

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

2025-2026

Introduction

The educational program is considered a coordinated and organized package of academic courses. It includes procedures and experiences structured in the form of course syllabi.

The primary purpose is to build and refine the skills of graduates, ensuring they are qualified to meet labor market requirements. This program is reviewed and evaluated annually through internal or external auditing procedures, such as the external examiner program.

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

It highlights the skills that work is being done to help students acquire, based on the goals of the academic program. The importance of this description is reflected in the fact that it represents the cornerstone for obtaining program accreditation.

Teaching staffs participate in writing it under the supervision of scientific committees in academic departments.

This guide, in its second edition, includes a description of the academic program after updating the syllabi and sections of the previous guide.

This update is in light of recent developments and changes in the educational system in Iraq. It includes a description of the academic program in its traditional form, which follows an annual or semester-based system.

Furthermore, it covers the adoption of the academic program description circulated under the letter of the Department of Studies No. TM3/2906 on 5/3/2023 regarding programs that adopt the Bologna Process as a basis for their operations.

In this context, we can only emphasize the importance of writing descriptions for academic programs and courses to ensure the smooth progress of the educational process.

Concepts and Terms

Academic Program Description	It provides a brief summary of the program's vision, mission, and objectives,
Course Description	It provides a brief summary of the most important characteristics of the
Program Vision	An ambitious vision for the future of the academic program to be
Program Mission	Briefly explains the goals and activities necessary to achieve them, and defines
Program Objectives	These are statements that describe what the academic program intends to achieve
Curriculum Structure	All study courses/subjects included in the academic program according to the adopted learning system (semester, annual, Bologna Process), whether it is a requirement of the ministry, university, college, or scientific department, along with the number of credit units.
Learning Outcomes	A harmonious set of knowledge, skills, and values acquired by the student after successfully completing the academic program. The learning outcomes for each course must be defined in a way that achieves the program's objectives.
Teaching and Learning Strategies	These are the strategies used by the faculty member to develop student teaching and learning. They are plans followed to reach learning goals, describing all classroom and extra-curricular activities to achieve the learning outcomes of the program.

Academic Program Description Form

University Name: Al-Turath University

Faculty/Institute: College of Physical Education and Sports Sciences

Academic or Professional Program Name: Bachelor in Physical Education and Sports Sciences

Final Degree Name: Bachelor in Physical Education and Sports Sciences

Academic System: Annual System

Description Preparation Date: 31/8/2025

File Completion Date: 1/9/2025

Signature:

Dean (Acting): Prof. Dr. Hussein Ali hussan

Date: 1/9/2025

Approval of the Dean

Signature

Scientific Associate Name: Asst. Prof. Dr. Noor dheya abdulhameed

Date: 1/9/2025

File Audited By:

Quality Assurance and Academic Performance Division

Director of Quality Assurance and Academic Performance Division Name:

Date:

Signature:

No.	Axis / Component	Item / Paragraph
1	Program Vision	The College of Physical Education and Sports Sciences occupies a distinguished position in the educational process at the scientific level. This is achieved by developing continuous quality standards that meet the needs of its students and faculty members, and by preparing highly efficient graduates capable of facing labor market challenges, qualified to raise performance and learning standards through teamwork and accountability.
2	Program Mission	The college seeks to prepare high-quality graduates according to international standards for the purpose of competition and development in serving the community and the sports environment, through continuous learning programs and efficiency in both scientific and theoretical aspects.
3	Program Objectives	• Preparing specialized and scientifically qualified academic staff in both theoretical and practical aspects. • Contributing with other colleges and departments of physical education and sports sciences to the development of the sports movement, such as the Olympic Committee, the Ministry of Youth, and sports federations. • Contributing to the dissemination of sports culture concepts and community service. • Preparing qualified coaching staff to train athletes in various specialties according to modern scientific foundations. • Developing a clear strategy to achieve prestigious positions among local, Arab, and regional counterparts. • The department seeks to improve the level and quality of educational performance in the field of specialization by relying on the best modern technical activities in teaching, training, and learning. • Opening channels of collaborative work with civil society organizations to solve problems and follow up on the continuation of sustainable development in the sports field regarding the active human resources.
4	Program Accreditation	Is the program accredited? And by which entity? Not currently available. The academic program of the College of Physical Education and Sports Sciences is seeking to obtain program accreditation.
5	Other External Influences	1.Aligning the Program with the Labor Market and Community Needs. 2.Provision of Logistical and Professional Development Support 3.Field-Based Practicum / Practicum

Is there a sponsoring entity for the program?

Twinning with the College of Physical Education and Sports Sciences / University of Diyala

6. Program Structure

Requirement Type	Number of Courses	Weekly Units / Credits	Percentage of Total Program
Institutional Requirements	4 Courses	8 Credits	5.71%
College Requirements (Theoretical)	16 Courses	64 Credits	45.71%
College Requirements (Practical)	34 Courses	68 Credits	48.58%
Total	54 Courses	140 Credits	100%

* Notes can include whether the course is core or elective.

Number of Units and Hours in the First Stage				
No.	Course Name	Application	Number of Units	Number of Hours
1	Anatomy	Theoretical	4	2
2	Arabic Language	Theoretical	2	1
3	Philosophy and History of Physical Education	Theoretical	4	2
4	English Language	Theoretical	2	1
5	Human Rights	Theoretical	2	1
6	Athletics (Track and Field)	Practical	4	4
7	Basketball	Practical	4	4
8	Weightlifting / Physical Fitness	Practical	2	2
9	Football (Soccer)	Practical	4	4
10	Swimming	Practical	2	2
11	Scouting and Guiding	Practical	2	2
12	Computer Science	Practical	2	1
	Total Units		34	26

Number of Units and Hours in the Second Stage				
No.	Course Name	Application	Number of Units	Number of Hours
1	Sports Biomechanics	Theoretical	4	2
2	Statistics	Theoretical	4	2
3	Sports Training Science	Theoretical	4	2
4	Testing and Measurement	Theoretical	4	2
5	Handball	Practical	4	4
6	Volleyball	Practical	4	4
7	Basketball	Practical	2	2
8	Boxing / Rhythmic Gymnastics	Practical	2	2
9	Computer Science	Practical	2	2
10	English Language	Theoretical	2	1
11	Ba'ath Party Crimes	Theoretical	2	1
12	Arabic Language	Theoretical	2	1
	Total Units		36	25

Number of Units and Hours in the Third Stage				
No.	Course Name	Physiology	Number of Hours	Number of Units
1	Physiology	Theoretical	2	4
2	Rehabilitation of Physical Injuries	Theoretical	2	4
3	Scientific Research	Theoretical	2	4
4	Motor Learning	Theoretical	2	4
5	Racket Sports	Practical	2	2
6	Handball	Practical	2	2
7	Fencing	Practical	2	2
8	Gymnastics	Practical	2	2
9	Volleyball	Practical	2	2
10	Wrestling / Rhythmic Gymnastics	Practical	2	2
11	Football (Soccer)	Practical	2	2
	Total Units		22	30

Number of Units and Hours in the Fourth Stage				
No.	Course Name	Application	Number of Units	Number of Hours
1	Sports Training Science	Theoretical	4	2
2	Sports Psychology	Theoretical	4	2
3	Management and Organization	Theoretical	4	2
4	Special Sports	Theoretical	4	2
5	Athletics (Track and Field)	Practical	4	4
6	Basketball	Practical	2	2
7	Handball	Practical	2	2
8	Football (Soccer)	Practical	2	2
9	Volleyball	Practical	2	2
10	Field Training (Practicum)	Practical	4	4
11	Graduation Research	Practical	4	4
12	Teaching Methods	Practical	2	2
13	Sociology	Theoretical	4	2
	Total Units / Hours		42	32

8. Expected Learning Outcomes of the Program

Category	
Knowledge	Acquiring fundamental knowledge in various sports and educational sciences.
Skills	Mastering practical skills in different sports games and physical activities.
Values	Acquiring knowledge and skills in sports and educational sciences; the ability to prepare training programs; applying scientific research to solve sports problems; mastering practical skills in various games; and the ability to work in diverse fields such as education, training, sports management, and officiating.

9. Teaching and Learning Strategies

No.	Strategy Description in English
1	Direct presentation methods via live modeling (the instructor).
2	Educational films and colored diagrams.
3	Lead-up games (minor games) that serve the specific skill.

10. Evaluation Methods

No.	Method Description in English
1	Daily, oral, and monthly examinations.
2	Performance-based assessment.
3	Reports and extracurricular activities.

11. Faculty Members

Faculty Member Name	Academic Rank	General Specialization	Specific Specialization	Special Requirements / Skills (if any)	Faculty Status: Core / Adjunct
Prof. Dr. Hussein Ali Hassan	Professor	Physical Education & Sports Sciences	Physiology of Training		Core
Prof. Dr. Omar Saad Ahmed	Professor	Physical Education & Sports Sciences	Training / Boxing		Core
Asst. Prof. Dr. Muayyad Ismail	Assistant Professor	Physical Education & Sports Sciences	Motor Learning / Basketball		Core
Asst. Prof. Dr. Jasib Muhsin Aziz	Assistant Professor	Physical Education & Sports Sciences	Teaching Methods		Core
Asst. Prof. Abdul-Wahid Lazim	Assistant Professor	Physical Education & Sports Sciences	Motor Learning / Artistic Gymnastics		Core
Asst. Prof. Dr. Mustafa Ibrahim	Assistant Professor	Physical Education & Sports Sciences	Injuries and Rehabilitation		Adjunct
Asst. Prof. Thair Amer Abbas	Assistant Professor	Physical Education & Sports Sciences	Testing and Measurement		Core
Lecturer Dr. Saif Saad Ahmed	Lecturer	Physical Education & Sports Sciences	Training / Boxing		Core
Lecturer Dr. Nour Daa Abdul-Hamid	Lecturer	Physical Education & Sports Sciences	Motor Learning / Handball		Core

Lecturer Dr. Tariq Abdul-Jabbar Hussain	Lecturer	Physical Education & Sports Sciences	Physiology		Core
Lecturer Dr. Layth Muhammad Abdul-Ridha	Lecturer	Physical Education & Sports Sciences	Physiology / Racket Sports		Core
Lecturer Dr. Muhammad Hashim Sadah	Lecturer	Physical Education & Sports Sciences	Training / Football		Core
Lecturer Dr. Ali Abdul-Sahib	Lecturer	Physical Education & Sports Sciences	Injuries and Rehabilitation		Adjunct
Asst. Lecturer Essam Kazim Hassoun	Assistant Lecturer	Physical Education & Sports Sciences	Training / Athletics		Core
Asst. Lecturer Ahmed Sami Ismail	Assistant Lecturer	Physical Education & Sports Sciences	Teaching Methods		Core
Asst. Lecturer Razzaq Abdullah Sayil	Assistant Lecturer	Physical Education & Sports Sciences	Arts / English Language		Core

Professional Development

Development Category	Guidelines & Requirements
Orientation for New Faculty Members	The necessity of using modern teaching methods and techniques while considering individual differences among students.
Professional Development for Faculty Members	• Participation in professional training courses. • Emphasizing scientific research. • Emphasizing scientific seminars and symposiums.

No.	Section / Item	Professional English Translation
12	Admission Criteria	Central admission (physical, skill-based, and physiological tests) and a personal interview.
13	Key Information Sources about the Program	• The Comprehensive Sports Library. • Textbooks prescribed for the study subjects according to each stage, approved by the twinned university.
14	Program Development Plan	Updating references and utilizing modern technology.

Program Skills Map

Required Learning Outcomes of the Program

Year / Level	Course Code	Course Name	Core or Elective	Knowledge (A1)	Knowledge (A2)	Knowledge (A3)	Knowledge (A4)	Skills (B1)	Skills (B2)	Skills (B3)	Skills (B4)	Values (C1)	Values (C2)	Values (C3)	Values (C4)
First Stage	—	Anatomy	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	—	Arabic Language	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	—	Philosophy and History of Physical Education	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	—	English Language	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	—	Human Rights	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	—	Athletics	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	—	Basketball	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	—	Weightlifting / Physical Fitness	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	—	Football (Soccer)	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	—	Swimming	Core	✓	✓	✓	✓								

Course Name	Core or Elective	Knowledge (A1)	Knowledge (A2)	Knowledge (A3)	Knowledge (A4)	Skills (B1)	Skills (B2)	Skills (B3)	Skills (B4)	Values (C1)	Values (C2)	Values (C3)	Values (C4)
Scouts and Guides	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Computer Sciences	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Athletics	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Boxing / Rhythmic Gymnastics	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Volleyball	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Handball	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Swimming	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Basketball	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Artistic Gymnastics	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Training Science	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Biomechanics	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Testing and Measurement	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Statistics	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
English Language	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Crimes of the Ba'ath Regime	Core	✓	✓	✓	✓	✓	✓						

Stage / Level	Course Name	Core or Elective	Knowledge (A1)	Knowledge (A2)	Knowledge (A3)	Knowledge (A4)	Skills (B1)	Skills (B2)	Skills (B3)	Skills (B4)	Values (C1)	Values (C2)	Values (C3)	Values (C4)
Second Stage	Computer Sciences	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Arabic Language	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Athletics	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Boxing / Rhythmic Gymnastics	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Volleyball	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Handball	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Swimming	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Basketball	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Artistic Gymnastics	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Training Science	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Biomechanics	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Testing and Measurement	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Statistics	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	English Language	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Crimes of the Ba'ath Regime	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Computer Sciences	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

Stage / Level	Course Name	Core or Elective	Knowledge (A1)	Knowledge (A2)	Knowledge (A3)	Knowledge (A4)	Skills (B1)	Skills (B2)	Skills (B3)	Skills (B4)	Values (C1)	Values (C2)	Values (C3)	Values (C4)
Third Stage	Arabic Language	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Volleyball	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Football (Soccer)	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Handball	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Fencing	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Racket Sports	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Artistic Gymnastics	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Wrestling / Rhythmic Gymnastics	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Teaching Methods	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Physiology of Training	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Motor Learning	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Scientific Research	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Injuries and Rehabilitation	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Fourth Stage	Athletics	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Basketball	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

Course Name	Core or Elective	Knowledge (A1)	Knowledge (A2)	Knowledge (A3)	Knowledge (A4)	Skills (B1)	Skills (B2)	Skills (B3)	Skills (B4)	Values (C1)	Values (C2)	Values (C3)	Values (C4)
Football (Soccer)	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Handball	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Volleyball	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Field Application (Practicum)	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Graduation Research Project	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Teaching Methods	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Psychology	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Training Science	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Motor Analysis	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Administration and Organization	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Sports for Individuals with Disabilities	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Sociology	Core	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

Athletics

1. Educational Institution	Al-Turath University
2. Scientific Department / Center	College of Physical Education and Sports Sciences
3. Course Name / Code	Athletics / AT
4. Available Attendance Forms	Daily / Paper-Based
5. Semester / Year	2025/2026 — Annual System
6. Total Credit Hours	2 Hours per week
7. Date of Preparation	September 1, 2025
8. Course Objectives	Introduce the student to: 1. The essence and concept of athletics. 2. The most critical specialized events in athletics. 3. Technical performance and form for each event. 4. Official rules and regulations for each specific event
10. Course Outcomes & Learning Strategies	A. Cognitive Objectives: - A1. Understanding the specific events of track and field. - A3. Identifying the core components of athletics competitions. - A4. Gaining insight into the performance characteristics of events. - A5. Comprehending the regulations and laws governing each athletic event. B. Specialized Skill Objectives: - B1. Enabling the student to analyze and comprehend track events. - B2. Enabling the student to recognize distances (e.g., 1500m race). - B3. Training the student on the technical form of each field/track event.
Teaching and Learning Methods	Lecture and discussion sessions to study regulations and their specific laws. Practical modeling and demonstration of technical steps for each event.
Evaluation Methods	Daily and classroom assignments. Classroom discussions. Daily and semester quizzes / practical exams.

(Athletics Weekly Plan)

Week	Hours	Required Learning Outcomes	Unit / Topic Name	Teaching Method	Evaluation Method
1	2	Starting from the blocks to the 1st hurdle	100m Hurdles Race	Specialized Drills	Practical Exams
2	2	Clearing the hurdle with the lead leg	100m Hurdles Race	Explanation & Practice	Practical Exams
3	2	Clearing the hurdle with the trail leg	100m Hurdles Race	Drills & Practice	Practical
4	2	Coordinating both legs with arm/torso movement	100m Hurdles Race	Drills & Practice	Practical Exams
5	2	Mastering hurdle clearance technique	100m Hurdles Race	Drills & Practice	Practical Exams
6	2	Linking all stages of the hurdles race	100m Hurdles Race	Applying Drills	Practical Exams
7	—	Practical & Theoretical Exam	Midterm Assessment	—	Grading
8	2	Grip and carriage of the discus	Discus Throw Event	Explanation & Practice	Practical Exams
9	2	Swing phase and linking it to gripping	Discus Throw Event	Explanation of Rules	Practical Exams
10	2	Turn phase and linking it to swings	Discus Throw Event	Explanation & Practice	Practical Exams
11	2	Delivery types, release, and recovery phase	Discus Throw Event	Explanation & Practice	Practical Exams
12	2	Full execution of the skill with rules	Discus Throw Event	Explanation & Practice	Practical Exams
13	—	Practical & Theoretical Exam	Midterm Assessment	—	Grading
14	2	Core overview of the middle-distance event	1500m Running Event	Explanation & Practice	Practical Exams
15	2	Technical rules of execution and pacing	1500m Running Event	Explanation & Practice	Practical Exams)
16	2	Specific endurance training drills	1500m Running Event	Explanation & Practice	Practical Exams
17	2	Full execution of the running phase	1500m Running Event	Explanation & Practice	Practical Exams
18	2	Full execution alongside official rules	1500m Running Event	Explanation & Practice	Practical Exams)
19	—	Practical & Theoretical Exam	Term Assessment	—	Grading
20	2	Triple jump phase mechanics and approach	Triple Jump Event	Explanation & Practice	Practical Exams)
21	2	Take-off phase execution	Triple Jump Event	Explanation & Practice	Practical Exams
22	2	Flight phases (hop, step, jump correlation)	Triple Jump Event	Explanation & Practice	Practical Exams
23	2	Landing phase and full technical integration	Triple Jump Event	Explanation & Practice	Practical Exams
24	2	Complete skill execution with landing rules	Triple Jump Event	Explanation & Practice	Practical Exams
25	—	Practical & Theoretical Exam	Term Assessment	—	Grading
26	2	Grip and starting position	Hammer Throw Event	Explanation & Practice	Practical Exams
27	2	Swing phase execution and technical rules	Hammer Throw Event	Explanation & Practice	Practical Exams
28	2	Turn phase integration and footwork	Hammer Throw Event	Explanation & Practice	Practical Exams
29	2	Complete hammer throw cycles with rules	Hammer Throw Event	Explanation & Practice	Practical Exams
30	—	Final Practical & Theoretical Exam	Final Examination	—	Grading

Course Infrastructure & Grading (Athletics)

Infrastructure Category	Details and Approved References
1. Required Prescribed Textbooks	Track and Field Athletics (Prescribed Core Textbook)
2. Main Reference Materials	International Federation Regulations for Track and Field — Authored by Sarih Abdul-Karim Al-Fadhli & Talib Faisal Abdul-Hussein
Recommended Literature	Academic Theses, Dissertations, and Scientific Research Papers
Electronic References	The Comprehensive Sports Library
Course Evaluation Structure	First Semester (25 Marks): Practical (15 Marks) + Theoretical (10 Marks). Second Semester (25 Marks): Standard Evaluation. Coursework Total (Sa'ee): 50 Marks. Final Examination (50 Marks): Final Practical (30 Marks) + Final Theoretical (20 Marks).

Course Specification Template (Motor Learning - MR)

11. Educational Institution	Al-Turath University
12. Scientific Department / Center	College of Physical Education and Sports Sciences
13. Course Name / Code	Motor Learning / MR
14. Available Attendance Forms	Daily / In-Person Paper-Based
15. Semester / Year	2025/2026 — Annual System
15. Total Credit Hours	4 Hours per week
17. Date of Preparation	September 1, 2025
Course Objectives	1. Teaching students fundamental terminology in motor learning. 2. Developing cognitive understanding of how movements occur and develop. 3. Enhancing scientific knowledge regarding feedback in sports. 4. Applying specialized testing criteria within motor learning parameters
Course Learning Outcomes	A. Cognitive Objectives: - A1. Recognizing key learning theories and sports applications. - A2. Studying motor learning laws, history, and applications. - A3. Categorizing physical and motor attributes. B. Skill Objectives: - B1. Developing knowledge on training methods and drill styles. - B2. Structuring scientific insight into how motor performance evolves. - B3. Understanding how a motor program is formed in the brain.

