolling inside the foot / Article 8 | | 3/3 | 18 |
| | Rolling with the outside of the foot / Article 9 | | 3/10 | 19 |
| | ling with the front of the Rol foot / Article 10 | | 3/17 | 20 |
| | dribbling skill | | 3/24 | 2 |
| | way dribbling-One | | 4/31 | 22 |
| | Feinting to the Side Twice / Article 11 | | 4/7 | 23 |
| | First month exam | | 4/14 | 24 |
| | Feinting/Article 12 | | 4/21 | 25 |
| | scoring skill | | 4/28 | 26 |
| | the inside of the Scoring with foot / Article 13 | | 5/5 | 27 |
| | Scoring with the outside of the foot / Articles 14 and 15 | | 5/12 | 28 |
| | Scoring with the front of the foot/Articles 16 and 17 | | 5/19 | 29 |
| | Second month exam | | 5/26 | 30 |
| | | | | 31 |
| | | | | 32 |

| | |
|--|-----------------------------|
| swimming | |
| Badri-id Jubail AlProf. Dr. Ali Ham | the name |
| alihameed@uowasit.edu.iq | mail-e |
| swimming | Name of the material |
| First | stage |

| | | | | | | | |
|--|-----------------|--|----------------------|---|-------------------------------|------------|------|
| Individual games | | | | | Branch | | |
| Teaching swimming concepts and types | | | | | Course objectives | | |
| Teaching the subject in a practical way | | | | | Basic details of the material | | |
| Modern Olympic Swimming | | | | | ksTextboo | | |
| | | | | | External sources | | |
| Final exam | Second semester | Daily exams | Laboratory/Practical | First semester | Chapter Estimates | | |
| %20 | %25 | | %30 | For example, %25 | | | |
| | | | | | Additional information | | |
| tesNo | | Practical material | | theoretical material | | the date | week |
| Theoretical lecture and slide presentation | | | | An overview of swimming, its history, and types of swimming pools | | 7/11/2024 | 1 |
| ture Theoretical lec and slide presentation | | Statement of the technical and health benefits of swimming | | The importance and benefits of swimming | | 11/14/2024 | 2 |
| Theoretical lecture and slide presentation | | Slideshow | | Statement on the importance of floor exercises | | 11/21/2024 | 3 |
| Theoretical lecture and slide presentation | | How to remove fear | | Fear of the aquatic environment | | 11/28/2024 | 4 |
| Theoretical lecture and slide presentation | | Explanation and molecular method | | principles of swimming | | 12/5/2024 | 5 |
| Theoretical lecture using slide show to explain this | | Adapting to the new environment | | Trust with water | | 12/12/2024 | 6 |
| rFirst month exam, first semeste | | | | | | | 7 |
| Slideshow with app | | Forward flow skill | | | | 12/26/2024 | 8 |

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|--|---|--|-----------|----|
| Slideshow with app | and backward flow skill | | 8/1/2025 | 9 |
| Slideshow with app | leg movement | | 16/1/2025 | 10 |
| Second month exam, first semester | | | | 11 |
| sensation Photo pre with the application | Linking breathing with leg movement | | 30/1/2025 | 12 |
| Photo presentation with the application | Flow with breath and leg movement | | 6/2/2025 | 13 |
| Photo presentation with the application | arm movement | | 13/2/2025 | 14 |
| Photo presentation with the application | Linking breathing with arm movement | | 2/20/2025 | 15 |
| Photo presentation with the application | full body swimming | | | 16 |
| Spring break | | | | |
| Slideshow with app | Learn the types of jumps and indicate the height of the jump | | 6/3/2025 | 17 |
| Slideshow with app | The importance of saving d a drowning person, an here lies one of the reasons .for learning to swim | | 13/3/2025 | 18 |
| Slideshow with app | Statement of types of rescue means | | 20/3/2025 | 19 |
| Slideshow with app | Statement of the types of grips and types of swimming used by the lifeguard | | 3/27/2025 | 20 |
| Slideshow | Statement on the importance of first aid for drowning people | | 3/4/2025 | 21 |
| Slideshow | Its effect on the heart and blood circulation | | 10/4/2025 | 22 |
| Slideshow | Its effect on the respiratory system | | 4/17/2025 | 23 |
| Slideshow | Its effect on the muscular | | 4/24/2025 | 24 |

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| | systems | | | |
| Slideshow | Its effect on the digestive system and nutritional exchange | | 4/30/2025 | 25 |
| Second month exam, second semester | | | | 26 |
| Slideshow with the app | Freestyle swimming: showing body position, arm movement and proportion, leg movement reathing, and proportion, b body inclination and proportion | | 8/5/2025 | 27 |
| Slideshow with the app | Backstroke: Body position, arm movement, leg movement, breathing, and body tilt ratio | | 15/5/2025 | 28 |
| Slideshow with the app | Butterfly Swimming: Body Position, Arm Movement, Leg Movement, Breathing, and Coordination | | 5/22/2025 | 29 |
| Slideshow with the app | Breaststroke: Body position, arm movement, and leg movement | | 5/28/2025 | 30 |
| Slideshow with the app | Freestyle and backstroke | | 4/6/2025 | 31 |
| Slideshow with the app | tstrokeButterfly and breas | | 10/6/2025 | 32 |
| Scouting and Camps | | | | |
| Asst. Dr. Hamid Ali Abdul Hussein / Asst. M.M. Hassan Abdul Razzaq | | | the name | |
| Hamedab ulhussien606@uowasit.edu.iq | | | mail-e | |
| Scouts | | | Name of the material | |
| First | | | stage | |
| Individual sciences | | | Branch | |

| | | | | | |
|--|--|------------------------|-------------------|-----------------------|--------------------------------------|
| .Introduction to the Scout Movement and how it originated | | | | | jectivesCourse ob |
| Stages of the / The Scouting Movement / What is the Scouting Movement Scouting Movement / Examples in the Scouting Movement / Media / Scouting .g Tent / First Aid / Flag Raising and Lowering CeremoniesArts / Scoutin | | | | | Basic details of the material |
| Scouting curriculum book | | | | | Textbooks |
| Methodological Scout Books from Alexandria University - .The Internet | | | | | External sources |
| Final exam | The project | Second semester | laboratory | First semester | Chapter Estimates |
| %50 | 0 | %25 | 0 | %25 | |
| | | | | | Additional information |
| Notes | Theoretical and practical material | | | the date | week |
| | Definition of the Scout Movement and how it originated | | | 20/22/11 4 | 1 |
| | The Scout Movement in the World, Arab Countries and Iraq | | | 11/29 | 2 |
| | its methods -What is the Scout Movement and goals Badges -Vanguard System -Outdoor Life) (The Law -The Promise -and Medals | | | 12/6 | 3 |
| | Cubs and ´ Stages of the Scouting Movement Brownies Advanced Scout ´ Beginner Scout and Guide and Guide d guidesRovers an | | | 12/13 | 4 |
| | :Examples in the scouting movement include (Badges -Symbols -Morale (Leader | | | 12/20 | 5 |

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| | (law -promise) Materialism | | |
| | types of scouting -Media (media traditions flag raising and lowering procedures -media -ign scouting s -scouting salute - handshaking) | 12/27 | 6 |
| | Flag raising and lowering ceremony | 2025/1/4 | 7 |
| | Flag raising and lowering ceremony | 1/11 | 8 |
| | Flag raising and lowering ceremony | 1/18 | 9 |
| | Flag raising and lowering ceremony | 1/25 | 10 |
| | First exam | 2/2 | 11 |
| | Its -Is Formed The Scout Troop and How It Records and Meetings | 2/9 | 12 |
| | Order, control and inspection in scout camps | 2/16 | 13 |
| | Hand signals and whistle signals | 2/23 | 14 |
| | | | 15 |
| | | | 16 |
| | | | |
| | :Scouting arts include Types of scout camps Conditions that must be met in camps d during the scout campWork before an | 3/1 | 17 |
| | how to set it -Scout tent (parts of the tent up, take it down, and take care of it) | 3/8 | 18 |
| | Ropes (types, how to take care of them, scouting knots, ties, courses, pioneering work) | 3/15 | 19 |
| | setting up the Summer party (preparing and summer -summer program -summer venue fire and how to light it) | 3/2 | 20 |
| | Morning and evening guards in the camps | 3/29 | 21 |

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| | For fires and cooking food (types of fires how to -how to light a fire -and their uses cook and preserve food) | 4/6 | 22 |
| | :First aid includes -burns -fractures -Wounds and bleeding uses of scout bandages in -sunstroke bandaging wounds and fractures | 4/13 | 23 |
| | Scout knots, ties, and courses | 4/20 | 24 |
| | lighting a fire | 4/27 | 25 |
| | - Different leadership models | /4 | 26 |
| | | 5/11 | 27 |
| | - Setting up and lowering the tent | 5/18 | 28 |
| | Experimental camp stature | 5/25 | 29 |
| | Second exam | 6/2 | 30 |
| | | | 31 |
| | | | 32 |

Weightlifting for students

| | |
|---|--------------------------------------|
| Asimi / Asst. Dr. Saad Jassim -Asst. Prof. Dr. Imad Khalifa Jaber Marouh Al Jalab an Abdul SahibM.M. Muhammad Jibr | the name |
| ejaber@uowasit.edu.iq | mail-e |
| weight lifting | Name of the material |
| First | stage |
| Individual games | Branch |
| Introducing weightlifting and teaching the technical performance of Olympic and jerk), and familiarizing students with lifts in weightlifting (snatch and clean .the laws of weightlifting and competitions | Course objectives |
| Stages of / history of the establishment and competitions of weightlifting A brief t / Stages of technical technical and mechanical performance of the snatch lif and mechanical performance of the clean and jerk lift in addition to the .international law of the game in brief | Basic details of the material |

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|--|--|-----------------|------------|----------------|------------------------|
| College -A weightlifting curriculum book taught at Wasit University of esPhysical Education and Sports Scienc | | | | | Textbooks |
| .International Weightlifting Law - ‘Abdul Ali Naseef, Sabah Abdi, Weightlifting Skills and Training, Baghdad - Mansour Jameel and others, Theoretical and Practical Foundations of .Weightlifting, University of Baghdad .The Internet | | | | | External sources |
| Final exam | The project | Second semester | laboratory | First semester | apter estimatesCh |
| %50 | 0 | %25 | 0 | %25 | |
| | | | | | Additional information |
| Notes | Theoretical and practical material | | | the date | The week |
| | history of the establishment and A brief weightlifting competitions of | | | 2023/22/11 | 1 |
| | Specific exercises for this activity: squats , .ups, front presses, etc-bench presses, pull | | | 11/29 | 2 |
| | Stages of technical and mechanical performance of the snatch lift | | | 12/6 | 3 |
| | Teaching the starting position and snatching t + the first pull stagethe weigh | | | 12/13 | 4 |
| | Second draw stage of the snatch event | | | 12/20 | 5 |
| | Extension and drop phase under the weight for effective snatch lift | | | 12/27 | 6 |
| | weightlifting rules and The law governing .and the snatch ‘equipment | | | 2024/1/4 | 7 |
| | amtheoretical ex | | | 1/11 | 8 |
| | The flight and landing phase under the weight of the snatch lift | | | 1/18 | 9 |
| | Snatch Lift Final Position and Rise | | | 1/25 | 10 |
| | The law (mistakes and failed attempts) of .the snatch lift during performance | | | 2/ | 11 |
| | f theThe technical and mechanical stages o | | | 2/9 | 12 |

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|--|-----------------------------|-------------|-----------|
| | complete snatch lift | | |
| | theoretical exam | 2/16 | 13 |
| | practical exam | 2/23 | 14 |
| | | | 15 |
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| | Stages of technical and mechanical performance of the lift to the chest and then the clean and jerk | 3/1 | 17 |
| | (Part 1: Lifting to the chest (clean | 3/8 | 18 |
| | Starting position for the chest raise movement + the first pull phase | 3/15 | 19 |
| | Second pull phase + lowering phase | 3/22 | 20 |
| | .By lifting the clean and jerk Private law Classification of weight categories according e agesto the International Federation and th .of the participants in the competitions | 3/29 | 21 |
| | theoretical exam | 4/6 | 22 |
| | (Section Two: Nitr (Jerk | 4/13 | 23 |
| | Preliminary leg flexion and crunching + leg opening and rising | 4/20 | 24 |
| | . By raising the jerk Private law al RulesTournament Instructions, Gener | 4/27 | 25 |
| | . Competition administrators :(7) Article | 5/4 | 26 |
| | theoretical exam | 5/11 | 27 |
| | Stages of technical and mechanical performance of the chest press and then the (full clean and jerk (clean + jerk | 5/18 | 28 |
| | terPractical exam for the second semes | 5/25 | 29 |
| | Final practical exam | 6/2 | 30 |
| | | | 31 |
| | | | 32 |

| Physical fitness for female students | |
|--|-------------------------------|
| <p>M.M. Rasul Shaalan Ghanem</p> <p>M.M. Rasul Salam</p> | the name |
| <p>ruslsha.ghanamm619@uowasit.edu.iq</p> <p>rusils.gaber618@uowasit.edu.iq</p> | mail-e |
| <i>Physical fitness</i> | Name of the material |
| First | stage |
| Individual games | Branch |
| <p>health and physical fitness goals -its components -The concept of health fitness</p> <p>(Flexibility -Agility -Endurance -Strength -d Spee)</p> | Course objectives |
| <p>related fitness-Health*</p> <p>-musculoskeletal fitness -Components of health fitness (cardiorespiratory fitness * (body components</p> <p>of health fitness Methods of measuring and developing components*</p> <p>-endurance -The concept of physical fitness, its goals and components (strength * (flexibility -agility -speed</p> | Basic details of the material |
| <p>Concepts of physical fitness active lifestyle for wellness developing a healthy lifestyle(Charles B. corbin -Gregory J. Welk -William R. Corbin)</p> <p>Dr. Ali bin -Haramleh -Health and Fitness (Dr. Ahmed bin Abdul Rahman Al (Muhammad Jabari</p> <p>(Fitness Basics (Physical, Functional, Mechanical</p> <p>Dr. Faiza Abdul Jabbar Dr. Lisa Rustum</p> | Textbooks |
| <p>Body Composition Health and Performance in Exercise and Sport(Henry C. Lukaski)</p> <p>Musculoskeletal fitness, health outcomes and quality of life, RT Kell , G Bell, A Quinney .</p> <p>PMID: 11665913</p> | External sources |

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|----------------|--------------------|---|----------------|----------------|------------------------|------|
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| First estersem | First semester | First semester | First semester | First semester | Chapter estimates | |
| %50 | 0 | %25 | 0 | %25 | | |
| | | | | | Additional information | |
| Notes | Practical material | Theoretical material | | | the date | week |
| | | Related Fitness -Fitness Concept / Health Goals Fitness / Concept | | | 2024/26/11 | 1 |
| | | related components of physical fitness-Health health fitness components | | | 12/3 | 2 |
| | | Musculoskeletal -Cardiorespiratory fitness Body -fitness composition | | | 12/10 | 3 |
| | | Methods of measuring cardiorespiratory fitness | | | 12/17 | 4 |
| | | Ways to develop cardiorespiratory fitness | | | 12/24 | 5 |
| | | Methods of measuring and developing musculoskeletal fitness | | | 12/1 | 6 |
| | | Body composition– Methods of measuring body composition | | | 2025/1/7 | 7 |
| | | Physical fitness divisions, types and components | | | 1/14 | 8 |
| | | -Muscle strength and power development methods of -benefits -influencing factors ing themmeasur | | | 1/21 | 9 |
| | | Ways to Develop Strength / Practical Lecture | | | 1/28 | 10 |
| | | Methods of measuring muscular strength strength tests) / practical lecture) | | | 2/4 | 11 |

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| | | | | |
| | | (Force component exam (practical | 2/11 | 12 |
| | | its -Theoretical exam: Health fitness methods of -its development -ents compon measuring it | 2/18 | 13 |
| | | -Types of Endurance -Endurance Element Benefits of Endurance | 2/25 | 14 |
| | | | | 15 |
| | | | | 16 |
| year vacation-Mid | | | | |
| | | Factors affecting the endurance element Practical lecture | 3/4 | 17 |
| | | urance / Practical Ways to Develop End Lecture | 3/11 | 18 |
| | | Endurance Exercises / Practical Lecture | 3/18 | 19 |
| | | Practical exam with endurance element | 3/25 | 20 |
| | | Capacity its importance and development / 's practical lecture | 4/1 | 21 |
| | | Types of speed and methods of measuring them practical lecture / | 4/8 | 22 |
| | | The element of fitness, its benefits, and the influencing factors / practical lecture | 4/15 | 23 |
| | | Ways to develop and measure agility / practical lecture | 22 4 | 24 |
| | | Practical exam with speed element | 4/29 | 25 |
| | | lement of agility, its benefits, Definition of the e and methods of measuring it / practical lecture | 5/6 | 26 |
| | | The Element of Resilience / Ways to Develop Resilience / Practical Lecture | 5/13 | 27 |
| | | Factors affecting muscle flexibility / practical | 5/20 | 28 |

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| | | lecture | | |
| | | exam for the flexibility element Practical | 5/27 | 29 |
| | | The second theoretical exam for the elements (flexibility -agility -endurance) | 6/3 | 30 |
| | | | | 31 |
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History of Physical Education

| | | | | | |
|--|-------------|------------------------|------------|-----------------------|-------------------------------|
| Aboudi-M.M. Fatima Haidar Majeed Al | | | | | the name |
| Fatma.haider@uowasit.edu.iq | | | | | mail-e |
| History of Physical Education | | | | | Name of the material |
| First | | | | | stage |
| theoretical sciences | | | | | Branch |
| Study the history of physical education in ancient times and the emergence of sports | | | | | Course objectives |
| Vocabulary contains 12 topics Physical Education History | | | | | Basic details of the material |
| Khatib-Munther Hashem Al -History of Physical Education | | | | | Textbooks |
| | | | | | External sources |
| Final exam | The project | semester the second | laboratory | semester the first | Chapter Estimates |
| %50 | | %25 | | %25 | |
| | | | | | Additional information |

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| Notes | Practical material | Theoretical material | the date | ekwe |
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|--|--|--|------------------|-----------|
| | | The importance of the history of physical education | 2024/11/2 | 1 |
| | | Physical education in Iraq | 11/11 | 2 |
| | | Physical education in China | 11/18 | 3 |
| | | Physical Education in India | 11/25 | 4 |
| | | Physical education in Physical Education in Egypt | 12/2 | 5 |
| | | First month exam | 12/9 | 6 |
| | | Physical education among the Greeks | 12/16 | 7 |
| | | Physical education in the Homeric period | 12/23 | 8 |
| | | Physical education in Sparta | 12/30 | 9 |
| | | Physical education in Athens | 2025/1/7 | 10 |
| | | Physical education in Athens | 1/13 | 11 |
| | | Second Twelfth Age | 1/20 | 12 |
| | | Physical education in Athens | 2/3 | 13 |
| | | Panhellenic National Games | 2/17 | 14 |
| | | Second month exam | 2/27 | 15 |
| | | year holiday-Mid | | 16 |
| | | Olympia Festival | 3/10 | 17 |
| | | Physical education in the ancient Roman era | 3/17 | 18 |
| | | Education in the modern Roman era | 3/24 | 19 |

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|--|--|---|-------------|-----------|
| | | Education in the Middle Ages | 4/2 | 20 |
| | | Education in the early Christian era | 4/4 | 21 |
| | | First month exam | 4/14 | 22 |
| | | Education in the Renaissance | 4/24 | 23 |
| | | Education in the Islamic era | 5/3 | 24 |
| | | sSports among Arab | 5/10 | 25 |
| | | Second month exam | 5\17 | 26 |

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|---|--------------------|--------------------|-------------------|--------------------------------------|--------------------------|
| human rights | | | | | |
| Salwan Saad Saleh, Batoul Jaafar | | | | the name | |
| Salwan saad@uowasit.edu.iq | | | | mail-e | |
| human rights | | | | Name of the material | |
| First | | | | stage | |
| theoretical sciences | | | | Branch | |
| Educating the new generation about the development of human rights and the rights of every citizen | | | | bjectivesCourse o | |
| Human rights, historical development , and sources of human rights in the Arab world and Western countries | | | | Basic details of the material | |
| Human Rights Curriculum Hasani-Dr. Mazen Al | | | | oksTextbo | |
| A number of books written related to the subject | | | | External sources | |
| Final exam | The project | Daily exams | laboratory | semester | Chapter estimates |
| %50 | | %5 | | %25 | |

| | | | Additional information | |
|-------------------|--------------------|--|------------------------|------|
| Notes | Practical material | cal materialTheoreti | the date | week |
| | | Human rights concepts | 4-11 | 1 |
| | | Roots of human rights | 11-11 | 2 |
| | | Generations of Human Rights | 18-11 | 3 |
| | | Mesopotamian civilization | 25-11 | 4 |
| | | Nammu-Code of Ur | 1-12 | 5 |
| | | Ishtar-The Law of Lipit | 8-12 | 6 |
| | | a LawEshnunn | 15-12 | 7 |
| | | Hammurabi's Code | 22-12 | 8 |
| | | Nile Valley Civilization | 29-12 | 9 |
| | | The Roots of Human Rights in Islam | 5-1 | 10 |
| | | Human rights sources | 12-1 | 11 |
| | | Western sources of human rights | 19-1 | 12 |
| | | French Declaration of the Rights of Man and of the zenCiti | 26-1 | 13 |
| | | | | 14 |
| | | | | 15 |
| | | First semester exams | 19-2 | 16 |
| year vacation-Mid | | | | |
| | | Magna Carta | 2-3 | 17 |
| | | Petition of Rights | 9-3 | 18 |
| | | Declaration of Rights | 15-3 | 19 |
| | | Human rights sources in France | 23-3 | 20 |

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|--|--|-------------------------------------|-------------|-----------|
| | | French Constitution | 30-3 | 21 |
| | | ericaHuman rights in Am | 7-4 | 22 |
| | | | 14-4 | 23 |
| | | Arab Charter on Human Rights | 21-4 | 24 |
| | | | 28-4 | 25 |
| | | | | 26 |
| | | | | 27 |
| | | Second semester exam | | 28 |
| | | | 11-5 | 29 |
| | | | | 30 |
| | | | | 31 |
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English language

| | | | | | |
|--|--------------------|------------------------|-------------------|-----------------------|--------------------------------------|
| professorHussein Majid Farhan | | | | | the name |
| Husseinm.farhan612@uowasit.edu.iq | | | | | mail-e |
| English language | | | | | Name of the material |
| (morning study) + (evening study) First | | | | | stage |
| theoretical sciences | | | | | Branch |
| Teaching students to read and listen in English and to know mathematical ammarterms through English passages and some English gr | | | | | Course objectives |
| Teaching the subject through explanation and audio recording of the subject with student interaction through reading, questions and answers, and daily and .monthly exams | | | | | Basic details of the material |
| The textbook | | | | | Textbooks |
| nothing | | | | | External sources |
| Final exam | The project | Second semester | laboratory | First semester | Chapter Estimates |

| %50 | | %25 | | %25 | |
|-------|--------------------|---|------------|-----|------------------------|
| | | | | | Additional information |
| Notes | Practical material | Theoretical material | the date | | week |
| | | Explaining the vocabulary of the English iculum for the first stage, language curr how to give lectures, how to conduct exams, explaining the simple present tense in the affirmative case and the basic rule for formulating it with various examples about it, with student participation | 2024/11/5 | | 1 |
| | | present tense in the negative The simple and the basic rule for formulating it with various examples, with students sharing how to ask questions and give short .answers about the simple present tense | 2025-11-12 | | 2 |
| | | soccerpiece The teacher reads the passage, translates t, and learns its meanings and details i (Part One) | 11-19 | | 3 |
| | | Football passage, the passage is read by the teacher, translated, and its meanings (and details are known (Part Two | 11-26 | | 4 |
| | | Simple Present Tense Exam | 12-3 | | 5 |
| | | soccer ball test | 12-10 | | 6 |
| | | etballbaskpiece The teacher reads the passage, translates .it, and learns its meanings and details | 12-17 | | 7 |
| | | Questions and answers about the basketballpiece | 11-24 | | 8 |
| | | The present continuous tense in the negative and the basic rule for arious examples formulating it with v about it, with students sharing how to ask questions and give short answers .about the present continuous tense | 12-31 | | 9 |

