

Academic Program Description Form

University: Wasit

College: Physical Education and Sports Sciences

Department: Physical Education and Sports Sciences

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

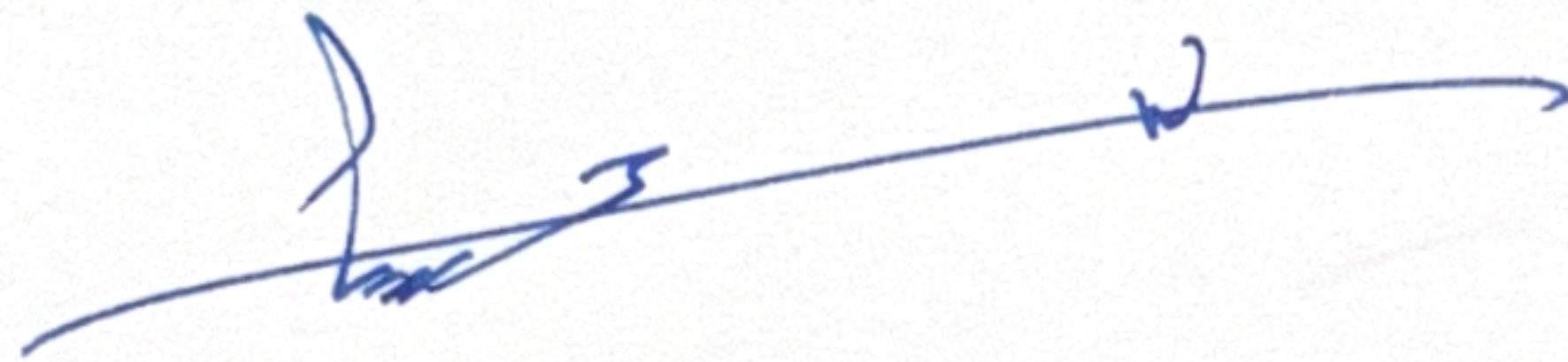
Final Degree Name: Bachelor of Physical Education and Sports Sciences

Academic System: Annual

Date of Description Preparation: September 10, 2025 to September 30, 2025

Date of Description Completion: October 1, 2025 to October 10, 2025

Signature:



Name of Scientific Assistant: Dr. Haider Abdul Kadhim Khudair

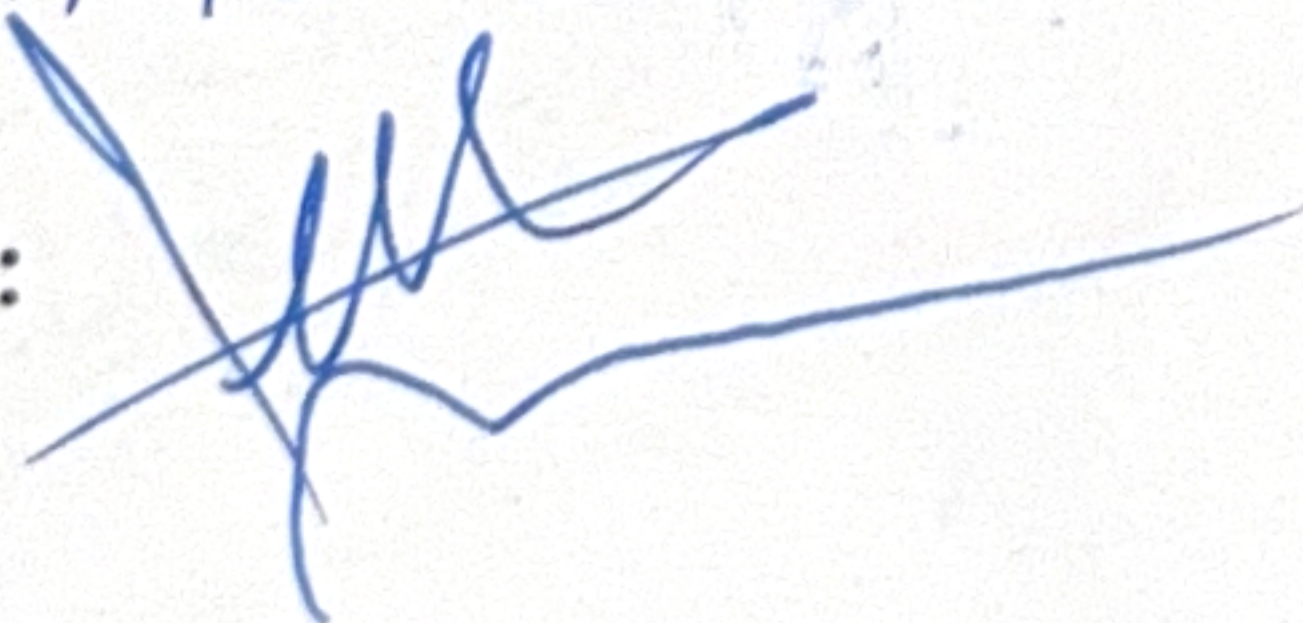
Date: 13-10-2025

File Reviewed by: Quality Assurance and University Performance Division

Name of Director of Quality Assurance and University Performance Division: Ms. Marwa Nafeaa