Affective Objectives & Strategies (Motor Learning)

Outcome / Strategy Item	Specifications
C. Affective and Value Objectives	- C1. Mental training. - C2. Brainstorming. - C3. Guided discovery. - C4. Teamwork and group synergy.
Teaching and Learning Methods	Learning via auxiliary aids and domain-specific sports apparatus. Utilizing technology by showing instructional sports clips and films.
Evaluation Methods	Final numerical grades. Attendance and participation logs. Extracurricular practical class activities.
D. General and Transferable Skills	- D1. Gaining scientific insight into physical traits forming motor coordination. - D2. Gaining cognitive capabilities for applied motor structuring in sports.

Course Structure (Motor Learning Weekly Plan)

Week	Hours	Required Learning Outcomes	Unit / Topic Name	Teaching Method	Evaluation Method
1	4	Student comprehension of core concepts	Introduction to Motor Learning	Theoretical	Daily Quiz
2	4	Comprehension of training ties	Motor Learning & Sports Training	Theoretical	Oral Exam
3	4	Grasping fitness and physical traits	Physical Capacities & Metrics	Theoretical	Review
4	4	Understanding motor skill limits	Motor Capacities Overview	Theoretical	Review
5	4	Comparing physical vs motor abilities	Physical vs Motor Capacities	Theoretical	Review
6	4	Structuring movements by category	Classification of Motor Skills	Theoretical	Review
7	4	Differentiating open and closed environments	Closed and Open Motor Skills	Theoretical	Review
8	—	Theoretical Evaluation	Midterm Examination	—	Exam Grade
9	4	Comprehension of metric evaluation	Testing & Metrics in Motor Learning	Theoretical	Review
10	4	Understanding cognitive processing 1	Mental Operations Part 1	Theoretical	Review
11	4	Understanding cognitive processing 2	Mental Operations Part 2	Theoretical	Review
12	4	Factors affecting response speed	Decision-Making Speed Variables	Theoretical	Review
13	4	Understanding movement generation	How Movement Occurs	Theoretical	Review
14	4	Analyzing sensory integration pathways	Sources of Sensory Information	Theoretical	Review
15	—	Mid-Year Comprehensive Exam	Mid-Year Examination	—	Exam Grade
16	4	Structural analysis of learning models	Motor Learning Theories	Theoretical	Review
17	4	Structural analysis of learning models	Motor Learning Theories (Cont.)	Theoretical	Review
18	4	Structural analysis of learning models	Motor Learning Theories (Cont.)	Theoretical	Review
19	4	Pedagogical paths for teaching skills	Methods of Teaching Motor Skills	Theoretical	Review
20	4	Practice distribution methods	Methods of Skill Training	Theoretical	Review
21	4	Practice distribution methods	Methods of Skill Training (Cont.)	Theoretical	Review
22	—	Theoretical Evaluation	Term Examination	—	Exam Grade
23	4	Analyzing informational loops	Feedback Mechanisms	Theoretical	Review
24	4	Analyzing informational loops	Feedback Mechanisms (Cont.)	Theoretical	Review
25	4	Studying retention and practice impact	Transfer of Learning	Theoretical	Review
26	4	Considering specific user differences	Individual Differences	Theoretical	Review
27	4	Child development and motor learning	Cognitive Processes in Children	Theoretical	Review
28	4	Studying performance fluctuations	Biorhythms	Theoretical	Review
29	4	Studying performance fluctuations	Biorhythms (Cont.)	Theoretical	Review
30	—	Final Comprehensive Theory Exam	Final Examination	—	Exam Grade

Infrastructure (Motor Learning)

Infrastructure Category	Details and Approved References
1. Required Textbooks	Motor Learning between Principle and Application
2. Main References	Core Textbooks by Prof. Ya'rub Khayoun
Recommended Literature	Academic Theses and Specialized Research in Motor Learning
Electronic References	The Comprehensive Sports Library Database

Physiology of Training

18. Educational Institution	Al-Turath University
19. Scientific Department / Center	College of Physical Education and Sports Sciences
20. Course Name / Code	Physiology of Sports Training / PH ST
21. Available Attendance Forms	Daily / In-Person Paper-Based
22. Semester / Year	2025/2026 — Annual System
23. Total Credit Hours	2 Hours per week
24. Date of Preparation	September 1, 2025
Course Objectives	1. Teaching the principles and foundations of training physiology. 2. Outlining physiological systems within modern athletic training methods. 3. Investigating the functional relationships of biological organs under load conditions.
Course Learning Outcomes	A. Cognitive: A1. Knowledge and functional understanding. A2. Cognitive field comprehension of functional testing. B. Skills: B1. Theoretical knowledge of organic systems. B2. Applied lab-based monitoring of functional changes

Physiology Weekly Plan

Week	Hours	Required Learning Outcomes	Unit / Topic Name	Teaching Method	Evaluation Method
1	2	Student understanding of core context	Concept & Value of Physiology	Theoretical	Daily Quiz
2	2	Understanding metabolic foundations	Nutrition & Sports Performance	Theoretical	Review
3	2	Differentiating dietary inputs	Nutrition Components & Categories	Theoretical	Review
4	2	Energy pathway tracking	Carbohydrates	Theoretical	Review
5	2	Energy pathway tracking	Fats and Lipid Metabolism	Theoretical	Review
6	2	Tissue building pathways	Proteins	Theoretical	Review
7	2	Micronutrient analysis	Vitamins	Theoretical	Review
8	2	Hydration parameters under load	Water & Mineral Salts	Theoretical	Review
9	—	Theoretical Evaluation	Midterm Examination	—	Exam Grade
10	2	Caloric intake mapping	Athlete vs Non-Athlete Nutrition	Theoretical	Review
11	2	ATP resynthesis pathways	Energy Production Systems	Theoretical	Review
12	2	Muscular recruitment properties	The Muscular System	Theoretical	Review
13	—	Theoretical Evaluation	Term Assessment	—	Exam Grade
14	2	Hemodynamic adaptations	The Cardiovascular System	Theoretical	Review
15	2	Pulmonary changes under training	The Respiratory System	Theoretical	Review
16	—	Mid-Year Comprehensive Exam	Mid-Year Examination	—	Exam Grade
17	2	Neural regulation of motor skills	The Nervous System	Theoretical	Review
18	2	Environmental factors on output	Climate Environment & Training	Theoretical	Review
19	2	Hypothermic conditions analysis	Training in Cold Weather	Theoretical	Review
20	2	Hyperthermic conditions analysis	Training in Hot Weather	Theoretical	Review

21	2	Hypoxia and altitude adaptation	Altitude Training Physiology	Theoretical	Review
22	2	Banned substances identification	Doping & Ergogenic Aids	Theoretical	Review
23	—	Theoretical Evaluation	Term Assessment	—	Exam Grade
24	2	Cellular restoration tracking	Recovery Mechanisms	Theoretical	Review
25	2	Leukocyte variations under overload	The Immune System	Theoretical	Review
26	2	Long-term functional adaptations	Physical Training Effects	Theoretical	Review
27	2	Target review of core systems	Cardiac & Hematological Review	Theoretical	Review
28	2	Integration of past lectures	Comprehensive Course Review 1	Theoretical	Review
29	2	Practical monitoring applications	Applied Field Practicum	Practicum	Practical Evaluation
30	—	Final Comprehensive Exam	Final Examination	—	Exam Grade

Infrastructure (Physiology)

Infrastructure Category	Details and Approved References
1. Required Textbooks	Physiological Applications in Sports Methods and Styles of Sports Training Physiology of Sports Training
2. Main References	Textbooks authored by Dr. Hussein Ali Hassan & Dr. Muhammad Hassan Allawi
Recommended Literature	Academic Dissertations and Human Performance Research Journals
Electronic References	The Comprehensive Sports Library Database

Basketball

25. Educational Institution	Al-Turath University
26. Scientific Department / Center	College of Physical Education and Sports Sciences
27. Course Name / Code	Basketball / BB
28. Available Attendance Forms	Daily / In-Person Paper-Based
29. Semester / Year	2025/2026 — Annual System
30. Total Credit Hours	2 Hours per week
31. Date of Preparation	September 1, 2025
32. Course Objectives	1. Identifying basketball skills alongside historical development. 2. Training students on offensive skills (ball handling, dribbling, passing). 3. Teaching technical and legal frameworks for 3-point and free throws.
Course Learning Outcomes	A. Cognitive: A1. Execution of core handling and pivoting skills. A2. Performing precise dribbling and passing. A3. Mastering set shots and layup forms. B. Skill: B1. Ball feel and coordination. B2. Applied tactical passing/dribbling. B3. Integrated shooting execution.

Basketball Weekly Plan

Week	Hours	Required Learning Outcomes	Unit / Topic Name	Teaching Method	Evaluation Method
1	2	Learning the court layouts	Fundamental Principles of Basketball	Diagram Analysis	Orientation
2	2	Precise execution of stances	Basic Stance, Stopping, & Pivoting	Stance Practice	Skill Practice
3	2	Differentiating passing mechanics	Chest Pass Fundamentals	Error Corrections	Skill Practice
4	2	Executing bounce passes	Bounce Pass Drills	Explanation & Practice	Practical Rubrics
5	2	Executing overhead distributions	Overhead Pass Drills	Explanation & Practice	Skill Practice
6	2	Executing deep shoulder passes	Shoulder Pass Drills	Applied Exercises	Practical Rubrics
7	2	Push pass variations	Push Pass Drills	Technical Analysis	Practical Rubrics
8	2	High dribble parameters	High Dribble Execution	Applied Exercises	Skill Practice
9	2	Low dribble control under pressure	Low Dribble Execution	Applied Exercises	Practical Rubrics
10	2	Directional change parameters	Change of Direction Dribbling	Applied Exercises	Skill Practice
11	2	Executing spin move dribbles	Dribble and Half-Spin Move	Applied Exercises	Skill Practice
12	2	Complete spin drill	Dribble and Full-Spin Move	Applied Exercises	Practical Rubrics
13	2	Linking dribbles and passes	Comprehensive Skill Integration	Compound Drills	Skill Practice
14	—	Mid-Year Written Evaluation	Theoretical Mid-Year Exam	Classroom	Written Score
15	—	Mid-Year Applied Performance	Practical Mid-Year Exam	Court	Practical Score
16	2	Reviewing prior semester items	Fundamental Skills Refresher	Applied Exercises	Review
17	2	Form analysis for set shots	Set Shot Mechanics	Explanation & Practice	Skill Practice
18	2	Layup footwork parameters	Layup Execution	Explanation & Practice	Practical Rubrics

19	2	Free throw consistency	Free Throw Execution	Explanation & Practice	Skill Practice
20	2	Dribble-to-pass shot loops	Passing and Shooting Integration	Applied Exercises	Skill Practice
21	2	Dribble-to-shoot execution	Dribbling and Shooting Integration	Applied Exercises	Skill Practice
22	2	Defensive block styles	Screening and Screen Variations	Applied Exercises	Practical Rubrics
23	2	Defensive deception styles	Feinting & Deceptive Movements	Applied Exercises	Skill Practice
24	2	Stance and defensive positioning	Player Stance & Defensive Movement	Applied Exercises	Skill Practice
25	2	Team defensive systems	Defensive Formations & Zones	Applied Exercises	Skill Practice
26	2	Team offensive execution	Offensive Formations & Patterns	Applied Exercises	Skill Practice
27	2	Rulebook comprehension	FIBA Official Rules & Referee Signs	Rules Briefing	Comprehension
28	2	Applied full-court scrimmage	Full Scrimmage Play	Inter-Team Game	Practical Rubrics
29	—	Final Written Theory Exam	Final Theoretical Examination	Classroom	Final Score
30	—	Final Applied Court Assessment	Final Practical Examination	Court	Final Score

Handball

33. Educational Institution	Al-Turath University
34. Scientific Department / Center	College of Physical Education and Sports Sciences
35. Course Name / Code	Handball / HB
36. Available Attendance Forms	Daily / In-Person Paper-Based
37. Semester / Year	2025/2026 — Annual System
38. Total Credit Hours	2 Hours per week
39. Date of Preparation	September 1, 2025
40. Course Objectives	1. Introduction to defensive and offensive skills in handball. 2. Scientific application of tactical team play. 3. Studying physical and psychological components of handball performance.
Course Learning Outcomes	A. Cognitive: A1. Acquiring drills and theoretical knowledge. A2. Mastering fundamental rules. A3. Full comprehension of handball court regulations. B. Skill: B1. Offensive mechanics. B2. Defensive systems. B3. Official IHF rules application.

Handball Weekly Plan

Week	Hours	Required Learning Outcomes	Unit / Topic Name	Teaching Method	Evaluation Method
1	2	Technical form parameters	Fundamental Handball Skills Review	Explanation & Practice	Applied Review
2	2	Analyzing structural game play	IHF Laws and Regulations Review	Explanation & Practice	Rules Review
3	2	Interception stance tracking	Defensive Skill Drills	Explanation & Practice	Practical Rubrics
4	2	Zone movement configurations	Defensive Phases & Stances	Tactical Setups	Applied Review
5	2	Differentiating line structures	Defensive Systems & Legal Bounds	Tactical Setups	Applied Review
6	2	Differentiating line structures	6-0 Defensive Formation (Pros/Cons)	System Breakdown	Applied Review
7	2	Differentiating line structures	5-1 Defensive Formation (Pros/Cons)	System Breakdown	Applied Review
8	2	Differentiating line structures	4-2 Defensive Formation (Pros/Cons)	System Breakdown	Applied Review
9	—	Midterm Theoretical & Practical Evaluation	Midterm Examination	Court/Class	Midterm Grades
10	2	Zone tracking parameters	Zone Defense & Tactical Formations	Applied Exercises	Applied Tracking

11	2	Man-marking metrics	Man-to-Man Defense Drills	Applied Exercises	Applied Tracking
12	2	Hybrid containment styles	Combined Defensive Systems	Applied Exercises	Applied Tracking
13	—	Theoretical & Practical Performance Assessment	Term Examination	Court/Class	Term Grades
14	2	Attacking structure setups	Offensive Play in Handball	Tactical Setups	Applied Tracking
15	2	Attacking structure setups	Individual Offensive Phases	Tactical Setups	Applied Tracking
16	2	Transition efficiency metrics	Fast Break Team Tactics	Tactical Setups	Applied Tracking
17	2	Structured setup mechanics	Set Offense Formations	Explanation & Practice	Applied Tracking
18	2	Breach execution options	Breakthrough & Penetration Tactics	Explanation & Practice	Applied Tracking
19	2	Crossing lane variations	Basic Offensive Plays (Crossing)	Explanation & Practice	Applied Tracking
20	2	Block-and-pivot variations	Basic Offensive Plays (Screening)	Explanation & Practice	Applied Tracking
21	—	Theoretical & Practical Play Evaluation	Term Assessment Exam	Court/Class	Term Grades
22	2	Integrated skill practice	Offensive Tactics Applied Drills	Tactical Modeling	Applied Tracking
23	2	Integrated skill practice	Defensive Tactics Applied Drills	Tactical Modeling	Applied Tracking
24	2	System correlation tracking	Complete Offensive Strategy Plans	Tactical Modeling	Applied Tracking
25	2	System correlation tracking	Complete Defensive Strategy Plans	Tactical Modeling	Applied Tracking
26	2	Rule configurations	Applied Match Play Rules	Scenario Modeling	Applied Tracking
27	2	Applied scrimmage play	Inter-Squad Match Play	Match Scrimmage	Practical Rubrics
28	2	Scrimmage refereeing parameters	Full Scrimmage Play	Match Scrimmage	Practical Rubrics
29	—	Final Written Theory Exam	Final Theoretical Examination	Classroom	Final Score
30	—	Final Applied Court Assessment	Final Practical Examination	Court	Final Score

Infrastructure (Handball)

Infrastructure Category	Details and Approved References
1. Required Textbooks	Handball Core Textbook
2. Main References	International Handball Federation (IHF) Official Rulebook — Textbooks by Diya Al-Khayyat, Nawfal Al-Hayali, & Saad Muhsin
Recommended Literature	Academic Theses and Specialized Dissertations in Sports Science
Electronic References	The Comprehensive Sports Library Database

(Handball for Female Students - Women's Bracket)

41. Educational Institution	Al-Turath University
42. Scientific Department / Center	College of Physical Education and Sports Sciences
43. Course Name / Code	Handball for Female Students / HB
44. Available Attendance Forms	Daily / In-Person Paper-Based
45. Semester / Year	2025/2026 — Annual System
46. Total Credit Hours	2 Hours per week
47. Date of Preparation	September 2, 2025
48. Course Objectives	1. Teaching female students the fundamentals of core handball skills. 2. Preparing physical education teachers qualified for all academic stages. 3. Training and developing young leaders for national women's sports. 4. Mastering technical defensive strategies in handball.
Course Learning Outcomes	A. Cognitive: A1. Learning core athletic skills. A2. Memorizing primary regulatory laws. A3. Mastering team play dynamics. B. Skill: B1. Catching, passing, and receiving. B2. Dribbling. B3. Shooting. B4. Feinting/Deception.

(Women's Handball Weekly Plan)

Week	Hours	Required Learning Outcomes	Unit / Topic Name	Teaching Method	Evaluation Method
1	2	Basic fitness & rules intro	History of Handball & Court Dimensions	Stance Modeling	Stance Review
2	2	Secure catching configurations	Ball Handling and Catching Techniques	Drills Practice	Practical Exams
3	2	Control during reception loops	Receiving the Ball under Motion	Drills Practice	Practical Rubrics
4	2	Overhead passing accuracy	Over-the-Head Overhand Pass (Laws 1 & 2)	Drills Practice	Practical Rubrics
5	2	Hip-level distribution form	Hip-Level Pass Execution	Drills Practice	Practical Rubrics
6	2	Linking prior passing drills	Integrated Passing Combinations (Laws 3 & 4)	Compound Drills	Practical Rubrics
7	2	High bounce control lines	High Dribble Execution	Applied Exercises	Practical Rubrics
8	2	Low compression bounce form	Low Dribble Execution	Applied Exercises	Practical Rubrics
9	2	Dribble-to-pass integration	Linking Dribbles with Passing Sequences	Applied Exercises	Practical Rubrics
10	2	Complete dribbling patterns	Complex Dribble and Pass Combinations	Applied Exercises	Practical Rubrics
11	2	Legal boundary limits (Law 5)	Law 5 Practical Implementation	Scenario Modeling	Practical Rubrics
12	2	Legal boundary limits (Law 6)	Law 6 Practical Implementation	Scenario Modeling	Practical Rubrics
13	2	General performance review	Comprehensive Skills Review	Compound Drills	Practical Rubrics
14	—	Mid-Year Written Evaluation	Theoretical Mid-Year Exam	Classroom	Written Score
15	—	Mid-Year Applied Performance	Practical Mid-Year Exam	Court	Practical Score
16	2	Reviewing prior semester items	Fundamental Skills Refresher	Applied Exercises	Practical Rubrics
17	2	General overview of shooting	Introduction to Handball Shooting	Stance Modeling	Practical Rubrics
18	2	Set shot form parameters	Overhand Set Shot from Pivot Stance	Drills Practice	Practical Rubrics
19	2	Pacing shot execution steps	Overhand Shot from Zero-Step Stance (Law 7)	Drills Practice	Practical Rubrics

20	2	Dynamic shooting execution	Running Jump Overhand Shot	Drills Practice	Practical Rubrics
21	2	Vertical leap shot mechanics	Jump Shot (High vs Forward Jump) (Law 8)	Drills Practice	Practical Rubrics
22	2	Prone release configurations	Fall-Forward Diving Shot	Drills Practice	Practical Rubrics
23	2	Lateral release configurations	Side-Diving Shot Execution	Drills Practice	Practical Rubrics
24	2	Simple feinting paths	Basic One-on-One Feinting	Drills Practice	Practical Rubrics
25	2	Complex feinting options	Advanced and Double Feinting Drills	Compound Drills	Practical Rubrics
26	2	Group defense structures	Basic Group Defensive Formations	Tactical Setups	Practical Rubrics
27	2	Group attacking formations	Individual and Group Offensive Play	Tactical Setups	Practical Rubrics
28	2	Reviewing prior tactics	Integrated Tactical Skills Review	Video Analysis	Practical Rubrics
29	2	Scrimmage play parameters	Scrimmage Play under Regulation Rules	Inter-Team Game	Practical Exams
30	—	Final Practical & Theoretical Assessment	Final Examination	Court/Class	Final Score

- Infrastructure (Women's Handball)

Infrastructure Category	Details and Approved References
1. Required Textbooks	Core Textbook on Fundamental Skills of Handball
2. Main References	International Handball Federation Regulations — Books by Kamal Arif & Saad Muhsin
Recommended Literature	Academic Theses and Sports Performance Journals
Electronic References	The Comprehensive Sports Library Database

(Physical Fitness for Women)

49. Educational Institution	Al-Turath University
50. Scientific Department / Center	College of Physical Education and Sports Sciences
51. Course Name / Code	Physical Fitness for Female Students / FG
52. Available Attendance Forms	Daily / In-Person Paper-Based
53. Semester / Year	2025/2026 — Annual System
54. Total Credit Hours	4 Hours per week
55. Date of Preparation	September 1, 2025
56. Course Objectives	1. Developing physical fitness and health indices among students. 2. Training students on modern physical conditioning methods. 3. Graduating highly qualified female personal trainers and fitness instructors.
Course Learning Outcomes	A. Cognitive: A1. Structuring fitness training pipelines. A2. Tracking human biomechanics. A3. Promoting wellness management. B. Skill: B1. Conditioning leadership. B2. Advanced routine building. B3. Implementing training programs.