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|--------------------------|--|--|-----------------|-----------|
| | | Questions and answers about the present continuous tense | 2025-1-7 | 10 |
| | | Present Continuous Tense Exam | 1-14 | 11 |
| | | etballbasktest | 1-21 | 12 |
| | | Swimming passage . The passage should be read by the teacher, translated, and its .meanings and details should be known | 1-28 | 13 |
| | | Questions and answers aboutswimming | 2-4 | 14 |
| | | Swimming test | 2-11 | 15 |
| | | Comprehensive exam for all subjects covered in the first semester | 2-18 | 16 |
| year vacation-Mid | | | | |
| | | powerlifting piece | 3-4 | 17 |
| | | Students participate in reading and explaining the topic of powerlifting. | 3-11 | 18 |

| computer | | | | | | | | | |
|---|--------------------|------------------|---|------------------|-------------------------------|-----------|------|--|--|
| M.M. Ali Hamid Faraj | | | | | the name | | | | |
| aaltaee@uowasit.edu.iq | | | | | mail-e | | | | |
| computer | | | | | Name of the material | | | | |
| (First (morning study) + (evening study | | | | | stage | | | | |
| theoretical sciences | | | | | Branch | | | | |
| Learn the skill of using the computer and knowing its accessories(hardware + software) to deal with it using Windows and how7 | | | | | Course objectives | | | | |
| Teaching and educating the subject theoretically and practically by explaining the scientific material in a way that enables the student to understand and comprehend ehensive explanation by the subject teacher and the use the lesson through a compr of educational clips prepared by him. After that, the student carries out the practical application, and this includes answering some inquiries related to the .efit for everyonepractical application to increase the ben | | | | | Basic details of the material | | | | |
| nothing | | | | | Textbooks | | | | |
| Books and curricula of some colleges of Wasit University, specifically for teaching .computer science for the first stage, and from websites related to computers | | | | | External sources | | | | |
| Final exam | The project | Daily exams | rylaborato | semester | Class appreciation | | | | |
| For example, %40 | | For example, %10 | For example, %15 | For example, %35 | | | | | |
| | | | | | Additional information | | | | |
| Notes | Practical material | | Theoretical material | | | the date | week | | |
| | | | Explaining the vocabulary of the ence curriculum for the computer sci first stage, how to give the theoretical lecture and how to apply it practically, while giving an idea how to deal about the computer and with it | | | 2024-11-3 | 1 | | |
| | | | Computer, its benefits, uses and types according to size | | | 11-10 | 2 | | |

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|--|---|--|-----------------|-----------|
| | | ic components of the The bas the computer and the contents of system unitCase with an ‘ explanation and the benefit of each motherboard and power) part (supply | 11-17 | 3 |
| | | The basic components of the the computer and the contents of system unitCase with an ‘ anation and the benefit of each expl video card, sound card, and) part (hard disk | 11-24 | 4 |
| | | Central Processing Unit(CPU)Its and the ‘ types of memories ‘ parts difference between them | 2025-1-2 | 5 |
| | Practical application of how to turn on and off the computer in the correct way and how the operating system from the beginning works until the desktop window appears | Turning on and off the computer system and identifying the operating)Windows 7 (| 1-8 | 6 |
| | | :Computer parts input and output : First: Hardware the computer units in. | 1-15 | 7 |
| | | :SecondSoftware and storage units in the computer | 1-22 | 8 |
| | | Types of printers and the differences between them The most important types of files and their extensions | 1-29 | 9 |
| | ation on how Practical applic to hold the mouse, how to deal with its keys, and the benefits .of using them | Mouse, its keys and how to use them | 2-5 | 10 |
| | Practical application on how at is to perform each key th applied practically on the Word program window | Keyboardand an explanation of a set of keys and the benefits of their (Part One) uses in computer work | 2-12 | 11 |

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|--|--|---|-------------|-----------|
| | Practical application on how to perform each key that is applied practically on the Word program window | Keyboard and an explanation of a set of keys and the benefits of their uses in computer work (Part Two) | 2-26 | 12 |
| | My practical application on changes can be applied to how desktop icons | Explaining the components of the and desktop, identifying the main and how to hide ' secondary icons and show them, as well as displaying and arranging all icons on the .desktop and controlling them | 3-2 | 13 |
| | A practical application on how to deal with the taskbar how to display its window, the changes that we can and .make through it | Taskbar Properties and how to interact with it | 3-9 | 14 |
| | | the first Theoretical exam (for (semester | 3-16 | 15 |
| | Practical Exam (First (Semester | | 3-23 | 16 |

Arabic lesson plan form

| Number of units | Weekly hours | Academic stage | Name of the material |
|------------------------|---------------------|-----------------------|-----------------------------|
| 6 | 2 | First | Arabic |

| | |
|-------------------------------|-----------------|
| Thamer Jassim Mohammed | the name |
| thjasim@uowasit.edu.iq | mail -e |

| | |
|---|---------------------------------------|
| The Holy Quran, Arabic grammar, Arabic spelling rules, Arabic literature, the Noble Prophetic Hadith | ils of the Basic deta material |
|---|---------------------------------------|

| | | | |
|-------------------|--------------------|--------------------|--------------------------|
| Final Exam | Chapter Two | Chapter One | Chapter estimates |
| 50 | 25 | 25 | |

| | |
|---|---------------------|
| Subject vocabulary | week |
| language, its importance, the challenges it faces, and its topics | the first |
| Parts of speech: noun, verb, and particle, and the difference between them | the second |
| .The extended and shortened alif, the solar and lunar letters | the third |
| qata', the medial and final hamza, -wasl and hamzat al-mzat alWriting the hamza: ha and kasra of the hamzat an | Fourth |
| The letters Dhad and Tha and the difference between them | Fifth |
| Common language errors and their applications | Sixth |
| punctuation marks | Seventh |
| e number and its rules, distinguishing the numberWriting th | The eighth |
| Meanings of prepositions, the rule of the distinguishing alif, the rule of the nun and .tanween | Ninth |
| First semester exam | tenth |
| s, Shams, explaining its meaning-The Holy Quran: Memorizing Surat Ash .interpretation, and moral dimensions | eleventh |
| -Hujurat (male students) and Surat An-Moral concepts in the Holy Quran, Surat Al (Nur (female students | twelfth |
| The Noble Prophetic Hadith: The Sunnah and its position in Islamic legislation, he history of its documentation with the most important Hadith books, Hadith and t the difference between the Holy Hadith and the Prophetic Hadith, types of Hadith, .fabrication and its causes | thirteenth |
| | quarter |
| terminology, sections of Arabic literature, reading in terminology, language and .literature | fifteenth |
| Spring break | sixteenth |
| Literary eras and the characteristics and features of each era | seventeenth |
| Prose, its nature and most important arts: letters, stories, articles, plays | eighteenth |
| tory, its types, and the characteristics of the orator, with Definition of ora may God bless him -memorization of the farewell sermon of the Greatest Messenger .as a model, and its analysis -and his family and grant them peace | nineteenth |
| characteristics and features 'Arabic poetry: its nature, purposes | Twenty |
| Husseini poetry: its origins, development, and ideological background , | first-twenty |

| | |
|--|---------------|
| characteristics and features | |
| An example of Hussein poetry, a poem in the embrace of Hussein by the poet Abdul hidRazzaq Abdul Wa | second-twenty |
| Reading a summary of the book | third-twenty |
| Second semester exam | fourth-twenty |

Course description templates

The second stage

Basketball Lesson Plan Form

| | | | | | |
|--|-------------|-------------|------------|----------|-------------------------------|
| Dr. Hamid Ali | | | | | the name |
| Hamed.a.abdulgussien606@uowasit.edu.iq | | | | | mail-e |
| ketballbas | | | | | Name of the material |
| Second | | | | | stage |
| Team games | | | | | Branch |
| Introducing students to the importance of basketball and the most .important international laws of the game | | | | | Course objectives |
| Practical and theoretical lectures | | | | | Basic details of the material |
| Training (Auxiliary Book) Dr. Ayad Abdul -Tactical Skills Basketball Dr. Wedad Muhammad Rashad -Karim . International Basketball Law | | | | | Textbooks |
| Recent amendments to the basketball law. | | | | | External sources |
| amFinal ex | The project | Daily exams | laboratory | semester | Chapter estimates |
| %50 | | %5 | %25 | %25 | |
| Using all means of support to increase students' cognitive and skill .abilities through vocabulary related to the subject of basketball | | | | | Additional information |

| Notes | Theoretical and practical material | the date | week |
|-------|--|------------------------|-----------|
| | Introduction to study materials + physical fitness development | /10/3-12024 | 1 |
| | Law Article3 1++ development exercises with the ball | /10-8 | 2 |
| | Article10 (4) Man Defense-to-Man + | 17-15 | 3 |
| | Law Article17 11 ++ -to-supplement to man man defense | 24-22 | 4 |
| | rticleLaw A21 18 ++ practical exercises man to man | 31-29 | 5 |
| | Law Article31 22 ++ practical exercises man to man | 2024/11/7-5 | 6 |
| | Law Article44 32 ++ Defense for the region | 14-12 | 7 |
| | Law Article50 45 ++ Completion of the Defense Zone | 21-19 | 8 |
| | of arbitration mechanics + Explanation practical exercises | 28-26 | 9 |
| | Application of arbitration mechanics + zone defense exercises | 2024/12/5-3 | 10 |
| | Man to man play + refereeing | 12-10 | 11 |
| | Zone defense play + refereeing | 19-17 | 12 |
| | and A comprehensive review of the legal arbitration mechanics materials(first for the chapter) | 26-24 | 13 |
| | Practical Exam (Arbitration) | 31 | 14 |
| | Practical exam (play) | 2025/1/2 | 15 |
| | Theoretical exam | 7 | 16 |
| | Development exercises for physical and skill fitness | 9-8 | 17 |
| | year holiday-Mid | 2025/1/16-15-14 | |
| | year holiday-Mid | 23-22-21 | |
| | year holiday-Mid | 30-29-28 | |
| | Mixed defense + play + refereeing | 2025/2/6-5-4 | 18 |

| | | | |
|--|--|--------------------------------|-----------|
| | Practical exercises for mixed defense + playing + refereeing | 13-12-11 | 19 |
| | Fast attack + play + referee | 20-19-18 | 20 |
| | Practical exercises for fast attack + playing + refereeing | 27-26-25 | 21 |
| | Man Defense + -to-Team Attack vs. Man Exercises Practice | 2025/3/5-4-3 | 22 |
| | Man Defense + -to-Team Attack vs. Man Practice Exercises | 12-11-10 | 23 |
| | Play + Arbitration + Application for Registration Form | 19-18-17 | 24 |
| | Theoretical and scientific material | 26-25-24 | 25 |
| | ng + Physical and skill preparation + playi refereeing | 31 2025/4/2/1 | 26 |
| | Special cases + play + arbitration | 8-7 | 27 |
| | Practical Examination for Playing and Refereeing, Second Semester | 16-15-14 | 28 |
| | Theoretical exam for the second semester | 17 | 29 |
| | Final Practical Exam Play + Refereeing | 23-22-21 | 30 |

lesson plan form Volleyball

| | |
|--|--------------------------------------|
| Asst. Dr. Karar Abdullah Mohsen / Asst. M.M. Ali Hashem Khalifa | the name |
| ali44koko@gmail.com | mail-e |
| volleyball | Name of the material |
| Second | stage |
| Team games | Branch |
| olleyball skillsTeaching v | Course objectives |
| Teaching the subject in a practical way | Basic details of the material |
| year students in physical education -Volleyball Book: A book for second departments and colleges (authored by Professor Dr. Nahida Abdul Zaid (Dulaimi-Al | Textbooks |

| | | | | | |
|-------------------|--------------------|--------------------|-------------------|-----------------|-------------------------------|
| | | | | | external sources |
| Final exam | The project | Daily exams | laboratory | semester | Chapter estimates |
| 50 % | | 5 % | 30 % | 25 % | |
| | | | | | Additional information |

Subject plan form according to vocabulary

| Notes | Practical material | Theoretical material | the date | week |
|--------------|---|-----------------------------|-----------------|-------------|
| | s of volleyball / explanation of basic skills | | 16/9 | 1 |
| | Explanation and presentation of the steps for implementing the skill of passing from above | | | |
| | The emergence and history of volleyball in Iraq / Overhead passing drills | | 22/9 | 2 |
| | ion of the steps for Explanation and presentat implementing the skill of passing from below | | 29/9 | 3 |
| | Bottom pass skill drills | | 6/10 | 4 |
| | number of -ball -General rules of volleyball (court (players | | 13/10 | 5 |
| | Sending / Explanation of the sending skill with the r performing the sendingtechnical rules fo | | 20/10 | 6 |
| | Types of transmission | | 27/10 | 7 |
| | Explaining the basic educational steps for each type of .transmission | | 3/11 | 8 |
| | (First month exam (theoretical | | 10/11 | 9 |
| | (First month exam (practical | | 17/11 | 10 |
| | how the reception process takes Reception / Explaining place in volleyball | | 24/11 | 11 |
| | Types of reception | | 1/12 | 12 |
| | Compound exercises to perform more than one (receiving -practical skill (sending | | 8/12 | 13 |
| | General theoretical and practical review of volleyball | | 15/12 | 14 |

| | (practical -cond month exam (theoretical Se | | 22/12 | 15 |
|-------------------|--|----------------------|----------|------|
| year vacation-Mid | | | | |
| Notes | Practical material | Theoretical material | the date | week |
| | Quick review of chapter 1 vocabulary The difference between technical and basic skills | | 19/1 | 17 |
| | tion of the steps for Explanation and presenta performing the smash hit skill | | 26/1 | 18 |
| | Smash Skill Drills | | 2/2 | 19 |
| | Explanation and presentation of the steps for implementing the firewall skill | | 9/2 | 20 |
| | Blocking wall skill drills | | 16/2 | 21 |
| | Defensive and offensive blocking wall | | 23/2 | 22 |
| | Explanation and presentation of the steps for implementing the skill of defending the field | | 2/3 | 23 |
| | Field defense skill drills | | 9/3 | 24 |
| | Theoretical and scientific material | | 16/3 | 25 |
| | Complex exercises between basic and technical skills | | 23/3 | 26 |
| | Simplified skill drills with two teams playing | | 30/3 | 27 |
| | Volleyball match between students | | 6/4 | 28 |
| | Theoretical exam | | 13/4 | 29 |
| | Practical exam | | 20/4 | 30 |

Boxing Lesson Plan Form

| | |
|--|-----------------------------|
| Qurashi / Ali Shahab Hamad-Ghazwane Anhir Lami Al | the name |
| ghazwan.enheer.lamy634@uowasit.edu.iq | mail-e |
| boxing | Name of the material |

| | | | | | |
|---|--------------------|------------------------|-------------------|-----------------------|--------------------------------------|
| Second | | | | | stage |
| Individual games | | | | | Branch |
| Teaching basic boxing skills and international law | | | | | Course objectives |
| osition, ready stance, The course consists of the following basic skills: fist p .footwork, punches, counterpunches, and defensive methods History of boxing, ancient and modern 30-Teaching boxing law from Article 1 - | | | | | Basic details of the material |
| Mahmoud Abdullah Ahmed and others: Boxing Education and Training, 1990. | | | | | Textbooks |
| -1 The World Wide Web -2 International Amateur Boxing Law -3 Din Abed: Introduction to Modern -Sami Muhib and Mohi El .Boxing, 1999 -4 .Abdel Fattah Fathi Khader: The reference in boxing, 1996 -5 n and Mahmoud Abdullah Ahmed and others: Boxing Educatio .Training, 1990 | | | | | rcesExternal sou |
| Final exam | The project | Second semester | laboratory | First semester | Chapter estimates |
| 50 | 0 | 25 | 0 | 25 | |
| | | | | | Additional information |

Subject plan form according to vocabulary

| Notes | Theoretical and practical material | the date | week |
|--------------|--|-------------------|-------------|
| | History of boxing, ancient and modern | 2024/9/15 | 1 |
| | Components of boxing game | 2024/9/22 | 2 |
| | Boxing game requirements | 2024/9/29 | 3 |
| | fist position | 2024/10/6 | 4 |
| | 6-Boxing Laws Article 1 | 2024/13/10 | 5 |
| | standby | 2024/20/10 | 6 |
| | standby | 2024/27/10 | 7 |
| | ntsfoot moveme | 2024/11/3 | 8 |

| | | | |
|--|--|-------------------|-----------|
| | foot movements | 2024/11/10 | 9 |
| | Teaching straight punches | 2024/17/11 | 10 |
| | Teaching straight punches | 2024/24/11 | 11 |
| | Applications of straight punches | 2024/12/3 | 12 |
| | Defensive methods for straight punches | 2024/12/7 | 13 |
| | ches with footworkLinking straight pun | 2024/12/10 | 14 |
| | Linking straight punches with footwork | 2024/13/12 | 15 |
| | First semester theoretical exam | 2024/17/12 | 16 |
| | year holiday-Mid | | |
| | hook punches | 2025/1/19 | 17 |
| | Ways to defend against hook punches | 2025/26/1 | 18 |
| | rising punches | 2025/2/2 | 19 |
| | Ways to defend against rising punches | 2025/2/9 | 20 |
| | counter punch | 2025/16/2 | 21 |
| | Boxing defense techniques | 2025/23/2 | 22 |
| | Boxing tactical preparation | 2025/3/2 | 23 |
| | Offensive plans | 2025/3/9 | 24 |
| | - Defensive plans | 2025/3/16 | 25 |
| | counter plans | 2025/23/3 | 26 |
| | 12-Boxing Law Article 7 | 2025/4/6 | 27 |
| | 20-Boxing Law Article 12 | 2025/13/4 | 28 |
| | 30-Boxing Law Articles 21 | 2025/20/4 | 29 |
| | explaining skills from start to finish-Re | 2025/27/4 | 30 |
| | Second semester theoretical exam | 2025/5/4 | 31 |
| | exam Second semester practical | 2025/5/11 | 32 |

Teaching Methods Lesson Plan Form

| | | | | | |
|---|------------------------|-------------------------|-----------------------|-----------------------|--------------------------------------|
| Kazem Khadir-Dr. Haider Abdul Dr. Saada Hassanein Abdel Moneim | | | | | the name |
| hayderabdul.khudhair615@uowasit.edu.iq SaadahH.Abdalmunim624@uowasit.edu.iq | | | | | mail-e |
| Teaching methods | | | | | Name of the material |
| Second | | | | | stage |
| Individual games | | | | | Branch |
| how to apply physical exercises and -Teaching physical education programs their derivatives | | | | | Course objectives |
| rms, educational objectives, behavioral objectives, Scientific and educational te physical exercises, instructions, modern teaching methods, teaching styles | | | | | Basic details of the material |
| | | | | | Textbooks |
| Final exam | Second semester | Theoretical exam | Practical exam | First semester | Chapter estimates |
| %50 | %25 | %10 | %15 | %25 | |

Subject plan form according to vocabulary

| Notes | Practical material | Theoretical material | the date | week |
|---|---------------------------|---|-------------------|-------------|
| Focus on being on time and being on task | — | Scientific and educational terms | 2024/9/16 | 1 |
| | — | teaching | 2024/9/23 | 2 |
| | — | Stages of teaching | 2024/30/9 | 3 |
| | — | education | 2024/10/7 | 4 |
| | — | learning | 2024/14/10 | 5 |
| | — | Stages of the learning process | 2024/21/10 | 6 |

| | | | | |
|---|---|--|------------|----|
| | — | Educational objectives | 2024/10/37 | 7 |
| | — | Daily exam | 2024/11/4 | 8 |
| ing Emphasiz students' understanding and taking into account individual differences | — | Levels of educational objectives | 2024/11/11 | 9 |
| | — | Behavioral objectives | 2024/18/11 | 10 |
| | — | Bloom's Taxonomy of Behavioral Objectives | 2024/25/11 | 11 |
| | — | Cognitive field | 2024/12/2 | 12 |
| | — | emotional field | 2024/12/9 | 13 |
| | — | Skill field | 2024/16/12 | 14 |
| | | First semester exam | 2024/23/12 | 15 |
| year vacation-Mid | | | | |
| and means of clarification | Practical application of instructions | Instructions (physical (exercises | 2025/1/20 | 16 |
| | — | Exercise positions | 2025/27/1 | 17 |
| | — | Initial position and its derivatives | 2025/2/3 | 18 |
| Dialogue and presentation | Applying the positions from standing | Positions derived from standing | 2025/2/10 | 19 |
| | Practical application | Sitting positions | 2025/2/17 | 20 |
| | — | Positions derived from attachment | 2025/24/2 | 21 |
| | — | A brief recap of the derivative positions | 2025/3/3 | 22 |
| | Application by students | Apply other modes | 2025/3/10 | 23 |
| | — | How to write a physical exercise | 2025/3/17 | 24 |
| | | Conditions for instructing physical | 2025/24/3 | 25 |

| | | | | |
|--|---|------------------------------------|------------------|-----------|
| | | exercise | | |
| | Presentation models for all situations and their application by students | Application of instructions | 2025/3/31 | 26 |
| | — | Modern teaching methods | 2025/7/4 | 27 |
| | — | Types of teaching methods | 2025/14/4 | 28 |
| | pen and paper | Teaching methods | 2025/21/4 | 29 |
| | | ond semester examSec | 2025/28/4 | 30 |

Physical Training Lesson Plan Form

| | | | | | |
|--|-------------|-----------------|-----------------|--------------------|-------------------------------|
| Asst. Dr. Qasim Muhammad Ali / Dr. Fadhel Daham Mansour | | | | | the name |
| famansour@uowasit.edu.iq qasimmali@uowasit.edu.iq | | | | | mail-e |
| Sports training | | | | | Name of the material |
| The second stage | | | | | stage |
| theoretical sciences | | | | | Branch |
| Explaining the concept and characteristics of training, training load and its .and training methods components, physical abilities and their types | | | | | Course objectives |
| Theoretical lectures | | | | | Basic details of the material |
| Sports training | | | | | Textbooks |
| Workbooks related to lecture vocabulary | | | | | External sources |
| Final exam | The project | Daily exams | Second semester | semester the first | Chapter estimates |
| %50 | | per %5 semester | %20 | %20 | |

| | |
|--|-------------------------------|
| Benefit from the literature and results of scientific research and studies related to the field of specialization | Additional information |
|--|-------------------------------|

