Academic program description form

University name: Diyala University

College/Institute: College of Physical Education and Sports Sciences

Scientific Department: Theoretical Sciences Branch

Name of the academic or professional program: Bachelor of Physical Education and Sports Sciences.....

Name of final degree: Bachelor's in Physical Education and Sports Sciences.. .....

School system. annual

Description preparation date: 3/11/2024

Date of filling the file: 11/3/2024

Physiology

Name of the branch head	scientific assistant
Prof. Dr. Naseer Qasim Khalaf	Prof. Dr. Muhammad Walid Shehab
Date	Date

Check the file here before

Division of Quality Assurance and University Performance

Name of the Director of the Quality Assurance and University Performance Division: Prof. Dr. Hanan Adnan Abaoub

the date

the signature

Authentication of the Dean

1 - The vision of the program
Diyala University seeks scientific leadership, excellence and creativity in the fields of higher education and scientific research to serve the community and enhance its local, regional and international standing to reach the highest levels of quality and international accreditation.

2- Program message
Providing effective academic university education through continuous development of academic programs in many specializations in light of the requirements of development plans to serve the labor market and contribute to promoting sustainable development.

3- Program objectives
1. Building a distinguished educational institution within international standards that meets the requirements of the local, regional and international community in accordance with the directions of the Ministry of Higher Education and Scientific Research. 2. Creating a stimulating environment for teaching, learning and creativity by developing and updating scientific curricula and training and evaluation methods to keep pace with the requirements of the labor market. Keeping pace with technological development in the fields of blended e-learning and developing educational and academic programs to adapt university students and teaching staff

4- Program accreditation
Does the program have program accreditation? From which side? **NO**

5- Other external influences
Is there a sponsor for the program? **NO**

6- Program structure

Program Structure	Number of Courses	Study Unit	Percentage	*Notes
Enterprise requirements	1	2		Basic
College requirements				
Department requirements				
summer training				
Other				

* We can include notes on whether the course is core or elective

7- Program description				
Credit hours		Name of the course	Cod of the course	Year
applied	theoretical	Science of sports training		2023- 2024
	√			

- 8Expected learning outcomes of the program	
Knowledge	
1-Statement of learning outcomes	1-Learning outcomes
Highlighting the student's personality in a way that develops him	A1- Enabling students to obtain the knowledge required to understand theories and training methods and helping students to know the relationship of the program and its academic elements (courses or subjects) with the awarded certificate and future job qualifications.
- Increasing the student's self-confidence. -Highlighting the hidden talents of the student	A2-Helping students to know the teaching and learning methods that help them achieve the targeted learning outcomes in the theoretical section
Highlighting students' teamwork	A3- That the student be able to perform and practically apply all individual and group games
Skills	
2-Statement of learning outcomes	2-Learning outcomes
Developing students in the skillful	Helping students apply the theoretical

performance of the practical games included in the program	and practical subjects they have learned inside and outside the university setting
3-Statement of learning outcomes	3-Learning outcomes
Increasing communication between individuals, which contributes to building a learning community	Helping students apply their ideas and talents inside and outside the university setting.
4-Statement of learning outcomes	4-Learning outcomes
Learn to set the right priorities for any problem	Developing cooperation and brotherhood and developing the spirit of determination among students
5-Statement of learning outcomes	5-Learning outcomes
Developing respect for time and time in completing and implementing work. Developing the spirit of fair competition among work groups in pursuit of quality work, excellence and diversity in performance.	self evaluation. -Leadership evaluation. -Appreciating the efforts of scientists

9- Teaching and learning strategies
Teaching and learning strategies and methods adopted in implementing the program in general
● Cooperative education strategy. ● Teaching strategy brainstorming. ● Education strategy collaborative concept planning. ● Real-time feedback strategy education ● Teaching strategy notes series. ● Mind mapping education strategy Modeling learning strategy: Known as social learning, in which the individual acquires and learns responses as well as new behavioral patterns within a social setting or situation through observation or attention. In general, it is an illustrative method of education in which experiments are employed as well as methods and models

10- Evaluation methods
- Written tests - Oral tests - Electronic tests - Daily tests The college has relied on clear, high-quality evaluation methods and tools for student learning in order to maintain the quality of the graduate and the academic reputation of the college. This is embodied in the university's regulations and the requirements for continuous evaluation of students, provided that there are several types of evaluation methods in order to ensure the quality of The quality of the graduate, which constitutes the final outcome of the educational process, and the most important methods of evaluation are: A - Objective tests to measure knowledge of facts, comprehend them, apply scientific knowledge in new situations, and measure remembering, through the following: · True and false questions. · Multiple choice questions. · Interview questions (matching items). · Completion questions. · The ability to recall, link and interpret. · Apply knowledge in a simple way in interpreting data, · Diagnosis and problem solving. It is done through the following:- Connection test / open questions - - Questions that have a specific answer. - Which is based on motivating the student with questions that do not have a specific answer. - Possessing the skill in organization. - Possessing the skill in arranging ideas. - Avoid fraud and confront it.