Physical Fitness Weekly Plan

Week	Hours	Required Learning Outcomes	Unit / Topic Name	Teaching Method	Evaluation Method
1	4	Orientation and safety bounds	Intro to Conditioning & Lesson Guidelines	Initial Briefing	Orientation
2	4	Defining metabolic targets	Core Concepts of Physical Fitness	Explanation & Drills	Performance Check
3	4	Context tracking across time	Historical Evolution of Physical Fitness	Explanation & Drills	Performance Check
4	4	Core adaptation metrics	Flexibility, Endurance, & Strength Prep	Drills Practice	Performance Check
5	4	Categorizing specific load profiles	Classification Profiles of Fitness	Explanation & Drills	Performance Check
6	4	Tracking general health parameters	Fundamental Elements of Physical Fitness	Drills Practice	Performance Check
7	4	Resistance endurance lines	Endurance + Strength-Endurance Drills	Drills Practice	Practical Exams
8	4	Evaluating components of workload	Core Structural Components of Fitness	Explanation & Drills	Performance Check
9	4	High-velocity tracking	Speed Training Modalities	Drills Practice	Practical Exams
10	4	Directional agility metrics	Agility and Coordination Routines	Drills Practice	Performance Check
11	4	Neuromuscular latency tracks	Reaction Time Conditioning	Drills Practice	Performance Check
12	4	Identifying chronic overtraining	Visual Signs of Decreased Fitness Levels	Drills Practice	Performance Check
13	4	Executing physical testing batteries	Practical Application of Fitness Metrics	Drills Practice	Performance Check
14	—	Mid-Year Written Evaluation	Theoretical Mid-Year Exam	Classroom	Written Score
15	—	Mid-Year Applied Performance	Practical Mid-Year Exam	Gym / Field	Practical Score
16	4	Post-break conditioning reset	General Re-Conditioning Phase	Drills Practice	Performance Check
17	4	Agility vs coordination analysis	Concept of Motor/Kinetic Fitness	Explanation & Drills	Performance Check
18	4	Health-related metrics overview	Health-Related Fitness Concepts	Explanation & Drills	Performance Check
19	4	Combining flexibility and velocity	General Fitness (Flexibility & Speed)	Drills Practice	Practical Exams)
20	4	Combining agility and velocity	General Fitness (Agility & Velocity)	Drills Practice	Performance Check
21	4	Tracking health parameters	Physical Activity & Metabolic Health	Drills Practice	Performance Check

Racket Sports

57. Educational Institution	Al-Turath University
58. Scientific Department / Center	College of Physical Education and Sports Sciences
60. Course Name / Code	Racket Sports / RS
61. Available Attendance Forms	Daily / In-Person Paper-Based
62. Semester / Year	2025/2026 — Annual System
63. Total Credit Hours	2 Hours per week
64. Date of Preparation	September 2, 2025
65 . Course Objectives	1. Introduction to fundamental skills in racket sports (Tennis / Badminton / Table Tennis). 2. Training students on the technical performance of grips, serves, and strokes. 3. Comprehensive study of international rules, court dimensions, and officiating for each racket sport.
66 - Course Learning Outcome	A. Cognitive: A1. Structural understanding of technical stroke phases. A2. Tracking international rules and scoring methods. A3. Memorizing tactical positioning on court. B. Skill: B1. Performing precise forehand and backhand strokes. B2. Executing strategic serves. B3. Mastering footwork patterns and court coverage.

Racket Sports Weekly Plan

Week	Hours	Required Learning Outcomes	Unit / Topic Name	Teaching Method	Evaluation Method
1	2	Grip and court orientation	Intro to Racket Sports: Equipment & Rules	Explanation & Modeling	Observation
2	2	Secure grip configurations	Racket Grips (Eastern / Continental / Western)	Grip Practice	Skill Performance
3	2	Linear swing mechanics	Forehand Drive Fundamentals	Technical Modeling	Skill Performance
4	2	Dynamic impact parameters	Forehand Drive from Movement	Drills Practice	Practical Rubrics
5	2	Dual-hand stability lines	Backhand Drive Fundamentals	Technical Modeling	Skill Performance
6	2	Directional placement metrics	Backhand Drive from Movement	Drills Practice	Practical Rubrics
7	2	Underhand / Overhead launch form	Serve Techniques & Boundary Rules	Drills Practice	Practical Rubrics
8	2	Net clearance parameters	Volley Techniques (Forehand & Backhand)	Drills Practice	Performance Check
9	—	Midterm Theoretical & Practical Evaluation	Midterm Examination	Court / Classroom	Midterm Grades
10	2	High trajectory defense paths	Lob Shot Execution & Footwork	Drills Practice	Skill Performance
11	2	High-velocity overhead tracking	Smash Shot (Overhead Smash) Technique	Drills Practice	Practical Rubrics
12	2	Low compression touch form	Drop Shot Fundamentals	Drills Practice	Practical Rubrics
13	—	Theoretical & Practical Performance Assessment	Term Examination	Court / Classroom	Term Grades
14	2	Base position tracking	Footwork Drills & Lateral Court Coverage	Conditioning Drills	Skill Performance
15	2	General performance review	Comprehensive Skills Integration Review	Compound Drills	Performance Check
16	—	Mid-Year Comprehensive Exam	Mid-Year Examination	Court / Classroom	Exam Grade
17	2	Singles placement strategy	Singles Match Tactics & Positioning	Tactical Setups	Practical Rubrics
18	2	Doubles boundary parameters	Doubles Match Tactics & Team Synergy	Tactical Setups	Practical Rubrics

19	2	International regulatory updates	ITF / BWF Scoring Systems and Regulations	Rules Briefing	Comprehension
20	2	Official referee hand signs	Refereeing Protocols & Court Officials Duties	Scenario Modeling	Comprehension
21	—	Theoretical & Practical Play Evaluation	Term Assessment Exam	Court / Classroom	Term Grades
22	2	Applied full-court scrimmage	Inter-Squad Singles Match Play	Match Scrimmage	Practical Rubrics
23	2	Team coordination scrimmage	Inter-Squad Doubles Match Play	Match Scrimmage	Practical Rubrics
24	2	Scrimmage refereeing parameters	Full Match Officiating Practicum	Match Scrimmage	Practical Rubrics
25	—	Final Written Theory Exam	Final Theoretical Examination	Classroom	Final Score
26	—	Final Applied Court Assessment	Final Practical Examination	Court / Tables	Final Score

Infrastructure & References: Racket Sports

Infrastructure Category	Details and Approved References
1. Required Textbooks	Fundamentals of Racket Sports (Tennis, Badminton, Table Tennis)
2. Main Reference Materials	International Federation Regulations for Racket Sports — Specialized Faculty Texts
Recommended Literature	Academic Dissertations and Human Performance Research Journals
Electronic References	The Comprehensive Sports Library Database

Teaching Methods

67. Educational Institution	Al-Turath University
68. Scientific Department / Center	College of Physical Education and Sports Sciences
69. Course Name / Code	Teaching Methods / TM
70. Available Attendance Forms	Daily / In-Person Paper-Based
71. Semester / Year	2025/2026 — Annual System
72. Total Credit Hours	2 Hours per week
73. Date of Preparation	September 1, 2025
74. Course Objectives	1. Introduction to the concepts, styles, and modern methods of teaching physical education. 2. Training students on standard lesson planning (warm-up, main part, conclusion). 3. Developing pedagogical capabilities for class leadership and command voice. 4. Understanding how to address individual differences and evaluation in sports education.
75. Course Learning Outcomes	A. Cognitive: A1. Comprehensive understanding of teaching styles (command, practice, reciprocal). A2. Learning student assessment frameworks. A3. Memorizing safety protocols during school physical activities. B. Skill: B1. Designing structured PE lesson plans. B2. Executing proper field leadership and classroom management. B3. Applying technical feedback mechanisms to school students.

Teaching Methods Weekly Plan

Week	Hours	Required Learning Outcomes	Unit / Topic Name	Teaching Method	Evaluation Method
1	2	Educational context and goals orientation	Introduction to Teaching Physical Education	Theoretical Lecture	Discussion
2	2	Competency identification parameters	Qualities and Duties of a Successful PE Teacher	Theoretical Lecture	Oral Questions
3	2	Differentiating style frameworks	Spectrum of Teaching Styles (Command Style)	Style Modeling	Performance Check
4	2	Autonomous practice configurations	The Practice Style of Teaching in Sports	Applied Modeling	Skill Assessment
5	2	Peer evaluation structures	The Reciprocal Style (Peer Teaching)	Group Work	Practical Rubrics
6	2	Problem-solving lines	Self-Check and Guided Discovery Styles	Problem Solving	Performance Check
7	2	Structural parts overview	Components of a Physical Education Lesson	Template Analysis	Plan Review
8	2	Managing preparation phases	The Introductory Part (Warm-up & Formatting)	Applied Exercises	Field Execution
9	—	Midterm Theoretical & Practical Evaluation	Midterm Examination	Classroom / Field	Midterm Grades
10	2	Managing instructional loops	The Main Part of the Lesson (Skill & Game)	Applied Exercises	Plan Review
11	2	Physiological cool-down lines	The Concluding Part (Dismissal & Recovery)	Applied Exercises	Field Execution
12	2	Written structuring parameters	Weekly and Annual Lesson Planning Templates	Writing Workshop	Lesson Plan Grading
13	—	Theoretical & Practical Performance Assessment	Term Examination	Classroom / Field	Term Grades
14	2	Pedagogical voice control lines	Command Voice and Field Formations	Field Practicum	Practical Rubrics
15	2	Class safety metrics	Field Organization and Sports Safety Rules	Field Practicum	Field Execution
16	—	Mid-Year Comprehensive Exam	Mid-Year Examination	Classroom / Field	Exam Grade
17	2	Cognitive taxonomy overview	Educational Objectives (Cognitive, Affective, Motor)	Theoretical Lecture	Written Quiz
18	2	Motor progression parameters	Principles of Skill Presentation & Progression	Technical Modeling	Practical Rubrics

19	2	Feedback loop mechanisms	Types of Feedback in School Sports	Scenario Analysis	Oral Questions
20	2	Addressing student capabilities	Individual Differences & Mixed-Ability Classes	Theoretical Lecture	Discussion
21	—	Theoretical & Practical Class Evaluation	Term Assessment Exam	Classroom / Field	Term Grades
22	2	Educational asset utilization	Auxiliary Educational Aids and Sports Media	Media Presentation	Comprehension
23	2	Performance metrics framework	Evaluation and Grading Criteria in Schools	Theoretical Lecture	Test Structuring
24	2	Mock lesson execution loops	Peer-Teaching Simulations: Stage 1	Student Practicum	Peer Grading
25	2	Mock lesson execution loops	Peer-Teaching Simulations: Stage 2	Student Practicum	Peer Grading
26	2	School athletic setup metrics	Organizing School Sports Days & Tournaments	Project Work	Plan Review
27	2	Comprehensive pedagogical review	Integrated Review of Teaching Methods	Open Discussion	Oral Questions
28	2	Practical field simulation loops	Full Mock PE Lesson Presentations	Field Practicum	Final Field Grade
29	—	Final Written Theory Exam	Final Theoretical Examination	Classroom	Final Score
30	—	Final Applied Field Assessment	Final Practical Examination	Field / Playground	Final Score

Infrastructure & References: Teaching Methods

Infrastructure Category	Details and Approved References
1. Required Textbooks	Methods of Teaching Physical Education — Core Academic Book
2. Main Reference Materials	Spectrum of Teaching Styles in PE — Books by Muska Mosston & Specialized Arab Texts
Recommended Literature	Pedagogical Research and Educational Journals in Physical Education
Electronic References	The Comprehensive Educational & Sports Library Databases

45.	Course Development Plan
—	Utilizing technology and modernizing source references

Training Science

76. Educational Institution	Al-Turath University
77. Scientific Department / Center	College of Physical Education and Sports Sciences
78. Course Name / Code	Training Science / TS
79. Available Attendance Forms	Daily / In-Person Paper-Based
80. Academic Year / Semester	2025/2026 — Annual System
81. Total Credit Hours	2 Hours per week
82. Date of Description Preparation	August 31, 2025
83. Course Objectives	1. Providing students with advanced knowledge regarding the laws, concepts, and foundational principles of sports training science. 2. Enabling students to understand and control training load variables (intensity, volume, density). 3. Training students on the methodologies of preparing and structures of short, medium, and long-term training cycles. 4. Developing practical competencies to design tailored athletic conditioning programs.

Course Learning Outcomes & Teaching Strategies

. Course Intended Learning Outcomes	A. Cognitive and Knowledge Objectives: A1. Comprehensive understanding of the physiological and biological principles of training. A2. Tracking training load variables and adaptation phases (Supercompensation). A3. Distinguishing between overtraining symptoms and regular fatigue spikes. B. Specialized Skill Objectives: B1. Designing and periodizing micro cycles, mesocycles, and macrocycles. B2. Applying modern methods to develop core physical components. B3. Constructing practical field tests to evaluate athletic performance.
Teaching and Learning Methods	• Interactive theoretical lectures using diagrams and multi-media presentations. • Case studies analyzing practical training programs for elite athletes. • Small group workshops to design practical micro cycle models.
Evaluation Methods	• Continuous daily quizzes and classroom tracking. • Midterm and term written examinations. • Evaluating individual projects and homework portfolios.

Weekly Plan Teaching Strategies

Week	Hours	Required Learning Outcomes	Unit / Topic Name	Teaching Method	Evaluation Method
1	2	Contextual orientation	Concept and Historical Evolution of Training Science	Theoretical Lecture	Discussion
2	2	Identifying core principles	Foundational and Biological Principles of Sports Training	Theoretical Lecture	Oral Questions
3	2	Differentiating load metrics	Training Load: Definition, Characteristics, and Internal/External Types	Lecture & Diagrams	Written Quiz
4	2	Analyzing volume parameters	Components of Training Load (Volume and Duration metrics)	Theoretical Lecture	Performance Check
5	2	Analyzing intensity levels	Components of Training Load (Intensity and Zone configurations)	Theoretical Lecture	Oral Questions
6	2	Analyzing density ratios	Components of Training Load (Training Density & Rest Intervals)	Theoretical Lecture	Performance Check
7	2	Control tracking setups	Methods for Measuring and Controlling Training Load Levels	Lecture & Tables	Practical Task
8	—	Midterm Comprehensive Evaluation	Midterm Examination	Classroom Exam	Exam Grade

Week	Hours	Required Learning Outcomes	Unit / Topic Name	Teaching Method	Evaluation Method
9	2	Conditioning tracking tracks	Continuous Training Method (Extensive & Intensive profiles)	Applied Modeling	Skill Assessment
10	2	Interval training parameters	Interval Training Method (Extensive Interval characteristics)	Applied Modeling	Performance Check
11	2	High-intensity parameters	Interval Training Method (Intensive Interval profiles)	Applied Modeling	Skill Assessment
12	2	Maximal strength limits	Repetitive Training Method and Fartlek Styles	Technical Modeling	Practical Task
13	—	Theoretical Performance Assessment	Term Examination	Classroom Exam	Term Grade
14	2	Muscular recruitment lines	Development of Physical Abilities: Maximal Strength	Theoretical Lecture	Plan Review
15	2	Velocity-strength parameters	Development of Physical Abilities: Explosive Power	Technical Modeling	Practical Rubrics
16	—	Mid-Year Comprehensive Evaluation	Mid-Year Examination	Classroom Exam	Exam Grade
17	2	Endurance-strength lines	Development of Physical Abilities: Strength-Endurance	Technical Modeling	Performance Check
18	2	Velocity metrics tracking	Development of Physical Abilities: Speed (Pure and Reaction)	Technical Modeling	Practical Rubrics
19	2	Specific endurance tracking	Development of Physical Abilities: Speed-Endurance	Technical Modeling	Performance Check
20	2	Aerobic tracking configurations	Development of Physical Abilities: Cardio-Respiratory Endurance	Technical Modeling	Practical Rubrics
21	—	Theoretical Class Evaluation	Term Assessment Exam	Classroom Exam	Term Grade
22	2	Mobility conditioning tracks	Development of Physical Abilities: Flexibility & Agility metrics	Technical Modeling	Practical Rubrics
23	2	Periodization overview	Planning and Periodization Concepts in Training	Template Analysis	Plan Review
24	2	Long-term cycles structure	Annual Training Plan: Macrocycles and Mesocycles layouts	Script Writing	Plan Review

Boxing

84. Educational Institution	Al-Turath University
85. Scientific Department / Center	College of Physical Education and Sports Sciences
86. Course Name / Code	Boxing
87. Available Attendance Forms	Daily / In-Person (Paper-Based)
86. Semester / Year	2025/2026 — Annual System
87. Total Credit Hours	2 Hours per week
88. Date of Preparation	September 1, 2025)
98. Course Objectives	1. Introduction to the fundamental principles, stances, and history of boxing 2. Training students on basic offensive punches (jabs, straights, hooks, uppercuts). 3. Teaching defensive movements (slipping, ducking, blocking) and footwork. 4. Understanding AIBA international rules, scoring systems, and officiating protocols.
. Course Learning Outcomes	A. Cognitive: A1. Structural understanding of punch mechanics and kinetic chains. A2. Memorizing weight categories and safety regulations. A3. Tracking competition rules and tactical designs. B. Skill: B1. Performing precise offensive punching combinations. B2. Executing active footwork and defensive slips. B3. Implementing refereeing signals and scoring during bouts.

Course Structure: Boxing Weekly Plan (Lesson Development Plan)

Week	Hours	Required Learning Outcomes	Unit / Topic Name	Teaching Method	Evaluation Method
1	2	Understanding historical context	History of Boxing, Safety Rules & Ring Dimensions	Lecture & Demonstration	Observation
2	2	Body alignment configuration	Basic Boxing Stances (Orthodox and Southpaw)	Guard Stance Drills	Stance Review
3	2	Base position tracking	Fundamental Footwork (Forward, Backward, Lateral)	Movement Modeling	Performance Check
4	2	Linear punch mechanics	Straight Left Hand Punch (Jab) Fundamentals	Technical Modeling	Skill Performance
5	2	Linear acceleration control	Straight Right Hand Punch (Cross) Fundamentals	Technical Modeling	Skill Performance
6	2	Linking prior linear moves	One-Two Punching Combinations (Jab-Cross)	Partner Pad Work	Practical Rubrics
7	2	Rotational axis movement	Left Hook Punch Execution & Mechanics	Technical Modeling	Skill Performance
8	2	Rotational axis movement	Right Hook Punch Execution & Mechanics	Technical Modeling	Skill Performance
9	—	Midterm Theoretical & Practical Evaluation	Midterm Examination	Ring / Classroom	Midterm Grades
10	2	Ascending trajectory control	Uppercut Punches (Left and Right Uppercuts)	Technical Modeling	Practical Rubrics
11	2	Defensive containment tracks	Catching and Blocking Defenses against Straights	Partner Drill Setups	Applied Tracking
12	2	Lateral defensive slips	Slipping Techniques (Left and Right Slips)	Technical Modeling	Practical Rubrics
13	—	Theoretical & Practical Performance Assessment	Term Examination	Ring / Classroom	Term Grades
14	2	Vertical deflection paths	Ducking and Weaving Defenses against Hooks	Technical Modeling	Performance Check

15	2	Dynamic compound loops	Counter-Punching Combinations after Defense	Partner Drill Setups	Practical Rubrics
16	—	Mid-Year Comprehensive Exam	Mid-Year Examination	Classroom / Gym	Exam Grade
17	2	Refresher coordination lines	Combination Review (Straight-Hook-Uppercut)	Heavy Bag Drills	Performance Check
18	2	In-fighting containment lines	In-Fighting Tactics, Clinching, and Legal Bounds	Technical Modeling	Applied Tracking
19	2	Rulebook comprehension	AIBA International Rules and Fouls (Infractions)	Rules Briefing	Oral Questions
20	2	Officiating metric framework	Scoring System (10-Point Must System) & Judging	Video Bout Analysis	Score Sheet Review
21	—	Theoretical & Practical Play Evaluation	Term Assessment Exam	Ring / Classroom	Term Grades
22	2	Ring authority setups	Referee Duties, Ring Control, and Hand Signals	Scenario Modeling	Practical Rubrics
23	2	Controlled ring tactics	Shadow Boxing and Controlled Technical Sparring	Ring Practicum	Applied Tracking
24	2	Tactical ring strategies	Advanced Ring Strategy and Corner-Man Duties	Tactical Modeling	Performance Check
25	2	Bout simulation loops	Inter-Squad Exhibition Bouts (3 Rounds)	Bout Scrimmage	Judging Rubrics
26	2	Bout refereeing parameters	Full Bout Officiating and Judging Practicum	Bout Scrimmage	Refereeing Grade
27	—	Final Written Theory Exam	Final Theoretical Examination	Classroom	Final Score
28	—	Final Applied Ring Assessment	Final Practical Examination	Boxing Ring	Final Score

Infrastructure & References: Boxing

Infrastructure Category	Details and Approved References
1. Required Textbooks	Foundations and Methods of Teaching Boxing
2. Main Reference Materials	AIBA Official Technical and Competition Rules — Core Textbooks by Dr. Omar Saad Ahmed .
Recommended Literature	Academic Theses, Dissertations, and Scientific Combat Sports Journals .
Electronic References	The Comprehensive Sports Library Database .