Subject plan form according to vocabulary

| Notes | Practical almateri | Theoretical material | the date | week |
|--------------|-------------------------------|--|---------------------|-------------|
| | | The concept, objectives, duties and characteristics of sports training | 9/15 | 1 |
| | | Sports training rules | 9/22 | 2 |
| | | Characteristics, duties and professional preparation of trainers | 9/28 | 3 |
| | | concept and types of load -Training load | 10/6 | 4 |
| | | Internal -External load and its components Psychological load -load | 10/13 | 5 |
| | | Pregnancy degrees and factors that determine the direction h Training loads | 10/20 | 6 |
| | | Exam 1 | 10/27 | 7 |
| | | Sports form | 11/3 | 8 |
| | | training intensity -status Training | 11/10 | 9 |
| | | The concept of planning, its principles, and how to plan sports training | 11/17 | 10 |
| | | Sports selection | 11/24 | 11 |
| | | Types of -Unit sections -Training unit training units | 12/1 | 12 |
| | | higher -advanced -Training stages (juniors (levels | 12/8 | 13 |
| | | Exam 2 | 12/15 | 14 |
| | | Spring break | | 15 |
| | | Spring break | | 16 |
| | | | | |
| | | overload | 1/19 | 17 |
| | | Physical abilities/muscular strength | 1/26 | 18 |

| | | | | |
|--|--|--|-------------|-----------|
| | | Types of muscular strength | 2/2 | 19 |
| | | Importance and Influencing Factors -Speed | 2/9 | 20 |
| | | Types of speed, training methods, and the iological effects of trainingphys | 2/16 | 21 |
| | | Importance and Influencing -Flexibility Factors | 2/23 | 22 |
| | | Exam 1 | 3/2 | 23 |
| | | Endurance (endurance) concept and importance | 3/9 | 24 |
| | | Its types and training methods | 3/16 | 25 |
| | | and Importance, Influencing Factors -Agility Training Methods | 3/23 | 26 |
| | | Training methods / Interval training method | 3/30 | 27 |
| | | Continuous load training method | 4/6 | 28 |
| | | Repetitive training method | 4/13 | 29 |
| | | Exam 2 | 4/20 | 30 |
| | | General review | 4/27 | 31 |
| | | | | 32 |

e and the FieldLesson plan form for the subject: The Squar

| | |
|--|-----------------------------|
| Dr. Ali Naeem Ajil / Asst. Prof. Dr. Ali Hussein Al .Asst. Prof Sagheer / Dr. Saad Jassim Jalab / Asst. Prof. Ahmed Nayef / Asst. Prof. Baraa Ismail | the name |
| alinaeem@uowasit.edu.iq asagheer@uowasit.edu.iq saad.alghereebawi@uowasit.edu.iq ahmedn234@uowasit.edu.iq baraai.ajam604@uowasit.edu.iq | mail-e |
| The square and the field | Name of the material |
| The second stage | stage |

| | | | |
|-------------------|---|-------|----|
| | height barriers-Crossing over low | 11/11 | 9 |
| | Setting the pace from the start to the first hurdle and between hurdles | 11/18 | 10 |
| | ereeingRunning 6 legal hurdles + ref | 11/25 | 11 |
| | practical exam | 12/2 | 12 |
| | x400m Race Technical Stages and Seating 4 Adjustment | 12/9 | 13 |
| | Running by distributing students into postal teams | 12/16 | 14 |
| | practical exam | 12/23 | 15 |
| | Theoretical exam with three activities | | 16 |
| year vacation-Mid | | | |
| | technique of the three competitions in the first -Re semester | 1/19 | 17 |
| | Discus Throw Competition / Technical Stages | 1/26 | 18 |
| | Teaching how to hold the disc and how to release the disc | 2/2 | 19 |
| | Disc control and standing discus throw exercises | 2/9 | 20 |
| | ises for the first and second rotationExerc | 2/16 | 21 |
| | Exercises for teaching throwing from the throwing position | 2/23 | 22 |
| | Exercises to link rotation to throwing | 3/2 | 23 |
| | Standing and rotating discus throw exercises with a lighter weight | 3/9 | 24 |
| | pin Throwing ExercisesLegal Discus S | 3/16 | 25 |
| | Discus throw practical exam | 3/23 | 26 |
| | Pole Vault Competition / Technical Stages | 3/30 | 27 |
| | Cane and walking exercises | 4/6 | 28 |
| | Stick holding, approaching, and stick planting exercises | 4/13 | 29 |
| | throw competition Practical exam for the discus | 4/20 | 30 |
| | Theoretical exam in discus throw and pole vault | 4/27 | 31 |

| | | | |
|--|--|--|----|
| | | | 32 |
|--|--|--|----|

Lesson plan form for the subject: Handball

| | | | | | |
|--|-------------|-------------|------------|----------|-------------------------------|
| Asst. Prof. Dr. Majid Jassen Ali | | | | | the name |
| Asst. Dr. Hussein Fayege Aziz / M.M. Sajjad Mahdi | | | | | |
| .edu.iq uowasit majidhasan@ | | | | | mail-e |
| handball | | | | | Name of the material |
| Second | | | | | stage |
| Team games | | | | | Branch |
| Students learn basic skills and information related to handball .law and refereeing | | | | | Course objectives |
| Basic skills and handball rules | | | | | Basic details of the material |
| nd Cons / International Handball LawsHandball Pros a | | | | | Textbooks |
| Handball for all | | | | | External sources |
| Final exam | The project | Daily exams | laboratory | semester | Chapter estimates |
| %50 | | %10 | %15 | 25 % | |
| | | | | | Additional information |

Subject plan form according to vocabulary

| Notes | Scientific material | etical materialTheor | the date | week |
|-------|--|----------------------|----------|------|
| | | History of handball | 9/18 | 1 |
| | ball catching skill | | 9/25 | 2 |
| | Skill of receiving the ball from jumping | | 10/2 | 3 |
| | Skill of receiving the ball from above the head | | 10/9 | 4 |

| | | | | |
|-------------------------|--|--|--------------|-----------|
| | Skill of receiving the ball ad level from the | | 10/16 | 5 |
| | Skill of receiving the ball from the chest | | 10/23 | 6 |
| | Skill of receiving the ball from the side | | 10/30 | 7 |
| | Low ball receiving skill | | 11/6 | 8 |
| | | Monthly exam (1) first semester | 11/13 | 9 |
| | Passes used in short distances | | 11/20 | 10 |
| | | No. 1+2+3 Material | 11/27 | 11 |
| | Passes used in middle distances | | 12/4 | 12 |
| | Passes used over long distances | | 12/11 | 13 |
| | | Article No. 4+5+6 | 12/18 | 14 |
| | | Monthly exam (2) first semester | 12/25 | 15 |
| | | | | |
| year holiday-Mid | | | | |
| | Simple deception | | 1/15 | 16 |
| | complex deception | | 1/22 | 17 |
| | Patting | Article No. 7+8 | 1/29 | 18 |
| | Shooting from jumping | | 2/5 | 19 |
| | Shooting from the fall | | 2/12 | 20 |
| | Shooting from the corner | | 2/19 | 21 |
| | Shooting from the air | | 2/26 | 22 |
| | | Article No. 9 + 10 | 3/5 | 23 |
| | | Monthly exam (1) second | 3/12 | 24 |

| | | | | |
|--|------------------------------------|---|-------------|-----------|
| | | semester | | |
| | eepergoalk | | 3/19 | 25 |
| | The basic goalkeeper stance | | 3/26 | 26 |
| | Goalkeeper skills | | 4/2 | 27 |
| | | (Second semester exam (2 | 4/9 | 28 |
| | | General review (and (discussions | 4/16 | 29 |

Lesson plan form for the subject: Rhythmic Gyro

| | | | | | |
|--|-------------|------------------|------------|------------------|-------------------------------|
| Fawzia Kazim .Asst. Dr. Ghufraan Muhammad Taama / Asst. M Mohsen | | | | | the name |
| Fawzkadhum4@gmail.com g.teamaa@uowasit.edu.iq | | | | | mail-e |
| Rhythmic gymnastics | | | | | Name of the material |
| Second | | | | | stage |
| sectarian sciences | | | | | Branch |
| Educational,) -Developmental -Educational -Educational (Educational and Developmental | | | | | objectives Course |
| | | | | | Basic details of the material |
| The book "Fundamentals of Teaching Rhythmic Gymnastics" by Dr. Amira Abdel Wahid | | | | | Textbooks |
| _s on international lawSome article_ | | | | | External sources |
| Final exam | The project | Second semester | laboratory | First semester | Chapter estimates |
| For example, %50 | - | For example, %25 | - | For example, %25 | |
| Two theoretical exams for the first semester and one theoretical am for the second semester + a daily theoretical and practical ex exam on a regular basis + a practical exam for the first and second semesters | | | | | Additional information |

Subject plan form according to vocabulary

| Notes | Theoretical and practical material | the date | week |
|-------|--|------------|------|
| | eral fitnessGen | 2024/9/22 | 1 |
| | Basic Arm Positions + Basic Foot Positions | 2024/9/29 | 2 |
| | Rhythmic walking of all kinds + rhythmic running of all kinds | 2024/10/6 | 3 |
| | Slide step of all types + slide jump of all types | 2024/13/10 | 4 |
| | Bend and stretch step | 2024/20/10 | 5 |
| | Double jump + double jump | 2024/27/10 | 6 |
| | The indicator (rotating the indicator around the waist and around the legs. Rotating the indicator from the wrist and throwing it from under the swinging leg and receiving it from (the other side | 2024/11/3 | 7 |
| | bar, -bar, circular cross-The indicator tool (pendulum cross horizontal bar in front of the chest with one arm and two (arms, and rolling the bar on the ground and on the arms | 2024/11/10 | 8 |
| | Alternation step (forward, backward, sideways) Alternation (raph (forward, backward, sidewaysparag | 2024/17/11 | 9 |
| | Standing with acupuncture on one instep and on both insteps Standing on the ball of one foot and on the balls of both feet | 2024/24/11 | 10 |
| | Hopscotch jump rm of a The indicator tool (rotating the indicator in the fo number & its types, and it is in front of Body and behind the body. Sideways rotation. In front of the .body and above the head With body rotation (throwing the marker high and receiving (it in different positions | 2024/1/12 | 11 |
| | rotation of the indicator from the wrists,) The indicator tool elbows and shoulder joint such as forward and backward rotation, vertical rotation and horizontal rotation with a .indicator and with the indicators | 2024/12/8 | 12 |
| | tool and the Training on the exam series, one free without a .other with the indicator tool | 2024/15/12 | 13 |
| | Conducting the exam with free chains and the indicator tool | 2024/22/12 | 14 |

| | | | |
|--|--|-------------------|-----------|
| | .Conducting the theoretical exam for the first semester | 2024/29/12 | 15 |
| | year holiday-Mid | | 16 |
| | ning (general fitness and specific Body preparation and trai .(fitness .Replay of the first chapter movements .Rotation by pricking on one instep and on both feet) Rotation by lifting on one instep and on both insteps | 2025/1/19 | 17 |
| | .turn to sit-The man leans forward in a half) l tool (front and side pendulum swing with one arm and Bal two arms. Horizontal swing in front of the chest with one .(arm and two arms | 2025/26/1 | 18 |
| | .Front balance . Rear balance Step leap | 2025/2/2 | 19 |
| | he Ball tool (circular swing with one arm and two arms in t front and side levels. Rotating the ball in the shape of a number & its types, which are rotation to the sides, and rotation in front of the body above the head and connecting it with the rotation of the body) (patting the ball in its types, ting with the hand, with the hands, with the knee, such as pat with the foot, and with the elbow from different positions of walking, running, jumping, and hopping, and with a .(partner | 2025/2/9 | 20 |
| | Cat jump Scissor jump th one or both Ball tool (throwing and receiving the ball wi arms while standing. Throwing and receiving with a partner. Throwing and receiving while running, jumping and hopping. Lifting the ball in an arc above the head and .(receiving the ball with the other hand | 2025/16/2 | 21 |
| | .jump with half turn Practical) Scissor) .Intersection step | 2025/23/2 | 22 |
| | Ball tool (rotating the ball with one hand and with both hands around its axis. Rotating around the wrist. Rotating .(around the waist. Rotating around the legs | 2025/3/2 | 23 |
| | with one arm and two arms on the Ball tool (rolling the ball body and on the ground from different positions such as | 2025/3/9 | 24 |

| | | | |
|--|---|-----------|----|
| | rolling on the arm, on the arms, on the chest and on the back. Rolling the ball from the chest to the back and back and vice . (versa from the back to the chest | | |
| | .(Triple step forward (front waltz .(Triple side step (side waltz | 2025/3/16 | 25 |
| | Linking a set of movements with the ball tool into a forced .movement chain Linking a set of movements to the indicator tool with a mandatory movement chain | 2025/23/3 | 26 |
| | Training on the two compulsory series with the ball and with the stick | 2025/3/30 | 27 |
| | .(Triple side step (side waltz | 2025/4/6 | 28 |
| | Linking a set of movements to the indicator tool with a mandatory movement chain | 2025/13/4 | 29 |
| | .(p (side waltzFor the triple side ste | 2025/20/4 | 30 |
| | Final exam for compulsory exam series. Final theoretical .exam | 2025/27/4 | 31 |
| | ----- | | 32 |

**Form for completing the lesson plan for the subject: Men's Gymnastics
Equipment**

| | |
|---|----------------------------------|
| Jijan Asst. M.M. Ali Prof. Dr. Amin Atta_ Asst. M.M. Athir Hamza Barkawi | and academic title Name |
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| Gymnastics equipment for men | Name of the material |
| Singles games | Branch |
| Developing students' physical abilities | Course objectives |
| History of gymnastics equipment, types of equipment, set of swing movements, stages of assisted gymnastics training and methods, equipment measurements and skills, floor movements, rings and parallel al barbars, vaulting platform, pommel horse and horizont | Basic details of the erialmat |
| (Encyclopedia of Modern Gymnastics (Abdel Moneim Suleiman Barham | Textbooks |

| .Internet information network | | | | | External sources |
|-------------------------------|-------------|-----------------|------------|----------|------------------------|
| Final exam | The project | Second semester | laboratory | semester | Chapter estimates |
| %50 | 0 | %25 | 0 | %25 | |
| | | | | | Additional information |

Lesson plan form

| Notes | Practical material | Theoretical material | the date | week |
|-------|----------------------------------|--|------------|------|
| | — | General idea about gymnastics | 2024/1/10 | 1 |
| | — | A brief history of gymnastics | | |
| | General physical preparation | Types of gymnastics and the most famous types | 2024/3/10 | 2 |
| | General physical preparation | Considerations that the coach must take into account | | |
| | Special physical preparation | Floor Exercise Mat Requirements and Exercise Width | 2024/8/10 | 3 |
| | Special exercises for gymnastics | Ground motion mat measurements | | |
| | General and specific exercises | Forward roll skill explanation | 2024/10/10 | 4 |
| | specific -Skill exercises | Forward roll skill application | | |
| | General and specific exercises | Back Roll Skill Explained | 2024/15/10 | 5 |
| | specific -Skill exercises | Back Roll Skill Application | | |
| | General and specific exercises | Explanation of the forward roll skill | 2024/24/10 | 6 |
| | specific -Skill exercises | Applying the skill of forward roll opening | | |
| | General and | Explanation of the back roll skill | 2024/29/10 | 7 |

| | | | | |
|--|--------------------------------|-----------------------------------|------------|----|
| | specific exercises | | | |
| | specific -Skill exercises | l ApplicationBack Roll Skill | | |
| | General and specific exercises | Diving skill explanation | 2024/31/10 | 8 |
| | specific -Skill exercises | Diving skill application | | |
| | specific -Skill exercises | Front balance + rear balance | 2024/5/11 | 9 |
| | specific -Skill exercises | aleSide scale + knee sc | | |
| | General and specific exercises | Headstand skill explained | 2024/7/11 | 10 |
| | specific -Skill exercises | Headstand skill application | | |
| | General and specific exercises | Handstand skill explanation | 2024/11/12 | 11 |
| | specific -Skill exercises | licationHandstand skill app | | |
| | General and specific exercises | Human wheel skill explained | 2024/14/11 | 12 |
| | specific -Skill exercises | Human Wheel Skill Application | | |
| | General and specific exercises | Ground movement mat skills review | 2024/19/11 | 13 |
| | General and specific exercises | und movement mat skills reviewGro | | |
| | General and specific exercises | Ground movement mat skills review | 2024/21/11 | 14 |
| | General and specific exercises | Ground movement mat skills review | | |
| | | First semester exam | 2024/01/09 | 15 |

d semesterSecon

| | | | | |
|--|--------------------------------|--|-----------|----|
| | General and specific exercises | Horse handles device measurements explanation of the skill of the weighted) (one leg | 2024/25/2 | 16 |
|--|--------------------------------|--|-----------|----|

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|--|---------------------------------------|--|------------------|-----------|
| | specific -Skill exercises | legged weighted skill application-One | | |
| | General and specific exercises | ging to the Explanation of the skill of swin right to enter the left man or vice versa | 2024/27/2 | 17 |
| | specific -Skill exercises | footed skill to enter the -Apply the right left foot or vice versa | | |
| | General and specific exercises | Throat device device measurements swing skill explanation of the pendulum) (on the throat device | 2024/3/3 | 18 |
| | specific -Skill exercises | Applying the pendulum swing skill to the throat device | | |
| | General and specific exercises | Handstand skill explained on the hoop machine | 2024/3/5 | 19 |
| | specific -Skill exercises | e handstand skill on the hoop Applying th machine | | |
| | General and specific exercises | Explanation of the skill of forward shoulder rotation | 2024/3/10 | 20 |
| | specific -Skill exercises | Applying the skill of forward shoulder rotation | | |
| | General and specific exercises | xplanation of the skill of shoulder E rotation backward | 2024/3/12 | 21 |
| | specific -Skill exercises | Applying the skill of shoulder rotation backward | | |
| | General and specific exercises | Jumping platform device measurements explanation of the skill of jumping open | 2024/3/17 | 22 |
| | specific -Skill exercises | Open jump skill application | | |
| | General and specific exercises | Explanation of the skill of jumping together | 2024/3/19 | 23 |
| | specific -Skill exercises | Applying the skill of jumping together | | |
| | General and specific exercises | Parallel bar device, device measurements, explanation of the pendulum swing skill from support on the hands | 2024/24/3 | 24 |
| | specific -Skill exercises | Applying the pendulum swing skill from the hands | | |

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|--|--------------------------------|--|-----------|----|
| | General and specific exercises | Il explanationShoulder stand ski | 2024/26/3 | 25 |
| | specific -Skill exercises | Shoulder stand skill explanation | | |
| | General and specific exercises | Explanation of the skill of landing from the back swing | 2024/31/3 | 26 |
| | specific -Skill exercises | Applying the skill of landing from the k swingbac | | |
| | General and specific exercises | The horizontal bar device, device measurements, explanation of the fixed (hanging skill (elementary weighted | 2024/4/2 | 27 |
| | specific -ISkil exercises | Applying the skill of fixed attachment (elementary weighted) | | |
| | General and specific exercises | Explanation of the lower swing skill with bent arms | 2024/7/4 | 28 |
| | specific -Skill exercises | Applying the skill of lower swing by bending the arms | | |
| | General and ecific exercisessp | Review of previous skills | 2024/26/5 | 29 |
| | General and specific exercises | Review of previous skills | | |
| | | Second semester exam | 2024/28/5 | 30 |

Teaching plan form for the subject: Biomechanics

| | |
|--|-------------------------------|
| Prof. Dr. Ghaffar Saad Issa | the name |
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| Biomechanics | Name of the material |
| Second | stage |
| theoretical | Branch |
| Knowledge of the theoretical and applied foundations of biomechanics | Course objectives |
| Teaching the subject theoretically | Basic details of the material |

| | | | | | |
|---------------------------------|--------------------|--------------------|-------------------|-----------------|-------------------------------|
| Biomechanics 2007 | | | | | Textbooks |
| Sports Biomechanics 2022 | | | | | External sources |
| Final exam | The project | Daily exams | laboratory | semester | Chapter estimates |
| | | | | | |
| | | | | | Additional information |

Subject plan form according to vocabulary

| Notes | Practical material | Theoretical material | the date | week |
|--------------|---------------------------|--|-------------------|-------------|
| | | What is biomechanics, its introduction, its relationship, its divisions and its duties | 2024/9/22 | 1 |
| | | Movement, its forms, factors affecting its type, and basic movements | 2024/9/29 | 2 |
| | | levels The relationship of movement to axes and and the relativity of movement | 2024/10/6 | 3 |
| | | Kinematics and methods of determining kinematic significances | 2024/13/10 | 4 |
| | | Straight line kinematics / distance and displacement speed / | 2024/20/10 | 5 |
| | | s, Graphical representation of velocity component velocity as a vector quantity, and their analysis | 2024/27/10 | 6 |
| | | Acceleration | 2024/11/3 | 7 |
| | | Motion of objects projected at angles to the horizontal line | 2024/11/10 | 8 |
| | | The motion of projectiles at different levels and the launch of the projectile at steps for determining the launch the moment of breaking contact | 2024/17/11 | 9 |
| | | Angular kinematics | 2024/24/11 | 10 |
| | | Angular distance and angular displacement | 2024/1/12 | 11 |
| | | Angular velocity and circumferential velocity | 2024/12/8 | 12 |
| | | Angular acceleration | 2024/15/12 | 13 |

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|--------------------------|--|---|-------------------|-----------|
| | | Theoretical Exam 1 | 2024/22/12 | 14 |
| | | Review | 2024/29/12 | 15 |
| | | Theoretical Exam 2 | | 16 |
| year vacation-Mid | | | | |
| | | Review | 2025/26/1 | 17 |
| | | center of gravity | 2025/2/2 | 18 |
| | | Kinetics and methods of assigning kinetic meanings | 2025/2/9 | 19 |
| | | Newton's laws | 2025/16/2 | 20 |
| | | Newton's laws of circular motion | 2025/23/2 | 21 |
| | | Force/Resultant Force/Resultant Force Analysis | 2025/3/2 | 22 |
| | | Centrifugal force and centripetal force | 2025/3/9 | 23 |
| | | Work | 2025/3/16 | 24 |
| | | ability | 2025/23/3 | 25 |
| | | ports movementsExternal and internal forces in s | 2025/3/30 | 26 |
| | | Levers, their types and benefits | 2025/4/6 | 27 |
| | | Theoretical Exam 1 | 2025/13/4 | 28 |
| | | Review 1 | 2025/20/4 | 29 |
| | | Review 2 | 2025/27/4 | 30 |
| | | Theoretical Exam 2 | | 31 |
| | | Dialogue and discussion on topics | | 32 |

