



Ministry of Higher Education and Scientific  
Research  
Office of Supervision and Scientific Evaluation  
Department of Quality Assurance and Academic  
Accreditation  
University: University of Diyala

Faculty: Faculty of Physical Education and sport science

Department: Theoretical sciences

Date: 1-10-2024

Prof.: Mohammed Waleed

Asst. Prof. Nasser Qassim

Scientific associate

Head of Department

The program verified  
By

**Quality Assurance and University Performance Department in  
Faculty**

**Head of the office: Prof. Hanan Adnan Jacob**

**Date**

**Signature**

**Authentication of the Dean**

**Prof. Ody Abd al-Hessian**

**Academic description**

# 2024

## **Introduction**

This academic program provides a summary of the most important characteristics of the program and the learning outcomes expected from the student to achieve, showing if he has made huge use of the available opportunities. It is accompanied by a description of each course in the program

## **1. Vision**

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. Mission**

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. Objectives of academic program**

1. To help students to know the methods of teaching and e-learning that help the achieve the targeted learning outcomes in theoretical subjects.
2. To help students to know the assessment methods used to ensure that students obtain the targeted learning and e-learning outcomes.
3. To help students to realize the relationship between the program and its elements (courses or study materials) with the awarded certificate and future job qualifications.
4. The description of the academic program serves as a source of information for staff about the qualification of graduates of the scientific department in terms of the type of skills and abilities they possess.

## **4- Program accreditation**

Does the program have programmed accreditation? no

## **5- Other external influences**

Is there a sponsor for the program? no

## 6. Program

Requirements	Course	units	percent	notes
University prerequisite	1	2		Basic
College prerequisite				
Department prerequisite				
Summer traineeship				

## 7. course structure

Study stage	Course code	Title of course	Time	
			Theoretical lecture	Practical lecture
Second		Sports training	2	
Third				

### The sample course content

It provides a summary of the most important characteristics of the course and the learning outcomes expected from the student to achieve to show whether he has made the most of the available learning opportunities. It must be linked to the description of the program.

1. Academic institution	College of Education and Sport Science
2. Department	Department of Theoretical Sciences
3. Topic of the course	Sports Training
4. Location	On-site
5. educational system	Annual
6. Time	two hours per week
7. The date of issue	2/10/2024

## 8. Course outcomes and methods of teaching, learning and assessment

### A- Cognitive aims

- 1- To assist students to know the relationship of the program and its study elements (courses or study materials) with the awarded certificate and future job qualifications.
- 2- To help students to know the teaching and learning methods in order to achieve the targeted learning outcomes in the theoretical section.
- 3- To guide students to the teaching and learning methods that help them achieve learning outcomes in the field of learning.

## **B - Skills objectives of the course**

- 1 - To apply what students have learned from practical materials inside and outside the university.
- 2 - To apply what students have learned from theoretical materials inside and outside the university.
- 3 - To implement their ideas and talents inside and outside the university.

## **9. Teaching and learning methods**

1. Lectures and the use of electronic means such as data show
2. Problem solving method.
3. Discussion method.

### **Evaluation methods**

1. Written exams
2. Oral exams.

## **C- Emotional and significant skills**

- 1- Develop the spirit of cooperation.
- 2 - Self-assessment.
- 3 - Leadership evaluation.
- 4- Appreciating the efforts of scholars.

## **10. Teaching and learning methods**

1. Lecture and the use of electronic devices such as the data show
2. Problem solving method.
3. Discussion method

### **Evaluation methods**

1. Written exams
2. Oral exams

## **D - General and qualitative skills related to employability and personal development.**

- 1 - To highlight the student's personality to develop it.
- 2- To increase the student's self-confidence.
- 3 - To highlight the potential talents of the student.

## **11. The content of Sports Training course**

week	Time	Outcomes	Topic	Teaching method	Method Of assessment
1st			The concept of Sports Training	Presentation and Problem-solving	Written, Oral and Practical exams
2nd			Theories of Sports Training	Presentation and Problem-solving	Written, Oral and Practical exams
3rd			General Preparation	Presentation and Problem-solving	Written, Oral and Practical exams
4th			Special Preparation	Presentation and Problem-solving	Written, Oral and Practical exams
5th			Selection in Sports Training	Presentation and Problem-solving	
6th			Sports training rules		
7th			The rule of basic preparation		
8th			Discrete base		
9th			gradient base		-----
10th			Awareness and feeling bases		Written, Oral and Practical exams
11th			Display base	PowerPoint	Written, Oral and Practical exams
12th			continuous base	PowerPoint	Written, Oral and Practical exams
13th			Measured base		Written, oral and practical exams
14th			knowledge base		Written, oral and practical exams
15th			Ripple base	-----	Written, oral and practical exams
16th			Athletic training period		Written, oral and practical exams
17th			preparatory building period	PowerPoint	written and Oral and practical exams
18th			Discrete specific period		written and practical exams
19th			Experimental period		written and Oral and practical exams
20th			transition period		written and Oral and practical exams
21st			Annual Training circle	-----	written and Oral and practical exams
22nd			The components of Physical fitness		written and Oral and practical exam
23rd			Speed and its classifications		written and Oral and practical exam

24th			Force and its classifications		exam
25th			Endurance and its types		Oral exam
26th			Flexibility and its types		Oral exam
27th			Energy systems		Oral exam
28th			Training unit	-----	-----
29th			Training plan	-----	-----
30th			Phases of Sports Training	-----	-----

## 12. The development plan of the current course

1. Reading new scientific articles and sources to develop the current course
2. Unifying between theoretical and practical sides.

## 13.

مخطط مهارات البرنامج														
مخرجات التعلم المطلوبة من البرنامج											اساسي ام اختياري	اسم المقرر	رم ز الم قر ر	السنة / المست وى
القيم				المهارات				المعرفة						
4ج	3ج	2ج	1ج	4ب	3ب	2ب	1ب	4أ	3أ	2أ	1أ			
√	√	√	√	√	√	√	√	√	√	√	√	اساسي	علم التدريب الرياضي	2023- 2024

## 14. References

1. Curriculum Books
2. Net source

## 15. Teaching staff

1. Dr. Fakhri al-din Qassim (chief)
2. Dr. Raja abd alkarim member
3. Dr. Sadiq jafir member
4. Dr. Rasha Talib member
5. Dr. Nazir Nadim member

6. Dr.Muhaned kaima member
7. Dr.Ali khailfa member
8. Dr.Athir khalf member
9. Dr.Tuki hilal member

