

Ministry of Higher Education
and Scientific Research
Scientific supervision and
evaluation device
Department of Quality
Assurance and Academic
Accreditation
Accreditation Department



Academic program description guide

2024

:the introduction

An educational program is a coordinated and organized package of courses ...that includes

It consists of procedures and experiences organized into academic vocabulary, the main purpose of which is to build and refine skills

Graduates, which makes them qualified to meet the requirements of the labor market, are reviewed and evaluated annually via

Internal or external audit procedures and programs such as the external .examiner program

The academic program description provides a brief summary of the main features of the program and its courses

The skills that students are working on acquiring are based on the objectives of the academic program and are evident

The importance of this description is that it represents the cornerstone of obtaining programmatic accreditation and participation

In writing the teaching staff under the supervision of the scientific .committees in the scientific departments

This guide, in its second edition, includes a description of the academic program after updating vocabulary and paragraphs

The previous guide in light of the latest developments in the educational system in Iraq, which included a description

The academic program is in its traditional form (annual, quarterly), in addition to adopting the program description

The academic circulated according to the letter of the Department of Studies T.M. 3/2906 on 5/3/2023 regarding

.Programs that rely on the Bologna Process as a basis for their work

In this area, we can only emphasize the importance of writing descriptions of academic programs and courses

.Courses to ensure the smooth running of the educational process

:Concepts and terminology

Description of the academic program : The description of the academic program provides a brief summary of its vision, mission, and objectives, including an accurate description of the targeted learning outcomes
.according to specific learning strategies

Course Description : Provides a necessary summary of the most important characteristics of the course and the learning outcomes expected of the student to achieve, demonstrating whether he or she has made the most of the available learning opportunities. It is a gallows, according to the program
.description

Program Vision : An ambitious picture for the future of the academic program to be a developed, inspiring, motivating, realistic and applicable
.program

Program mission : The goals and activities necessary to achieve them in a brief way. It also defines the program's development paths

Program objectives : These are statements that describe what the academic program intends to achieve within a specific period of time and are
.measurable and observable

Program structure : All courses/study subjects included in the academic program according to the approved learning system (semester, annual, Bologna track), whether you are required (ministry, university, college, or
.scientific department), along with the number of study units

Learning outcomes : A consistent set of knowledge, skills, and values that the student has acquired after successfully completing the academic program. The learning outcomes for each course must be determined in a way that
.achieves the program's objectives

Teaching and learning strategies : They are the strategies used by the faculty member to develop the student's teaching and learning, and they are plans that are followed to reach the learning goals. That is, it describes all classroom and extracurricular activities to achieve the learning outcomes of
.the programme

Academic program description forms for Weightlifting

University name: Diyala University

College/Institute: College of Physical Education and Sports Sciences

Scientific Department: Individuals games 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: March 25, 2024

Date of filling the file: March 25, 2024

Signature:



Name of the branch head: Prof. Dr. Firdous Majeed Ameen

Signature



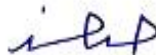
Name of the scientific assistant: Prof. Dr. Muhammad Walid Shihab

Date: Date:

Check the file by:

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:



The Dean Authentication

The vision of the program - 1

Remember to see the program as stated in the university bulletin and .website

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

Program message -2

State the program's mission as stated in the university's bulletin and .website

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

Program objectives -3

General statements that describe what the program or institution intends .to achieve

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
3. 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

Program accreditation -4
Does the program have program accreditation? From which side? both

Other external influences -5
Is there a sponsor for the program? both

Program structure -6				
*comments	percentage	Study unit	Number of courses	Program structure
Basic		3	1	Enterprise requirements
				College requirements
				Department requirements
				summer training
				Other

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

Program description -7				
Credit hours		Name of the course or course	Course or course code	Year/level
practical	theoretical	Fitness		2023- 2024
√	√			

Expected learning outcomes of the program - 8	
Knowledge	
Statement of learning outcomes 1	Learning outcomes 1
Highlighting the student's personality in a way that develops him	A1- Enabling students to obtain the knowledge required to understand mathematical theories and laws 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	
Statement of learning outcomes 2	Learning outcomes 2
Developing students in the skillful performance of the practical games included in the program	Helping students apply the theoretical and practical subjects they have learned inside and outside the university setting
Statement of learning outcomes 3	Learning outcomes 3
Increasing communication between individuals, which contributes to building a learning community	Helping students apply their ideas and talents inside and outside the university . setting
Value	
Statement of learning outcomes 4	Learning outcomes 4
Learn to set the right priorities for any problem	Developing cooperation and brotherhood and developing the spirit of determination among students
Statement of learning outcomes 5	Learning outcomes 5
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-