Arabic language :Teaching plan form for the subject

| | |
|--|-----------------------------|
| M.M. Rasul Nasir Ali Hussein | the name |
| russelnaseer@uowasit.edu.iq | mail-e |
| Arabic | Name of the material |
| Second | stage |
| theoretical | Branch |

| | | | | | |
|---|-----------------|------------------|----------------|----------------|-------------------------------|
| m mistakes, especially in reading the Holy Quran, It is: preserving the tongue from preserving the language from being lost and maintaining its authenticity, strengthening the relationship between the student and his Arabic language and spelling rules, because it is his mother tongue, controlling the grammatical distinguishing between letters, especially between (Ḍād and Ḍā’), as we find it very difficult to differentiate between them, knowing the positions of the hamzat qat’, as we notice that many people may not-wasl and the hamzat al-al differentiate between them, at various academic levels, from students, employees, .and professors | | | | | Course objectives |
| Understanding the Arabic language and using the best vocabulary, developing s linguistically, developing students' ability to memorize and express themselves the ability to correct spelling mistakes, and helping others avoid making them | | | | | Basic details of the material |
| | | | | | Textbooks |
| Final exam | Second semester | Theoretical exam | Practical exam | First semester | Chapter estimates |
| %50 | %25 | %0 | %0 | %25 | |

according to vocabularySubject plan form

| Notes | Practical material | Theoretical material | the date | week |
|---|--------------------|--|------------|------|
| Focus on being on time and being on task | — | Scientific and educational terms | 2024/9/16 | 1 |
| | — | teaching | 2024/9/23 | 2 |
| | — | Stages of teaching | 2024/30/9 | 3 |
| | — | education | 2024/10/7 | 4 |
| | — | learning | 2024/14/10 | 5 |
| | — | Stages of the learning process | 2024/21/10 | 6 |
| | — | educational objectives | 2024/10/37 | 7 |
| | — | Daily exam | 2024/11/4 | 8 |
| Strengthening the relationship between the student and his linguistic and literary heritage | — | Levels of educational objectives | 2024/11/11 | 9 |
| | — | Behavioral objectives | 2024/18/11 | 10 |
| | — | s Taxonomy of 'Bloom Behavioral Objectives | 2024/25/11 | 11 |

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|-------------------|---------------|--|------------|----|
| | — | Cognitive field | 2024/12/2 | 12 |
| | — | emotional field | 2024/12/9 | 13 |
| | — | Skill field | 2024/16/12 | 14 |
| | | First semester exam | 2024/23/12 | 15 |
| year vacation-Mid | | | | |
| — | — | Instructions (physical exercises) | 2025/1/20 | 16 |
| — | — | Exercise positions | 2025/27/1 | 17 |
| | — | Initial position and its derivatives | 2025/2/3 | 18 |
| — | — | Positions derived from standing | 2025/2/10 | 19 |
| | — | Sitting positions | 2025/2/17 | 20 |
| | — | Positions derived from tattachmen | 2025/24/2 | 21 |
| | — | A brief recap of the derivative positions | 2025/3/3 | 22 |
| | — | Apply other modes | 2025/3/10 | 23 |
| | — | How to write a physical exercise | 2025/3/17 | 24 |
| | | Conditions for instructing physical exercise | 2025/24/3 | 25 |
| | — | structionsApplication of in | 2025/3/31 | 26 |
| | — | Modern teaching methods | 2025/7/4 | 27 |
| | — | Types of teaching methods | 2025/14/4 | 28 |
| | pen and paper | Teaching methods | 2025/21/4 | 29 |
| | | Second semester exam | 2025/28/4 | 30 |

Teaching plan form for the subject: Baath Party Crimes

| | | | | | |
|--|--------------------|--------------------|-------------------|-----------------|--------------------------------------|
| Nagham Hamid Rashid | | | | | name the |
| Rasheednagham2@gmail.com | | | | | mail-e |
| Baath regime crimes in Iraq | | | | | Name of the material |
| Second | | | | | stage |
| theoretical sciences | | | | | Branch |
| Educating the new generation about the crimes of the Baath regime inside Iraq and outside I | | | | | Course objectives |
| Baath Party crimes (psychological and social crimes, environmental crimes, (and mass grave crimes | | | | | Basic details of the material |
| The curriculum for the crimes of the Ba'ath regime in Iraq | | | | | Textbooks |
| to the subject A number of books written related | | | | | External sources |
| Final exam | The project | Daily exams | laboratory | semester | Chapter estimates |
| %50 | | %5 | | %25 | |
| | | | | | Additional information |

Subject plan form according to vocabulary

| Notes | Practical material | Theoretical material | the date | week |
|-------|--------------------|--|----------|------|
| | | crimes The concept of and their types | 9/17 | 1 |
| | | Types of international crimes | 9/24 | 2 |
| | | Decisions issued by the Supreme Criminal Court | 10/1 | 3 |

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|--------------------------|--|--|--------------|-----------|
| | | Psychological and social crimes | 10/8 | 4 |
| | | Mechanisms of psychological crimes | 10/15 | 5 |
| | | Psychological effects of crimes | 10/22 | 6 |
| | | social crimes | 10/29 | 7 |
| | | militarization of society | 11/5 | 8 |
| | | The Baath regime's position on religion | 11/12 | 9 |
| | | Violations of Iraqi laws | 11/19 | 10 |
| | | Images of human rights violations and crimes of power | 11/26 | 11 |
| | | Some violations decisions | 12/3 | 12 |
| | | Baath regime prisons and detention centers | 12/10 | 13 |
| | | | | 14 |
| | | | | 15 |
| | | First semester exams | 12/24 | 16 |
| year vacation-Mid | | | | |
| | | Environmental crimes | 1/21 | 17 |
| | | War pollution, radiation, and mine explosions | 1/28 | 18 |
| | | Destruction of cities and villages | 4/2 | 19 |
| | | draining the marshes | 11/2 | 20 |
| | | bulldozing palm groves and trees | 18/2 | 21 |
| | | Mass grave crimes | 25/2 | 22 |

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|---|--|--|-------------|-----------|
| | | Genocide graves events | 4/3 | 23 |
| | | Chronological classification of genocide graves in Iraq | 11/3 | 24 |
| | | | | 25 |
| | | | | 26 |
| | | | | 27 |
| | | Second semester exam | 4/1 | 28 |
| review of the material Comprehensive | | | | 29 |
| Third month exam | | | | 30 |

Lesson plan form for the subject: English language

| | | | | | |
|---|--------------------|------------------------|-------------------|-----------------------|--------------------------------------|
| M. Fouad Abbas Ali | | | | | the name |
| fouadali@uowasit.edu.iq | | | | | mail-e |
| English language | | | | | Name of the material |
| (dySecond (morning study) + (evening stu | | | | | stage |
| theoretical sciences | | | | | Branch |
| Teaching students to read and listen in English and to know mathematical terms through English passages and some English grammar | | | | | Course objectives |
| nd audio recording of the subject with Teaching the subject through explanation a student interaction through reading, questions and answers, and daily and monthly .exams | | | | | Basic details of the material |
| nothing | | | | | Textbooks |
| Various English books | | | | | External sources |
| Final exam | The jectpro | Second semester | laboratory | First semester | Chapter estimates |

| | | | | | |
|------------------------|--|-------------------------|--|-------------------------|-------------------------------|
| For example %50 | | For example, %25 | | For example, 25% | |
| | | | | | Additional information |

Subject plan form according to vocabulary

| Notes | Practical material | Theoretical material | the date | week |
|--------------|---------------------------|---|-------------------|-------------|
| | | language Explaining the vocabulary of the English curriculum for the second stage, how to give lectures, how to conduct exams, explaining the simple future tense in the affirmative case and the basic rule for formulating it with various examples about it, with student participation | 2024/9/16 | 1 |
| | | The simple future tense in the negative and the basic rule for formulating it with various examples, with students sharing how to ask questions and give short answers about .the simple future tense | 2024/9/23 | 2 |
| | | ‘The importance of sports in human life The Importance of Sport in Human Life the passage read by the teacher, translated, and known its meanings and (details (Part One | 2024/30/9 | 3 |
| | | A piece on the importance of sports in human life. The teacher reads the piece, translates it, and learns its .eanings and details (Part Twom | 2024/10/7 | 4 |
| | | Exam piece on the importance of sports in human life | 2024/14/10 | 5 |
| | | Boxing passage . The passage should be read by the teacher, translated, and its meanings and details should be .identified | 2024/21/10 | 6 |
| | | Questions and answers about theboxing piece | 2024/10/37 | 7 |
| | | Boxing test . The teacher reads the passage, translates it, and learns its meanings and details. | 2024/11/4 | 8 |

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|--------------------------|--|--|-------------------|-----------|
| | | Exam on the topics given above | 2024/11/11 | 9 |
| | | Volleyball s read by the teacher, passage . The passage i .translated, and its meanings and details are known | 2024/18/11 | 10 |
| | | volleyball piece | 2024/25/11 | 11 |
| | | Volleyball Test | 2024/12/2 | 12 |
| | | Football passage. The passage is read by the teacher, .known translated, and its meanings and details are | 2024/12/9 | 13 |
| | | Questions and answers about the Footballpiece | 2024/16/12 | 14 |
| | | Test exam about the pieceFootball | 2024/23/12 | 15 |
| | | Comprehensive exam for all subjects covered in the first semester | | 16 |
| year vacation-Mid | | | | |
| | | Classification of Sports | 2025/1/20 | 17 |
| | | Students participate in reading and explaining the topic on .the classification of sports activities | 2025/27/1 | 18 |

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|--|--|--|------------------|-----------|
| | | of Sports section | 2025/2/3 | 19 |
| | | Classification of Sports Exam | 2025/2/10 | 20 |
| | | Part One: Some Sport Sciencesdefinition | 2025/2/17 | 21 |
| | | Emphasis on students reading and memorizing the terms up by -and definitions of mathematical sciences, and follow the course professor on the terms and definitions in .mathematical sciences | 2025/24/2 | 22 |
| | | s and definitions in Questions and answers about some term sportssciences | 2025/3/3 | 23 |
| | | Exam on the topics given above | 2025/3/10 | 24 |
| | | Exam on some terms and definitions in sportssciences | 2025/3/17 | 25 |
| | | Part two on the topic of some terms and definitions in sports sciences | 2025/24/3 | 26 |
| | | Emphasis on students reading and memorizing the terms up by -and definitions of mathematical sciences, and follow the course professor on the terms and definitions in .mathematical sciences | 2025/3/31 | 27 |

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|--|--|---|------------------|-----------|
| | | Questions and answers about completing the terms and definitions in the sportssciences | 2025/7/4 | 28 |
| | | Some Sport Sciences definition | 2025/14/4 | 29 |
| | | Exam on the topics given above | 2025/21/4 | 30 |
| | | Review of topics that need clarification and understanding to prepare for the second semester exam | 2025/28/4 | 31 |
| | | rehensive exam for all subjects covered in the second Comp semester | | 32 |

Lesson plan form for the subject: Computer

| | | | | | |
|---|--------------------|--------------------|-------------------|-----------------|--------------------------------------|
| Marwa Nafeh Saie | | | | | the name |
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| Calculators | | | | | Name of the material |
| ndSeco | | | | | stage |
| theoretical sciences | | | | | Branch |
| Educating students on the use of library programs and artificial intelligence applications | | | | | Course objectives |
| | | | | | Basic details of the material |
| "Khader, Researcher, "Computer Basics 2015-Khader Ali Al-Al "bdel Nour "Introduction to the World of Artificial Intelligence 2005Dr. Adel A Graham Brown, David Watson, "Cambridge IGCSE Information and Communication Technology", 3rd Edition (2020) | | | | | Textbooks |
| Alan Evans, Kendall Martin, Mary Anne Poatsy, "Technology In Action Complete - " th16Edition (2020) Ahmed Banafa, "Introduction to Artificial Intelligence (AI)", 1st Edition 4 -(2024) | | | | | External sources |
| Final exam | The project | Daily exams | laboratory | semester | Chapter estimates |
| %50 | 5 % | %5 | %10 | 10 % | |

| | |
|---|------------------------|
| <p>nt's grade depends onThe stude</p> <ul style="list-style-type: none"> - theoretical exam - practical exam - project - Daily exam set | Additional information |
|---|------------------------|

Subject plan form according to vocabulary

| Notes | Practical material | Theoretical material | the date | week |
|-------|--|---|------------|------|
| | Practical applications for identifying network types and identifying network components. | Security and Networks What is a network? (ypesIntroduction and t) | 16/9/2024 | 1 |
| | Practical application for securing a simple access point, learning basic security settings. | Network Security Essentials (Basic Concepts) | 23/9/2024 | 2 |
| | Analyzing examples of network threats, how to identify indicators of compromise. | Understanding Network (Threats (Types of Attacks | 9/30/2024 | 3 |
| | Practical exercises to troubleshoot common network connection errors(.g.eIP config 'Ping). | Network Troubleshooting (Basics) | 7/10/2024 | 4 |
| | commerce -Discussing popular e platforms, case study of an online store . | commerce-e commerce concepts -E (definition, types) | 10/14/2024 | 5 |
| | Reviewing the working mechanisms of tronic banks, types of payment elec cards and their security. | Online banking, credit and debit cards | 10/21/2024 | 6 |
| | Mobile payment apps review, examples of SMS payment services. | Mobile Banking and SMS Payment | 37/10/2024 | 7 |
| | xercises on using virtual Practical e payment gateways, discussing the challenges of electronic payment. | Electronic Payment and Mobile Banking (Review and (Applications | 4/11/2024 | 8 |
| | Practical applications for identifying software problems (such as software (eizing, error messagesfre. | Computer Troubleshooting Identify and resolve common software issues | 11/11/2024 | 9 |

| | | | | |
|-------------------|---|--|------------|----|
| | Use software diagnostic tools(such as Task Manager) reinstall simple programs. | Software Troubleshooting (Techniques (Tools and Steps | 11/18/2024 | 10 |
| | basic components of a Identify the computer, recognize indicators of hardware failure. | Hardware issues (identifying (faulty components | 11/25/2024 | 11 |
| | Practical exercises on checking connections, solving simple hardware problems. | Hardware Troubleshooting (Techniques (Basic Steps | 2/12/2024 | 12 |
| | Discussing the historical development of artificial intelligence, different definitions. | ial Definition of artific intelligence and its history | 9/12/2024 | 13 |
| | Review examples of areas of rtificial intelligence application of a computer vision, natural language) (processing. | Artificial Intelligence Technologies and Applications (General (Examples | 12/16/2024 | 14 |
| | Discuss ethical issues related to (artificial intelligence (bias, privacy. Experiment with voice assistants (Siri, ogle Assistant) and discuss their Go .uses | Ethical Considerations of Artificial Intelligence | 12/23/2024 | 15 |
| | First semester exam | | | 16 |
| year vacation-Mid | | | | |
| | Review how recommendation systems work(Netflix, Amazon) smart snavigation application. | Artificial intelligence in navigation and recommendation applications | 20/1/2025 | 17 |
| | Discussing the uses of artificial intelligence in education (educational (platforms, smart assessment. | Artificial Intelligence in Education | 1/27/2025 | 18 |
| | Review of artificial intelligence ns in diagnosis and drug applicatio discovery. | Artificial Intelligence in Healthcare | 3/2/2025 | 19 |
| | Discussing the uses of artificial intelligence in financial analysis and fraud detection. | Artificial Intelligence in Finance | 10/2/2025 | 20 |
| | g cars, intelligent drivin-Review of self traffic management systems. | Artificial intelligence in transportation | 17/2/2025 | 21 |
| | Discussing industrial robots, predictive maintenance. | Artificial Intelligence in Manufacturing | 2/24/2025 | 22 |

| | | | | |
|--|--|--|------------------|-----------|
| | Advanced case studies of AI applications, general review of applications. | Advanced Applications and Application Review | 3/3/2025 | 23 |
| | Discussing social changes resulting from artificial intelligence (work, human interactions). | How Artificial Intelligence Impacts Society (Social Implications) | 10/3/2025 | 24 |
| | Discussing the role of artificial intelligence in international relations and cybersecurity challenges. | Artificial Intelligence and International Relations (Diplomacy, Security) | 17/3/2025 | 25 |
| | Discussing future expectations for the development of artificial intelligence and its impact on humans. | The Future of Humanity in the Light of Artificial Intelligence (Possible Scenarios) | 3/24/2025 | 26 |
| | Discussing AI ethics principles (transparency, accountability). | Artificial Intelligence Ethics (Basic Concepts) | 31/3/2025 | 27 |
| | Discussing privacy challenges with the use of artificial intelligence, the importance of data protection. | Surveillance (AI Privacy and Security) (and Data Protection) | 4/7/2025 | 28 |
| | Discussing the impact of artificial intelligence on the labor market, new jobs, and required skills. | The impact of artificial intelligence on the labor market (jobs, skills) | 4/14/2025 | 29 |
| | Reviewing the latest research and innovations in the field of artificial intelligence. | Recent developments in artificial intelligence | 4/21/2025 | 30 |
| | Discussing new technologies and how they will shape the future of artificial intelligence. | Emerging technologies in AI (e.g., interpretive AI, generative AI) | 4/28/2025 | 31 |
| | Second semester exam | | | 32 |

Course plan form Testing and Measurement

| | |
|--|-----------------------------|
| iDalf-Dr. Saad Dhari Hamel Ali Al | the name |
| sdhari@uowasit.edu.iq | mail-e |
| Testing, Measurement and Evaluation in the Sports Field | Name of the material |
| Second | stage |
| theoretical sciences | Branch |

| | | | | | |
|--|--------------------|----------------------------|-------------------|---------------------------|--------------------------------------|
| Study the basics of testing, measurement and evaluation in the sports field | | | | | Course objectives |
| A number of vocabulary words for testing, measurement and evaluation in the field of sports and classification | | | | | etails of the materialBasic d |
| Testing, Measurement and Statistics in the Field of Sports / Prof. Dr. Ali Hakim-Salloum Jawad Al foundations of physical education tests / Prof. Dr. Muhammad Theoretical Yasiri-Jassim Al | | | | | Textbooks |
| | | | | | External sources |
| Final exam | The project | semester the second | laboratory | semester the first | Chapter estimates |
| %50 | | %25 | | %25 | |
| | | | | | Additional information |

ing to vocabularySubject plan form accord

| Notes | Practical material | Theoretical material | the date | week |
|--------------|---------------------------|--|------------------|-------------|
| | | Standard concepts in the field of physical education and sports science | 2024\9\16 | 1 |
| | | Introduction to Testing, Measurement and Evaluation in the Sports Field | 9\23 | 2 |
| | | est objectives and typesT | 9/30 | 3 |
| | | Steps for designing and preparing the test | 10/7 | 4 |
| | | General characteristics of a good test | 10/14 | 5 |
| | | The importance of testing in the sports field | 10/21 | 6 |
| | | Test management and implementation | 10/28 | 7 |
| | | First exam | 11/4 | 8 |
| | | Scientific basis of the test | 11/11 | 9 |
| | | honesty | 11/18 | 10 |
| | | stability | 11/25 | 11 |
| | | Objectivity | 12/2 | 12 |
| | | Standardization and their relationship to | 12/9 | 13 |

| | | | | |
|-------------------|--|--|-----------|----|
| | | testing | | |
| | | Physical tests | 12/16 | 14 |
| | | Skill tests | 12\23 | 15 |
| | | Second exam | 12/30 | 16 |
| ionyear vacat-Mid | | | | |
| | | Measurement in the sports field | 2025\1\20 | 17 |
| | | Measurement properties | 1/27 | 18 |
| | | Measurement levels | 2/3 | 19 |
| | | Body measurements | 2/10 | 20 |
| | | Functional tests in the sports field | 2\17 | 21 |
| | | Psychological tests in the sports field | 2\24 | 22 |
| | | tive tests in the sports fieldCogni | 3/3 | 23 |
| | | First exam | 3/10 | 24 |
| | | Evaluation, its concept in the sports field | 3/17 | 25 |
| | | Types of evaluation in the sports field | 3/24 | 26 |
| | | Uses and purposes of evaluation in the sports field | 3/31 | 27 |
| | | the calendar Necessary dimensions in | 4/7 | 28 |
| | | Classification in the sports field | 4/14 | 29 |
| | | Practical applications of some tests in the sports field | 4/21 | 30 |
| | | Practical applications of some tests in the sports field | 4\28 | 31 |
| | | Second exam | 5/5 | 32 |

athematical StatisticsLesson plan form for the subject: M

| | |
|--------------------------------|-----------------------------|
| Sadiq Rahim Khazal | the name |
| Sadiqreheem40@gmail.com | mail-e |
| Statistics | Name of the material |

| | | | | | |
|--|------------------------|----------------------------|-------------------|-----------------------|------------------------------------|
| The second | | | | | stage |
| theoretical sciences | | | | | Branch |
| igital data Study statistics to learn how to translate events and convert them into di .that can be used more easily and reach reliable results | | | | | Course objectives |
| Mathematical Statistics Book prepared by Professor Dr. Mazen Hassan Jassim | | | | | Sources |
| Final exam | The project | Second semester | laboratory | First semester | Chapter estimates |
| %50 | 0 | %25 | 0 | %25 | |
| | | | | | dditional A information |

Subject plan form according to vocabulary

| Notes | Theoretical and practical material | the date | week |
|--------------|--|------------------|-------------|
| | Definition of statistics, what is statistical work, and steps of statistical work | 2024\9\16 | 1 |
| | statistical Stages of statistical work and samples | 9\23 | 2 |
| | Frequency table numbers | 9/30 | 3 |
| | Accumulated Ascending Repetition and Accumulated Descending Repetition | 10/7 | 4 |
| | Category center and percentage | 10/14 | 5 |
| | Prepare a complete frequency table | 10/21 | 6 |
| | cy explainedMeasures of central tenden | 10/28 | 7 |
| | Arithmetic mean for ungrouped data | 11/4 | 8 |
| | arithmetic mean of grouped data | 11/11 | 9 |
| | Median of single values | 11/18 | 10 |
| | First semester exam | 11/25 | 11 |
| | Classified Data Broker | 12/2 | 12 |
| | Mode of classification of data | 12/9 | 13 |
| | om for unclassified dataThe lo | 12/16 | 14 |

| | | | | |
|--|--|--|------------------|-----------|
| | | Explaining the concept of dispersion measures | 12\23 | 15 |
| | | Absolute dispersion measures | | |
| | | Range | 12/30 | 16 |
| | | quadratic range | | 17 |
| | | Average deviation from the arithmetic mean | 2025\1\20 | 18 |
| | | diandeviation of the mean from the me | 1/27 | 19 |
| | | Contrast | 2/3 | 20 |
| | | standard deviation | 2/10 | 21 |
| | | Second semester exam | 2\17 | 22 |
| | | relative / Relative dispersion measures range | 2\24 | 23 |
| | | Relative square range | 3/3 | 24 |
| | | Relative standard deviation | 3/10 | 25 |
| | | optional exam | 3/17 | 26 |
| | | the first chapter material Review of | 3/24 | 27 |
| | | Review of the second chapter material | 3/31 | 28 |
| | | (Theoretical review (detailed explanation | 4/7 | 29 |
| | | Comprehensive exam for all subjects | 4/14 | 30 |
| | | Solve exam questions | 4/21 | 31 |
| | | Final exam | 4\28 | 32 |

ect: Gymnastics, female students' equipmentLesson plan form for the subj

| | |
|--|-----------------------------|
| Dr. Ghufran Muhammad Taama | the name |
| M.M. Fawzia Kazim | |
| g.teamaa@uowasit.edu.iq | mail-e |
| fawzkadhum4@gmail.com | |
| Gymnastics equipment | e materialName of th |
| Second | stage |

| | | | | | |
|---|--------------------|------------------------|-------------------|-----------------------|--------------------------------------|
| Individual games | | | | | Branch |
| (Entertainment -Educational -Educational) | | | | | Course objectives |
| All equipment for artistic gymnastics for men and women | | | | | Basic details of the material |
| (nasticsGymnastics (artistic gym | | | | | Textbooks |
| .Some articles on international law | | | | | External sources |
| Final exam | The project | Second semester | laboratory | First semester | Annual semester estimates |
| %50 | 0 | %25 | 0 | %25 | |
| xams (2) for the Theoretical exams for the first semester and theoretical e second semester + a daily theoretical and practical exam on a regular basis + a .practical exam for the first and second semesters | | | | | Additional information |