Rhythmic Gymnastics

99. Educational Institution	Al-Turath University
100. Scientific Department / Center	College of Physical Education and Sports Sciences
101. Course Name / Code	Rhythmic Gymnastics / RG
102. Available Attendance Forms	Daily / In-Person (Paper-Based)
103. Semester / Year	2025/2026 — Annual System
104. Total Credit Hours	2 Hours per week
105. Date of Preparation	September 1, 2025
106. Course Objectives	1. Introduction to the concepts, history, and basic body movements of rhythmic gymnastics. 2. Training students on handling and executing skills with different apparatuses (Rope, Hoop, Ball, Clubs, Ribbon). 3. Developing artistic expression, balance, flexibility, and musical synchronization. 4. Understanding FIG international rules, scoring configurations, and judging criteria.
Course Learning Outcomes	A. Knowledge and Understanding: A1. Structural analysis of rhythmic movement phases and musical rhythm. A2. Tracking international rules and execution penalties. A3. Memorizing standard routines and configurations. B. Intellectual and Practical Skills: B1. Performing precise handling techniques for all five apparatuses. B2. Executing dynamic leaps, pivots, and balance scales. B3. Constructing artistic routines synced perfectly with music.

Rhythmic Gymnastics Weekly Plan

Week	Hours	Required Learning Outcomes	Unit / Topic Name	Teaching Method	Evaluation Method
1	2	Contextual orientation	Introduction to Rhythmic Gymnastics: History, Rules, and Attire	Lecture & Demonstration	Observation
2	2	Body alignment configurations	Basic Body Movements: Posture, Steps, and Chassé	Technical Modeling	Performance Check
3	2	Spatial axis jumps	Fundamental Leaps: Split Leap and Tuck Jump Mechanics	Drills & Practice	Practical Rubrics
4	2	Rotational axis stability	Basic Pivots: Passe Pivot and Flat Foot Rotation	Drills & Practice	Skill Performance
5	2	Balance center tracking	Balance Scales: Passeré and Arabesque Balance Positions	Technical Modeling	Performance Check
6	2	Apparatus handling mechanics	Rope Apparatus: Swings, Circles, and Figure Eights	Apparatus Practice	Practical Rubrics
7	2	Rope release control	Rope Apparatus: Jumps, Skips, and Release Transitions	Apparatus Practice	Skill Performance
8	2	Apparatus handling mechanics	Hoop Apparatus: Rolls over the Body and Floor Rolls	Apparatus Practice	Practical Rubrics
9	—	Midterm Theoretical & Practical Evaluation	Midterm Examination	Gym / Classroom	Midterm Grades
10	2	Hoop transition loops	Hoop Apparatus: Swings, Passes, and High Throws	Apparatus Practice	Performance Check
11	2	Apparatus handling mechanics	Ball Apparatus: Bounces, Catches, and Large Rolls	Apparatus Practice	Practical Rubrics
12	2	Ball coordination patterns	Ball Apparatus: Swings and Dynamic Body Circles	Apparatus Practice	Skill Performance
13	—	Theoretical & Practical Performance Assessment	Term Examination	Gym / Classroom	Term Grades
14	2	Apparatus handling mechanics	Clubs Apparatus: Mill Circles and Small Rotations	Apparatus Practice	Practical Rubrics

15	2	Clubs coordination loops	Clubs Apparatus: Symmetric and Asymmetric Throws	Apparatus Practice	Performance Check
16	—	Mid-Year Comprehensive Exam	Mid-Year Examination	Gym / Classroom	Exam Grade
17	2	Apparatus handling mechanics	Ribbon Apparatus: Snakes, Spirals, and Large Swings	Apparatus Practice	Practical Rubrics
18	2	Ribbon trajectory lines	Ribbon Apparatus: Throws, Boomerangs, and Floor Work	Apparatus Practice	Skill Performance
19	2	Routine composition paths	Principles of Choreography & Connecting Body and Apparatus	Creative Workshop	Routine Plan Review
20	2	Audio synchronization tracks	Working with Music: Rhythm, Accentuation, and Tempo Sync	Applied Drills	Performance Check
21	—	Theoretical & Practical Routine Evaluation	Term Assessment Exam	Gym / Classroom	Term Grades
22	2	Rulebook comprehension	FIG International Code of Points: Difficulty (D) Score	Code Briefing	Comprehension Quiz
23	2	Scoring framework analysis	FIG International Code of Points: Execution (E) Score	Code Briefing	Oral Questions
24	2	Judging error identification	Evaluation of Technical Errors and Artistical Penalties	Video Routine Analysis	Judging Sheets
25	2	Group routine configurations	Group Routine Formations (5 Gymnasts Synchronization)	Group Choreography	Peer Grading
26	2	Mock meet configurations	Mock Rhythmic Gymnastics Competition	Meet Simulation	Judging Rubrics
27	—	Final Written Theory Exam	Final Theoretical Examination	Classroom	Final Score
28	—	Final Applied Routine Assessment	Final Practical Examination	Gymnastics Floor	Final Score

Infrastructure & References: Rhythmic Gymnastics

Infrastructure Category	Details and Approved References
1. Required Textbooks	Foundations and Teachings of Rhythmic Gymnastics for Female Students
2. Main Reference Materials	FIG Official Code of Points for Rhythmic Gymnastics — Core Textbooks by Specialized Arab Faculties
Recommended Literature	Academic Theses, Dissertations, and Scientific Research in Artistic/Rhythmic Gymnastics
Electronic References	FIG Official Website and The Comprehensive Sports Library Database

Volleyball

107. Educational Institution	Al-Turath University
108. Scientific Department / Center	College of Physical Education and Sports Sciences
109. Course Name / Code	Volleyball / VB
110. Available Attendance Forms	Daily / In-Person (Paper-Based)
111. Semester / Year	2025/2026 — Annual System
112. Total Credit Hours	2 Hours per week
113. Date of Preparation	September 2, 2025
114. Course Objectives	1. Mastering fundamental individual volleyball skills (passing, setting, serving) . 2. Training students on offensive formations, defensive setups, and blocking mechanics . 3. Comprehensive study of FIVB international rules, court dimensions, and refereeing signs .
Course Learning Outcomes	A. Knowledge and Understanding: A1. Structural analysis of contact angles and ball trajectories . A2. Tracking international rules and line regulations Mastering rotations and tactical movement loops . B. Intellectual and Practical Skills: B1. Performing precise forearm and overhead passes. B2. Executing dynamic spikes and tactical serves . Implementing defensive floor positioning and block adjustments.

Volleyball Weekly Plan

Week	Hours	Required Learning Outcomes	Unit / Topic Name	Teaching Method	Evaluation Method
1	2	Stance and zone orientation	Basic Volleyball Stances & Court Dimensions	Explanation & Drills	Observation
2	2	Forearm contact parameters	Underhand Passing (Forearm Pass Fundamentals)	Technical Modeling	Skill Performance
3	2	Low ball reception paths	Underhand Passing from Movement Steps	Drills & Practice	Practical Rubrics
4	2	Finger contact mechanics	Overhead Passing (Setting Fundamentals)	Technical Modeling	Skill Performance
5	2	Precision trajectory setting	Back Setting and Jump Setting Techniques	Drills & Practice	Practical Rubrics
6	2	Underhand serve consistency	Underhand Serve Execution & Control	Drills & Practice	Practical Rubrics
7	2	Tennis serve velocity lines	Overhead Float Serve (Tennis Serve)	Technical Modeling (	Skill Performance
8	2	Serve reception structures	Linking Serve Reception to Passing Loops	Compound Drills (p. 39)	Performance Check (p. 9)
9	—	Midterm Theoretical & Practical Evaluation	Midterm Examination	Court / Classroom	Midterm Grades
10	2	Approach footwork metrics	Spike (Smash) Attack: Approach Footwork	Runway Practice	Skill Performance
11	2	Vertical leap contact points	Open Hand Smash Attack Execution	Drills & Practice	Practical Rubrics
12	2	Tactical tip mechanics	Deceptive Attacking (Dink/Tip Shot Styles)	Technical Modeling	Skill Performance
13	—	Theoretical & Practical Performance Assessment	Term Examination	Court / Classroom	Term Grades
14	2	Frontline defense alignment	Single Blocking Fundamentals & Timing	Technical Modeling	Skill Performance
15	2	Coordinated blocking grids	Double Blocking Formations & Defense Zones	Tactical Setups	Practical Rubrics
16	—	Mid-Year Comprehensive Exam	Mid-Year Examination	Gym / Classroom	Exam Grade
17	2	Backcourt defense tracking	Court Defense, Digging, and Rolling	Drills & Practice	Practical Rubrics
18	2	Transition play parameters	Defense-to-Offense Transition Loops	Compound Drills	Performance Check
19	2	Rotational tracking (System 6-0)	Basic Offensive System (6-0 System Tactics)	Tactical Setups	Applied Tracking
20	2	Advanced setup tracking (4-2)	Specialized Offensive System (4-2 System Tactics)	Tactical Setups	Applied Tracking
21	—	Theoretical & Practical Play Evaluation	Term Assessment Exam	Court / Classroom	Term Grades
22	2	Structural serve defense lines	W-Formation Serve Reception Setup	Tactical Setups	Applied Tracking
23	2	Perimeter coverage parameters	Free Ball Coverage Configurations	Tactical Setups	Performance Check

24	2	FIVB rule configurations	Scoring Regulations & Official Violations	Rules Briefing	Comprehension
25	2	Official referee hand signs	Referee Signaling and Court Protocols	Scenario Modeling	Comprehension
26	2	Score sheet maintenance metrics	Line Judge Duties & Scorekeeping	Applied Practice	Practical Rubrics
27	2	Full match simulation loops	Inter-Squad Match Play Scrimmages	Match Scrimmage	Practical Rubrics
28	2	Scrimmage refereeing parameters	Full Match Refereeing Practicum	Match Scrimmage	Refereeing Grade
29	—	Final Written Theory Exam	Final Theoretical Examination	Classroom	Final Score
30	—	Final Applied Court Assessment	Final Practical Examination		Final Score

Infrastructure & References: Volleyball

Infrastructure Category	Details and Approved References
1. Required Textbooks	Volleyball: Skills and Tactics (Prescribed Core Textbook)
2. Main Reference Materials	FIVB Official Volleyball Rules — Core Textbooks by Specialized Arab Faculties
Recommended Literature	Academic Theses, Dissertations, and Scientific Research in Team Sports
Electronic References	FIVB Official Website and The Comprehensive Sports Library Database

Weightlifting

115. Educational Institution	Al-Turath University
116. Scientific Department / Center	College of Physical Education and Sports Sciences
117. Course Name / Code	Weightlifting / WL
118. Available Attendance Forms	Daily / In-Person (Paper-Based)
119. Semester / Year	2025/2026 — Annual System
120. Total Credit Hours	2 Hours per week
121. Date of Preparation	September 1, 2025
122. Course Objectives	1. Introduction to the fundamental principles, stance biomechanics, and history of weightlifting. 2. Training students on the technical performance steps of the two Olympic lifts: the Snatch and the Clean & Jerk. 3. Developing core strength, explosive power, muscular endurance, and flexibility indices. 4. Understanding IWF international rules, weight categories, loading systems, and officiating protocols.
Course Learning Outcomes	A. Knowledge and Understanding: A1. Structural analysis of lifting phases, center of gravity (COG), and barbell trajectory loops. A2. Tracking international rules, weight classes, and execution faults. A3. Memorizing loading/round configurations and rules of refereeing light systems. B. Intellectual and Practical Skills: B1. Performing precise handling techniques for the Snatch. B2. Executing dynamic catch/squat/split steps for the Clean & Jerk. B3. Implementing load calculations and refereeing decisions during meets.

Weightlifting Weekly Plan

Week	Hours	Required Learning Outcomes	Unit / Topic Name	Teaching Method	Evaluation Method
1	2	Contextual orientation	History of Weightlifting, Weight Classes & Safe Gym Protocols	Lecture & Modeling	Observation
2	2	Grip and stance configuration	Barbell Grips (Hook Grip vs Normal Grip) & Starting Stance	Technical Modeling	Stance Review
3	2	Barbell trajectory lines	Phase 1 of the Snatch: First Pull and Transition Phases	Drills & Practice	Performance Check
4	2	Kinetic extension parameters	Phase 2 of the Snatch: Second Pull (Explosive Extension)	Technical Modeling	Skill Performance
5	2	Body suspension controls	Phase 3 of the Snatch: Catch Phase and Squat Under	Drills & Practice	Practical Rubrics
6	2	Alignment extension path	Phase 4 of the Snatch: Stand Up and Barbell Stabilization	Drills & Practice	Performance Check
7	2	Linking prior snatch loops	Integrated Technical Execution of the Complete Snatch	Compound Drills	Practical Rubrics
8	2	Snatch fault corrections	Snatch Error Analysis & Correction Work under Rules	Technical Modeling	Skill Performance
9	—	Midterm Theoretical & Practical Evaluation	Midterm Examination	Platform / Classroom	Midterm Grades
10	2	Barbell trajectory lines	Clean Component: First Pull and Transition Layouts	Drills & Practice	Performance Check
11	2	Kinetic extension parameters	Clean Component: Second Pull and Exploding Phase	Technical Modeling	Practical Rubrics
12	2	Body suspension controls	Clean Component: Turnover, Racking the Bar, and Front Squat Under	Drills & Practice	Skill Performance
13	—	Theoretical & Practical Performance Assessment	Term Examination	Platform / Classroom	Term Grades
14	2	Dip and drive configurations	Jerk Component: Dip, Exploding Drive, and Split Footwork Setup	Technical Modeling	Practical Rubrics
15	2	Alignment extension path	Jerk Component: Recovery Steps, Catch, and Bar Stabilization	Drills & Practice	Performance Check
16	—	Mid-Year Comprehensive Exam	Mid-Year Examination	Gym / Classroom	Exam Grade
17	2	Dynamic compound loops	Clean & Jerk: Linking the Clean to the Jerk Phase	Compound Drills	Practical Rubrics

18	2	Clean & Jerk fault corrections	Clean & Jerk Error Analysis & Correction Work under Rules	Technical Modeling	Performance Check
19	2	Strength conditioning tracks	Auxiliary Strength Training: Back Squats & Deadlifts	Heavy Load Drills	Applied Tracking
20	2	Power conditioning tracks	Auxiliary Power Training: Snatch Pulls & Push Presses	Heavy Load Drills	Applied Tracking
21	—	Theoretical & Practical Lift Evaluation	Term Assessment Exam	Platform / Classroom	Term Grades
22	2	Rulebook comprehension	IWF International Rules: Platform Bounds & Legal Lifts	Rules Briefing	Comprehension Quiz
23	2	Scoring framework analysis	Competitors Weigh-In Protocols & Round Rules (3 Attempts)	Scenario Analysis	Oral Questions
24	2	Officiating metric framework	3-Referee System (White and Red Light Signals) & Scoring	Video Meet Analysis	Score Sheet Review
25	2	Meet management configurations	Marshalling, Time Clock Management, and Automatic Loading Lines	Scenario Modeling	Practical Rubrics
26	2	Mock meet configurations	Mock Weightlifting Competition	Meet Simulation	Judging Rubrics
27	—	Final Written Theory Exam	Final Theoretical Examination	Classroom	Final Score
28	—	Final Applied Platform Assessment	Final Practical Examination	Lifting Platform	Final Score

Infrastructure & References: Weightlifting

Infrastructure Category	Details and Approved References
1. Required Textbooks	Olympic Weightlifting: Principles and Methods (Prescribed Core Textbook)
2. Main Reference Materials	IWF Official Technical and Competition Rules — Core Textbooks by Specialized Arab Faculties
Recommended Literature	Academic Theses, Dissertations, and Scientific Biomechanics & Strength Journals
Electronic References	IWF Official Website and The Comprehensive Sports Library Database

Sports Physiology

123. Educational Institution	Al-Turath University
124. Scientific Department / Center	College of Physical Education and Sports Sciences
125. Course Name / Code	Sports Physiology / PH
126. Available Attendance Forms	Daily / In-Person (Paper-Based)
127. Semester / Year	2025/2026 — Annual System
128. Total Credit Hours	2 Hours per week
129. Date of Preparation	September 1, 2025
130. Course Objectives	1. Introduction to the fundamental concepts, functions, and principles of sports physiology. 2. Studying the functional and metabolic adaptations of body systems under training workloads. 3. Investigating energy production systems (ATP resynthesis) and recovery kinetics during physical exercise. 4. Understanding environmental impacts and pharmacological boundaries (doping) in sports.
. Course Learning Outcomes	A. Knowledge and Understanding: A1. Comprehensive understanding of acute and chronic physiological adaptations. A2. Tracking cardiac, respiratory, and metabolic profiles during exercise. A3. Deep understanding of cellular resynthesis and energy path lines. B. Intellectual and Practical Skills: B1. Theoretical knowledge of chemical and organic systems. B2. Applied laboratory monitoring of biological/functional status. B3. Analyzing individual baseline limits through standard field parameters.