Teaching and learning strategies -9

Teaching and learning strategies and methods adopted in implementing the program in general

- .Cooperative education strategy
- .Learning strategy improvisation games
- .Teaching strategy brainstorming

- .Panorama education strategy
- .Education strategy collaborative concept planning
 - .Education strategy one minute paper
 - Education strategy real-time feedback
 - .Education strategy notes series
 - Education strategy mind mapping
- Modeling learning strategy: It is known as social learning, in which the individual acquires and learns responses as well as new behavioral patterns within a social context or situation through observation or attention. In general, it is an illustrative method of education in which experiences are employed as well as methods and models.

Evaluation methods -10
.Implementing it in all stages of the program in general
<p>- Written tests - Oral tests - Electronic tests - Daily tests</p> <p>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.</p> <p>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 The quality of the graduate, which constitutes the final outcome of the educational process, and</p> <p>:the most important methods of evaluation are</p> <p>A - Objective tests to measure knowledge of facts, comprehend them, apply scientific knowledge in new situations, and</p> <p>:measure remembering, through the following</p> <ul style="list-style-type: none"> • True and false questions • Multiple choice questions) Interview questions ·matching items).

Completion questions ·

- :Practical tests concern the following matters-
 - The ability to perform motor and skill sports (basketball, (...volleyball, handball
 - Sports understanding of scientific and practical material, ·
 - playing laws and principles
 - 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 -

Teaching profession -11					
.Faculty members					
Preparing the teaching staff		Special requirements/ skills (if any)	Specialization		Scientific rank
lecturer	angel		private	general	
	√		A fitness	Physical education and sports sciences	M.D

Professional development
Orienting new faculty members
Briefly classifies the process used to orient new, visiting, full-time, and part-time faculty at the institution and department levels
Professional development for members of the teaching profession
Briefly describe the academic and professional development plan and arrangements for faculty members such as teaching and learning strategies, assessment of learning outcomes, professional development, etc

Acceptance criterion - 12
Establishing regulations related to enrollment in the college or institute, whether central admission or others mentioned
<ul style="list-style-type: none"> - The average of students in the sixth year (preparatory, vocational), through which admission to the university level takes place - Acceptance by 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

The most important sources of information about the program -13
Remember briefly
<p>The curriculum approved by the Ministry of Higher Education and Scientific Research and its guidelines</p> <p>Decisions and recommendations of scientific committees in physical education and sports sciences</p> <ul style="list-style-type: none"> • 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 academic curriculum for the stage in which the education takes place
- The curriculum approved by the Ministry is unified for all colleges of physical education in Iraq
- The rules of the Olympic Games are taught by a specialist teacher

Equipping colleges with practical laboratories, halls, and playgrounds for the subjects taught.

Program development plan -14

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

Program skills chart

Learning outcomes required from the programme												Essential or optional	Course Name	Course Code	Year/level
Value				Skills				Knowledge							
C4	C3	C2	C1	B4	B3	B2	B1	A4	A3	2a	A1				2023-2024
√	√	√	√	√	√	√	√	√	√	√	√	Basic	Fitness		

Please check the boxes corresponding to the individual learning outcomes from the program subject to evaluation

Course description form

1. Course name: Fitness	
2. Course Code	
3. Semester/Year: Annual	
4. The date this description was prepared is 2/25/2024	
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 (if more than one name is mentioned)	
Prof. Doha Abdel Jabbar , Head of the Scientific Group - 1 Fadwa Muhammad Mohsen -2 Sarah Akram Hamid - 2	
8. Course objectives	
<ul style="list-style-type: none"> ● Helping students to know the most important physical traits - and abilities, how to develop them, and their importance for the athlete's private health or public health, and to ensure that .students obtain the targeted learning outcomes ● Recognizing the importance of physical fitness for individual and team games ● Identify its impact on developing physical capabilities in various fields of life 	Objectives of the study subject
9. Teaching and learning strategies	