Subject plan form according to vocabulary

| Notes | Theoretical and practical material | the date | week |
|--------------|--|-----------------|-------------|
| | General fitness | 9/23 | 1 |
| | ‘General Fitness + Special Fitness + Flexibility Front Side Nets | 9/30 | 2 |
| | (Special Fitness + Floor Mat (Front Roll Back | 10/7 | 3 |
| | Floor Movement Mat (Repeat of previous skills + Khalifa ball ‘rolling practical exam | 10/14 | 4 |
| | Exercise Mat (Repeat of previous skills + Handstand Floor (Roll | 10/21 | 5 |
| | Floor exercises (repeat of previous skills), (repeat of previous (skills + front balance stand | 10/28 | 6 |
| | Floor Movement Mat (Repetition of previous skills + motor l rolling with other skills) (Repetition linking of handstand skill .of previous skill) / Theoretical | 11/4 | 7 |
| | Ground movements mat (repetition of previous skills + diving .skill) / theoretical | 11/11 | 8 |
| | Floor Mat (repeat of previous skills) / Vault (repeat of .ont roll) / Theory Examprevious skills + fr | 11/18 | 9 |

| | | | |
|--|---|-------|----|
| | skills of handstand roll, human wheel from -Floor Mat (Re (stand | 11/25 | 10 |
| | Floor Mat (repetition of previous skills with the performance (of the human wheel from a standstill | 12/2 | 11 |
| | (mFloor Mat (Exam) / Balance Beam (Exa | 12/9 | 12 |
| | theoretical exam | 12/16 | 13 |
| | practical exam | 12/23 | 14 |
| | practical exam | 12-3 | 15 |
| | year holiday-Mid | | |
| | General fitness | 1/20 | 16 |
| | training of floor mat skills-Special fitness and re | 1/27 | 17 |
| | even bars + theoryskilling for un-Special fitness and re | 2/3 | 18 |
| | Ground Movement Mat (Repeat previous skills + Link some (skills to some skills + Fish | 2/10 | 19 |
| | Floor Mat (repeat of previous skills + linking of basic skills with rhythmic movements to music), / Balance Beam (repeat (ward roll skill + linking movementsof the for | 2/17 | 20 |
| | Floor Mat (Arabian Standing Vault) / Balance Beam (lap-Handstand Landing followed by a theoretical half) | 2/24 | 21 |
| | Floor Movement Mat (repetition of previous skills + linking (ingskills to rhythmic movements + div | 2/31 | 22 |
| | _Floor Movement Mat (repeat of previous skills + exam), 3 (Uneven Parallel (repeat of previous skills + exam | 3/7 | 23 |
| | Springboard (repeat of previous skills) / Floor Mat (repeat of .previous skills) / Theory Exam | 3/14 | 24 |
| | Formation Training (Chain) / (Optional Final Floor Mat (Line (Chain Training | 3/21 | 25 |
| | Floor Mat (Optional Kinetic Chains Formation and (Training/Balance Beam | 3/28 | 26 |
| | Balance Beam (Optional Kinetic Chain Training), 2 (Optional Chain Training)/Theory | 4/5 | 27 |
| | .exam Theoretical | 4/12 | 28 |
| | Preparing for the final exam and practicing optional kinetic .chains | 4/19 | 29 |

| | | | |
|--|--|------|----|
| | .(Final exam (floor mat + vault .(Final Exam (Uneven Bar + Balance Beam | 4/26 | 30 |
|--|--|------|----|

Course description templates
Stage 3

| Physiology | | | | | | |
|--|--------------------|---------------------|--|--------------------|-------------------------------|------|
| Moussawi-i Hussein AlProf. Dr. Baha Mohammed Taq | | | | | the name | |
| bahaahusain@uowasit.edu.iq | | | | | mail-e | |
| Physiology | | | | | Name of the material | |
| Third | | | | | stage | |
| theoretical sciences | | | | | Branch | |
| Study the basics of exercise physiology and exercise science | | | | | Course objectives | |
| ry of sports physiology consists of 14 chapters, each chapter The vocabula .containing a different scientific subject | | | | | Basic details of the material | |
| Hussein Ali -Kubaisi -Rafeh Al -Sports Physiology | | | | | Textbooks | |
| Din Salama-Baha'a El -Physiology of Physical Effort | | | | | External sources | |
| Final exam | The project | semester the second | laborator y | semester the first | Chapter estimates | |
| %50 | | %25 | | For example, %25 | | |
| | | | | | Additional information | |
| Notes | Practical material | | Theoretical material | | the date | week |
| | | | The concept and importance of physiology | | 2024/9\16 | 1 |
| | | | rvous systemne | | 9\23 | 2 |
| | | | sensory receptors | | 9/30 | 3 |
| | | | Hormones | | 10/7 | 4 |
| | | | Mechanism of hormone action | | 10/14 | 5 |

| | | | | |
|--------------------------|--|--|------------------|-----------|
| | | Steroids | 10/21 | 6 |
| | | musculature | 10/28 | 7 |
| | | First month exam | 11/4 | 8 |
| | | Types of muscle contraction | 11/11 | 9 |
| | | Nutrition | 11/18 | 10 |
| | | Carbohydrates | 11/25 | 11 |
| | | Fats | 12/2 | 12 |
| | | proteins | 12/9 | 13 |
| | | vitamins | 12/16 | 14 |
| | | enzymes | 12\23 | 15 |
| | | Second month exam | 12/30 | 16 |
| year vacation-Mid | | | | |
| | | Energy | 2025\1\20 | 17 |
| | | oxygen system | 1/27 | 18 |
| | | the heart | 2/3 | 19 |
| | | Absolute and relative heart size | 2/10 | 20 |
| | | affecting blood Factors pressure | 2\17 | 21 |
| | | Blood and its components | 2\24 | 22 |
| | | respiratory system | 3/3 | 23 |
| | | First month exam | 3/10 | 24 |
| | | Body composition | 3/17 | 25 |
| | | Women and Sports | 3/24 | 26 |
| | | Sports and the surrounding environment | 3/31 | 27 |
| | | oldSports training and c | 4/7 | 28 |
| | | Altitude training and physiological effects | 4/14 | 29 |
| | | Healing | 4/21 | 30 |

| | | | | |
|---|--------------------|---|-------------------------------|----------|
| | | Oxygen debt and getting rid of lactic acid | 4\28 | 31 |
| | | Second month exam | 5/5 | 32 |
| Sports injuries and physical rehabilitation | | | | |
| A.M.D. Bashar Binwan Hassan afa Mohamed AliA.M.D. Must | | | the name | |
| basharhasan@uowasit.edu.iq mmali@uowasit.edu.iq | | | mail-e | |
| Sports injuries and physical rehabilitation | | | Name of the material | |
| Third | | | stage | |
| oretical sciencethe | | | Branch | |
| Spreading health culture and health awareness among students of the the most College of Physical Education and Sports Sciences, knowing ...common types of Sports injuries the most learn about ‘ Commonly learn about scientific methods for ‘ parts to injury vulnerable body preventing sports injuries, learn about first aid and how a paramedic works | | | Course objectives | |
| that address sports injuries and the The course consists of four chapters .from all aspects rehabilitation process | | | Basic details of the material | |
| Sports medicine | | | Textbooks | |
| sports injuries and ‘Sports injuries and modern rehabilitation techniques physiotherapy and sports ‘treatment and rehabilitation methods rehabilitation | | | External sources | |
| semester | semester | estersem | semester | semester |
| % 25 | % 25 | % 25 | % 25 | % 25 |
| | | | Chapter estimates | |
| | | | Additional information | |
| Notes | Practical material | Theoretical material | the date | week |
| | | Introduction to Sports Injuries General concept of sports injuries | 2024/9/16 | 1 |
| | | ip to injuryPain and its relationsh pain threshold | 2024/9/23 | 2 |

| | | | | |
|--------------------------|--|---|----------------------|-----------|
| | | causes of sports injuries Common | 2024/30/9 | 3 |
| | | General symptoms of sports injuries | | |
| | | Sports injury prevention | 2024/10/7 | 4 |
| | | Seasonal distribution of infections | 4 202/10/4 1 | 5 |
| | | Types of sports injuries | 2024/21/10 | 6 |
| | | muscle bruises,) Muscle injuries (muscle spasms, muscle tears | 2024/1/28 | 7 |
| | | Bone injuries (bone bruises, bone (fractures | 2024/11/4 | 8 |
| | | nerve injuries | 2024/11/1 1 | 9 |
| | | Introduction to sports the concept of rehabilitation the objectives rehabilitation, and .of rehabilitation | 2024/11/8 1 | 10 |
| | | Stages of sports rehabilitation | 2024/ 1 1/5 2 | 11 |
| | | Physical therapy techniques and methods used in athlete rehabilitation | 2024/12/2 | 12 |
| | | •Electrotherapy, hydrotherapy | 2024/12/9 | 13 |
| | | movement therapy | 2024/12/6 1 | 14 |
| | | Heat therapy | 2024/1/23 | 15 |
| | | exam | 2024/30/12 | 16 |
| year vacation-Mid | | | | |
| | | Some common sports injuries | 5 202/1/20 | 17 |
| | | injuries and neck | 2025/27/1 | 18 |
| | | spinal injuries | 2025/2/3 | 19 |
| | | Shoulder joint injuries | 2025/2/10 | 20 |
| | | Elbow joint injuries | 2025/2/17 | 21 |
| | | wrist joint injuries | 2025/24/2 | 22 |
| | | hip joint injuries | 2025/3/3 | 23 |

| | | | | |
|---|-------------|--|-------------------------------|----------------|
| | | knee joint injuries | 2024/3/10 | 24 |
| | | ankle joint injuries | 2024/3/17 | 25 |
| | | Muscle injuries (hamstrings, quadriceps, and adductor (muscles | 2025/24/3 | 26 |
| | | first aid | 2025/3/31 | 27 |
| | | troduction to First AidIn | 2025/7/4 | 28 |
| | | Main methods of first aid | 2025/14/4 | 29 |
| | | Paramedic responsibilities | 2025/21/4 | 30 |
| | | Exam | 2024/28/4 | 31 |
| motor learning | | | | |
| Asst. Prof. Dr. Amer Rashid Shiyal / Asst. Prof. Dr. Ali Hamid Jubail | | | the name | |
| amirrashid @uowasit.edu.iq Ali hameed @ uowasit.edu.iq | | | mail-e | |
| motor learning | | | Name of the material | |
| Third | | | stage | |
| theoretical sciences | | | Branch | |
| – Introducing students to one of the basic sciences, which is motor .killslearning, and how to benefit from it in learning sports s | | | Course objectives | |
| Theoretical lectures on vocabulary and its explanation in a modern way | | | Basic details of the material | |
| Ya'rab Khayoun 2002 -Principles of Motor Learning | | | Textbooks | |
| Motor learning between principle and application | | | External sources | |
| Final exam | The project | Second semester | laborator y | First semester |
| %50 | 0 | %25 | 0 | %25 |
| | | | Chapter estimates | |
| | | | Additional information | |
| Notes | Practical | Theoretical material | | the date |
| | | | | week |

| | | | | |
|-------------------------|-----------------|---|--------------|-----------|
| | material | | | |
| | | Its -History of motor learning -General concepts ences in physical relationship to other sci .education | 9/18 | 1 |
| | | growth -development -learning -Basic concepts relationship of motor learning -skill -maturity - to sports training | 9/25 | 2 |
| | | differences and -Physical and motor abilities tween evidence to distinguish be -comparisons .them | 10/2 | 3 |
| | | .Classification of sports skills Gross and fine motor skills. Trilateral, bilateral, Use of the preparatory -and compound skills .component in the deception process | 10/9 | 4 |
| | | Gentle ratings of skill –Closed and Open Skills .lty leveldifficu | 10/16 | 5 |
| | | .Internal and external control skills | 10/23 | 6 |
| | | Testing and measurement in the field of motor .learning measuring movement -Measuring reaction speed ...measuring -speed | 10/30 | 7 |
| | | .Motor response speed erformance speed Measure p -Measure accuracy .Measure secondary skill - | 11/6 | 8 |
| | | –Measuring retention –Measuring learning Motor learning curves | 11/13 | 9 |
| | | mental processes | 11/20 | 10 |
| | | Stages of mental processes: attention, .concentration, perception | 11/27 | 11 |
| | | -sensory -types of memory) Research in memory (long -short | 12/4 | 12 |
| | | .Decision making - | 12/11 | 13 |
| | | .Factors affecting the speed of decision making | 12/18 | 14 |
| | | First Semester -Midterm Exam | 12/25 | 15 |
| year holiday-Mid | | | | 16 |
| | | .Sources of sensory information | 1/22 | 17 |

| | | | | |
|---|--|--|-----------------------------|-----------|
| | | anal. Muscle spindles. Golgi Semicircular c .corpuscles. Skin sensilla | | |
| | | Motor learning theories | 1/29 | 18 |
| | | .sensory effect –Closed loop theory .motor programs –Open loop theory | 2/5 | 19 |
| | | .Motor pathway theory .control-self -Cybernetics theory | 2/12 | 20 |
| | | exercise -ethods of learning sports skills M .scheduling | 2/19 | 21 |
| | | .Sequential and random training .Constant and variable training | 2/26 | 22 |
| | | .Intense and distributed exercise | 3/5 | 23 |
| | | .Mental training . Mastery learning | 3/12 | 24 |
| | | Strategy for its –nctions Fu –Types –Feedback Performance information and outcome –use .information | 3/19 | 25 |
| | | Factors -Types of transfer -Transfer of learning .affecting transfer | 3/26 | 26 |
| | | Types of biorhythms in -Theories -Biorhythms ning and The role of rhythm in trai -humans .learning | 4/2 | 27 |
| | | Second semester exam | 4/9 | 28 |
| Scientific research | | | | |
| Fadhel Daham Mansour .Dr .Prof Asst. Prof. Dr. Bashar Binwan Hassan | | | the name | |
| famansour@uowasit.edu.iq basharhasan@uowasit.edu.iq | | | mail-e | |
| Scientific research | | | Name of the material | |
| Third | | | stage | |
| theoretical sciences | | | Branch | |
| Explaining the concept of scientific research, its characteristics, how to e mechanism for defining the problem, and types write a research plan, th | | | Course objectives | |

| | | | | | | |
|--|--|--|----------------|----------------|-------------------------------|------|
| .of methods scientifically Scientific research and how to cite | | | | | | |
| Theoretical lectures and practical applications | | | | | Basic details of the material | |
| ienceScientific research in physical education and sports sc | | | | | Textbooks | |
| Various scientific research books related to the scientific material | | | | | External sources | |
| First semester | First semester | First semester | First semester | First semester | Chapter estimates | |
| 20 % | 20 % | 20 % | 20 % | 20 % | | |
| | | | | | Additional information | |
| Notes | Practical material | heoretical materialT | | | the date | week |
| | | The concept, conditions, characteristics and objectives of scientific research | | | 9/17 | 1 |
| | | Types of scientific research and -requirements for good research Characteristics of a good researcher | | | 9/24 | 2 |
| | | he scientific method (concept of the T characteristics of the -method -steps of the method -method principles -objectives of the method (on which the method is based | | | 10/1 | 3 |
| | | Research plan and framework research framework) Plan elements) cture and stepsResearch stru - | | | 10/8 | 4 |
| | The student must les on write five tit .different topics | Research title (the importance of the conditions -title in scientific research the introduction -for writing the title -to the research and its importance the method of writing the (introduction | | | 10/15 | 5 |
| | ypes of Writing two t research problems | Research problem (concept of the sources of obtaining the -problem -problem and criteria for choosing it -defining the research problem common mistakes when writing the problem) Types of research problems | | | 10/22 | 6 |

| | | | | |
|--------------------------|--|--|--------------|-----------|
| | | Research -Research objectives -Types of hypotheses -hypotheses -Conditions of hypotheses -Characteristics of good hypotheses Definition of terms -Research areas | 10/29 | 7 |
| | | Exam 1 | 11/5 | 8 |
| | | ditions for Con -Theoretical studies The -writing theoretical studies -importance of theoretical studies Common mistakes when writing theoretical studies | 11/12 | 9 |
| | | Previous studies (similar or related) common -and their purpose -mistakes made by researchers ting previous mechanism for wri studies | 11/19 | 10 |
| | | -Quoting in scientific research conditions and -concept and types controls for quoting in scientific research | 11/26 | 11 |
| | | Footnotes and footnotes in scientific -punctuation and signs -research ientific mechanism for writing a sc source | 12/3 | 12 |
| | | -Scientific research methodology Historical -Types of methods Importance and steps -methodology -of the historical methodology Common errors in the historical Characteristics of the -methodology researcher in the historical methodology | 12/10 | 13 |
| | | Steps of the -Descriptive approach -descriptive approach Characteristics of the descriptive Research designs (study -approach patterns) for the descriptive Survey studies -approach | 12/17 | 14 |
| | | Exam 2 | 12/24 | 15 |
| year vacation-Mid | | | | |

| | | | | |
|--|--|---|------------|----|
| | | exam | 2024/30/12 | 16 |
| | Examples of correlation coefficients -Pearson) (Spearman | Study of interrelationships, their status -their types (case study –and correlation -correlation studies -comparative study (correlation coefficients | 1/21 | 17 |
| | | factors -ental method (concept Experim -affecting experimental research influential -dependent -independent (controlling variables -factors | 1/28 | 18 |
| | | -Experimental and control study groups -Steps of the experimental method -hod Advantages of the experimental met Disadvantages of the experimental method | 2/4 | 19 |
| | | Experimental research designs (one two experimental –experimental group (and control groups | 2/11 | 20 |
| | | Steps -Research community and sample -for selecting a research sample Types -ood sample Characteristics of a g of samples | 2/18 | 21 |
| | | Exam 1 | 2/25 | 22 |
| | | -Testing, Measurement and Evaluation Types of Tests -Purposes of Tests | 3/4 | 23 |
| | | Types of Calendar -Calendar | 3/11 | 24 |
| | | Practical steps for constructing psychological tests and scales | 3/18 | 25 |
| | | Questionnaire design -Questionnaire -Questionnaire types -steps -Questionnaire formulation rules Advantages and disadvantages | 3/25 | 26 |
| | | Conditions of scientific -Observation -Types of observation -observation Advantages and disadvantages | 4/1 | 27 |
| | | -Types of Interviews -Interview Advantages -Classification of Interviews and Disadvantages | 4/8 | 28 |

| | | | | | | |
|---|---|--|--|--------------------|-------------------------------|------|
| | | Exam 2 | | | 4/15 | 29 |
| | | Objectives of the pilot -Pilot experiment experiment | | | 4/22 | 30 |
| The square and the field | | | | | | |
| Dr. Rana Mohammed Matar, .Asst . Prof . Prof. Dr. Ghaffar Saad Issa Asst. Dr. Hammam Ismail Hussein, Asst . M. Baraa Ismail Ajam | | | | | the name | |
| gaffar@uowasit.ed.iq rana .aljbori@uowasit.edu.iq humam88@uowasit.edu.iq baraa.i.ajam604@uowasit.edu.iq | | | | | mail-e | |
| The square and the field | | | | | Name of the material | |
| Third | | | | | stage | |
| Individual games | | | | | Branch | |
| Knowing the theoretical, practical and arbitration foundations of some athletics events | | | | | Course objectives | |
| oretically and practicallyTeaching the subject the | | | | | Basic details of the material | |
| | | | | | Textbooks | |
| | | | | | External sources | |
| Final exam | The project | semester the second | laborator y | semester the first | Chapter estimates | |
| %50 | | %25 | | For example, %25 | | |
| | | | | | Additional information | |
| Notes | ialPractical mater | | Theoretical material | | the date | week |
| | | | Definition of track and field games | | 18/9/2024 | 1 |
| | | | Explaining the effectiveness of weight lifting, its stages of performance and its laws | | 25/9/2024 | 2 |
| | Performing the first part of the weight push activity | | | | 2/10/2024 | 3 |

| | | | | |
|-------------------|--|---|------------|----|
| | the second part Performing pushing -of the weight activity | | 9/10/2024 | 4 |
| | -Perform the full weight .pushing activity | | 10/16/2024 | 5 |
| | Perform full weight lifting activity | | 10/23/2024 | 6 |
| | | Explaining the effectiveness of the triple jump, its stages of s rulesperformance, and it | 10/30/2024 | 7 |
| | Performing the first part of the triple jump event | | 6/11/2024 | 8 |
| | Performing the second part of the triple jump event | | 11/13/2024 | 9 |
| | Performing the triple jump in full | | 11/20/2024 | 10 |
| | Perform the triple jump perfectly | | 11/27/2024 | 11 |
| | | Explanation of the 3000m steeplechase event, its stages of performance and its rules | 4/12/2024 | 12 |
| | m steeplechase event 3000 performance on 3 hurdles | | 11/12/2024 | 13 |
| | m steeplechase event 3000 performance on 5 obstacles | | 12/18/2024 | 14 |
| | echase event m steep13000 performance on 5 obstacles | | 12/25/2024 | 15 |
| | Performing the 3000m steeplechase event in full | | 2/1/2025 | 16 |
| year vacation-Mid | | | | |
| | | Review of first semester activities | 1/22/2025 | 17 |
| | | Explanation of the 400m hurdles event, its stages and rules | 1/29/2025 | 18 |
| | m hurdles event on one 400 | | 5/2/2025 | 19 |

| | | | | |
|--|---|--|-----------------------------|-----------|
| | hurdle | | | |
| | m hurdles event on 3 400 hurdles | | 12/2/2025 | 20 |
| | m hurdles event 400 performance on 5 hurdles | | 19/2/2025 | 21 |
| | Performing the 400m hurdles event in full | | 2/26/2025 | 22 |
| | Performing the 400m in full hurdles event | | 5/3/2025 | 23 |
| | | Explanation of the hammer throw event, its stages and rules | 12/3/2025 | 24 |
| | Hold the hammer and spin | | 19/3/2025 | 25 |
| | Performing a standing hammer throw | | 3/26/2025 | 26 |
| | Performing a standing hammer throw | | 2/4/2025 | 27 |
| | vent in hammer throw e .full | | 9/4/2025 | 28 |
| | Performing a complete hammer throw | | 4/16/2025 | 29 |
| | | review | 4/23/2025 | 30 |
| | | First exam | 4/30/2025 | 31 |
| | | Second exam | 7/5/2025 | 32 |
| volleyball | | | | |
| Asst. Prof. Dr. Amer Rashid Shiyal M.M. Hanin Mohammed M. Issa Mohammed Games | | | the name | |
| amirrashid@uowasit.edu.iq | | | mail-e | |
| volleyball | | | Name of the material | |
| Third | | | stage | |
| Team games | | | Branch | |
| .Providing students with information on volleyball law and refereeing | | | Course objectives | |