11- Teaching profession					
Preparing the teaching staff		Special requirements/ (skills (if any	Specialization		Scientific rank
lecturer	staff		private	general	
	5		Science of sports training	Physical education and sports sciences	Prof
	2		Science of sports training	Physical education and sports sciences	Ass prof

- 12Acceptance criterion
- The average of students in the sixth year (preparatory, vocational), through which admission to the university level takes place. - Acceptance through the Olympic Committee (only for champion athletes). Raising the College of Physical Education and Sciences' acceptance rate equivalent to the acceptance rate of the Colleges of Engineering and Sciences.

13- The most important sources of information about the program
The curriculum approved by the Ministry of Higher Education and Scientific Research and its guidelines. • Decisions and recommendations of scientific committees in physical education and sports sciences • Courses in teaching methods. • Description of courses. • Courses in civil society organizations. • Conferences, seminars, workshops and panel discussions. • Relevant state institutions. • Graduates Unit • Internet searches for similar experiences. • Personal experiences.
- Scientific sources approved within the curriculum for the stage in which education takes place - The curriculum approved by the Ministry and unified for all colleges of physical education in Iraq. - The rules of the Olympic Games taught by a specialist teacher in the game. - Equipping colleges with practical laboratories, halls, and playgrounds for the subjects taught.

14- Program development plan
The program works to develop the student's academic personality in a manner commensurate with the ambitions of the modern state. - Highlighting the strengths of students in a way that allows them to form a leadership personality in the future. - Extracting the student's hidden talents to develop his field of work and raise the level of education.

- Modern scientific sources and the latest scientific research are periodically reviewed through which the prescribed curriculum is developed. - The theoretical and practical material is combined to develop the curriculum.

Course description form

1. Course name**: physiology** /third stage	
2. Course Code	
3. Semester/Year: Annual	
4. The date this description was prepared is 3/11/2024	
5. Available forms of attendance: 2 hours per week and daily attendance	
6. Number of study hours (total) / Number of units (total) 60 hours / 60 units	
7. Name of the course administrator	
1 - Prof. Dr. **ghassan bahri** Head of the Scientific Group 2 - Prof. Drjamal m.shoaeb 3- Prof. Dr. suzan kh .jodi 4 Ass Prof. Ahmed walhan 6- Ass Prof waleed atalla	
8. Course objectives	
● - Helping students to know the sports training methods used to ensure that students obtain the targeted learning outcomes ● Recognizing the importance of sports training and its relationship to guidance, diagnosis, classification, and scientific research ● Identify the scientific foundations for building and implementing training curricula ● Identify the best training methods and methods to train the physical qualities and motor skills of players.	Objectives of the study subject
9. Teaching and learning strategies	
1-ctivating the learner's role in educational situations 2- Motivating learners to generate creative ideas about a specific topic, by searching for correct answers, or possible solutions to the issues presented to them. 3- That students become accustomed to respecting and appreciating the opinions of others 4- That students get accustomed to benefiting from the ideas of others, by developing and building on them	strategy

-Course Structure (Sports Training Science/Fourth Stage) -1					
week	hours	Learning Outcomes	Name of the unit/topic	Teaching method	Evaluation method
1	2	The concept of the physiology of sports training, the physiology of training, the importance of physiology in the sports field.	importance of physiology in the sports field.	Diction /	Written and oral exams
2	2	Cell, cell composition, cell functions, functional property of the cell	Know the details of the body physiologically	Problem Solving	Written and oral exams
3	2	The human nervous system, sections of the nervous system, brain, brainstem, spinal cord	Know the details of the body physiologically	Diction /	Written and oral exams
4	2	The human nervous system, sections of the nervous system, brain, brainstem, spinal cord	Know the details of the body physiologically	Using Power Point - solving problems and ways to work on them	Written and oral exams
5	2	Brain hemispheres, neurons, support cells.	importance of physiology in the sports .field	Diction /	Written and oral exams
6	2	Neurons, glial cells, glial cell functions, glial cell types, effect of training on the nervous system	importance of physiology in the sports .field	Problem Solving	Written and oral exams
7	2	Exam		Diction /	Written and oral exams