Sports Physiology Weekly Plan

Week	Hours	Required Learning Outcomes	Unit / Topic Name	Teaching Method	Evaluation Method
1	2	Contextual orientation	Concept and Value of Physiology in Sports Performance	Theoretical Lecture	Classroom Quiz
2	2	Identifying nutritional paths	Sports Nutrition: Essential Concepts & Food Science	Theoretical Lecture	Oral Questions
3	2	Differentiating metabolic inputs	Nutrients Classification: Macronutrients and Micronutrients	Theoretical Lecture	Review
4	2	Energy pathway tracking	Carbohydrates: Glucose Pathways and Glycogen Storage	Lecture & Diagrams	Written Quiz
5	2	Energy pathway tracking	Fats: Lipid Metabolism and Adipose Tissue Functions	Theoretical Lecture	Performance Check
6	2	Tissue building pathways	Proteins: Amino Acids and Structural Protein Synthesis	Theoretical Lecture	Oral Questions
7	2	Micronutrient analysis	Vitamins: Water-Soluble and Fat-Soluble Categories	Lecture & Charts	Review
8	2	Hydration parameters	Water and Mineral Salts: Electrolyte Fluid Balance under Load	Theoretical Lecture	Performance
9	—	Midterm Theoretical Evaluation	Midterm Examination	Classroom Exam	Exam Grading
10	2	Caloric intake mapping	Dietary Frameworks: Athlete vs Non-Athlete Nutritional Profiles	Case Study Analysis	Practical Task
11	2	ATP resynthesis pathways	Bioenergetics: Adenosine Triphosphate (ATP) Production Systems	Diagram Analysis	Written Quiz
12	2	Muscular recruitment lines	The Muscular System: Muscle Fiber Types (Slow/Fast Twitch)	Technical Modeling	Performance Check
13	—	Theoretical Performance Assessment	Term Examination	Classroom Exam	Term Grading
14	2	Hemodynamic adaptations	The Cardiovascular System: Cardiac Output and Stroke Volume Changes	Lecture & Charts	Practical Rubrics
15	2	Pulmonary ventilation tracks	The Respiratory System: Pulmonary Ventilation and VO ₂ Max Profiles	Technical Modeling	Performance Check
16	—	Mid-Year Comprehensive Evaluation	Mid-Year Examination	Classroom Exam	Exam Grading

17	2	Neural regulation pathways	The Nervous System: Central and Peripheral Motor System Control	Theoretical Lecture	Practical Rubrics
18	2	Environmental impact tracking	Environmental Exercise Physiology: Climatic Stress and Sports Load	Theoretical Lecture	Practical Rubrics
19	2	Hypothermic conditions	Thermoregulation: Physical Training in Cold Weather Environments	Lecture & Charts	Practical Rubrics
20	2	Hyperthermic conditions	Thermoregulation: Physical Training in Hot Weather Environments	Technical Modeling	Practical Rubrics
21	—	Theoretical Class Evaluation	Term Assessment Exam	Classroom Exam	Term Grading
22	2	Hypoxia and altitude adaptation	Altitude Physiology: Hypoxia Adaptations and Training Heights	Theoretical Lecture	Practical Rubrics
23	2	Pharmacological bounds	Ergogenic Aids & Doping: Banned Substances and Legal Bounds	Theoretical Lecture	Plan Review
24	2	Cellular restoration tracking	Recovery Mechanisms: Post-Exercise Restoration and Supercompensation	Diagram Analysis	Review
25	2	Leukocyte variations	The Immune System: Physical Exercise Impacts on Immunological Status	Theoretical Lecture	Performance Tracking
26	2	Chronic adaptation tracking	Long-Term Adaptations: Morphological & Physiological Systems Changes	Theoretical Lecture	Written Quiz
27	2	Target review loops	Hematological Adaptation: Cardiac and Blood Systems Refresher	Open Forum	Oral Questions
28	2	Structural data synthesis	Comprehensive Course Review: Analytical Summary Part 1	Open Forum	Plan Review
29	2	Applied parameter lab work	Field Practicum: Applied Laboratory and Heart Rate Measurements	Lab Practicum	Practical Evaluation
30	—	Final Comprehensive Written Exam	Final Examination	Classroom Exam	Final Grade

Infrastructure & References: Sports Physiology

Infrastructure Category	Details and Approved References
1. Required Textbooks	Physiological Applications in Sports Fields (Prescribed Core Textbook)
2. Main Reference Materials	Methods and Styles of Sports Training Physiology — Physiology of Sports Training
Recommended Literature	Core Textbooks by Dr. Hussein Ali Hassan & Dr. Muhammad Hassan Allawi
Electronic References	Specialized Human Performance Journals and The Comprehensive Sports Library

Football

131. Educational Institution	Al-Turath University
132. Scientific Department / Center	College of Physical Education and Sports Sciences
133. Course Name / Code	Football (Soccer) / FT
134. Available Attendance Forms	Daily / In-Person (Paper-Based)
135. Semester / Year	2025/2026 — Annual System
136. Total Credit Hours	2 Hours per week
137. Date of Preparation	September 1, 2025
138. Course Objectives	1. Introduction to the basic individual technical skills in football (passing, dribbling, shooting, control). 2. Training students on tactical principles of team play, defensive containment, and attacking phases. 3. Comprehensive study of IFAB official Laws of the Game, refereeing mechanics, and field officiating.
Course Learning Outcomes	A. Knowledge and Understanding: A1. Structural understanding of technical skills execution and biomechanical factors. A2. Tracking international rules, fouls, and lines of the pitch. A3. Mastering team formations, zonal marking, and transition loops. B. Intellectual and Practical Skills: B1. Performing precise passing, receiving, and ball control under dynamic situations. B2. Executing strategic crosses, headers, and finishing techniques. B3. Implementing defensive pressing configurations and lines of refereeing.

Football Weekly Plan

Week	Hours	Required Learning Outcomes	Unit / Topic Name	Teaching Method	Evaluation Method
1	2	Stance and pitch orientation	Introduction to Football: Pitch Dimensions & Ball Specifications	Explanation & Modeling	Observation
2	2	Ball control parameters	Kicking with the Inside of the Foot (Push Pass Fundamentals)	Technical Modeling	Skill Performance
3	2	Linear passing accuracy	Kicking with the Full Instep (Long Passes and Power Shots)	Drills & Practice	Practical Rubrics
4	2	Dynamic ball reception	Receiving and Trapping the Ball with the Inside of the Foot	Technical Modeling	Skill Performance
5	2	Aerial cushioning metrics	Ball Control and Trapping using the Thigh and Chest	Drills & Practice	Practical Rubrics
6	2	Low compression bounce form	Dribbling and Ball Control with the Inside and Outside of the Foot	Drills & Practice	Practical Rubrics
7	2	High-velocity tracking runs	Linear and Zigzag Dribbling under Spatial Pressure	Technical Modeling	Skill Performance
8	2	Combined skill integration	Linking Passing, Receiving, and Dribbling Sequences	Compound Drills	Performance Check
9	—	Midterm Theoretical & Practical Evaluation	Midterm Examination	Pitch / Classroom	Midterm Grades
10	2	Vertex aerial contact mechanics	Heading Fundamentals: Defensive Clearances and Attacking Headers	Drills & Practice	Skill Performance
11	2	Spatial crossing accuracy	Infront-Instep Passing (Chipping and Crossing Techniques)	Drills & Practice	Practical Rubrics
12	2	Throw-in boundary rules	The Throw-in: Technical Performance Steps and Legal Restrictions	Technical Modeling	Skill Performance
13	—	Theoretical & Practical Performance Assessment	Term Examination	Pitch / Classroom	Term Grades
14	2	Goalkeeping baseline structures	Goalkeeping Basics: Stance, Catching, and Distribution	Technical Modeling	Skill Performance
15	2	Group coordination loops	Small-Sided Games (3v3 / 4v4) for Skill and Space Awareness	Tactical Setups	Practical Rubrics
16	—	Mid-Year Comprehensive Exam	Mid-Year Examination	Pitch / Classroom	Exam Grade
17	2	Defensive posture lines	Individual Defending: Jockeying, Intercepting, and Tackling	Drills & Practice	Practical Rubrics
18	2	Transition play parameters	Attacking and Defensive Transition Principles	Compound Drills	Performance Check
19	2	Team defensive systems	Backline Formations and Zonal Defensive Systems	Tactical Setups	Applied Tracking
20	2	Team offensive execution	Attacking Formations (e.g., 4-3-3 / 4-4-2 Systems and Tactics)	Tactical Setups	Applied Tracking
21	—	Theoretical & Practical Play Evaluation	Term Assessment Exam	Pitch / Classroom	Term Grades
22	2	Set-piece configuration setups	Set-Piece Strategies: Corner Kicks and Free-Kick Walls	Tactical Setups	Applied Tracking
23	2	Offside rule configurations	Law 11 (Offside): Deep Structural Analysis and Scenarios	Rules Briefing	Comprehension

24	2	Lawbook comprehension codes	IFAB Laws of the Game: Misconduct, Fouls, and Penalties	Rules Briefing	Oral Questions
25	2	Match officiating parameters	The Referee and Assistant Referees: Duties and Diagonal System	Scenario Modeling	Comprehension
26	2	Official referee hand signs	Referee Hand Signals, Flag Techniques, and Match Scorekeeping	Applied Practice	Practical Rubrics
27	2	Full match simulation loops	Inter-Squad Full-Pitch Match Play Scrimmages	Match Scrimmage	Practical Rubrics
28	2	Scrimmage refereeing parameters	Full Match Officiating and Field Refereeing Practicum	Match Scrimmage	Refereeing Grade
29	—	Final Written Theory Exam	Final Theoretical Examination	Classroom	Final Score
30	—	Final Applied Pitch Assessment	Final Practical Examination	Football Pitch	Final Score

Infrastructure & References: Football

Infrastructure Category	Details and Approved References
1. Required Textbooks	Football (Soccer): Skills, Tactics, and Teachings (Core Textbook)
2. Main Reference Materials	IFAB Laws of the Game — Core Textbooks by Specialized Arab Faculties
Recommended Literature	Academic Theses, Dissertations, and Scientific Football/Soccer Research Papers
Electronic References	FIFA and IFAB Official Websites and The Comprehensive Sports Library Database

Handball

139. Educational Institution	Al-Turath University
140. Scientific Department / Center	College of Physical Education and Sports Sciences
141 Course Name / Code	Handball / HB
142. Available Attendance Forms	Daily / In-Person (Paper-Based)
143. Semester / Year	2025/2026 — Annual System
145. Total Credit Hours	2 Hours per week
146. Date of Preparation	September 1, 2025
147. Course Objectives	1. Identifying foundational individual offensive and defensive skills in handball . 2. Training students on tactical team plays, fast breaks, and defensive setups. 3. Comprehensive study of IHF international rules, court dimensions, and refereeing signs .
Course Learning Outcomes	A. Knowledge and Understanding: A1. Structural analysis of individual/group skills and technical movements A2. Tracking international rules, court zones, and line regulations A3. Mastering defensive formations, fast breaks, and tactical options . B. Intellectual and Practical Skills: B1. Performing precise catching, passing, dribbling, and feinting. B2. Executing dynamic shooting forms (set, running, jump, diving) . B3. Implementing zone defense configurations, team offensive patterns, and officiating .

Handball Weekly Plan

Week	Hours	Required Learning Outcomes	Unit / Topic Name	Teaching Method	Evaluation Method
1	2	Stance and court orientation	Basic Handball Stances, Court Markings & Ball Handling	Explanation & Modeling	Observation .
2	2	Secure catching configurations	Ball Catching and Passing (Overhead Overhand Pass.	Technical Modeling	Skill Performance
3	2	Linear passing accuracy	Pass Variations: Hip-Level Pass & Bounce Pass .	Drills & Practice	Practical Rubrics
4	2	Dynamic ball reception	Receiving the Ball on the Move and Picking Up the Ball .	Technical Modeling	Skill Performance
5	2	Low compression bounce form	Dribbling Fundamentals: High Dribble and Low Dribble	Drills & Practice	Practical Rubrics
6	2	Combined skill integration	Linking Dribbling, Passing, and Catching Sequences	Compound Drills	Performance Check
7	2	Linear shot mechanics	Introduction to Shooting: Overhand Set Shot from Station	Technical Modeling	Skill Performance
8	2	Dynamic shooting execution	Running Overhand Shot and Zero-Step Shooting (p. 40)	Drills & Practice	Practical Rubrics
9	—	Midterm Theoretical & Practical Evaluation	Midterm Examination	Court / Classroom	Midterm Grades
10	2	Vertical leap contact points	Jump Shot Mechanics (High Jump vs Forward Jump)	Drills & Practice	Skill Performance
11	2	Prone release configurations	Fall-Forward Diving Shot Technique	Technical Modeling	Practical Rubrics
12	2	Lateral release configurations	Side-Diving Shot Technical Performance Steps	Technical Modeling	Skill Performance
13	—	Theoretical & Practical Performance Assessment	Term Examination	Court / Classroom	Term Grades
14	2	Simple feinting paths	Basic One-on-One Feinting (Body Deception)	Technical Modeling	Skill Performance
15	2	Complex feinting options	Advanced Feinting with the Ball (Double Feinting)	Drills & Practice	Practical Rubrics
16	—	Mid-Year Comprehensive Exam	Mid-Year Examination	Court / Classroom	Exam Grade
17	2	Defensive posture lines	Individual Defending: Stance, Body Positioning, and Movement	Drills & Practice	Practical Rubrics
18	2	Group defense structures	Basic Group Defensive Principles and Formations	Tactical Setups	Performance Check
19	2	Differentiating line structures	6-0 Defensive Formation: Structural Shifts and Rules	Tactical Setups	Applied Tracking
20	2	Differentiating line structures	5-1 Defensive Formation: Responsibilities and Roles	Tactical Setups	Applied Tracking
21	—	Theoretical & Practical Play Evaluation	Term Assessment Exam	Court / Classroom	Term Grades
22	2	Differentiating line structures	4-2 Defensive Formation & Zone Containment Systems	Tactical Setups	Applied Tracking
23	2	Transition efficiency metrics	Transition Play: Fast Break Team Tactics (Simple & Complex)	Tactical Setups	Performance Check

24	2	Attacking structure setups	Set Offense Formations: Crossing and Screening Options	Tactical Setups	Applied Tracking
25	2	Rulebook comprehension	IHF Official Rules: Player Substitution & Passivity Regulations	Rules Briefing	Comprehension
26	2	Official referee hand signs	Referee Hand Signals, Court Positioning, and Violations	Scenario Modeling	Comprehension
27	2	Score sheet maintenance metrics	Table Officials Duties: Timekeeper & Scorekeeper Records	Applied Practice	Practical Rubrics
28	2	Full match simulation loops	Inter-Squad Match Play Scrimmages under Regulation Rules	Match Scrimmage	Practical Rubrics
29	—	Final Written Theory Exam	Final Theoretical Examination	Classroom	Final Score
30	—	Final Applied Court Assessment	Final Practical Examination	Handball Court	Final Score

Infrastructure & References: Handball

Infrastructure Category	Details and Approved References
1. Required Textbooks	Handball: Foundational Skills and Principles (Core Textbook)
2. Main Reference Materials	IHF Laws of the Game — Core Textbooks by Diya Al-Khayyat, Nawfal Al-Hayali, & Saad Muhsin
Recommended Literature	Academic Theses, Dissertations, and Scientific Research Papers in Team Sports
Electronic References	IHF Official Website and The Comprehensive Sports Library Database

(Track and Field) Athletics

148. Educational Institution	Al-Turath University
149. Scientific Department / Center	College of Physical Education and Sports Sciences
150. Course Name / Code	Athletics / AT
151. Available Attendance Forms	Daily / In-Person (Paper-Based)
152. Semester / Year	2025/2026 — Annual System
153. Total Credit Hours	2 Hours per week
154. Date of Preparation	September 1, 2025
155. Course Objectives	1. Introducing students to the essence, concepts, and history of athletics . 2. Defining the most critical events and technical disciplines in track and field . 3. Training students on the technical performance phases and form of each athletic event . 4. Explaining the official international regulations and rules governing each specific event .
Course Learning Outcomes	A. Knowledge and Understanding: A1. Recognizing and naming specific track and field disciplines . A2. Understanding the technical execution phases and biomechanical traits of disciplines . A3. Full comprehension of the international rules and regulations for each event . B. Intellectual and Practical Skills: B1. Enabling the student to analyze and evaluate performance mechanics . B2. Mastering the technical steps, postures, and coordination loops for running, jumping, and throwing disciplines . B3. The ability to apply officiating rules and record accurate results on the field .

Athletics Weekly Plan

Week	Hours	Required Learning Outcomes	Unit / Topic Name	Teaching Method	Evaluation Method
1	2	Explaining blocks setup and starting stance	100m Hurdles Race	Specialized Drills	Practical Performance
2	2	Execution of the hurdle clearance with the lead leg	100m Hurdles Race	Explanation & Practice	Practical Performance
3	2	Execution of the hurdle clearance with the trail leg	100m Hurdles Race	Explanation & Practice	Practical Performance
4	2	Coordinating both legs with arms and torso movements	100m Hurdles Race	Explanation & Practice	Practical Performance
5	2	Mastering the full technical clearance step over the hurdles	100m Hurdles Race	Explanation & Practice	Practical Performance
6	2	Linking and syncing all stages of the hurdles race	100m Hurdles Race	Applying Drills	Practical Performance
7	—	Practical & Theoretical Midterm Evaluation	Midterm Assessment	Classroom / Track	Midterm Grades
8	2	Understanding proper grip and barbell/object carriage	Discus Throw Event	Explanation & Practice	Practical Performance
9	2	Mastering swing phases and linking it to the starting grip	Discus Throw Event	Explanation & Rules	Practical Performance
10	2	Execution of the turn phase and linking it to the swings	Discus Throw Event	Explanation & Practice	Practical Performance
11	2	Mastering delivery mechanics, release, and recovery steps	Discus Throw Event	Explanation & Practice	Practical Performance
12	2	Full execution of the throwing skill combined with rules	Discus Throw Event	Explanation & Practice	Practical Performance
13	—	Practical & Theoretical Midterm Evaluation	Midterm Assessment	Classroom / Track	Midterm Grades
14	2	Core overview of pacing and middle-distance lines	1500m Running Event	Explanation & Practice	Practical Performance
15	2	Understanding technical regulations and lap tracking	1500m Running Event	Explanation & Practice	Practical Performance
16	2	Implementation of specific aerobic endurance training drills	1500m Running Event	Explanation & Practice	Practical Performance
17	2	Full execution of the running and pacing strategy phases	1500m Running Event	Explanation & Practice	Practical Performance
18	2	Full track performance according to official competition rules	1500m Running Event	Explanation & Practice	Practical Performance
19	—	Practical & Theoretical Term Assessment	Term Examination	Classroom / Track	Term Grades
20	2	Mechanics of the approach run and rhythm changes	Triple Jump Event	Explanation & Practice	Practical Performance
21	2	Technical execution of the initial board take-off phase	Triple Jump Event	Explanation & Practice	Practical Performance
22	2	Correlation tracking of the flight loops (hop, step, jump)	Triple Jump Event	Explanation & Practice	Practical Performance
23	2	Landing phase mechanics and full structural integration)	Triple Jump Event	Explanation & Practice	Practical Performance
24	2	Full performance of the skill matching official landing rules	Triple Jump Event	Explanation & Practice	Practical Performance
25	—	Practical & Theoretical Term Assessment	Term Examination	Classroom / Track	Term Grades
26	2	Grip styles, carriage, and starting position setups	Hammer Throw Event	Explanation & Practice	Practical Performance
27	2	Execution of swings and linking to technical rules	Hammer Throw Event	Explanation & Practice	Practical Performance
28	2	Turn phase integration, counter-balance, and footwork	Hammer Throw Event	Explanation & Practice	Practical Performance
29	2	Complete cycles of the throw tracking safety lines and rules	Hammer Throw Event	Explanation & Practice	Practical Performance
30	—	Final Comprehensive Practical & Theoretical Evaluation	Final Examination	Track / Classroom	Final Grades

Infrastructure & References: Athletics

Infrastructure Category	Details and Approved References
1. Required Textbooks	Track and Field Athletics (Prescribed Core Textbook)
2. Main Reference Materials	World Athletics Official Competition & Technical Rules Core Literature authored by Dr. Sarih Abdul-Karim Al-Fadhli & Dr. Talib Faisal Abdul-Hussein
Recommended Literature	Academic Theses, Specialized Dissertations, and Track & Field Research Journals
Electronic References	World Athletics Official Website and The Comprehensive Sports Library Database

Motor Learning

156. Educational Institution	Al-Turath University
157. Scientific Department / Center	College of Physical Education and Sports Sciences
158. Course Name / Code	Motor Learning / MR
159. Available Attendance Forms	Daily / In-Person (Paper-Based)
160. Semester / Year	2025/2026 — Annual System
161. Total Credit Hours	4 Hours per week
162. Date of Preparation	September 1, 2025
163. Course Objectives	1. Teaching students the fundamental terminology and concepts in motor learning 2. Developing cognitive understanding of how movements are generated and developed 3. Enhancing scientific knowledge regarding the importance of feedback in sports 4. Practical implementation of specialized tests and criteria within motor learning
Course Learning Outcomes	A. Knowledge and Understanding: A1. Recognizing key motor learning theories and their sports applications A2. Studying the laws of motor learning, its historical development, and applications A3. Classifying and distinguishing physical and motor abilities B. Intellectual and Practical Skills: B1. Developing knowledge on training methods and practice distribution styles B2. Structuring scientific insight into how motor performance evolves B3. Understanding how a motor program is formed and structured in the brain

Motor Learning Weekly Plan

Week	Hours	Required Learning Outcomes	Unit / Topic Name	Teaching Method	Evaluation Method
1	4	Student comprehension of core concepts	Introduction & General Concepts of Motor Learning	Theoretical Lecture	Daily Quiz
2	4	Comprehension of training relationships	Motor Learning and Sports Training Relationships	Theoretical Lecture	Oral Questions
3	4	Grasping fitness and physical traits	Physical Capacities: Types and Metrics	Theoretical Lecture	Topic Review
4	4	Understanding motor skill limits	Motor Capacities and Performance Attributes	Theoretical Lecture	Topic Review
5	4	Comparing physical vs motor abilities	Comparison between Physical and Motor Capacities	Theoretical Lecture	Topic Review
6	4	Structuring movements by category	Classification of Motor Skills based on Movement Type	Theoretical Lecture	Topic Review
7	4	Differentiating open and closed environments	Closed and Open Motor Skills	Theoretical Lecture	Topic Review
8	—	Theoretical Midterm Evaluation	Midterm Examination	Classroom Exam	Exam Grading
9	4	Comprehension of metric evaluation	Testing and Measurement in Motor Learning	Theoretical Lecture	Written Quiz
10	4	Understanding cognitive processing 1	Mental Operations and Cognitive Processes: Part	Theoretical Lecture	Topic Review
11	4	Understanding cognitive processing 2	Mental Operations and Cognitive Processes: Part	Theoretical Lecture	Topic Review
12	4	Factors affecting response speed	Variables Influencing Decision-Making Speed	Theoretical Lecture	Topic Review
13	4	Understanding movement generation	How Movement Occurs (Neuromuscular Pathways)	Theoretical Lecture	Topic Review
14	4	Analyzing sensory integration pathways	Sources of Sensory Information and Perception	Theoretical Lecture	Topic Review
15	—	Mid-Year Comprehensive Evaluation	Mid-Year Examination	Classroom Exam	Exam Grading
16	4	Structural analysis of learning models	Motor Learning Theories: Cybernetic Models	Theoretical Lecture	Topic Review
17	4	Structural analysis of learning models	Motor Learning Theories: Schema Theory	Theoretical Lecture	Topic Review
18	4	Structural analysis of learning models	Motor Learning Theories: Dynamical Systems	Theoretical Lecture	Topic Review
19	4	Pedagogical paths for teaching skills	Methods and Strategies of Teaching Motor Skills	Theoretical Lecture	Topic Review
20	4	Practice distribution methods	Methods of Skill Training (Massed vs Distributed)	Theoretical Lecture	Topic Review
21	4	Practice distribution methods	Methods of Skill Training (Blocked vs Random)	Theoretical Lecture	Topic Review
22	—	Theoretical Term Evaluation	Term Examination	Theoretical Lecture	Exam Grading
23	4	Analyzing informational loops	Feedback Mechanisms: Knowledge of Results	Theoretical Lecture	Topic Review
24	4	Analyzing informational loops	Feedback Mechanisms: Knowledge of Performance	Theoretical Lecture	Topic Review
25	4	Studying retention and practice impact	Transfer of Learning: Positive, Negative, and Zero Transfer	Theoretical Lecture	Topic Review
26	4	Considering specific user differences	Individual Differences and Learning Capabilities	Theoretical Lecture	Topic Review
27	4	Child development and motor learning	Cognitive and Motor Processes in Children	Theoretical Lecture	Topic Review
28	4	Studying performance fluctuations	Biorhythms and Sports Performance Fluctuations: Part 1	Theoretical Lecture	Topic Review
29	4	Studying performance fluctuations	Biorhythms and Sports Performance Fluctuations: Part 2	Theoretical Lecture	Topic Review
30	—	Final Comprehensive Written Evaluation	Final Examination	Classroom Exam	Final Grade