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|--|---|------------------|--|------------------|-------------------------------|------|
| | | | | | Basic details of the material | |
| 2024-aw 2021International Volleyball Arbitration L | | | | | Textbooks | |
| 2024-Official Volleyball Rules 2021 | | | | | External sources | |
| semester | semester | semester | semester | semester | Chapter estimates | |
| For example, %40 | | For example, %10 | For example, %15 | For example, %35 | | |
| | | | | | Additional information | |
| Notes | Practical material | | aterialTheoretical m | | the date | week |
| | | | Volleyball game (its characteristics | | 9/18 | 1 |
| | | | The role of arbitration in discovering errors and violations | | 9/25 | 2 |
| | playground -Play area equipment | | | | 10/2 | 3 |
| | Participants (the entire (team | | | | 10/9 | 4 |
| | s , scoring Game mode points | | | | 10/16 | 5 |
| | Amendments to the Laws of the Game | | | | 10/23 | 6 |
| | | | exam (1) first semester | | 10/30 | 7 |
| | Developing students' arbitration skills | | | | 11/6 | 8 |
| | Developing students' basic skills | | | | 11/13 | 9 |
| | Game system , draw, rotation order | | | | 11/20 | 10 |
| | bstitution , exceptional su substitution | | | | 11/27 | 11 |
| | Playing conditions , inside and outside the | | | | 12/4 | 12 |

| | | | | |
|---|--|--|-----------------|-----------|
| | stadium | | | |
| | Football mistakes | | 12/11 | 13 |
| | Start, order, and allow sending | | 12/18 | 14 |
| | | exam (2) first semester | 12/25 | 15 |
| year vacation-Mid | | | | |
| | rorstransmission er | | 1/15 | 16 |
| | | Introducing students to the registration form | 1/22 | 17 |
| | Offensive strike errors | | 1/29 | 18 |
| | Sadness and the touch of sadness | | 2/5 | 19 |
| | Blocking and sending errors | | 2/12 | 20 |
| | Counting and successive stops | | 2/19 | 21 |
| | exceptional stops | | 2/26 | 22 |
| | | How to fill out the registration form | 3/5 | 23 |
| | | Monthly exam (1) second semester | 3/12 | 24 |
| | The free player and his permitted movements | | 3/19 | 25 |
| | Sports behavior of participants | | 3/26 | 26 |
| | Referees and their responsibilities | | 4/2 | 27 |
| | | (exam (2 | 4/9 | 28 |
| | | (General review (and discussions | 4/16 | 29 |
| soccer | | | | |
| Prof. Dr. Muhammad Kazim Arab / M.D. Hamid Majeed / M.M. Haider Mahdi Darwish / M.M. Saba Muhammad | | | the name | |

| | | | | | | |
|---|---|---|-----------------------|-----------------------|-------------------------------|------|
| marab@uowasit.edu.iq | | | | | mail-e | |
| soccer | | | | | Name of the material | |
| third The | | | | | stage | |
| Team games | | | | | Branch | |
| training unit, athlete selection, -Teaching students the law of football defense, attack, and game plans | | | | | urse objectivesCo | |
| Theoretical and practical lectures | | | | | Basic details of the material | |
| tics Training Khashab, the Football Tac-The Football Book by Zuhair Al -Book between Theory and Practice by Qassim Lazam and Muwaffaq Al .Majd-Mawla, and the Static Cases in Football Book by Amr Abu Al | | | | | Textbooks | |
| 2025-FIFA Laws of the Game 2024 | | | | | External sources | |
| semester the first | semester the first | sterseme the first | semester the first | semester the first | Chapter estimates | |
| %20 | %20 | %20 | %20 | %20 | | |
| | | | | | Additional information | |
| Notes | Practical material(implementat (ion method | Theoretical material | | | the date | week |
| | theoretical | Game Laws | | | 9/16 | 1 |
| | lpractica | Basic skills training | | | 9/23 | 2 |
| | theoretical | Training Curricula / Training Unit Model | | | 9/30 | 3 |
| | theoretical | Sample training unit | | | 10/7 | 4 |
| | theoretical | Physical training methods (muscle training, (interval training | | | 10/14 | 5 |
| | theoretical | Physical training methods (repetitive, (ningcontinuous trai | | | 10/21 | 6 |
| | practical | (Physical training methods (circuit training | | | 10/28 | 7 |
| | -Theoretical Practical | First month exam for the first semester | | | 11/4 | 8 |

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|-------------------------|------------------------------------|---|--------------|-----------|
| | theoretical | Sports selection | 11/11 | 9 |
| | - Theoretical Practical | .enforce some of the game's rules-Re | 11/18 | 10 |
| | practical | (Goalkeeper training (physical, skill | 11/25 | 11 |
| | -Theoretical Practical | (Goalkeeper training (skillful, tactical | 12/2 | 12 |
| | -Theoretical Practical | and 4-2-Playing formations and distributions (4 (3-3-4 | 12/9 | 13 |
| | -Theoretical Practical | and 2-4-mations and distributions (4Playing for (2-5-3 | 12/16 | 14 |
| | practical | practical exam | 12/23 | 15 |
| | -Theoretical Practical | Second month exam for the first semester | 12/30 | 16 |
| year holiday-Mid | | | | |
| | theoretical | Individual defense and zone defense | 1/20 | 17 |
| | theoretical | Combined defense and pivotal defense | 1/27 | 18 |
| | theoretical | Collective defense and team defense | 2/3 | 19 |
| | theoretical | (Individual attack (with and without the ball | 2/10 | 20 |
| | theoretical | mass attack | 2/17 | 21 |
| | theoretical | (ast counterattackTeam attack (slow, fast, f | 2/24 | 22 |
| | practical | in, goal kick, -off, throw-Static situations (kick (dropped ball | 3/3 | 23 |
| | Practical- Theoretical | First month exam for the second semester | 3/10 | 24 |
| | practical | (Fixed cases (corner kick, penalty kick | 3/17 | 25 |
| | practical | (Static cases (direct and indirect free kick | 3/24 | 26 |
| | Theoretical Practical - | (Fixed cases (educational match | 3/31 | 27 |
| | practical | practical exam | 4/7 | 28 |
| | Theoretical Practical - | Review of all articles of the Laws of the Game | 4/14 | 29 |
| | Theoretical | of all articles of the Laws of the Game Review | 4/21 | 30 |

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|--|-----------------|-----------------|-----------------|-----------------|--------------------------------------|
| | Practical - | | | | |
| handball | | | | | |
| Ghazwane Aziz Mohsen / Assistant Professor Ghasq Assistant Professor Taher | | | | | the name |
| gamuhsin@uowasit.edu.iq | | | | | mail-e |
| handball | | | | | Name of the material |
| Three o'clock...my morning | | | | | stage |
| Team games | | | | | Branch |
| <ul style="list-style-type: none"> - Explanation and teaching of the vocabulary of the international .handball law - . types of attack applications - . of defense applications of all kinds Explanation <ul style="list-style-type: none"> - .Offensive plans - .Defensive plans .Offensive + Defense + Two Team Play Applications | | | | | Course objectives |
| Theoretical lectures and practical application | | | | | Basic details of the material |
| <ul style="list-style-type: none"> - .Translated international handball law - .ball book between theory and practiceHand <ul style="list-style-type: none"> - .Handball book .Handball pros and cons | | | | | Textbooks |
| <ul style="list-style-type: none"> - .Master's theses and doctoral dissertations <ul style="list-style-type: none"> - .Handball magazine - .Handball research - .International Handball Federation Bulletins .lay + arbitrationInternational and Arabic films, p | | | | | External sources |
| semester | semester | semester | semester | semester | Chapter estimates |
| %25 | %25 | %25 | %25 | %25 | |

| | | | Additional information | |
|-------|-------------------------|---|------------------------|------|
| Notes | Practical material | Theoretical material | the date | week |
| | theoretical | <ul style="list-style-type: none"> – Explanation and discussion of subjects 1+3 – f basic skills Explanation o applications | 16/9 | 1 |
| | theoretical | <ul style="list-style-type: none"> – Explanation and discussion of the articles of Law 4+5 – Explanation of individual defense applications | 23/9 | 2 |
| | Theoretical + Practical | <ul style="list-style-type: none"> – Explanation and discussion of Law 6+7 articles – Explanation of the applications of individual fast attack the | 30/9 | 3 |
| | theoretical | <ul style="list-style-type: none"> – Explanation and discussion of Article 8 – Explanation of the applications of the stages of the rapid collective attack | 7/10 | 4 |
| | Theoretical + Practical | <ul style="list-style-type: none"> – Explanation and discussion of Article 8 – pplications of Explanation of the a the stages of the rapid collective attack | 14/10 | 5 |
| | theoretical | <ul style="list-style-type: none"> – Explanation and discussion of the provisions of Law 9+13 – Explanation of the application stages of the attack (building the (attack | 21/10 | 6 |
| | Theoretical + Practical | <ul style="list-style-type: none"> – and discussion of the Explanation provisions of Law 14 – Applications and replay of the attack construction phase | 28/10 | 7 |

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|--------------------------|---------------------------------|---|--------------|-----------|
| | theoretical | – Theoretical exam | 4/11 | 8 |
| | Theoretical + Practical | – Practical exam | 11/11 | 9 |
| | Theoretical + Practical | <ul style="list-style-type: none"> – explanation of Article 14 of -Re e Lawth – Explanation of group defense skills applications | 18/11 | 10 |
| | Theoretical + Practical | <ul style="list-style-type: none"> – Explanation and discussion of Article 15 – Zone Defense Applications 6:0 Explained | 25/11 | 11 |
| | Theoretical + Practical | <ul style="list-style-type: none"> – Explanation and revision of awArticles 14 and 15 of L – team -Explanation of the two game applications + arbitration | 2/12 | 12 |
| | Theoretical + Practical | <ul style="list-style-type: none"> – Questions and answers about Articles 14 and 15 of Law – Zone Defense Applications 5:1 and Explanation | 9/12 | 13 |
| | tical + Theore Practical | Exam 2, Chapter 1 | 16/12 | 14 |
| year vacation-Mid | | | | |
| | theoretical | Chapter Two <ul style="list-style-type: none"> – Explanation and discussion of Article 16 – Explanation of group attack applications | 20/1 | 15 |
| | Theoretical + Practical | <ul style="list-style-type: none"> – Explanation and discussion of Article 17 – zone defense -man/inside-to-Man dapplications explaine | 27/1 | 16 |
| | Theoretical + Practical | – Explanation and continuation of the attack stages | 3/2 | 17 |

| | | | | |
|--|--------------------------------|--|-------------|-----------|
| | | – Explanation and continuation of the attack termination phase | | |
| | Theoretical + Practical | <ul style="list-style-type: none"> – Explanation and application of numerical superiority events – application of the Explanation and reservation | 10/2 | 18 |
| | Theoretical + Practical | – First practical exam | 17/2 | 19 |
| | Theoretical + Practical | – First theoretical exam | 24/2 | 20 |
| | Theoretical + Practical | <ul style="list-style-type: none"> – Explanation and application of the vs. 6:0 attack method 5:1 – es of the attackExplaining all stag | 3/3 | 21 |
| | Theoretical + Practical | – Explanation and application of the vs. 5:1 attack method 5:1 | 10/3 | 22 |
| | Theoretical + Practical | <ul style="list-style-type: none"> – Explanation and application of the vs. 5:0:1 attack method 5:1 – Explanation and application of the attack method vs. 5:1 5:1 | 17/3 | 23 |
| | Theoretical + Practical | – Explaining and applying the stages of attack through play | 24/3 | 24 |
| | theoretical | – Explanation and application of attack building through play | 31/3 | 25 |
| | Theoretical + Practical | <ul style="list-style-type: none"> – of Explaining and applying all stages attack through play Explanation of the arbitration mechanism | 7/4 | 26 |
| | Theoretical + Practical | Exam 2, Term 2 | 14/4 | 27 |
| | theoretical | <p>Chapter Two</p> <ul style="list-style-type: none"> – Explanation and discussion of Article 16 – Explanation of group attack | 21/4 | 28 |

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|---|------------------------------|--------------|--|-----------|-------------------------------|------|
| | | applications | | | | |
| gymnastics equipment for menG | | | | | | |
| professorAhmed Abdullah Lafta M.M. Mohammed Kazim Jabbar | | | | | the name | |
| AhmedA.Lafta601@uowasit.edu.iq | | | | | mail-e | |
| Gymnastics equipment for men | | | | | Name of the material | |
| Third | | | | | stage | |
| Individual games | | | | | Branch | |
| c gymnastics skills and developing students' physical abilitiesTeaching basi | | | | | Course objectives | |
| History of gymnastics equipment, types of equipment, set of swing movements, stages of assisted gymnastics training and methods, equipment s, floor movements, rings and parallel bars, measurements and skill vaulting platform, pommel horse and horizontal bar | | | | | Basic details of the material | |
| The art of floor gymnastics (Ahmed Ibrahim Shehata, Ahmed Fouad El (Shazly irls) Basic principles for learning motor skills in artistic gymnastics (boys, g Shaimaa Abdel Matar, Youssef Abdel Zahra), Applied Artistic) Gymnastics | | | | | Textbooks | |
| .Internet information network | | | | | External sources | |
| Final grade | Activity and attendance | practical | theoretical | semester | Chapter estimates | |
| 25 | 5 | 10 | 10 | the first | | |
| | | | | | onAdditional informati | |
| Notes | Practical material | | Theoretical material | | the date | week |
| | — | | General idea about gymnastics A brief history of gymnastics | | 2024/9/17 | 1 |
| | General physical preparation | | Types of gymnastics and the most famous types | | 2024/9/24 | 2 |
| | | | Considerations that the coach | | | 3 |

| | | | | |
|--|---|---|-------------------|-----------|
| | | must take into account | | |
| | Special physical preparation | Floor Exercise Mat Requirements and Exercise Width | 10/1/2024 | 4 |
| | Special exercises for gymnastics | und motion mat Gro measurements | | 5 |
| | General and specific exercises | Forward roll skill explanation | 2024/10/8 | 6 |
| | specific exercises-Skill | Forward roll skill application | | 7 |
| | fic General and speci exercises | Back Roll Skill Explained | 10/15/2024 | 8 |
| | specific exercises-Skill | Back Roll Skill Application | | 9 |
| | General and specific exercises | Explanation of the forward roll skill | 10/22/2024 | 10 |
| | specific exercises-Skill | Applying the skill of forward roll opening | | 11 |
| | General and specific exercises | on of the back roll Explanati skill | 10/29/2024 | 12 |
| | specific exercises-Skill | Back Roll Skill Application | | 13 |
| | General and specific exercises | Diving skill explanation | 2024/11/5 | 14 |
| | | Second month exam | 12/30 | 15 |
| | | year vacation-Mid | | 16 |
| | General and specific exercises | Horse handles, apparatus and the law measurements -explaining the skill of the one) (legged weight | 1/21/2025 | 17 |
| | specific exercises-Skill | legged weighted skill -One application | | 18 |
| | General and specific exercises | Explanation of the skill of e right to enter swinging to th the left man or vice versa | 1/28/2025 | 19 |
| | specific exercises-Skill | footed skill to -Apply the right enter the left foot or vice versa Perform a kinetic chain of) | | 20 |

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|---|--------------------------------|---|----------------------|----|
| | | (device skills | | |
| | General and specific exercises | Throat device, device and law rementsmeasu the pendulum explanation of) (swing skill on the throat device | 2/4/2025 | 21 |
| | specific exercises-Skill | Applying the pendulum swing skill to the throat device | | 22 |
| | General and specific exercises | Handstand skill explained on the hoop machine | 2/11/2025 | 23 |
| | specific exercises-Skill | Applying the handstand skill on the hoop machine | | 24 |
| | General and specific exercises | Explanation of the skill of forward shoulder rotation | 2/18/2025 | 25 |
| | specific exercises-Skill | Applying the skill of forward rotation shoulder | | 26 |
| | General and specific exercises | Explanation of the skill of shoulder rotation backward | 2/25/2025 | 27 |
| | esspecific exercis-Skill | Applying the skill of shoulder rotation backward Perform a kinetic chain of) (device skills | | 28 |
| | General and specific exercises | Jumping platform device and the law measurements explaining the skill of opening jump | 2025/3/4 | 29 |
| | specific exercises-Skill | Open jump skill application | | 30 |
| fencing material | | | | |
| Wissam Zaki Muhammad | | | the name | |
| Wesamk.mohammed652@uowasit.edu.iq | | | mail-e | |
| | | | Name of the material | |
| Third | | | stage | |
| Individual Games Branch | | | Branch | |
| The course aims to develop all types of offensive and defensive skills in .fencing and to learn the rules and foundations of the game | | | Course objectives | |
| The vocabulary of the game of fencing includes the history of fencing, both | | | details of the Basic | |

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|--|--------------------|----------|---|----------|------------------------|------|
| ancient and modern, the basic skills of the game, the laws of the game, the .rules of arbitration, and some practical applications of the game | | | | | material | |
| ethodical book of fencing gameM | | | | | Textbooks | |
| Athletic preparation in fencing / Fatima Maleh | | | | | External sources | |
| semester | semester | semester | semester | semester | Chapter estimates | |
| %25 | %25 | %25 | %25 | %25 | | |
| es andThe main objectives of developing physical abiliti Students' skills and academic level development | | | | | Additional information | |
| Notes | Practical material | | Theoretical material | | the date | week |
| | | | Introduction to tennis and its rules | | 2024/9/15 | 1 |
| | | | Field measurements, field equipment, and player equipment | | 2024/9/22 | 2 |
| | | | andbyst | | 2024/9/29 | 3 |
| | | | Racket grip and types of grips | | 2024/10/6 | 4 |
| | | | Types of basic strokes and how to perform each stroke | | 2024/13/10 | 5 |
| | | | front groundstroke | | 2024/20/10 | 6 |
| | | | back groundstroke | | 2024/27/10 | 7 |
| | | | practical exam | | 2024/11/3 | 8 |
| | | | theoretical exam | | 2024/11/10 | 9 |
| | | | Secondary strikes: volley and volley-half | | 2024/17/11 | 10 |
| | | | Other strikes: high kick, dropkick, and smash | | 2024/24/11 | 11 |
| | | | Transmission and its types | | 2024/12/3 | 12 |
| | | | straight serve | | 2024/12/7 | 13 |
| | | | High arc transmission | | 2024/12/10 | 14 |
| | | | c transmissionLow ar | | 2024/13/12 | 15 |
| | | | Practical and theoretical exam | | 2024/17/12 | 16 |
| year vacation-Mid | | | | | | |

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|--|--|--|-----------------------------|-----------|
| | | Play and its types | 2025/1/19 | 17 |
| | | Single play and how points are calculated | 2025/26/1 | 18 |
| | | | 2025/2/2 | 19 |
| | | Doubles play and scoring method | 2025/2/9 | 20 |
| | | | 2025/16/2 | 21 |
| | | mixed play | 2025/23/2 | 22 |
| | | Championships and their types | 2025/3/2 | 23 |
| | | Grand Slam tournaments | 2025/3/9 | 24 |
| | | | 2025/3/16 | 25 |
| | | Arbitration | 2025/23/3 | 26 |
| | | theoretical exam | 2025/4/6 | 27 |
| | | practical exam | 2025/13/4 | 28 |
| | | Review the article | 2025/20/4 | 29 |
| | | Final practical exam | 2025/27/4 | 30 |
| | | Play and its types | 2025/1/19 | 31 |
| wrestling | | | | |
| Dr. Essam Mohsen Nasser M.M. Tawhid Haider Abdul Razzaq M.M. Ali Saleh | | | the name | |
| essammuhsien@gmail.com TawheedH.abdalrazzaq@uowasit.edu.iq alis.abdali632@uwasit.edu.iq | | | mail-e | |
| wrestling | | | Name of the material | |
| Third | | | stage | |
| Individual games | | | Branch | |
| refereeing Teaching the basic skills of wrestling, its types, laws and | | | Course objectives | |
| History of wrestling, basic skills for a wrestler, teaching the Roman and | | | Basic details of the | |

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|---|---------------------------|---|------------------|------------------|------------------------|------|
| freestyle wrestling holds and snatches, practical and theoretical | | | | | material | |
| Nothing | | | | | Textbooks | |
| International Wrestling Laws | | | | | External sources | |
| semester | semester | semester | semester | semester | estimates Chapter | |
| For example, %35 | For example, %35 | For example, %35 | For example, %35 | For example, %35 | | |
| | | | | | Additional information | |
| Notes | Practical material | Theoretical material | | | the date | week |
| | Practical and theoretical | ngHistory of wrestli | | | 9/18 | 1 |
| | Practical and theoretical | Wrestling Law | | | 9/25 | 2 |
| | Practical and theoretical | Wrestling equipment | | | 10/2 | 3 |
| | Practical and theoretical | Arbitration Board | | | 10/9 | 4 |
| | Practical and theoretical | Basic skills of the game | | | 10/16 | 5 |
| | Practical and theoretical | General preparatory exercises | | | 10/23 | 6 |
| | Practical and theoretical | Special preparatory exercises | | | 10/30 | 7 |
| | Practical and theoretical | The stance and types of stances in preparation for conflict | | | 11/6 | 8 |
| | l Practica and | Bow or Snatch Skill | | | 11/13 | 9 |

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|-------------------------|-----------------------------------|-----------------------------------|--------------|-----------|
| | theoretical | | | |
| | Practical and theoretical | touch shoulders | 11/20 | 10 |
| | Practical and theoretical | The engagement position | 11/27 | 11 |
| | Practical and theoretical | Roman wrestling-Greco | 12/4 | 12 |
| | Practical and theoretical | Roman wrestling-Greco | 12/11 | 13 |
| | Practical and theoretical | Roman wrestling-Greco | 12/18 | 14 |
| | Practical and theoretical | Roman wrestling-Greco | 12/25 | 15 |
| year holiday-Mid | | | | 16 |
| | Practical and theoretical | Maneuver and its sections | 1/22 | 17 |
| | Practical and theoretical | Technique | 1/29 | 18 |
| | actical Pr and theoretical | Khak | 2/5 | 19 |
| | Practical and theoretical | Weights | 2/12 | 20 |
| | Practical and theoretical | Wrestlers' life stages | 2/19 | 21 |
| | Practical and theoretical | competition exercises-Semi | 2/26 | 22 |