8	2	Muscular system, tissue structure	importance of physiology in the sports .field	Problem Solving	Written and oral exams
9	2	Types of muscles, types of muscle work.		---------- ---	Written exam
10	2	The mechanism of muscle contraction, types of muscle contraction, biochemical properties of skeletal muscle	Knowing the types of food, their sources, and their importance in the sports field	Problem Solving	Written and oral exams
11	2	Nutrition, carbohydrates, sources of carbohydrates, glycogen, glucose, biological and physiological functions of carbohydrates	Knowing the types of food, their sources, and their importance in the sports field	Diction /	Written and oral exams
12	2	Vitamins, sources of vitamins, cases of excess or deficiency of vitamins, the importance of vitamins for the .athlete Mineral salts, the importance and functions of mineral elements for the human body, types of mineral salts, water, water and sports training, the biological and physiological functions of water	Knowing the types of food, their sources, and the	Problem Solving	Written and oral exams
13	2	Energy systems, methods of producing energy in the human body,		Diction /	Written and oral exams

		the phosphagenic system.			
14	2			Problem Solving	Written and oral exams
15	2	Exam	Second month exam	----------	Written exam
16	2	Energy systems, methods of producing energy in the human body, the phosphagenic system, its features, the tactical system, its features.	Knowledge of energy obtaining systems and their work in the sports field	Problem Solving	Written and oral exams
17	2	Energy systems, methods of producing energy in the human body, the aerobic system, its features	Knowledge of energy obtaining systems and their work in the sports field	Diction /	Written and oral exams
18	2	Recovery, restocking energy sources, removing lactic acid from the blood and muscular system.	Knowledge of energy obtaining systems and their work in the sports field	Problem Solving	Written and oral exams
19	2	Circulatory system, blood, the most important blood indicators, the effect of sports training on some blood indicators	Knowledge of the circulatory system, its working mechanism, its installation, and the effect of exercise on its work	Diction /	Written and oral exams
20	2	Heart, heart function, heart electricity, some cardiac indicators, the effect of exercise training on the heart.	Knowledge of the circulatory system, its working mechanism, its installation, and the effect of exercise on its work	Problem Solving	Written and oral exams
21	2	third month exam	third month exam	----------	Written exam

22	2	Blood pressure, systolic blood pressure, diastolic blood pressure, factors that lead to high blood pressure, measuring blood pressure, and some other functional indicators of the human body.	Knowledge of the circulatory system, its working mechanism, its installation, and the effect of exercise on its work	Use power point Pictures with video presentation	Written and oral exams
23	2	Blood pressure, systolic blood pressure, diastolic blood pressure, factors that lead to high blood pressure, measuring blood pressure, and some other functional indicators of the human body.	Knowledge of the circulatory system, its working mechanism, its installation, and the effect of exercise on its work	Diction /	Written and oral exams
24	2	The respiratory system, its structure and function, lung volumes and capacities.		Problem Solving	Written and oral exams
25	2	Gas exchange and pulmonary ventilation, the effect of sports activities on capacities and volumes	Knowledge of the circulatory system, its working mechanism, its installation, and the effect of exercise on its work	Diction /	Written and oral exams
26	2	Women and sports, the effect of sports activities on women's physical functions.	Knowing the effect of sports training on a woman's body	Problem Solving	Written and oral exams
27	2	Women and sports, the effect of sports activities on women's physical	Knowing the effect of sports training on a woman's body	Diction /	Written and oral exams

		functions.			
28	2	Training in different environments,	Knowing the effect of sports training in different environments on the athlete's body	Problem Solving	Written and oral exams
29	2	Training in different environments,	Knowing the effect of sports training in different environments on the athlete's body	Diction /	Written and oral exams
30	2	Review the second chapter	Review the second chapter	---------- --	

11- Course evaluation	
Distribution of the score out of 100 according to the tasks assigned to the student, such as daily preparation, daily, oral, monthly, written exams, reports, etc. The first course is 25, the second course is 25, and the final exam is 50	
12- Resources for learning and teaching	
Required textbooks (methodology, if any(	Exsersis physiology
Main references (sources)	Required textbooks (methodology, if any)
	Recommended supporting books and references (scientific journals, reports...)
Electronic references, websites	https://en.wikipedia.org/wiki/Exercise_physiology

Teaching preparation

Prof. Dr**. Ghassan Bahri Shamkhi**
Head of the scientific group
2024