Infrastructure & References: Motor Learning

Infrastructure Category	Details and Approved References
1. Required Textbooks	Motor Learning between Principle and Application (Prescribed Textbook)
2. Main References	Motor Learning core reference books by Prof. Ya'rub Khayoun
Recommended Literature	Academic Theses, Dissertations, and Scientific Research in Motor Learning
Electronic References	The Comprehensive Sports Library Database

Sports Psychology

164. Educational Institution	Al-Turath University
165. Scientific Department / Center	College of Physical Education and Sports Sciences
166. Course Name / Code	Sports Psychology / PSY
167. Available Attendance Forms	Daily / In-Person (Paper-Based)
168. Semester / Year	2025/2026 — Annual System
169. Total Credit Hours	2 Hours per week
170. Date of Preparation	September 1, 2025
171. Course Objectives	1. Introducing students to the concepts of psychological preparation and mental toughness in sports. 2. Studying psychological phenomena associated with athletic competitions (anxiety, motivation, aggression). 3. Training students on psychological counseling and guidance techniques for sports environments.
Course Learning Outcomes	A. Knowledge and Understanding: - A1. Recognizing key sports psychology theories and their applications. - A2. Understanding the psychological factors influencing athletic performance. - A3. Full comprehension of team dynamics, motivation, and communication profiles. B. Intellectual and Practical Skills: - B1. Implementing goal-setting and psychological preparation models. - B2. Applying mental relaxation and imagery techniques for athletes. - B3. Constructing practical field approaches to manage stress and sports anxiety.

Sports Psychology Weekly Plan

Week	Hours	Required Learning Outcomes	Unit / Topic Name	Teaching Method	Evaluation Method
1	2	Conceptual orientation and definitions	Introduction to Sports Psychology: Concepts and Importance	Theoretical Lecture	Classroom Quiz
2	2	Understanding preparation frameworks	Psychological Preparation for Athletes (Short and Long Term)	Case Study	Oral Questions
3	2	Drive tracking and application	Motivation in Sports: Types, Theories, and Application	Interactive Lecture	Written Quiz
4	2	Emotional stress tracking and management	Sports Anxiety: Somatic and Cognitive Anxiety Control	Relaxation Exercises	Practical Rubrics
5	2	Performance state tracks analysis	Psychological Choking and Optimal Performance Zones	Lecture & Discussion	Group Discussion
6	2	Behavior metrics identification	Aggression and Violence in Sports Arenas: Causes and Management	Scenario Analysis	Report Assessment
7	2	Cognitive tracking and refinement	Attention and Concentration Refinement Techniques in Competitions	Mental Drills	Performance Check
8	—	Theoretical Midterm Evaluation	Midterm Examination	Classroom Exam	Exam Grading
9	2	Self-regulation tracking methods	Psychological Self-Talk and Goal-Setting Strategies	Workshop Session	Portfolio Review
10	2	Group dynamics and cohesion tracks	Team Cohesion and Leadership Styles in Sports Groups	Sociometric Testing	Project Evaluation
11	2	Auditory and visual imagery steps	Mental Imagery and Simulation Training for Athletes	Simulation Labs	Practical Check
12	2	Stress tolerance boundaries tracking	Psychological Burnout in Athletes: Symptoms and Prevention	Lecture & Tables	Written Review
13	—	Theoretical Term Evaluation	Term Examination	Classroom Exam	Term Grading
14	2	Pedagogical psychology lines	Psychological Attributes of a Professional Sports Coach	Group Seminars	Peer Review
15	2	Personality classifications and tools	Personality Profiling and Assessment in Sports Environments	Psychometric Tests	Analysis Review
16	—	Mid-Year Comprehensive Evaluation	Mid-Year Examination	Classroom Exam	Exam Grading
17	2	Mental toughness concepts and metrics	Mental Toughness in Sports: Definition and Development	Theoretical Lecture	Topic Review
18	2	Competitive stress adaptations	Coping Strategies with Competitive Stress	Interactive Lecture	Oral Questions
19	2	Psychological factors in rehabilitation	Psychological Aspects of Sports Injuries and Rehabilitation	Case Study	Written Quiz
20	2	Psychological profiling profiles	Psychological Profiling of Elite Athletes	Data Analysis	Profile Review
21	—	Theoretical Class Evaluation	Term Assessment Exam	Classroom Exam	Term Grading
22	2	Spectator impact and crowd control	Spectator Psychology and Social Facilitation	Theoretical Lecture	Group Discussion
23	2	Ethical standards and rules	Ethical Issues in Sports Psychology Consultation	Lecture & Cases	Oral Questions
24	2	Applied routine development loops	Developing Pre-Performance Routines for Athletes	Student Workshop	Routine Design
25	2	Field intervention parameters	Field Interventions and Crisis Management in Sports	Scenario Modeling	Practical Rubrics
26	2	Mock consultation configurations	Mock Psychological Consultation Sessions	Role Play	Peer Grading
27	2	Comprehensive review of data	General Review of Advanced Sports Psychology Principles	Open Discussion	Evaluation
28	—	Final Comprehensive Written Evaluation	Final Examination	Classroom Exam	Final Grade

Infrastructure & References: Sports Psychology

Infrastructure Category	Details and Approved References
1. Required Textbooks	Foundations of Sports Psychology (Prescribed Core Textbook)
2. Main Reference Materials	Psychological Preparation of Athletes — Core Textbooks by Dr. Muhammad Hassan Allawi
Recommended Literature	Academic Theses, Dissertations, and Scientific Sports Psychology Journals
Electronic References	Global Applied Sports Psychology Databases and The Comprehensive Sports Library)

Motor Analysis

172. Educational Institution	Al-Turath University
173. Scientific Department / Center	College of Physical Education and Sports Sciences
174. Course Name / Code	Motor Analysis / MA
175. Available Attendance Forms	Daily / In-Person (Paper-Based)
176. Semester / Year	2025/2026 — Annual System
177. Total Credit Hours	2 Hours per week
178. Date of Preparation	September 1, 2025
179. Course Objectives	1. Introduction to the kinematic and kinetic foundations of human movements and athletic performance. 2. Training students on specialized sports video analysis software (e.g., Kinovea, Tracker). 3. Identifying structural movement phases (preparation, execution, follow-through) for individual and team sports.
Course Learning Outcomes	A. Knowledge and Understanding: A1. Structural understanding of mechanical laws and their applications in sports. A2. Tracking kinematic parameters (displacement, velocity, acceleration) of athletic skills. A3. Mastering kinetic forces (gravity, friction, ground reaction forces) and center of gravity loops. B. Intellectual and Practical Skills: B1. Utilizing technology and computerized motion analysis setups effectively. B2. Evaluating athletic techniques and identifying structural execution errors. B3. Constructing biomechanical profiles to enhance performance and prevent sports injuries.

Motor Analysis Weekly Plan

Week	Hours	Required Learning Outcomes	Unit / Topic Name	Teaching Method	Evaluation Method
1	2	Technical biomechanical introduction	Concept, Importance, and History of Motor Analysis	Theoretical Lecture	Oral Questions
2	2	Spatial axis orientation setups	Reference Planes, Axis of Movement, and Joint Kinematics	Interactive Charts	Practical Check
3	2	Linear displacement tracking metrics	Kinematic Analysis: Linear and Angular Displacement Metrics	Mathematical Modeling	Written Quiz
4	2	Velocity parameter tracking lines	Kinematic Analysis: Linear Velocity, Acceleration, and Projectile Paths	Diagram Analysis	Problem Solving
5	2	Mass and force configurations	Kinetic Analysis: Newton's Laws of Motion applied to Sports	Problem-Solving Sessions	Written Quiz
6	2	Momentum transfer tracking lines	Kinetic Analysis: Center of Gravity (COG), Balance, and Stability	Balance Lab Drills	Practical Rubrics
7	2	Ground force metrics control	Kinetic Analysis: Friction, Impact, and Ground Reaction Forces (GRF)	Lab Simulations	Performance Check
8	—	Theoretical Midterm Evaluation	Midterm Examination	Classroom Exam	Exam Grading
9	2	Media capture workflows configurations	Methods and Instruments of Motion Capture (High-Speed Videography)	Lab Practicum	Practical Exam
10	2	Digital tracking software parameters	Introduction to Computer-Aided Sports Analysis Software (Kinovea)	Software Tutorial	Practical Rubrics
11	2	Track event analysis lines	Biomechanical Analysis of Track Events (Sprinting and Hurdles)	Video Analysis Lab	Report Grading
12	2	Field event analysis lines	Biomechanical Analysis of Jumps (Long Jump and Triple Jump)	Video Analysis Lab	Report Grading
13	—	Theoretical & Practical Assessment	Term Examination	Lab Exam	Term Grading
14	2	Rotational sports analytics parameters	Biomechanical Analysis of Throwing Events (Shot Put and Discus)	Video Analysis Lab	Report Grading
15	2	Team sports analytics loops	Biomechanical Analysis of Team Sports Skills (Basketball / Volleyball)	Video Analysis Lab	Practical Check
16	—	Mid-Year Comprehensive Evaluation	Mid-Year Examination	Classroom & Lab	Exam Grading
17	2	Angular velocity metrics tracking	Kinematic Analysis: Angular Velocity and Angular Acceleration loops	Mathematical Modeling	Problem Solving
18	2	Rotational kinetics configurations	Kinetic Analysis: Torque, Moment of Inertia, and Angular Momentum	Interactive Charts	Written Quiz
19	2	Fluid mechanics parameters	Fluid Biomechanics: Aerodynamics and Hydrodynamics in Sports	Diagram Analysis	Oral Questions
20	2	Swimming stroke mechanics analysis	Biomechanical Analysis of Swimming Techniques and Aquatics	Video Analysis Lab	Report Grading
21	—	Theoretical Class Evaluation	Term Assessment Exam	Classroom Exam	Term Grading
22	2	Gymnastics routine analytics	Biomechanical Analysis of Artistic Gymnastics Movements	Video Analysis Lab	Practical Rubrics
23	2	Muscle force vectors tracking	Musculoskeletal Mechanics: Muscle Force Vectors and Levers Systems	Interactive Charts	Written Quiz
24	2	Gait cycle tracking parameters	Gait Analysis: Biomechanics of Walking and Running Cycles	Lab Practicum	Performance Check
25	2	Ergonomics and gear configurations	Sports Ergonomics: Interaction between Athletes and Equipment	Theoretical Lecture	Report Grading
26	2	Injury mechanics profiles	Biomechanics of Sports Injuries and Prevention Frameworks	Case Study Analysis	Oral Questions
27	2	Digital profile synthesis setups	Creating Integrated Biomechanical Reports for Athletes	Student Workshop	Profile Evaluation
28	2	Comprehensive review of data	General Review of Advanced Kinematic and Kinetic Principles	Open Discussion	Evaluation
29	—	Final Comprehensive Written Evaluation	Final Examination	Classroom Exam	Final Grade

Infrastructure & References: Motor Analysis

Infrastructure Category	Details and Approved References
1. Required Textbooks	Principles of Motor Analysis and Biomechanics in Sports (Core Textbook)
2. Main Reference Materials	Biomechanical Analysis of Human Movement — Core Textbooks by Specialized Arab Faculties .
Recommended Literature	Academic Theses, Dissertations, and International Journal of Sports Biomechanics .
Electronic References	Kenova Official Database and The Comprehensive Sports Library .

Sports Administration & Organization

180. Educational Institution	Al-Turath University
181. Scientific Department / Center	College of Physical Education and Sports Sciences
182. Course Name / Code	Sports Administration and Organization / ADM
183. Available Attendance Forms	Daily / In-Person (Paper-Based)
184. Semester / Year	2026/2027 — Annual System
185. Total Credit Hours	2 Hours per week)
186. Date of Preparation	September 1, 2026
187. Course Objectives	1. Introduction to administration theories, management functions, and strategic planning in sports organizations. 2. Training students on organizing sports tournaments, leagues, brackets, and school athletic festivals. 3. Understanding management structures within national Olympic committees, ministries, and international sports federations.
. Course Learning Outcomes	A. Knowledge and Understanding: A1. Comprehensive understanding of administrative concepts (planning, organizing, leading, controlling). A2. Knowledge of tournament scheduling templates, fixtures, and single/double elimination brackets. A3. Mastering financial budgeting, marketing setups, and quality assurance metrics in sports bodies. B. Intellectual and Practical Skills: B1. Drafting tournament fixtures and management flowcharts. B2. Organizing and leading school sports days, panels, and administrative meetings. B3. Constructing institutional profiles and correspondence reports following official legal formats.

Sports Administration & Organization Weekly Plan

Week	Hours	Required Learning Outcomes	Unit / Topic Name	Teaching Method	Evaluation Method
1	2	Administrative context overview	Foundations of Sports Management: Principles, Functions, and History	Theoretical Lecture	Classroom Quiz
2	2	Strategic planning tracks layouts	Strategic Planning and Decision-Making Frameworks in Sports Institutions	Group Workshop	Project Plan Review
3	2	HR allocation and organizational graphs	Organizational Structures: National Committees, Sports Federations, and Clubs	Flowchart Analysis	Oral Questions
4	2	Personnel management parameters	Human Resource Management, Motivation, and Leadership Styles in Sports	Lecture & Discussion	Written Quiz
5	2	Tournament format setups (Knockout)	Organizing Sports Tournaments: Single and Double Elimination Systems	Bracket Drafting	Practical Test
6	2	Tournament format setups (Leagues)	Organizing Sports Tournaments: Round-Robin and Combined Systems	Bracket Drafting	Practical Test
7	2	School event scheduling templates	Managing and Organizing School Sports Days, Intramurals, and Festivals	Template Analysis	Report Assessment
8	—	Theoretical Midterm Evaluation	Midterm Examination	Classroom Exam	Exam Grading
9	2	Asset tracking workflows and safety	Sports Facility Management: Maintenance, Budgeting, and Safety Protocols	Facility Tour	Field Evaluation
10	2	Public relations and sponsorship parameters	Sports Marketing, Commercialization, Sponsorship, and Public Relations	Case Study Analysis	Portfolio Review
11	2	Financial record and budget profiles	Financial Management, Auditing, and Accounting in Sports Bodies	Practical Ledger Work	Written Quiz
12	2	Legal and statutory limits tracking	Regulations, Bylaws, and Charters of National and International Sports Bodies	Lecture & Tables	Written Review
13	—	Theoretical Performance Assessment	Term Examination	Classroom Exam	Term Grading
14	2	Communication pipelines setups	Meeting Management, Protocol, Agendas, and Official Correspondence	Mock Board Meeting	Practical Rubrics
15	2	Supervisory control metrics loops	Quality Assurance, Performance Auditing, and Evaluation in Sports Management	Diagram Analysis	Final Report
16	—	Mid-Year Comprehensive Evaluation	Mid-Year Examination	Classroom Exam	Exam Grading
17	2	Risk assessment frameworks	Risk Management, Legal Liability, and Crisis Resolution in Sports Arenas	Theoretical Lecture	Case Study Analysis
18	2	Information flow pathways	Information Systems and Information Technology (IT) in Sports Management	Computer Lab Work	Practical Rubrics
19	2	Public administration profiles	Public Sector vs Private Sector Management in Professional Sports	Interactive Lecture	Group Discussion
20	2	Leadership metrics checking	Problem Solving and Conflict Resolution Techniques for Athletic Directors	Role-Playing	Performance Check
21	—	Theoretical Class Evaluation	Term Assessment Exam	Classroom Exam	Term Grading
22	2	Public sports event configurations	Organizing Mega Sports Events (Marathons, Tournaments): Logistics and Operations	Template Analysis	Project Proposal
23	2	Ethics and anti-corruption profiles	Professional Ethics and Governance in Sports Management	Theoretical Lecture	Oral Questions
24	2	Global sports structure tracking	The Olympic Movement: Structure of the IOC, NOCs, and Olympic Charter	Diagram Analysis	Written Quiz
25	2	Club operation configurations	Intramural and Fitness Club Management: Operational Guidelines	Scenario Modeling	Report Assessment
26	2	Meeting leadership loops	Presiding over Sports General Assemblies and Writing Minutes of Meetings	Mock Assembly	Practical Rubrics
27	2	Digital profile synthesis setups	Creating Integrated Administrative Portfolios for Sports Organizations	Student Workshop	Portfolio Evaluation
28	2	Comprehensive review of data	General Review of Advanced Administrative and Organizational Theories	Open Discussion	Evaluation
29	—	Final Comprehensive Written Evaluation	Final Examination	Classroom Exam	Final Grade

Sports Administration & Organization

Infrastructure Category	Details and Approved References
1. Required Textbooks	Administration and Organization in Physical Education and Sports Fields (Core Textbook)
2. Main Reference Materials	Strategic Management of Sports Organizations — Core Textbooks by Specialized Arab Faculties
Recommended Literature	Academic Theses, Dissertations, and International Journal of Sports Management
Electronic References	International Olympic Committee (IOC) Official Database and The Comprehensive Sports Library

Sports for Individuals with Disabilities

188. Educational Institution	Al-Turath University
189. Scientific Department / Center	College of Physical Education and Sports Sciences
190. Course Name / Code	Sports for Individuals with Disabilities / DIS
191. Available Attendance Forms	Daily / In-Person (Paper-Based)
192. Semester / Year	2026/2027 — Annual System
193. Total Credit Hours	2 Hours per week
194. Date of Preparation	September 1, 2026
195. Course Objectives	1. Introduction to classifications of disabilities (physical, visual, intellectual) and adaptive sports frameworks. 2. Training students on physiological adaptations and training modifications for Paralympic athletes. 3. Studying the technical rules, equipment adjustments, and playground dimensions for adaptive track, field, and team games.
Course Learning Outcomes	A. Knowledge and Understanding: A1. Deep understanding of the international classification systems for adaptive sports. A2. Knowledge of mechanical and structural modifications required for sport accessories (wheelchairs, prosthetics). A3. Full comprehension of the IPC (International Paralympic Committee) official regulations. B. Intellectual and Practical Skills: B1. Adapting and teaching traditional sports skills to individuals with special needs. B2. Managing and refereeing specialized Paralympic sports (Sitting Volleyball, Goalball, Boccia). B3. Constructing customized safe physical training sessions targeting diverse disability profiles.