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|--|---------------------------|-------------------------------|-------------------------------|------------------------|-------------------|
| | Practical and theoretical | Special preparatory exercises | 3/5 | 23 | |
| | Practical and theoretical | negative play | 3/12 | 24 | |
| | Practical and theoretical | Ready to stand | 3/19 | 25 | |
| | Practical and theoretical | wrestling | 3/26 | 26 | |
| | Practical and theoretical | wrestling | 4/2 | 27 | |
| | Practical and theoretical | wrestling | 4/9 | 28 | |
| sRhythmic gymnastic | | | | | |
| Asst. Dr. Saada Hassanein Abdel Moneim / Asst. M. Heba Salah | | | the name | | |
| SaadahH.Abdalmunim624@uowasit.edu.iq | | | mail-e | | |
| Rhythmic gymnastics | | | Name of the material | | |
| Third | | | stage | | |
| sIndividual game | | | Branch | | |
| Developmental -Pedagogical -Educational | | | Course objectives | | |
| Kinematic chains for hoop and rope tools Rhythmic gymnastics law | | | Basic details of the material | | |
| Modern Gymnastics (Rhythmic Gymnastics) Written by: Wagih Mahjoub Asia Kazim & | | | Textbooks | | |
| First semester | | | nal sourcesExter | | |
| Final exam | Second semester | Theoretical exam | Practical exam | First semester | Chapter estimates |
| %50 | %25 | %10 | %15 | %25 | |
| | | | | Additional information | |

| Notes | Theoretical material | the date | week |
|-------|---|------------|------|
| | Practical material | | |
| | sGeneral fitness | 2024/9/22 | 1 |
| | . Replay the movements they learned over the past year | 2024/9/29 | 2 |
| | rhythmic gymnastics lessons | 2024/10/6 | 3 |
| | Rope tool) (Bounce and bounce jump on both feet with the) rope rotating forward. Bounce and bounce jump on one foot e rotating forward. Rope rotation while with the rope bounce running). Bounce and | 2024/13/10 | 4 |
| | Rope tool (forward rope rotation with running in two steps .(and forward rope rotation with 3 steps. Double rotation | 2024/20/10 | 5 |
| | a backward Rope tool (jumping with arms crossed from rotation. Step jump with the rope rotating forward. Jump) Scissors curl with bent and unbent knees, with the rope .rotating forward | 2024/27/10 | 6 |
| | Rope device (skip jump with forward rope rotation. wing) Alternating jump with forward rope rotation. S pendulum The front Sideways with one arm and with two .arms. Rotating the rope over the head alternately | 2024/11/3 | 7 |
| | Principles of forming a lesson on rhythmic movements | 2024/11/10 | 8 |
| | Rope tool (swinging the rope horizontally in front of the t. Rotating the rope with one arm and two arms ches forward, backward and sideways. Rotating the rope in the shape of a number & its types : rotation to the sides, rotation in front of the body above the head, rotation in front of the rotation above the head under the body behind the body, and .(legs | 2024/17/11 | 9 |
| | Rope tool (rope rotation with the gazelle jump . Rope rotation around the body. Rope rotation and inserting it from one leg and removing it from the other. Throwing the .(ds, single and doublerope with one hand and two han | 2024/24/11 | 10 |
| | Rules for displaying motor skills in rhythmic gymnastics | 2024/1/12 | 11 |
| | rope tool (weighted) pendulum The opposite Side step with .(forward waltz step | 2024/12/8 | 12 |

| | | | |
|--------------------------|--|-------------------|-----------|
| | . Link a set of movements with the rope tool | 2024/15/12 | 13 |
| | theoretical exam | 2024/22/12 | 14 |
| | .Conducting the practical exam | 2024/25/12 | 15 |
| year vacation-Mid | | | |
| | General fitness | 2025/1/19 | 17 |
| | Review of previous tools | 2025/26/1 | 18 |
| | Methods of teaching rhythmic gymnastics | 2025/2/2 | 19 |
| | ted) pendulum The front And the side . The collar tool (weigh weighted . Horizontal in front of the chest. Circle in the shape of a number & in front of the body above the head with .rotation (And his side and above the head with one arm | 2025/2/9 | 20 |
| | the shape of a number & on the sides. Hoop tool (circle in Number & in front of the body behind the body. Switch the hoop from one hand to the other while rotating it in an arc .above the head. Rotate the hoop in front of the body | 2025/16/2 | 21 |
| | .nSide scissors jump with rotatio .Front body undulation .Arms undulating in all directions | 2025/23/2 | 22 |
| | Hoop tool (throwing the hoop with one or both arms, receiving it from standing, running, jumping, and hopping. Throwing it .upwards with a partner horizontally with one or both hands | 2025/3/2 | 23 |
| | Part One of the International Code of Rhythmic Gymnastics | 2025/3/9 | 24 |
| | The hoop tool (rolling the hoop on the floor with a partner . Rolling the hoop on the floor from hand to hand. Rolling with a (ous waysbounce on the floor while jumping in vari | 2025/3/16 | 25 |
| | Hoop device (rolling the hoop on the ground while performing jumps. Rolling the hoop on the ground horizontally and .(vertically. Rolling on the hands, chest and back | 2025/23/3 | 26 |
| | th one leg and Hoop tool (entering the body through the hoop wi removing it with the other. Entering the hoop while rolling it on .the ground | 2025/3/30 | 27 |
| | Rotation of the hoop around its axis, around the wrist and .around the body | 2025/4/6 | 28 |

| | | | | | | |
|---|---|------------------|----------------|----------------|--------------------------------|------|
| | .sicFinal group chords practice with the hoop instrument to mu | | | | 2025/13/4 | 29 |
| | .Compulsory chain training My collar and rope | | | | 2025/20/4 | 30 |
| Girls' artistic gymnastics | | | | | | |
| Asst. Dr. Saada Hassanein Abdel Moneim / Asst. M. Heba Salah | | | | | the name | |
| SaadahH.Abdalmunim624@uowasit.edu.iq | | | | | mail-e | |
| Artistic gymnastics | | | | | Name of the material | |
| Third | | | | | stage | |
| Individual games | | | | | Branch | |
| Developing students' physical abilities. Working on linking all movements .into individual sequences according to the musical rhythm | | | | | Course objectives | |
| Organizing an artistic gymnastics lesson , floor exercises, a set of rolling movements, forming a movement chain by the subject teacher, balance beam apparatus, parallel bars apparatus, forming a compulsory chain by rthe subject teache | | | | | tails of the Basic de material | |
| The art of floor gymnastics (Ahmed Ibrahim Shehata, Ahmed Fouad El (Shazly Basic principles for learning motor skills in artistic gymnastics (boys, girls) (Shaimaa Abdel Matar, Youssef Abdel Zahra) | | | | | Textbooks | |
| | | | | | External sources | |
| Final exam | Second semester | Theoretical exam | Practical exam | emesterFirst s | Chapter estimates | |
| %50 | %25 | %10 | %15 | %25 | | |
| | | | | | Additional information | |
| Notes | Theoretical material Practical material | | | | the date | week |
| | for female students General fitness | | | | 2024/9/19 | 1 |
| | . f the skills they learned over the past yearRevisiting some o | | | | 2024/9/26 | 2 |
| | Safety and security considerations in gymnastics | | | | 2024/10/3 | 3 |
| | Foundations of Learning in Gymnastics | | | | 2024/10/10 | 4 |
| | Stages of education in gymnastics | | | | 2024/17/10 | 5 |

| | | | |
|--------------------------|--|-------------------|-----------|
| | of the ground motion device Specifications and standards | 2024/24/10 | 6 |
| | Earth movements | 2024/31/10 | 7 |
| | (Scales (front scale | 2024/11/7 | 8 |
| | Side scale + knee scale | 2024/14/11 | 9 |
| | Headstand skill explanation | 2024/21/11 | 10 |
| | Applying the skill with teaching aids | 2024/28/11 | 11 |
| | d apply the skill of the human wheelExplain an | 2024/5/12 | 12 |
| | Apply and repeat the skill | 2024/12/12 | 13 |
| | Handstand skill explanation and application | 2024/19/12 | 14 |
| | .Conducting the practical exam | 2024/24/12 | 15 |
| year vacation-Mid | | | |
| | General fitness | 2025/23/1 | 17 |
| | (llelogram (functional characteristics of the parallelogramPara | 2025/1/30 | 18 |
| | Device specifications and technical performance Technical safety requirements for the parallel device | 2025/2/6 | 19 |
| | (Forward hanging skill (movement teaching | 2025/2/13 | 20 |
| | (ivot skill (movement teachingSaddle p | 2025/20/2 | 21 |
| | Body weight on one leg, forward support on the hip | 2025/27/2 | 22 |
| | (Saddle support (movement training | 2025/3/6 | 23 |
| | Landing by air | 2025/3/13 | 24 |
| | skilling the parallel bars-Re | 2025/3/20 | 25 |
| | Device specifications and balance beam .Balance beam device .features | 2025/27/3 | 26 |
| | .Normal walking movements on the crossbar. Cross walking | 2025/4/3 | 27 |
| | Performing a scissor jump on the bar, front balance on the bar | 2025/4/10 | 28 |
| | skilling the balance beam-Re | 2025/17/4 | 29 |
| | A compulsory series offered by the school to female students | 2025/24/4 | 30 |

Course Description

Stage Four

| Foundations of education | | | | | | | | |
|--|--|-----------------|------------|----------------|-------------------------------|------|--|--|
| Hamash-Professor Dr. Hussein Rahim Aziz Al | | | | | the name | | | |
| hazeez@uowasit.edu.iq | | | | | mail-e | | | |
| nFoundations of educatio | | | | | Name of the material | | | |
| Stage Four | | | | | stage | | | |
| theoretical sciences | | | | | Branch | | | |
| Introducing students to the importance of education, educationalists, .educational ethics, and education as an ongoing process in life | | | | | Course objectives | | | |
| Theoretical lectures | | | | | Basic details of the material | | | |
| The University and Future Challenges, Professor Dr. Hussein Mizan Press, Najaf -Hamash and others, 2016... Al-Rahim Aziz Al Ashraf-Al | | | | | Textbooks | | | |
| Sports Management Books | | | | | External sources | | | |
| Final exam | jectThe pro | Second semester | laboratory | First semester | Chapter estimates | | | |
| %50 | 0 | %25 | 0 | %25 | | | | |
| Using all support tools to increase students' cognitive abilities through .vocabulary related to the subject of sports management and organization | | | | | Additional information | | | |
| Notes | Theoretical and practical material | | | | the date | week | | |
| | The concept of education... the meaning of education | | | | 16/9 | 1 | | |
| | ...Goals of education...types of education | | | | 25/9 | 2 | | |
| | Educational theories....functions of education | | | | 2/10 | 3 | | |
| | The historical development of education in primitive societies | | | | 9/10 | 4 | | |
| | ancient Mesopotamian civilization | | | | 16/10 | 5 | | |
| Daily exams, daily student participation assessment, semester exams and final exams | The education system and curricula in the Mesopotamian civilization | | | | 23/10 | 6 | | |
| | the education and ...Seventh... Chinese education... its advantages examination system | | | | 30/10 | 7 | | |

| | | | |
|--|---|--------------|-----------|
| |Greek education | 6/11 | 8 |
| | The education system in Sparta | 13/11 | 9 |
| | .Foreign relations of Spartan society | 20/11 | 10 |
| | Athenian education ...the Sophists | 27/11 | 11 |
| | ation and societyGreek educators ...Plato...his views...educ | 4/12 | 12 |
| | .Socrates is one of the Greek educators | 11/12 | 13 |
| | Aristotle, one of the Greek educationalists .. | 25/12 | 14 |
| | year vacation-Mid | | |
| | Education in the Middle Ages: Intellectual Contemplation and Austerity | | 15 |
| | Islamic era -Pre | 15/1 | 16 |
| | ...Arab education after the emergence of Islam...its stages | 22/1 | 17 |
| | ...Eighteenth... Educational Institutes in Islam | 29/1 | 18 |
| | Foundations of education in Arab Islamic education | 5/2 | 19 |
| | Ghazali-Islamic educational thought...Al-Flags of Arab | 12/2 | 20 |
| | Media of Arab Islamic educational thought... Ibn Sina... his . views... boy's sports... man's policy towards children | 19/2 | 21 |
| | Jacques Rousseau-Flags of Western educational thought...Jean | 26/2 | 22 |
| | Flags of Western educational thought... Pestalozzi | 5/3 | 23 |
| | Flags of Western educational thought... Makarenko | 12/3 | 24 |
| | Flags of Western educational thought... John Dion... his views | 19/3 | 25 |
| | ...Modern education and its manifestations... its features | 26/3 | 26 |
| | principles and foundations of education | 2/4 | 27 |
| | Valuable assets of education | 9/4 | 28 |
| | Social foundations of education | 16/4 | 29 |
| | Questions... for students: Scientific activities... sports and logic... and education from the perspective of physical education and .sports science | 25/4 | 30 |
| | exam Second semester | 5/1 | 31 |

| Sports training | |
|--|--------------------------------------|
| Prof. Dr. Mohamed Abdel Nabi Mohamed | the name |
| mmohammed@uowasit.edu.iq | mail-e |
| Sports training | Name of the material |
| Fourth | stage |
| theoretical sciences | Branch |
| quired to be Explaining the concept of training, what is re achieved, and what are its advantages | Course objectives |
| Theoretical lectures are presented in an illustrative manner using .modern presentation methods | Basic details of the material |

| Sports Training Science for Fourth Grades | | | | | Textbooks | | |
|---|---|--------------------|------------|-------------------|------------------------|------|--|
| s modern sports training books related to training Variou vocabulary | | | | | External sources | | |
| Final exam | The project | Second semester | laboratory | First semester | Chapter estimates | | |
| %50 | | %25 | | %25 | | | |
| | | | | | Additional information | | |
| Notes | Theoretical material | | | | the date | week | |
| | t help you reach higher levelsPossibilities tha | | | | 9/17 | 1 | |
| | Sports harmony | | | | 9/24 | 2 | |
| | Components of physical fitness | | | | 10/1 | 3 | |
| | Training load and methods of extracting it | | | | 10/8 | 4 | |
| | Components of training load | | | | 10/15 | 5 | |
| | Muscular strength: definition and types | | | | 10/22 | 6 | |
| | ecting muscle strengthFactors aff | | | | 10/29 | 7 | |
| | strength training for both -Muscle strength training sexes | | | | 11/5 | 8 | |
| | Prolongation: Definition and Types | | | | 11/12 | 9 | |
| | Prolongation , its importance, and the factors affecting it | | | | 11/19 | 10 | |
| | Endurance training methods | | | | 11/26 | 11 | |
| | Continuous training methods | | | | 12/3 | 12 | |
| | . High and low intensity interval training method | | | | 12/10 | 13 | |
| | .Repetitive training method | | | | 12/17 | 14 | |
| | monthly exam | | | | 12/24 | 15 | |
| | year vacation-Mid | | | | | | |
| | Circuit training method | | | | 1/21 | 16 | |
| | circular The path of continuous training using the .method | | | | 1/28 | 17 | |
| | Speed: its concept, types, components, and speed training .methods | | | | 2/4 | 18 | |
| | Factors Affecting Speed -Bump Problem | | | | 2/11 | 19 | |
| | Flexibility: definition, types, factors affecting it, methods .of flexibility training | | | | 2/18 | 20 | |
| | .y: definition, types, training methods, balanceAgilit | | | | 2/25 | 21 | |
| | .Sports training planning | | | | 3/4 | 22 | |
| | .(Training circles (small, medium | | | | 3/11 | 23 | |
| | .(Training circuits (large | | | | 3/18 | 24 | |
| | The annual plan and its stages, with selected training .program models | | | | 3/25 | 25 | |
| | .uilding the training unit and its formsB | | | | 3/1 | 26 | |
| | monthly exams | | | | 4/8 | 27 | |

| Sports management | | | | | |
|--|-------------|-----------------|------------|----------------|-------------------------------|
| Mohsen A.M.D. Ghazwane Aziz | | | | | the name |
| gamuhsin@uowasit.edu.iq | | | | | mail-e |
| Sports management | | | | | Name of the material |
| Fourth | | | | | stage |
| theoretical sciences | | | | | Branch |
| Its role in the success, progress, and development of work in general and in the sports field in particular. It also introduces students to the sports importance of management as the backbone of the success of any institution. | | | | | Course objectives |
| | | | | | Basic details of the material |
| Theoretical lectures | | | | | Textbooks |
| Applications in Management and Organization in Physical Education and Asst. Prof. Dr. Ghazwan Aziz -Prof. Dr. Salam Hantoush -Sports Science Asst. M. Ali Adnan -Montaser Nadir .Asst. M - | | | | | External sources |
| Final exam | The project | Second semester | laboratory | First semester | Chapter estimates |
| %50 | 0 | %25 | 0 | %25 | |
| | | | | | Additional information |

| Notes | Practical material | Theoretical material | the date | week |
|---|--|----------------------|----------|------|
| Daily exams, daily student participation assessment, semester exams and final exams | Students are introduced to the vocabulary of the .Educational lecture .Management and Organization course and how grades are distributed | | 17/9 | 1 |
| | : <u>Introduction and importance</u> | | 24/9 | 2 |
| | ortance of management in the sports field, the importance of The imp management in the modern era | | 1/10 | 3 |
| | The concept of management and the definition of : <u>Management</u> management | | 8/10 | 4 |

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|--|---|--------------|-----------|
| | Sports management , sports management, administrative elements | 15/10 | 5 |
| | Planning: Definition and Importance | 22/10 | 6 |
| | First month exam | 29/10 | 7 |
| | Planning components (goals, policies, procedures , estimated budgets, (timetables | 5/11 | 8 |
| | Types of planning | 12/11 | 9 |
| | Stages of planning, planning in the sports field | 19/11 | 10 |
| | ganization: Definition, Importance, Types of OrganizationOr | 26/11 | 11 |
| | Organizational charts (structures), characteristics of good organization | 3/12 | 12 |
| | Coordination: Importance, Coordination Principles, Types of Coordination | 10/12 | 13 |
| | irst semesterSecond month exam, f | 17/12 | 14 |

| | | | | |
|--|--|-----------------------------|-------------|-----------|
| | Leadership: Importance and Definition of Leadership | | 21/1 | 16 |
| | Leadership behavior patterns | | 28/1 | 17 |
| | Characteristics of a successful sports leader | | 4/2 | 18 |
| | Organizing school sports: Managing and organizing the physical lesson education | | 11/2 | 19 |
| | Sports supervision | | 18/2 | 20 |
| | (Organizing sports races/ draws (single draws/pair draws/round draws | | 25/2 | 21 |
| | | Second semester exam | 4/3 | 22 |
| | | | 11/3 | 23 |

| | | | | |
|---|--|--|-----------------------------|--|
| Kinetic analysis | | | | |
| Prof. Dr. Mazen Anheer My mother Asst. Prof. Dr. Majid Hassan Ali | | | the name | |
| majidhasan@uowasit.edu.iq | | | mail-e | |
| Sports kinematic analysis | | | Name of the material | |
| Fourth | | | stage | |
| theoretical sciences | | | Branch | |
| Learn the methods and techniques of motor analysis and their portance in improving the level of technical performance of the athlete im and how to bring the athlete to the level of achievement | | | Course objectives | |

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|--|--------------------|---|------------|----------|-------------------------------|------|
| that deal with kinetic analysis The course consists of five chapters and types of kinetic analysis, and methods of its importance .programs for kinetic analysis | | | | | Basic details of the material | |
| Sports kinematic analysis | | | | | Textbooks | |
| Biomechanical kinematic analysis | | | | | External sources | |
| Final exam | The project | Daily exams | laboratory | semester | Chapter estimates | |
| %0 5 | %10 | %5 | %10 | % 25 | | |
| | | | | | ditional informationAd | |
| Notes | Practical material | Theoretical material | | | the date | week |
| | | The general concept of sports movement analysis | | | 2024/9/16 | 1 |
| | | Kinetic analysis concepts | | | 2024/9/23 | 2 |
| | | Sections of kinetic analysis | | | 2024/30/9 | 3 |
| | | inetic analysisTypes of k | | | 2024/10/7 | 4 |
| | | The concept of qualitative motor analysis | | | 4 202/10/4 1 | 5 |
| | | The concept of quantitative kinetic analysis | | | 2024/21/10 | 6 |
| | | semester First month exam/first | | | 2024/1/28 | 7 |
| | | The importance of kinetic analysis | | | 2024/11/4 | 8 |
| | | The importance of kinetic analysis and its relationship to other sciences | | | 2024/11/1 1 | 9 |
| | | The importance of performance evaluation and innovation | | | 2024/11/8 1 | 10 |
| | | Direct qualitative kinematic analysis | | | 2024/ 1 1/5 2 | 11 |
| | | indirect qualitative analysis | | | 2024/12/2 | 12 |
| | | How to work with qualitative analysis | | | 2024/12/9 | 13 |
| | | rson conducting Qualifications of the pe the analysis | | | 2024/12/6 1 | 14 |
| | | biomechanical knowledge | | | 2024/1/23 | 15 |
| | | Second month exam / first semester | | | 2024/30/12 | 16 |
| year vacation-Mid | | | | | | |
| | | Quantitative kinetic analysis | | | 5 202/1/20 | 17 |
| | | Stages of quantitative kinetic analysis | | | 2025/27/1 | 18 |
| | | Determine mechanical variables | | | 2025/2/3 | 19 |
| | | Procedures for analyzing and extracting mechanical variables | | | 2025/2/10 | 20 |
| | | Choosing the method and style of analysis | | | 2025/2/17 | 21 |
| | | Identifying anatomical points of the body | | | 2025/24/2 | 22 |
| | | Extracting kinetic variables | | | 2025/3/3 | 23 |

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|--|--|---|------------|-----------|----|
| | | h exam / second semester | mont First | 2024/3/10 | 24 |
| | | Technical development of imaging in motion analysis | | 2024/3/17 | 25 |
| | | Fundamentals of photography for motion analysis | | 2025/24/3 | 26 |
| | | Imaging procedures | | 2025/3/31 | 27 |
| | | drawing scale | | 2025/7/4 | 28 |
| | | gramsMotion analysis pro | | 2025/14/4 | 29 |
| | | Laboratory equipment | | 2025/21/4 | 30 |
| | | Second month exam / second semester | | 2024/28/4 | 31 |
| | | | | | 32 |