<p>1- Activating the role of the learner in educational situations</p> <p>Motivating learners to generate creative ideas on a specific topic, by searching for correct answers, or possible solutions to the issues presented to them -2</p> <p>That students become accustomed to respecting and appreciating the opinions of others -3</p> <p>That students become accustomed to benefiting from The ideas of others, by developing and building on them -4</p>	<p>strategy</p>
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10. Course Structure (Physical Fitness)					
Evaluation method	Teaching method	Name of the unit/topic	Required learning outcomes	hours	the week
Written - oral - exams	Research learning style	Stages of structural fitness training	Cognitive :field Understanding the components of muscular fitness Knowing the factors affecting physical fitness characteristics Distinguishing between the two components of physical fitness Understanding the importance of elements and components of physical fitness	2 hour	the first
Written and oral exams	Initiative style	Physical exercise divisions)1(hours 2	the second
Written and oral exams	-----	Physical exercise divisions)2(hours 2	the third
Written - oral - practical tests	Collaborative style	Fitness trends		hours 2	the fourth
----- -	-----	The principles of physical fitness		hours 2	Fifth
Written - oral - practical tests	Diction / Problem Solving	Muscular strength		hours 2	VI
Written - oral - practical tests	Diction / Problem Solving	Muscle strength training methods		hours 2	Seventh
Written and oral .exams	Diction / Problem Solving	The most important special tests for strength endurance		hours 2	VIII
-----	Diction	The		hours 2	Ninth

--	/ Problem Solving	relationship of strength to some physical indicators	Getting to know food components Fitness exercises for women An effective way to review course content. • An effective way to determine appropriate evaluation methods. • Allows teachers to evaluate the effectiveness of their teaching: Have the intended outcomes been achieved? • It facilitates the process of transition		
Written and oral .exams	Usepower point	the speed		hours 2	The tenth
Written and oral .exams	Usepower point	Speed development and training (1)		hours 2	eleventh
Written - oral - practical tests	Diction / Problem Solving	Speed development and training (2)		hours 2	twelveth
Written - oral - practical tests	Inverted row	Types of reaction		hours 2	Thirteenth
Written and oral .exams	Collaborative style	Reaction exercises		hours 2	fourteenth
-----	-----	I test my vision in the classroom and in my work		hours 2	Fifteenth
Written - oral - exams	Research learning style	Methods of developing simple and complex reactions)1(hours 2	sixteen
Written and oral .exams	Initiative style	Methods of developing simple and complex reactions) 2 (hours 2	seventeenth
Written and oral .exams	Inverted row	Components of training load when developing		hours 2	eighteen

		speed	<p>from teaching to learning, that is, focusing on the learner rather than the teacher, that is, what the learner is expected to be able to do and not what the teacher can do.</p> <ul style="list-style-type: none"> • Students know clearly what they are expected to learn from this course and how their learning will be assessed. • It gives students the opportunity to take greater responsibility in their self-learning process when they know what they are expected to be able to do and the level 		
Written - oral - practical tests	Collaborative style	Speed tests		hours 2	nineteenth
Written and oral .exams	-----	Endurance		hours 2	twenty
----- -	Diction / Problem Solving	Classification of types of endurance		hours 2	twenty one
Written - oral - practical tests	Diction / Problem Solving	Endurance sections based on the concept of energy expenditure		hours 2	twenty two
Written and oral .exams	Diction / Problem Solving	Endurance tests and measurements		hours 2	Twenty-three
Tests	Diction / Problem Solving	Flexibility		hours 2	Twenty-four
Oral .exams	Usepower point	Types of flexibility exercises		hours 2	twenty five
Oral .exams	Usepower point	Agility		hours 2	twenty six
Oral - exams	Diction / Problem Solving	Fitness exercises		hours 2	twenty seven
-----	Inverted row	The physical fitness exam is practical and visual	hours 2	Twenty-eight	
-----	-----	Discuss student reports and	hours 2	Twenty-nine	

		review the material	they are expected to reach.		
-----	-----	Comprehensive physical fitness test		hours 2	thirty

Course evaluation -11	
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	
Resources for learning and teaching -12	
There is no approved textbook	Required textbooks (methodology, if any)
Mr. Abdel Maqsoud: Theories of sports training (training and physiology of ,strength Laith Ibrahim Jassim Al-Ghurairi Sports training basics of methodology _ College of Physical Education _ Diyala University Abdel Moneim Abdel Fattah and Abdel Latif Al Lami Fitness Mahmeidat Rashid, physical fitness, its importance, its components and its training	Main references (sources)
Mufti Ibrahim Hammadi Fitness and Abu Al-Ala Fitness is the path to a healthy life, Elaine Wadih Farag	Recommended supporting books and references (scientific (...journals, reports
https://www.sport.ta4a.u	Electronic references, Internet sites