Sports for Individuals with Disabilities Weekly Plan

Week	Hours	Required Learning Outcomes	Unit / Topic Name	Teaching Method	Evaluation Method
1	2	Orientation to adaptive contexts	Introduction to Adapted Physical Activity (APA): Concepts & History	Theoretical Lecture	Classroom Quiz
2	2	Category classification metrics	International Functional Classification Systems for Paralympic Sports	Interactive Tables	Oral Questions
3	2	Kinematic modifications and safety	Adapting Physical Education and Sports for Physical Disabilities	Video Case Studies	Written Quiz
4	2	Non-visual coordination loops	Adapting Sports for Visual Impairments (Guiding & Orientation)	Blindfold Drills	Practical Rubrics
5	2	Pedagogical adaptations setup	Adapting Physical Education and Drills for Intellectual Disabilities	Lecture & Discussion	Report Assessment
6	2	Track modifications (Paralympic)	Paralympic Track Events: Wheelchair Racing, Rules, and Guiding	Adaptive Track Work	Performance Check
7	2	Field modifications (Paralympic)	Paralympic Field Events: Seated Throws (Shot Put, Discus) & Rules	Adaptive Field Work	Performance Check
8	—	Theoretical Midterm Evaluation	Midterm Examination	Classroom Exam	Exam Grading
9	2	Adaptive team mechanics loops	Sitting Volleyball: Court Setup, Net Dimensions, and Core Techniques	Court Practicum	Practical Rubrics
10	2	Adaptive team mechanics loops	Wheelchair Basketball: Chair Control, Dribbling, Passing, and Rules	Court Practicum	Practical Rubrics
11	2	Target game adaptations loops	Boccia and Goalball: Equipment, Sensory Rules, and Officiating	Court Practicum	Practical Rubrics
12	2	Safety boundaries under training load	Safety Measures, Contraindications, and Injury Prevention in APA	Theoretical Lecture	Written Quiz
13	—	Theoretical & Practical Assessment	Term Examination	Court / Classroom	Term Grading
14	2	Psychological adaptation tracking	Psychological Benefits, Self-Esteem, and Social Integration via Sports	Group Seminars	Peer Review
15	2	Community championship tracking	Organizing Special Olympic Tournaments and Sports Days for Schools	Project Assignment	Portfolio Review
16	—	Mid-Year Comprehensive Evaluation	Mid-Year Examination	Court / Classroom	Exam Grading
17	2	Hearing impairments sports layout	Adapting Sports for Hearing Impairments: Visual Signaling Systems	Technical Modeling	Performance Check
18	2	Wheelchair mobility analytics	Biomechanics of Wheelchair Propulsion and Athletic Prosthetics	Mechanical Analysis	Written Quiz
19	2	Chronic biological adaptations	Physiological Responses of Individuals with Disabilities to Training	Theoretical Lecture	Oral Questions
20	2	Cardiorespiratory drill testing	Assessment and Functional Capacity Testing for Paralympic Athletes	Lab Practicum	Practical Rubrics
21	—	Theoretical Class Evaluation	Term Assessment Exam	Classroom Exam	Term Grading

22	2	Adaptive aquatics configurations	Adapted Swimming: Aquatic Safety, Technical Adjustments, and Rules	Pool Practicum	Performance Check
23	2	Adaptive racket sports configurations	Wheelchair Tennis and Para-Badminton: Court Movement Rules	Court Practicum	Practical Rubrics
24	2	Powerlifting classification rules	Para-Powerlifting: Technical Lifts Rules and Weight Classes	Platform Modeling	Written Quiz
25	2	Inclusion policy architectures	Inclusion Policies, Accessibility Codes, and the Paralympic Charter	Theoretical Lecture	Case Study Review
26	2	Scrimmage refereeing parameters	Full Match Officiating Practicum for Sitting Volleyball / Goalball	Court Practicum	Refereeing Grade
27	2	Profile report synthesis setups	Creating Individualized Adapted Physical Education Plans (IEP)	Student Workshop	Project Evaluation
28	2	Comprehensive review of data	General Review of Advanced Adaptive Sports and Classification Laws	Open Discussion	Evaluation
29	—	Final Comprehensive Written Evaluation	Final Examination	Classroom Exam	Final Grade

Infrastructure & References: Sports for Individuals with Disabilities

Infrastructure Category	Details and Approved References
1. Required Textbooks	Adapted Physical Activity and Sports for Individuals with Special Needs (Core Textbook)
2. Main Reference Materials	IPC Official Technical Regulations and Classification Handbooks — Specialized Arab Texts
Recommended Literature	Academic Theses, Dissertations, and International Journal of Adapted Physical Activity
Electronic References	International Paralympic Committee (IPC) Database and The Comprehensive Sports Library

Sports Sociology

196. Educational Institution	Al-Turath University
197. Scientific Department / Center	College of Physical Education and Sports Sciences
198. Course Name / Code	Sports Sociology
199. Available Attendance Forms	Daily / In-Person (Paper-Based)
200. Semester / Year	2026/2027 — Annual System
201. Total Credit Hours	2 Hours per week
202. Date of Preparation	September 1, 2026
203. Course Objectives	1. Identifying the structural relationships between sports institutions and diverse social systems. 2. Investigating contemporary social phenomena in sports environments (globalization, commercialization, socialization). 3. Analyzing sports as an effective tool for community development, gender equality, and international coexistence.
Course Learning Outcomes	A. Knowledge and Understanding: A1. Comprehensive understanding of sociological frameworks and foundational theories applied to sports. A2. Tracking the role of mass media and commercial brands in reshaping cultural sports identities. A3. Deep insight into social problems within athletics, including hooliganism and deviant behaviors. B. Intellectual and Practical Skills: B1. Conducting field studies and analytical assessments of social behaviors in sports hubs. B2. Organizing group panel debates regarding sports globalization and accessibility limits. B3. Constructing institutional initiatives utilizing physical activities as social inclusion vectors.

Sports Sociology Weekly Plan

Week	Hours	Required Learning Outcomes	Unit / Topic Name	Teaching Method	Evaluation Method
1	2	Sociological framework introduction	Introduction to Sports Sociology: Concepts, Definitions, and Core Theories	Theoretical Lecture	Oral Questions
2	2	Behavioral alignment loops context	Sports as a Modern Social Institution: Roles and Core Functions	Interactive Lecture	Written Quiz
3	2	Integration metrics tracking	Sports Socialization: Family, Peer Groups, and School Influences	Group Workshop	Project Review
4	2	Community cohesion parameters	Sports and Social Stratification: Socioeconomic Class and Accessibility	Case Studies	Report Evaluation
5	2	Commercialization analytics lines	Sports and Economy: Professionalism, Commercialization, and Branding	Discussion Panel	Portfolio Review
6	2	Cultural diversity metrics tracking	Sports, Politics, and National Identity: Globalization Impacts	Media Analysis	Written Quiz
7	2	Divergent behaviors tracking profiles	Deviance in Sports: Fan Hooliganism, Institutional Corruption, and Frauds	Scenario Analysis	Practical Rubrics
8	—	Theoretical Midterm Evaluation	Midterm Examination	Classroom Exam	Exam Grading
9	2	Media impact assessment metrics	Sports and Mass Media: Representation, Gender Bias, and Digital Trends	Video Analysis	Oral Questions
10	2	Demographics tracking profiles	Women and Sports: Gender Barriers, Opportunities, and Development	Theoretical Lecture	Written Quiz
11	2	Institutional development frameworks	School Sports and Corporate Synergy: Community Health Vectors	Research Seminar	Presentation Grading
12	2	Leisure time optimization tracks	Youth Culture, Recreation, and Socialization via Leisure Time	Theoretical Lecture	Classroom Quiz
13	—	Theoretical Performance Assessment	Term Examination	Classroom Exam	Term Grading
14	2	Theoretical models tracking loops	Functionalism vs Conflict Theory: Analyzing Contemporary Sports Events	Theoretical Lecture	Case Analysis
15	2	Community infrastructure profiles	Sports in Rural vs Urban Communities: Infrastructure and Disparities	Interactive Lecture	Report Assessment
16	—	Mid-Year Comprehensive Evaluation	Mid-Year Examination	Classroom Exam	Exam Grading
17	2	Social integration metrics setups	Sports as a Tool for Racism Mitigation and Ethnic Social Integration	Group Seminars	Peer Review
18	2	Fan groups behavioral tracking	Sociology of Sports Spectators: Collective Behavior in Stadiums	Case Studies	Written Quiz
19	2	International coexistence vectors	The Olympic Games and International Relations: Promotion of Peace	Film Presentation	Oral Questions
20	2	Youth leadership profiles checking	Social Control and Values Formation via Competitive Youth Leagues	Theoretical Lecture	Written Quiz
21	—	Theoretical Class Evaluation	Term Assessment Exam	Classroom Exam	Term Grading
22	2	Commercial sports environments	Sport of Society: The Proliferation of Gym Culture and Wellness	Group Discussion	Portfolio Review

23	2	Ethical standards checking codes	Social Responsibility of Professional Athletes and Role Model Status	Scenario Analysis	Practical Rubrics
24	2	Demographic age tracking lines	Aging Populations and Sports Sociology: Golden Age Physical Activity	Theoretical Lecture	Report Assessment
25	2	Labor market analytics loops	Sports Industry and Social Mobility: Careers, Assets, and Class Changes	Data Analysis	Presentation Grading
26	2	Qualitative survey design setups	Methods of Social Research in Sports: Designing Questionnaires	Practical Workshop	Questionnaire Design
27	2	Survey results analysis loops	Applied Field Study: Analyzing Social Interactions within Local Clubs	Field Practicum	Research Report
28	2	Comprehensive review of data	General Review of Advanced Sociological Theories and Global Trends	Open Forum	Evaluation
29	—	Final Comprehensive Written Evaluation	Final Examination	Classroom Exam	Final Grade

Sports Sociology Infrastructure & References:

Infrastructure Category	Details and Approved References
1. Required Textbooks	Introduction to Sports Sociology: Text and Concepts (Core Textbook)
2. Main Reference Materials	Sports and Society: Contemporary Sociological Issues — Core Arab Faculties Literature
Recommended Literature	Academic Theses, Dissertations, and International Review for the Sociology of Sport
Electronic References	International Sociology of Sport Association (ISSA) Database and The Comprehensive Sports Library

Anatomy

204. Educational Institution	Al-Turath University)
205. Scientific Department / Center	College of Physical Education and Sports Sciences
206. Course Name / Code	Anatomy / ANA
207. Available Attendance Forms	Daily / In-Person (Paper-Based)
208. Semester / Year	2026/2027 — Annual System
209. Total Credit Hours	2 Hours per week
210. Date of Preparation	September 1, 2026
211. Course Objectives	1. Introducing students to the structural components, cells, tissues, and systems of the human body. 2. Detailed study of the musculoskeletal system (bones, joints, muscles) and its functional relationship to physical movement. 3. Investigating internal vital organs, respiratory, and circulatory structures supporting motor output.
. Course Learning Outcomes	A. Knowledge and Understanding: A1. Comprehensive understanding of anatomical terminology, directional terms, and body planes. A2. Identifying the names, origins, insertions, and actions of major muscle groups. A3. Deep insight into the structural architecture of joints and skeletal systems supporting movement. B. Intellectual and Practical Skills: B1. Locating and identifying bones and muscles using anatomical models and charts. B2. Analyzing the muscular and structural contribution during various athletic skills. B3. Gaining foundational clinical awareness to recognize structural causes of sports injuries.

Anatomy Weekly Plan

Week	Hours	Required Learning Outcomes	Unit / Topic Name	Teaching Method	Evaluation Method
1	2	Anatomical orientation setups	Introduction to Anatomy: Concepts, Importance in Sports, and History	Theoretical Lecture	Oral Questions
2	2	Spatial axis orientation loops	Anatomical Terminology: Directional Terms, Body Planes, and Cavities	Interactive Charts	Practical Check
3	2	Cellular structure analysis	Cytology: Cellular Structure, Organelles, and Physiological Functions	Lecture & Slides	Written Quiz
4	2	Tissue classification frameworks	Histology: General Classification of Body Tissues (Epithelial & Connective)	Lab Demonstration	Performance Check
5	2	Muscle-bone interface structures	Histology: Structural Analysis of Muscular and Nervous Tissues	Lab Demonstration	Performance Check
6	2	Skeletal framework overview	The Skeletal System: Bone Classifications, Structure, and Growth	Interactive Skeleton	Written Quiz

7	2	Axial skeleton tracking lines	Axial Skeleton: Detailed Structure of the Skull and Vertebral Column	Skeletal Models	Practical Rubrics
8	—	Theoretical Midterm Evaluation	Midterm Examination	Classroom Exam	Exam Grading
9	2	Appendicular structures setups	Appendicular Skeleton: Bones of the Upper and Lower Extremities	Skeletal Models	Practical Rubrics
10	2	Joint configuration tracking	Arthrology: Structural and Functional Classification of Joints	Interactive Models	Performance Check
11	2	Joint mobility parameters	Synovial Joints: Structures, Movements, and Mechanical Axes	Biomechanical Charts	Written Quiz
12	2	Muscular system intro metrics	The Muscular System: Structural Overview, Skeletal Muscle Architecture	Theoretical Lecture	Oral Questions
13	—	Theoretical Performance Assessment	Term Examination	Classroom Exam	Term Grading
14	2	Upper limb muscular profiles	Muscles of the Shoulder Girdle and Arm: Origins and Insertions	Anatomical Models	Practical Test
15	2	Upper limb action parameters	Muscles of the Forearm and Hand: Origins, Insertions, and Actions	Anatomical Models	Practical Test
16	—	Mid-Year Comprehensive Evaluation	Mid-Year Examination	Classroom Exam	Exam Grading
17	2	Torso muscular architecture	Muscles of the Trunk: Abdominal Wall, Back, and Thoracic Chest Muscles	Interactive Charts	Written Quiz
18	2	Lower limb muscular profiles	Muscles of the Pelvic Girdle and Thigh: Origins and Insertions	Anatomical Models	Practical Test
19	2	Lower limb action parameters	Muscles of the Leg and Foot: Origins, Insertions, and Actions	Anatomical Models	Practical Test
20	2	Kinetic muscle coordination	Applied Functional Anatomy: Muscular Analysis of Running and Jumping	Video Case Studies	Report Evaluation
21	—	Theoretical Class Evaluation	Term Assessment Exam	Classroom Exam	Term Grading
22	2	Cardiovascular structures layouts	The Cardiovascular System: Gross Anatomy of the Heart and Major Vessels	Interactive Models	Performance Check
23	2	Pulmonary architecture tracks	The Respiratory System: Anatomy of Lungs, Airways, and Respiratory Muscles	Anatomical Models	Written Quiz
24	2	Neural architecture controls	The Nervous System: Structural Overview of Brain, Spinal Cord, and Nerves	Lecture & Charts	Oral Questions
25	2	Digestive vital organ lines	The Digestive System: Structural Layout of Gastrointestinal Organs	Anatomical Models	Performance Check
26	2	Endocrine vital organ profiles	The Endocrine and Urinary Systems: Gross Anatomy of Vital Glands	Lecture & Slides	Written Quiz
27	2	Superficial marking synthesis	Surface Anatomy: Palpation of Landmarking Bones and Muscle bellies	Lab Practicum	Practical Rubrics
28	2	Comprehensive review of data	General Review of Musculoskeletal Systems and Kinematic Joints	Open Discussion	Evaluation
29	—	Final Comprehensive Written Evaluation	Final Examination	Classroom Exam	Final Grade

Infrastructure & References: Anatomy

Infrastructure Category	Details and Approved References
1. Required Textbooks	Functional Anatomy for Physical Education Students (Core Textbook)
2. Main Reference Materials	Gray's Anatomy for Students — Core Textbooks by Specialized Medical and Sports Arab Faculties
Recommended Literature	Academic Theses, Diagnostic Atlases, and Journal of Sports Anatomy & Biomechanics
Electronic References	Visible Body Database, 3D Anatomy Apps, and The Comprehensive Sports Library

Arabic Language

Course Specification Field	Professional English Translation
212. Educational Institution	Al-Turath University
213. Scientific Department / Center	College of Physical Education and Sports Sciences
214. Course Name / Code	Arabic Language / ARA
215. Available Attendance Forms	Daily / In-Person (Paper-Based)
216. Semester / Year	2026/2027 — Annual System
217. Total Credit Hours	1 Hour per week
220. Date of Preparation	September 1, 2026
221. Course Objectives	1. Developing students' linguistic, grammatical, and dictation skills to ensure sound communication. 2. Training students on official writing mechanics, administrative correspondence, and editing report formats. 3. Enhancing verbal, textual comprehension, and avoid common grammatical errors in academic fields.
Course Learning Outcomes	A. Knowledge and Understanding: A1. Comprehensive understanding of Arabic syntax, morphology, and essential grammar rules. A2. Identifying the correct mechanics of spelling, punctuation, and semantic rules. A3. Full grasp of technical report layout, research drafting styles, and thesis formulation codes. B. Intellectual and Practical Skills: B1. Proofreading and editing texts, articles, and administrative letters perfectly. B2. Constructing error-free sports reports, match descriptions, and official academic summaries. B3. Expressing technical contexts clearly during presentations, interviews, and public panels.

Arabic Language Weekly Plan

Week	Hours	Required Learning Outcomes	Unit / Topic Name	Teaching Method	Evaluation Method
1	1	Understanding linguistic context	Introduction to Arabic Grammar: Importance of Linguistic Correctness	Theoretical Lecture	Oral Questions
2	1	Sentence architecture tracking	The Arabic Sentence Structure: Nominal Sentence and Verbal Sentence	Structural Charts	Written Quiz
3	1	Noun parsing parameters	Syntax Fundamentals: Signs of Parsing (Declinable and Invariable Nouns)	Interactive Exercises	Performance Check
4	1	Verbal analysis tracking lines	The Verbal Sentence: Past, Present, and Imperative Verbs Parsing codes	Theoretical Lecture	Written Quiz
5	1	Structural sentence modifications	Cancelers of the Nominal Sentence: (Inna) and its Sisters functions	Grammar Modeling	Performance Check
6	1	Structural sentence modifications	Cancelers of the Nominal Sentence: (Kana) and its Sisters rules	Grammar Modeling	Written Quiz
7	1	Semantic structure elements	Noun Modifiers: Adjectives (An-Na'at) and Conjunctions (Al-Atf)	Text Analysis	Performance Check
8	—	Theoretical Midterm Evaluation	Midterm Examination	Classroom Exam	Exam Grading
9	1	Spelling rule configurations	Dictation Mechanics: Writing Hamzah (Initial, Medial, and Terminal)	Writing Workshop	Dictation Test
10	1	Spelling rule configurations	Dictation Mechanics: Alif Al-Layyinah and Distinguishing (Dhad) vs (Zha)	Writing Workshop	Dictation Test
11	1	Punctuation integration marks	Punctuation Marks: Standard Rules and Usage in Academic Writing	Template Analysis	Practical Check
12	1	Administrative formatting setups	Official Correspondence: Writing Administrative Letters and Requests	Template Analysis	Report Assessment
13	—	Theoretical Performance Assessment	Term Examination	Classroom Exam	Term Grading
14	1	Professional data processing	Technical Writing: Drafting Executive Summaries and Minutes of Meetings	Workshop Session	Practical Task
15	1	Error identification profiles	Common Grammatical and Linguistic Errors in Sports Media and News	Case Study Analysis	Portfolio Review
16	—	Mid-Year Comprehensive Evaluation	Mid-Year Examination	Classroom Exam	Exam Grading
17	1	Derivative morphological rules	Morphology Basics: Derivatives (Active Participle and Passive Participle)	Theoretical Lecture	Written Quiz
18	1	Numeric syntax controls	Grammatical Rules of Numbers and Numbered Nouns	Mathematical Layout	Problem Solving
19	1	Semantic exception controls	Exception Styles (Al-Istithna'): Rules, Particles, and Case Studies	Grammar Modeling	Oral Questions
20	1	Active communication paths	Public Speaking and Rhetoric: Delivery Techniques for Academic Panels	Role-Playing	Practical Rubrics

21	—	Theoretical Class Evaluation	Term Assessment Exam	Classroom Exam	Term Grading
22	1	Research profile setups	Academic Writing: Structuring Graduation Research Papers and Theses	Text Analysis	Report Evaluation
23	1	Textual parsing synthesis	Applied Practical Text Parsing: Analyzing Selected Prose and Verse Texts	Lab Practicum	Practical Rubrics
24	1	Comprehensive review of data	General Review of Arabic Grammar, Morphology, and Dictation Rules	Open Discussion	Evaluation
25	—	Final Comprehensive Written Evaluation	Final Examination	Classroom Exam	Final Grade

Infrastructure & References: Arabic

Infrastructure Category	Details and Approved References
1. Required Textbooks	Prescribed Arabic Language Textbook for University Students
2. Main Reference Materials	Al-Kitab by Sibawayh — Shard Ibn 'Aqil on Alfiyyah Ibn Malik — Specialized University Texts
Recommended Literature	Academic Theses, Linguistic Journals, and Corrective Language Guides
Electronic References	Digital Arabic Lexicons, Academic Databases, and The Comprehensive Sports Library

Philosophy and History of Physical Education

222. Educational Institution	Al-Turath University
223. Scientific Department / Center	College of Physical Education and Sports Sciences
224. Course Name / Code	Philosophy and History of Physical Education / PHP
225. Available Attendance Forms	Daily / In-Person (Paper-Based)
226. Semester / Year	2026/2027 — Annual System
227. Total Credit Hours	2 Hours per week
228. Date of Preparation	September 1, 2026
229. Course Objectives	1. Introducing students to the foundational concepts, definitions, and philosophical schools of physical education. 2. Tracking the historical evolution of sports across ancient civilizations, Islamic eras, and modern times. 3. Analyzing the socio-cultural, political, and educational dimensions of the Olympic movement and modern sports systems.
Course Learning Outcomes	A. Knowledge and Understanding: A1. Deep understanding of the concepts of play, games, physical culture, and education. A2. Tracking the development of sports laws and physical conditioning methods across history. A3. Full grasp of the international Olympic Charter, ethics, and corporate sociology values. B. Intellectual and Practical Skills: B1. Critically evaluating and analyzing current sports phenomena based on philosophical schools. B2. Presenting and conducting historical research regarding local and international sports milestones. B3. Constructing educational initiatives that link sport ethics with active community development.