Square and field

| | | | | | |
|--|---|-----------------|------------|----------------|-------------------------------|
| Prof. Dr. Amer Mohammed Nasser / Asst. Dr. Karar Abdul Karim Khader | | | | | the name |
| amernasser@uowasit.edu.iq karrarabdul.khudhair637@uowasit.edu.iq | | | | | mail-e |
| The square and the field | | | | | Name of the material |
| Fourth | | | | | stage |
| Individual games | | | | | Branch |
| It covers training and teaching techniques for the decathlon and heptathlon events for track and field, and students' knowledge of the .decathlon and heptathlon laws for track and field | | | | | Course objectives |
| Competition rules (decathlon and heptathlon) / Stages of technical performance for the (decathlon and heptathlon) events / Legal measurements of the field and tools for the (decathlon and heptathlon) / ional law for the (decathlon In addition to a brief mention of the internat .(and heptathlon | | | | | terialBasic details of the ma |
| A methodological book for track and field (decathlon for men and College of -heptathlon for women) taught at the University of Wasit Physical Education and Sports Sciences | | | | | Textbooks |
| .cs Law Competition RulesAthleti Amer Fakher Shaghathi , Mahdi Kazim Ali: Athletics, Learning, .Training, Instructions Qasim Hassan Hussein: Theoretical and practical foundations of track .and field events | | | | | External sources |
| Final exam | The project | Second ersement | laboratory | First semester | Chapter estimates |
| %50 | 0 | %25 | 0 | %25 | |
| | | | | | Additional information |
| Notes | Theoretical and practical material | | | the date | week |
| | Introduction to the decathlon and heptathlon events for track and field | | | 2024/9/15 | 1 |
| | nning of sprints Special exercises for the begi | | | 2024/9/22 | 2 |

| | | | |
|-------------------------|--|-------------------|-----------|
| | for the events of the decathlon and heptathlon for track and field | | |
| | Application of the stages of technical performance for the 100m event + the event law | 2024/9/29 | 3 |
| | -Stages of technical performance of the weight t + effectiveness measurementspushing even | 2024/10/6 | 4 |
| | -Teaching and applying the effective weight pushing technique | 2024/13/10 | 5 |
| | Law of Effectiveness of Gravity Push | 2024/20/10 | 6 |
| | Application of the technical performance stages for the 400m event + the event law | 2024/27/10 | 7 |
| | Theoretical + practical exam | 2024/11/3 | 8 |
| | Stages of technical performance of the discus throw event + event measurements | 2024/11/10 | 9 |
| | Teaching and applying the effective technique of discus throwing | 2024/17/11 | 10 |
| | eness LawDiscus Throw Effectiv | 2024/24/11 | 11 |
| | Stages of technical performance for the long jump event + event measurements + event law | 2024/1/12 | 12 |
| | Teaching and applying the effective long jump technique | 2024/12/8 | 13 |
| | practical exam | 2024/15/12 | 14 |
| | theoretical exam | 2024/22/12 | 15 |
| | | | 16 |
| year holiday-Mid | | | |
| | Teaching and applying the technical performance stages of the high jump event + the event's rules | 2025/1/19 | 17 |
| | Application of the technical performance stages for the (800m/1500m) event + the event law | 2025/26/1 | 18 |
| | ing and applying the stages of technical Teach performance for the 110m hurdles event + event rules | 2025/2/2 | 19 |
| | Theoretical + practical exam | 2025/2/9 | 20 |
| | Stages of technical performance for the pole vault event + event measurements | 2025/16/2 | 21 |
| | d applying effective pole vaulting Teaching an techniques | 2025/23/2 | 22 |
| | application | 2025/3/2 | 23 |
| | | 2025/3/9 | 24 |
| | | 2025/3/16 | 25 |
| | | 2025/23/3 | 26 |
| | | 2025/3/30 | 27 |
| | | | |
| | Pole vault effectiveness law | 2025/4/6 | 28 |
| | Stages of technical performance of the javelin ent measurements + event lawthrow event + ev | 2025/13/4 | 29 |
| | Teaching and applying the technique of effective javelin throwing | 2025/20/4 | 30 |

| | | | | | | | | |
|---|---|---|---|----------|-------------------------------|--|------|--|
| | | Theoretical + practical exam, second semester | | | 2025/27/4 | | 31 | |
| | | | | | | | 32 | |
| volleyball | | | | | | | | |
| ajliM.M. Mohamed M / Asst. Prof. Dr. Hassan Sabry Mohamed | | | | | the name | | | |
| hsabry@uowasit.edu.iq | | | | | mail-e | | | |
| volleyball | | | | | Name of the material | | | |
| Stage Four | | | | | stage | | | |
| Team games | | | | | Branch | | | |
| - .Offensive and defensive plans in volleyball - .Types of volleyball | | | | | Course objectives | | | |
| ation on volleyball plans and Providing students with inform .systems | | | | | Basic details of the material | | | |
| - Riyadh Khalil, Tariq Hassan, Hussein Subhan (Volleyball: History, .Skills, Plans, Match Management and Training) 2012 - (Riyad Khalil, Hussein Subhan (Official Rules of Volleyball | | | | | Textbooks | | | |
| - an, Hussein Subhan (Offensive and Defensive Skills Tariq Hass .and Plans in Volleyball) 2011 | | | | | External sources | | | |
| Final exam | The project | Daily exams | laboratory | semester | Chapter estimates | | | |
| %40 | | %10 | %15 | %35 | | | | |
| | | | | | Additional information | | | |
| Notes | alPractical materi | | Theoretical material | | the date | | week | |
| | Basic and technical skills training | | Quick refresher on formal grammar vocabulary | | 9/18 | | 1 | |
| | Divide the students into two teams with arbitration | | Types of volleyball | | 9/25 | | 2 | |
| | Divide the students into two teams with arbitration | | attack plan 0-Explanation of the 6 (position 3, the prepared player) | | 10/2 | | 3 | |
| | Divide the students into two teams with arbitration | | attack plan 2-Explanation of the 4 with the prepared player in position 3 | | 10/9 | | 4 | |
| | | | | | 10/16 | | 5 | |
| | Divide the students into two teams with arbitration | | attack plan, 2-Explanation of the 4 set up in position 2 the player | | 10/23 | | 6 | |
| | | | | | 10/30 | | 7 | |
| | Divide the students into two teams with arbitration | | Explanation of transmission -reception systems (penta | | 10/6 | | 8 | |

| | | | | |
|---|---|---|----------------------|----|
| | | (triple-quadruple | | |
| | | ainedAdvanced Defense Plan 6 Expl | 11/13 | 9 |
| | Implementing offensive and defensive plans with play and refereeing | | 11/20 | 10 |
| | | | 11/27 | 11 |
| | | | 12/4 | 12 |
| | | | 12/11 | 13 |
| | | | 12/18 | 14 |
| | Theoretical exam | | | |
| | Practical exam | | 12/25 | 15 |
| | | | | 16 |
| year vacation-Mid | | | | |
| | he students into Divide t two teams with arbitration | Quick review of chapter 1 vocabulary | 1/15 | 17 |
| | Divide the students into two teams with arbitration | (Explanation of the attack plan (5_1 | 1/22 | 18 |
| | | | 1/29 | 19 |
| | Divide the students into two teams with arbitration | Explanation of the attack plan (2_6)) | 2/5 | 20 |
| | | | 2/12 | 21 |
| | Divide the students into two teams with arbitration | Explaining the defensive plan (6_ (late) (the loose player | 2/26 | 22 |
| | | | 3/5 | 23 |
| | Divide the students into two teams with arbitration | Explanation of attacker coverage (plans (2_3) (3_2 Divide the students into two teams with arbitration | 3/12 | 24 |
| | | | 3/19 | 25 |
| | Implementing offensive and defensive plans with play and refereeing | | 3/26 | 26 |
| | | | | 27 |
| | | | 4/2 | 28 |
| | | | | 29 |
| | | | Theoretical exam | |
| | Practical exam | | 4/16 | 31 |
| | | | | 32 |
| soccer | | | | |
| Daham Mansour / Assistant Professor Najm Rabah Najm Dr. Fadhel Dhar / M.M. Hassan Hadi-Dr. Muhammad Abd Abu Al | | | the name | |
| famansour@uowasit.edu.iq | | | mail-e | |
| soccer | | | Name of the material | |
| Fourth | | | stage | |
| Team games | | | Branch | |
| how -Explaining how to prepare and train football players and coaches to train physical abilities, football training methods, and prepare training .curricula | | | ectivesCourse obj | |

| | | | | | | |
|--|---|-----------------|---|--------------------|-------------------------------|------|
| Theoretical and practical lectures | | | | | Basic details of the material | |
| d references related to football training in generalBooks an | | | | | Textbooks | |
| Modern sources of football training | | | | | External sources | |
| Final exam theoretical | Final practical exam | Daily exams | Second semester | semester the first | Chapter estimates | |
| %20 | %30 | per %5 semester | %20 | %20 | | |
| | | | | | ditional informationAdd | |
| Notes | Practical material(implementation (method | | Theoretical material | | the date | week |
| | theoretical | | principles of football training | | 9/16 | 1 |
| | practical | | Professional preparation of coaches, requirements for team sustainability, and ning field contenttrai | | 9/23 | 2 |
| | -Theoretical Practical | | Types of football tests | | 9/30 | 3 |
| | theoretical | | Factors -Selection Principles -Sports Selection Influencing Selection of Football Players | | 10/7 | 4 |
| | -Theoretical Practical | | specific-football -General physical abilities physical abilities | | 10/14 | 5 |
| | theoretical | | Physical abilities training | | 10/21 | 6 |
| | practical | | Oxygen endurance training | | 10/28 | 7 |
| | practical | | Strength training and its types | | 11/4 | 8 |
| | practical | | Strength training and its types | | 11/11 | 9 |
| | -Theoretical Practical | | ed training and its typesSpe | | 11/18 | 10 |
| | practical | | Speed training and its types | | 11/25 | 11 |
| | -Theoretical Practical | | Flexibility training | | 12/2 | 12 |
| | -Theoretical Practical | | Agility training | | 12/9 | 13 |
| | theoretical | | First semester exam | | 12/16 | 14 |
| | practical | | First semester exam | | 12/23 | 15 |
| | -Theoretical Practical | | -play -Football training methods (exercise (vehicle | | 12/30 | 16 |
| year holiday-Mid | | | | | | |
| | theoretical | | foundations -and types concept -Training unit | | 1/20 | 17 |

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|--|---------------------------|--|------|----|
| | | of formation | | |
| | practical | (Training unit (repeat | 1/27 | 18 |
| | theoretical | Preparing football training curricula | 2/3 | 19 |
| | practical | Preparing football training curricula | 2/10 | 20 |
| | practical | Preparing football training curricula | 2/17 | 21 |
| | theoretical | Football sports injuries and first aid methods | 2/24 | 22 |
| | practical | First aid methods | 3/3 | 23 |
| | Practical-Theoretical | Football analysis | 3/10 | 24 |
| | practical | Football analysis | 3/17 | 25 |
| | cticalpra | International Football Law Articles | 3/24 | 26 |
| | -Theoretical Practical | Comprehensive review | 3/31 | 27 |
| | -Theoretical Practical | Comprehensive review | 4/7 | 28 |
| | practical | Second semester exam | 4/14 | 29 |
| | theoretical | Second semester exam | 4/21 | 30 |

| handball | | | | | |
|---|-------------|------------------------|--|-------------------------------|-------------------|
| Moussawi-ein AlProf. Dr. Baha Mohammed Taqi Huss Dr. Ahmed Shaker Kazim Assraa Fadel | | | | the name | |
| bahaahusain@uowasit.edu.iq | | | | mail-e | |
| handball | | | | Name of the material | |
| Fourth | | | | stage | |
| Team games | | | | Branch | |
| Teaching students practical applications of playing and refereeing .rnational law) for handballregulations (inte | | | | Course objectives | |
| Handball selection, handball training, offensive and defensive applications Handball match management, physical and skill tests , international handball law | | | | Basic details of the material | |
| -Khayat and Noufal Mohammed Al -Al Handball: Written by Diaa Hayali | | | | Textbooks | |
| Din Abbas, Medhat -Offensive applications in handball: Imad El Mahmoud Handball for All: Mounir Jerjis | | | | External sources | |
| Final exam | The project | semester the second | | semester the first | Chapter estimates |
| %50 | | %25 | | %25 | |

| Notes | Practical material | Theoretical material | the date | week |
|-------------------|--|---------------------------|-----------|------|
| | | Handball selection | 2024/9\17 | 1 |
| | | Handball training | 9/24 | 2 |
| | Group attack plans | | 10/1 | 3 |
| | Zone defense formations | | 10/8 | 4 |
| | man defense-to-man | | 10/15 | 5 |
| | Composite defense | | 10/22 | 6 |
| | Regular play | | 10/29 | 7 |
| | | international law | 11/5 | 8 |
| | | First month exam | 11/12 | 9 |
| | Practical applications of regular playing and arbitration | | 11/19 | 10 |
| | Practical applications of regular playing and arbitration | | 11/26 | 11 |
| | Practical applications of ular playing and reg arbitration | | 12/3 | 12 |
| | Practical applications of regular playing and arbitration | | 12/10 | 13 |
| | Practical exam for playing and refereeing | | 12/17 | 14 |
| | | Handball match management | 12/24 | 15 |
| | | Second month exam | 12/31 | 16 |
| year vacation-Mid | | | | |
| | | atch Registration M Form | 2025\1\21 | 17 |
| | | and skill tests | 1/28 | 18 |
| | Group attack plans | | 2/4 | 19 |
| | Zone defense formations | | 2/11 | 20 |
| | man defense-to-man | | 2\18 | 21 |
| | Composite defense | | 2\25 | 22 |
| | | Handball match analysis | 3/4 | 23 |
| | | Second month exam | 3/11 | 24 |
| | l applications of Practica regular playing and arbitration | | 3/18 | 25 |
| | Practical applications of regular playing and arbitration | | 3/25 | 26 |
| | Practical applications of regular playing and arbitration | | 4/1 | 27 |
| | Practical applications of regular playing and | | 4/8 | 28 |

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|--|--|--------------------------|-------------|-----------|
| | arbitration | | | |
| | Practical applications of regular playing and arbitration | | 4/15 | 29 |
| | Practical applications of regular playing and arbitration | | 4\22 | 30 |
| | Practical exam for playing and refereeing | | 4\29 | 31 |
| | | Second month exam | 5/6 | 32 |

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| basketball |
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| | | | | |
|--|--------------------|------------------------|---------------------------|--------------------------------------|
| Nabi Muhammad Huwayt / M.M. Rasul Salam / -ammad Abd alProf. Dr. Muh Husayn Hamza-M.M. al | | | | the name |
| mmohammed@uowasit.edu.iq | | | | mail-e |
| basketball | | | | Name of the material |
| AM 4:00 | | | | stage |
| Team games | | | | Branch |
| he most important Introducing students to the importance of basketball and t rules of the game. | | | | Course objectives |
| Practical and theoretical lectures | | | | Basic details of the material |
| Training (Auxiliary Book) Dr. Ayad Abdul Karim -Basketball Tactical Skills .Dr. Wedad Muhammad Rashad - International Basketball Law tball CoachBaske | | | | Textbooks |
| - .Recent amendments to the basketball law - Use of messages and theses related to the vocabulary of the fourth stage | | | | External sources |
| Final exam | The project | Second semester | semester the first | Chapter estimates |
| %50 | | %25 | %25 | |
| Using all means of support to increase students' cognitive and skill abilities .through vocabulary related to the subject of basketball | | | | rmationAdditional info |

| Notes | Scientific material | Theoretical material | the date | week |
|--------------|--|--|-----------------|-------------|
| | p physical fitnessDevelo | Introduction to study materials | 16/9 | 1 |
| | Developmental exercises with the ball | (Law Article (1+3 | 23/9 | 2 |
| | man defense-to-Man | (Law Article (4+10 | 30/9 | 3 |
| | | Law Article (11 + 17) + supplement to the defense of man to man | 7/10 | 4 |
| | man exercises-to-Man | (Law Article (18+21 | 14/10 | 5 |

| | | | | |
|--|--|--|----------|----|
| | man exercises-to-Man | (Law Article (22+31 | 21/10 | 6 |
| | Zone defense | (Law Article (32+44 | 28/10 | 7 |
| | | Law Article (45+50) + supplement to the defense of the region | 4/11 | 8 |
| | Practical exercises | Explanation of arbitration mechanics | 11/11 | 9 |
| | Zone defense exercises | of arbitration Application mechanics | 18/11 | 10 |
| | Man to man play + refereeing | | 25/11 | 11 |
| | Zone defense play + refereeing | | 2/12 | 12 |
| | | A comprehensive review of the legal materials and the mechanics of arbitration | 9/12 | 13 |
| | + Practical exam (playing (refereeing | | 16/12 | 14 |
| | | Theoretical exam | 23/12 | 15 |
| year holiday-Mid | | | | |
| | Development exercises for physical and skill fitness | | 20/1 | 16 |
| | Mixed defense + play + refereeing | | 27/1 | 17 |
| | Practical exercises for mixed defense + playing + refereeing | | 3/2 | 18 |
| | t attack + play + refereeFas | | 10/2 | 19 |
| | Practical exercises for fast attack + playing + refereeing | | 17/2 | 20 |
| | | Registration form | 24/2 | 21 |
| | | | 3/3 | 22 |
| | Practical exercises | man -to-Team attack vs. man defense | 10/3 | 23 |
| | sesPractical exerci | Team attack against the zone | 17/3 | 24 |
| | Play + Arbitration + Application for Registration Form | | 24/3 | 25 |
| | and skill preparation + playing + refereeing | | 31/4 | 26 |
| | | Basketball analysis | 7/4 | 27 |
| | | Theoretical exam | 14/4 | 28 |
| | | Practical exam play + referee | 21/4 | 29 |
| | | Theoretical exam | 28/4 | 30 |
| Teaching methods | | | | |
| Asst. Prof. Dr. Amin Atta Hassan Asst. Dr. Israa Fadel Hassan | | | the name | |
| ameenhasan@uowasit.edu.iq asraasports1991@gmail.com | | | mail-e | |

| | | | | | |
|--|-------------|-------------|------------|----------|-------------------------------|
| | | | | | |
| Teaching methods | | | | | of the material Name |
| Fourth | | | | | stage |
| Individual games | | | | | Branch |
| Learn how to prepare physical education programs. Lesson plans for middle and .secondary levels | | | | | Course objectives |
| amsPlanning physical education progr - The curriculum for the intermediate and preparatory stages - Main methods of teaching motor skills- Devices, tools and alternative methods- Feedback in physical education lesson Educational technology - Measurement and evaluation in physical education | | | | | Basic details of the material |
| - Abdel Salam Mustafa Abdel Salam: Teaching Methods and Professional Development of the Teacher, Dar Al Fikr Al Arabi, Cairo, 2000 Tawfiq Hila: General Teaching -Ahmad Mar'i, Muhammad Mahmoud Al .Masirah, 1st ed., 2006-Methods, Amman, Dar Al | | | | | Textbooks |
| Zaid Huwaidi: Effective Teaching Skills, University Book House, -Muhammad Al 2002 - Theses and dissertations on teaching methods | | | | | ternal sourcesEx |
| Final exam | The project | Daily exams | laboratory | semester | Chapter estimates |
| %50 | | %10 | %15 | %25 | |
| | | | | | Additional tioninforma |

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|-------|---|---|------------|------|
| Notes | Practical material | Theoretical material | the date | week |
| | | physical exercises | 2024/9/18 | 1 |
| | Physical Education Lesson Plans Application | Teaching plan | 2024/9/25 | 2 |
| | | Planning a physical education program | 2024/10/2 | 3 |
| | | ation Program Physical Educ Content | 2024/10/9 | 4 |
| | | Curriculum plan for middle and secondary school | 2024/16/10 | 5 |
| | | Types of teaching plans | 2024/23/10 | 6 |
| | | Educational units | 2024/30/10 | 7 |
| | | The concept of educational unity | 2024/11/6 | 8 |

| | | | | |
|--|--|--|-------------------|-----------|
| | | and its conditions | | |
| | Educational unit application | 1 unit for physical Educationa education lesson | 2024/13/11 | 9 |
| | | Educational tools | 2024/20/11 | 10 |
| | Sample lesson plans and their implementation for students | Main methods of teaching motor skills | 2024/27/11 | 11 |
| | | Special methods in teaching holistic perception | 2024/12/4 | 12 |
| | | Special methods in teaching partial perception | 2024/12/11 | 13 |
| | | Special methods in teaching mixed perception | 2024/18/12 | 14 |
| | | Feedback in physical education lesson | 2024/25/12 | 15 |
| | | First semester exam | | 16 |
| | | year holiday-Mid | | |
| | | Modern trends in teaching physical education | 2025/22/1 | 17 |
| | | The science and art of teaching | 2025/29/1 | 18 |
| | | Teaching principles | 2025/2/5 | 19 |
| | | Analysis of the teaching process | 2025/2/12 | 20 |
| | | Sports equipment and tools | 2025/2/19 | 21 |
| | | ative methods for delivering Altern a physical education lesson | 2025/26/2 | 22 |
| | | Types of educational media | 2025/3/5 | 23 |
| | | Educational technology | 2025/3/12 | 24 |
| | | Measurement and evaluation in the teaching process | 2025/3/19 | 25 |
| | | Types of calendar | 2025/26/3 | 26 |
| | | lendar formsCa | 2025/4/2 | 27 |
| | | Evaluation methods | 2025/4/9 | 28 |
| | Lesson plans application | | 2025/16/4 | 29 |
| | | Second semester exam | 2025/23/4 | 30 |

Lesson plan form for the subject Sports Psychology Stage Four

| | |
|---|-----------------|
| d Prof. Dr. Muhammad Kazem Arab / Prof. Dr. Haider Mahmou Allawi | the name |
|---|-----------------|

| | | | | | |
|---|-------------|-------------|------------|----------------|-------------------------------|
| marab@uowasit.edu.iq hallawi@uowasit.edu.iq | | | | | mail-e |
| Sports Psychology | | | | | Name of the material |
| Fourth | | | | | stage |
| theoretical sciences | | | | | Branch |
| Introducing students to one of the basic sciences, which is sports motor skills on psychology, and how to benefit from it in learning the one hand, and in helping athletes achieve the best achievement .ring raceswithin their physical and psychological capabilities du | | | | | Course objectives |
| Theoretical lectures on vocabulary and its explanation in a modern way | | | | | Basic details of the material |
| Sports Psychology Book: Authors: Prof. Dr. Amer Saeed Jassim, Prof. Dr. Abdullah Hazza, Prof. Dr. Ali Hussein Hashem 2016 | | | | | Textbooks |
| Talib and Kamel -Sports Psychology Book: Authors: Nizar Al Louis | | | | | l sourcesExterna |
| Final exam | The project | Daily exams | laboratory | First semester | Chapter estimates |
| %50 | %10 | %5 | %10 | % 25 | |
| | | | | | Additional information |

Subject plan form according to vocabulary

| Notes | Theoretical material | tethe da | week |
|-------|-------------------------|----------|------|
| | Sports Psychology | 9/18 | 1 |
| | Foundations of learning | 9/25 | 2 |
| | educational process | 10/2 | 3 |

| | | | |
|--|--|--------------|-----------|
| | learning conditions | 10/9 | 4 |
| | character | 10/16 | 5 |
| | The impact of physical education lessons on personality development | 10/23 | 6 |
| | otives for sports activity and their M development | 10/30 | 7 |
| | First month exam for the first semester | 11/6 | 8 |
| | Motives for sports activity and their development | 11/13 | 9 |
| | Psychological trend | 11/20 | 10 |
| | Psychological trend | 11/27 | 11 |
| | Aptitude and talent | 12/4 | 12 |
| | Mental processes in sports activity | 12/11 | 13 |
| | Poor performance in physical education is a .psychological problem | 12/18 | 14 |
| | First Semester -Midterm Exam | 12/25 | 15 |
| | year holiday-Mid | | |
| | Attention | 1/15 | 16 |
| | Stress and arousal in sports | 1/22 | 17 |
| | logical stress in athletesPsycho | 1/29 | 18 |
| | aggressive behavior | 2/5 | 19 |
| | aggressive behavior | 2/12 | 20 |
| | assertive behavior | 2/19 | 21 |
| | burnout | 2/26 | 22 |
| | First month exam for the second semester | 3/5 | 23 |

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|--|-------------------------------|-------------|-----------|
| | psychological emotions | 3/12 | 24 |
| | psychological shock | 3/19 | 25 |
| | Voluntary qualities | 3/26 | 26 |
| | level sports-High | 4/2 | 27 |
| | Second semester exam | 4/9 | 28 |
| | Final exam | | 29 |