Philosophy and History of Physical Education Weekly Plan

Week	Hours	Required Learning Outcomes	Unit / Topic Name	Teaching Method	Evaluation Method
1	2	Understanding general context	Concept, Definitions, and Aims of Physical Education and Sports	Theoretical Lecture	Oral Questions
2	2	Differentiating style frameworks	Philosophy of Physical Education: Essentialism and Idealism Styles	Interactive Lecture	Written Quiz
3	2	Differentiating style frameworks	Philosophy of Physical Education: Realism and Pragmatism Styles	Interactive Lecture	Performance Check
4	2	Behavioral alignment tracks	Naturalism and Existentialism: Philosophical Impacts on Sports Values	Group Discussion	Written Quiz
5	2	Historical evolution tracking	Physical Culture in Primitive Societies and Ancient Eastern Civilizations	Lecture & Slides	Performance Check
6	2	Historical evolution tracking	Physical Education in Ancient Greece: Sparta vs Athens Systems	Diagram Analysis	Written Quiz
7	2	Historical evolution tracking	Physical Culture in the Roman Empire: Gladiators and Military Lifts	Lecture & Slides	Performance Check
8	—	Theoretical Midterm Evaluation	Midterm Examination	Classroom Exam	Exam Grading
9	2	Cultural diversity parameters	Physical Activity and Sports in Islamic Civilization: Values and Rules	Theoretical Lecture	Written Quiz
10	2	Historical evolution tracking	Physical Education during the European Middle Ages and Renaissance	Lecture & Slides	Oral Questions
11	2	Modern framework introduction	The Evolution of Modern Physical Education Systems in Europe (Germany/Sweden)	Interactive Charts	Performance Check
12	2	Global sports structure tracking	History of Modern Sports in Arab Countries: Systems and Foundations	Theoretical Lecture	Report Assessment
13	—	Theoretical Performance Assessment	Term Examination	Classroom Exam	Term Grading
14	2	Olympic movement parameters	Ancient Olympic Games: Genesis, Disciplines, and Mythological Roots	Video Case Studies	Written Quiz
15	2	Olympic movement parameters	Modern Olympic Games: Pierre de Coubertin and the Revival Steps	Lecture & Slides	Practical Task

16	—	Mid-Year Comprehensive Evaluation	Mid-Year Examination	Classroom Exam	Exam Grading
17	2	Rulebook comprehension charters	The Olympic Movement: The IOC Structure, Ideals, and the Olympic Charter	Flowchart Analysis	Written Quiz
18	2	Socio-cultural impact lines	Sports and Socialization: Cultural and Political Impacts across Centuries	Group Seminars	Peer Review
19	2	Corporate sociology values	Ethics in Sports: Fair Play, Sportsmanship, and Anti-Doping Philosophy	Scenario Analysis	Oral Questions
20	2	Institutional development frameworks	History of Physical Education and Sports Curriculum Development in Iraq	Theoretical Lecture	Written Quiz
21	—	Theoretical Class Evaluation	Term Assessment Exam	Classroom Exam	Term Grading
22	2	Local sports history tracking	History of Iraqi Sports Federations, National Olympic Committee & Clubs	Lecture & Charts	Report Evaluation
23	2	Global sports transformation	The Impact of Globalization and Commercialization on Sport Ideals	Discussion Panel	Portfolio Review
24	2	Qualitative report synthesis	Historical Research Methods: Analyzing Sports Archives and Milestones	Practical Workshop	Project Evaluation
25	2	Comprehensive review of data	General Review of Philosophical Schools and Historical Milestones	Open Discussion	Evaluation
26	—	Final Comprehensive Written Evaluation	Final Examination	Classroom Exam	Final Grade

Infrastructure & References: Philosophy and History

Infrastructure Category	Details and Approved References
1. Required Textbooks	Philosophy and History of Physical Education and Sports (Core Academic Textbook)
2. Main Reference Materials	History of Sports and Civilizations — Foundations of Physical Education Philosophy — Specialized Faculty Texts
Recommended Literature	Academic Theses, Dissertations, and International Journal of History of Sport
Electronic References	International Olympic Committee (IOC) Historical Archives and The Comprehensive Sports Library

Crimes of the Ba'ath Regime

230. Educational Institution	Al-Turath University
231. Scientific Department / Center	College of Physical Education and Sports Sciences
232. Course Name / Code	Crimes of the Ba'ath Regime / CBR
233. Available Attendance Forms	Daily / In-Person (Paper-Based)
234. Semester / Year	2026/2027 — Annual System
235. Total Credit Hours	1 Hour per week
236. Date of Preparation	September 1, 2026
237. Course Objectives	1. Introducing students to the political history, dictatorial frameworks, and nature of the former regime. 2. Documenting human rights violations, chemical attacks, mass graves, and military campaigns. 3. Studying the concepts of transitional justice, legal accountability, and constitutional guarantees to prevent the return of dictatorship.
. Course Learning Outcomes	A. Knowledge and Understanding: A1. Comprehensive understanding of the historical background and oppressive laws of the dictatorial era. A2. Gaining insight into the socio-economic and demographic impacts of chemical attacks and forced displacement. A3. Full grasp of transitional justice principles, international tribunals, and human rights charters. B. Intellectual and Practical Skills: B1. Critically analyzing historical documents and legal records of violations. B2. Presenting and conducting academic reviews regarding national unity and democratic transitions. B3. Constructing field awareness initiatives promoting peaceful coexistence and citizenship values within sports communities.

Crimes of the Ba'ath Regime Weekly Plan

Week	Hours	Required Learning Outcomes	Unit / Topic Name	Teaching Method	Evaluation Method
1	1	Understanding general context	Introduction to Dictatorial Frameworks: Definition and Theoretical Concepts	Theoretical Lecture	Oral Questions
2	1	Historical evolution tracking	Political History of Iraq: The Rise of the Former Regime and Power Consolidation	Historical Review	Written Quiz
3	1	Oppressive mechanism lines	Analysis of Oppressive Laws and Decrees Violating Fundamental Human Rights	Document Analysis	Written Quiz
4	1	Structural safety check	Suppression of Academic Freedoms and Militarization of Higher Education Institutions	Theoretical Lecture	Performance Check
5	1	Military campaign tracking	Human Rights Violations Part 1: The Al-Anfal Campaigns and Demographic Impacts	Video Case Studies	Written Quiz
6	2	Chemical warfare analytics	Human Rights Violations Part 2: The Halabja Chemical Attack and Legal Bounds	Video Case Studies	Report Assessment
7	1	Mass trauma documentation	Mass Graves in Iraq: Documentation, Forensic Evidence, and Genocide Criteria	Lecture & Slides	Performance Check
8	—	Theoretical Midterm Evaluation	Midterm Examination	Classroom Exam	Exam Grading
9	1	Uprising context overview	The 1991 Popular Uprising (Sha'aban Intifada): Causes, Events, and Suppression	Historical Review	Written Quiz
10	1	Marshland drainage impacts	Environmental Crimes: The Drainage of the Iraqi Marshlands and Ecosystem Destruction	Interactive Charts	Oral Questions
11	1	Economic sanctions analytics	The Impact of Tyrannical Policies on the Economic Sanctions Era (1990-2003)	Theoretical Lecture	Performance Check
12	1	External conflicts tracking	Geopolitical Disasters: The Iran-Iraq War and the Invasion of Kuwait Impacts	Lecture & Slides	Written Quiz
13	—	Theoretical Performance Assessment	Term Examination	Classroom Exam	Term Grading
14	1	Execution/Imprisonment tracking	Political Prisoners, Executions, and Arbitrary Detentions without Trial	Case Study Analysis	Practical Task
15	1	Forced migration profiles	Forced Displacement, Deportation, and De-Arabization Policies (Faili Kurds/Marshes)	Map Analysis	Report Evaluation
16	—	Mid-Year Comprehensive Evaluation	Mid-Year Examination	Classroom Exam	Exam Grading

17	1	Legal accountability frameworks	Transition After 2003: The Iraqi Supreme Criminal Tribunal (IST) Foundation	Flowchart Analysis	Written Quiz
18	1	Judicial processing tracking	Case Trials of the Former Regime Leaders: Charges, Evidence, and Verdicts	Video Court Logs	Written Quiz
19	1	Transitional justice paths	Principles of Transitional Justice: Compensation for Victims and Mass Graves Laws	Legal Review	Oral Questions
20	1	Constitutional protection lines	Constitutional Guarantees in the 2005 Constitution to Prevent Dictatorship Return	Constitutional Review	Written Quiz
21	—	Theoretical Class Evaluation	Term Assessment Exam	Classroom Exam	Term Grading
22	1	Democratic system interfaces	Reinforcing Democratic Values, Human Rights Culture, and Citizenship Concepts	Interactive Lecture	Group Discussion
23	1	Coexistence promotion paths	National Reconciliation, Combating Sectarianism, and Coexistence in Sports	Discussion Panel	Practical Rubrics
24	2	Quantitative report synthesis	Creating Student Research Portfolios documenting Local Oral Histories of Trauma	Student Workshop	Project Evaluation
25	1	Comprehensive review of data	General Review of Dictatorial Laws, Crimes Against Humanity, and Justice	Open Discussion	Evaluation
26	—	Final Comprehensive Written Evaluation	Final Examination	Classroom Exam	Final Grade

Infrastructure & References: Crimes of the Ba'ath Regime

Infrastructure Category	Details and Approved References
1. Required Textbooks	Crimes of the Dictatorial Regime in Iraq (Prescribed Core Academic Textbook)
2. Main Reference Materials	Official Records of the Iraqi Supreme Criminal Tribunal — Ministry of Human Rights Publications
Recommended Literature	Academic Theses, International Human Rights Reports (UN), and Transitional Justice Papers
Electronic References	Iraqi Supreme Criminal Tribunal Digital Archives and The Comprehensive Educational Library

Field Application

238. Educational Institution	Al-Turath University
239. Scientific Department / Center	College of Physical Education and Sports Sciences
240. Course Name / Code	Field Application (Practicum) / FAP
241. Available Attendance Forms	Daily / Field Practicum (In-Person at Schools)
241. Semester / Year	2026/2027 — Annual System
244. Total Credit Hours	2 Hours per week
245. Date of Preparation	September 1, 2026
246. Course Objectives	1. Providing students with practical field experience to teach physical education in schools. 2. Training students on actual classroom management, lesson delivery, and field leadership. 3. Developing competencies in evaluating school students, organizing tournaments, and sports days.
Course Learning Outcomes	A. Knowledge and Understanding: A1. Comprehensive understanding of school administration, regulations, and teacher duties. A2. Gaining insight into pedagogical application of teaching styles in real school environments. A3. Recognizing safety protocols, field organization patterns, and scoring rubrics in schools. B. Intellectual and Practical Skills: B1. Constructing and writing comprehensive daily, weekly, and annual PE lesson plans perfectly. B2. Managing and leading school classes using proper command voice, whistles, and sports formations. B3. Organizing school sports festivals, intramural tournaments, and health wellness programs.

Field Application Weekly Plan

Week	Hours	Required Learning Outcomes	Unit / Topic Name	Teaching Method	Evaluation Method
1	2	Contextual school orientation	Orientation: Objectives of Practicum, Teacher Ethics, and School Regulations	Theoretical Briefing	Attendance & Quiz
2	2	Administrative tracking setups	School Visit: Understanding School Administration & Meeting the Principal	Field Visit	Observation Log
3	2	Written structuring parameters	Lesson Planning: Reviewing Daily Lesson Plan Blueprints & Objectives	Writing Workshop	Plan Grading
4	2	Observation tracking lines	Classroom Observation Part 1: Observing the Mentor Teacher's PE Lesson	Field Observation	Observation Report
5	2	Observation tracking lines	Classroom Observation Part 2: Analyzing Class Formations & Control	Field Observation	Observation Report
6	2	Pedagogical voice control lines	Command Voice Practicum: Mastering Whistle Signals and Line Formations	Field Practicum	Practical Rubrics
7	2	Managing preparation phases	Teaching Practice: Executing the Introductory Part (Warm-up & Formatting)	Peer Teaching	Field Execution
8	—	Methodological Midterm Review	First Half Lesson Plan Portfolio Evaluation	Review Panel	Portfolio Grade
9	2	Managing instructional loops	Teaching Practice: Executing the Main Part (Skill Presentation & Games)	Peer Teaching	Field Execution
10	2	Physiological cool-down lines	Teaching Practice: Executing the Concluding Part (Dismissal & Recovery)	Peer Teaching	Field Execution
11	2	Initial field drive execution	Solo Teaching Part 1: Delivering a Complete PE Lesson to Lower Grades	School Practicum	Mentor Evaluation
12	2	Initial field drive execution	Solo Teaching Part 2: Delivering a Complete PE Lesson to Upper Grades	School Practicum	Mentor Evaluation
13	—	Mid-Year Progress Evaluation	Mid-Year Practical Field Teaching Evaluation	Supervisor Audit	Field Grade
14	2	Addressing student capabilities	Addressing Individual Differences and Mixed-Ability Classes in Schools	School Practicum	Mentor Evaluation
15	2	Class safety metrics control	Managing Outdoor Sports Safety, Hazards, and Playground Infrastructure	Field Practicum	Performance Check
16	—	Mid-Year Comprehensive Exam	Theoretical Mid-Year Written Examination	Classroom Exam	Exam Grading
17	2	Feedback loop mechanisms	Implementing Technical Feedback and Error Correction in School Games	School Practicum	Mentor Evaluation
18	2	Educational asset utilization	Utilizing Auxiliary Educational Aids and Improvised Sports Media	School Practicum	Practical Rubrics
19	2	Performance metrics framework	Pupil Evaluation: Grading School Students' Physical & Motor Progress	School Practicum	Logbook Review
20	2	School athletic setup metrics	Organizing Extracurricular Activities: Intra-School Sports Tournaments	Project Work	Tournament Plan
21	—	Field Play Evaluation	Second Half Field Teaching Progress Assessment	Supervisor Audit	Field Grade
22	2	Public event scheduling	Organizing School Sports Days, Health Parades, and Festivals	Project Work	Report Evaluation
23	2	Behavioral conflict loops control	Classroom Management: Handling Disruptive Behaviors & Inactive Students	School Practicum	Mentor Evaluation
24	2	Professional portfolio setups	Administrative Work: Maintaining the PE Teacher's Official Record Book	Writing Workshop	Logbook Grading
25	2	Comprehensive pedagogical review	Final Synthesis: Self-Reflection, Peer-Review, and Feedback Analysis	Open Forum	Oral Questions
26	—	Final Field Defense Examination	Final Public Practical Teaching Defense	Academic Jury Panel	Final Grade

Infrastructure & References: Field Application

Infrastructure Category	Details and Approved References
1. Required Textbooks	Practical Education and Field Application in Sports Fields (Core Textbook)
2. Main Reference Materials	Physical Education Lesson Planning Handbooks — Ministry of Education Curriculum Guidelines
Recommended Literature	Academic Reports, Field Practicum Portfolios, and School Pedagogical Research Journals
Electronic References	Ministry of Education Official Portal, Instructional PE Videos, and The Sports Library

Wrestling

247. Educational Institution	Al-Turath University
248. Scientific Department / Center	College of Physical Education and Sports Sciences
249. Course Name / Code	Wrestling / WRE
250. Available Attendance Forms	Daily / In-Person (Paper-Based)
251. Semester / Year	2026/2027 — Annual System
252. Total Credit Hours	4 Hours per week
253. Date of Preparation	September 1, 2026
254. Course Objectives	1. Introducing students to the foundational principles, stance mechanics, and history of wrestling (Freestyle and Greco-Roman). 2. Training students on legal offensive takedowns, throws, controls, and counter-attacks. 3. Developing core trunk strength, power, agility, and dynamic balance indices. 4. Understanding UWW international rules, weight classes, mat dimensions, and officiating protocols.
Course Learning Outcomes	A. Knowledge and Understanding: A1. Structural analysis of levers, mechanics of throws, and balance distribution over the mat. A2. Tracking international rules, passive play regulations, and infractions. A3. Mastering competition formats, pairing systems, and refereeing signs. B. Intellectual and Practical Skills: B1. Performing precise individual takedowns and defensive configurations. B2. Executing dynamic upper-body throws and ground parterre controls. B3. Implementing score sheet logs, timing control, and on-mat refereeing during matches.

Wrestling Weekly Plan

Week	Hours	Required Learning Outcomes	Unit / Topic Name	Teaching Method	Evaluation Method
1	4	Contextual history orientation	History of Wrestling, UWW Safety Protocols & Mat Dimensions	Lecture & Demonstration	Observation
2	4	Body alignment configuration	Fundamental Wrestling Stances (Neutral, Low, and Parterre Guard)	Stance Modeling	Stance Review
3	4	Base position tracking lines	Movement on the Mat: Footwork, Level Changes, and Tie-ups (Binds)	Movement Modeling	Performance Check
4	4	Takedown mechanics tracking	Offensive Takedowns: Single-Leg Takedown (Mechanics & Steps)	Technical Modeling	Skill Performance
5	4	Takedown mechanics tracking	Offensive Takedowns: Double-Leg Takedown Execution	Technical Modeling	Skill Performance
6	4	Defensive containment tracks	Takedown Defenses: Sprawling, Down-blocking, and Hips Control	Partner Drill Setups	Practical Rubrics
7	4	Rotational throw parameters	Upper-Body Throws: Arm Drag and Hip Toss Fundamentals	Technical Modeling	Skill Performance
8	—	Theoretical & Practical Midterm	Midterm Examination	Wrestling Mat / Class	Midterm Grades
9	4	Ground control configuration	Parterre Wrestling: Top Positioning, Breakdown, and Mat Controls	Partner Drill Setups	Performance Check
10	4	Ground scoring parameters	Parterre Offensive Moves: The Gut Wrench (Execution & Varieties)	Technical Modeling	Practical Rubrics
11	4	Ground scoring parameters	Parterre Offensive Moves: The Ankle Lace (Leg Lace) Execution	Technical Modeling	Skill Performance
12	4	Ground defensive configurations	Parterre Defense: Base Building, Counter-Gut Wrenches, and Pins Escapes	Partner Drill Setups	Practical Rubrics
13	—	Theoretical & Practical Performance	Term Examination	Wrestling Mat / Class	Term Grades
14	4	Style differentiation lines	Greco-Roman Wrestling Rules: Upper-Body Restrictions & Legal Holds	Technical Modeling	Performance Check
15	4	Combined dynamic loops	Linking Takedowns to Ground Parterre Combinations	Compound Drills	Practical Rubrics
16	—	Mid-Year Comprehensive Exam	Mid-Year Examination	Wrestling Mat / Class	Exam Grade

17	4	Fault corrections under rules	Counter-Attacking Systems & Turnovers against Rigid Guards	Technical Modeling	Performance Check
18	4	Rulebook comprehension codes	UWW International Rules: Illegal Holds, Cautions, and Passivity Laws	Rules Briefing	Oral Questions
19	4	Officiating metric framework	Scoring System (Points value for throws, takedowns, pins)	Video Match Analysis	Score Sheet Review
20	4	Mat authority configurations	Mat Referee Duties, Jury System, and Official Hand Signals	Scenario Modeling	Practical Rubrics
21	—	Theoretical & Practical Play Evaluation	Term Assessment Exam	Wrestling Mat / Class	Term Grades
22	2	Controlled wrestling tactics	Controlled Technical Sparring and Situation Simulations	Mat Practicum	Applied Tracking
23	4	Match simulation loops	Inter-Squad Match Play Tournaments (Three 2-Minute Rounds)	Match Scrimmage	Judging Rubrics
24	4	Match refereeing parameters	Full Match Officiating and On-Mat Judging Practicum	Match Scrimmage	Refereeing Grade
25	—	Final Written Theory Exam	Final Theoretical Examination	Classroom	Final Score
26	—	Final Applied Mat Assessment	Final Practical Examination	Wrestling Mat	Final Score

Infrastructure & References: Wrestling

Infrastructure Category	Details and Approved References
1. Required Textbooks	Sports Wrestling: Principles, Skills, and Methods (Core Textbook)
2. Main Reference Materials	UWW Official Technical and Competition Regulations — Faculty Textbooks
Recommended Literature	Academic Theses, Dissertations, and International Journal of Wrestling Science
Electronic References	United World Wrestling (UWW) Official Website and The Sports Library Database