Date: 14.10.2025

Signature:



الاستاذ الدكتور
غفار سعد البكري
عميد الكلية

Dean's Approval

Prof. Dr. Ghaffar Saad Issa

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Ministry of Higher Education and Scientific Research

Directorate of Quality Assurance and Academic Accreditation

Accreditation Department



Academic Program and Course Description Guide

2026

Description of the academic program

This academic program description provides a necessary summary of the most important characteristics of the program and the learning outcomes that the student is expected to achieve, demonstrating whether he has made the most of the available opportunities. It is accompanied by a description of each course within the program

Wasit University	1. Educational institution
College of Physical Education and Sports Sciences	2. Scientific department/center
The preliminary study for granting a bachelor's degree in physical education and sports sciences	3. Name of the academic or professional program
Bachelor's	4. Name of the final certificate
annual	5. Academic system: Annual/courses/others
NCATE	6. Accredited accreditation program
–	7. Other external influences
10/9/2025 – 1/11/2025	8. Date the description was prepared
9. Objectives of the academic program	
1. Preparation Physical education teachers for various stages, including educational and scientific preparation for teaching And training Organization and management in the fields of physical education, health and recreation.	
2. Using modern scientific methods in teaching, training, writing and scientific research.	
3. Providing scientific and educational research and studies that work to accelerate	

the educational process.
4. Work to develop the sports movement for all sectors of society in cooperation with sports institutions.
5. Preparing youth leaders to lead the sports and youth movement in the region and work in clubs and federations Sports affiliated with the Iraqi National Olympic Committee.
6. Spreading sports awareness and physical culture and encouraging scientific research.

10. Required program outcomes and teaching, learning and evaluation methods
A– Cognitive objectives. a–1 Know the specific facts. – a–2 Knowledge of technical terminology and research methods. – a3–Knowing the recognized terminology for dealing with phenomena or knowledge. – a–4 The ability to explain, clarify, interpret, describe and draw. – a5–Knowing the classifications, categories and methodology. – a–6 Knowledge of research methodology and methods.
B – Skills objectives of the program: B–1 – That the student gets to know. B2–The student should remember. B3–The student should explain.
Teaching and learning methods
1. Lecture method. 2. Helping methodological books. 3. Practical activities. 4. Workshops.
Evaluation methods

1. Reports and scientific research of materials. 2. Constant presence. 3. Daily activities and contributions. 4. Theoretical, oral and practical tests.
C– Emotional and value goals C–1 The ability to analyze C–2 The ability to think creatively. C–3 Identify and solve problems C–4 Perception and the ability to make constructive criticism.
Teaching and learning methods
1. Duties. 2. Teamwork. 3. Practical and laboratory activities. 4. Descriptive case studies.
Evaluation methods
1. Written tests. 2. Independent projects. 3. Scientific research

D – Transferable general and qualifying skills (other skills related to employability and personal development). Dr–1 Communication, communication and oral editing. – Dr–2 Use of modern tools and technology. – Dr–3 Information and communication technology. – Dr–4 Dealing with computers.
Teaching and learning methods
1– AbilityTo contact and communicate. 2– AbilityOn teamwork. 3– AbilityOn time management.

4– AbilityOn speaking and presenting
Evaluation methods
1– writing reports 2– Writing scientific articles. 3– Making oral presentations. 4– Team work skills
11. Program structure

The first stage			
Units	hours	Name of the material (English)	Name of the material (Arabic)
4	2	Anatomy	Anatomy
2	2	Track and field	Arena and field
4	2	Basketball	basketball
4	2	Soccer	soccer
4	2	Swimming	Swimming
2	2	Scouts and camps	Scouts and camps
2	2	Weightlifting (male students)	Student weightlifting
2	2	Fitness(male students)	Female fitness students
4	2	Arabic language	Arabic
4	2	History of physical education	History of physical education
2	2	Human rights	human rights
2	2	English Language	theEnglish language
1	2	Coputer	the computer

The second stage			
Units	hours	Name of the material (English)	Name of the material (Arabic)
4	2	Biomechanics	Biomechanics
2	2	Track and Field	Arena and field
2	2	Basketball	basketball
4	2	Handball	handball
2	2	Volleyball	volleyball
4	2	Artistic Gymnastics	Gymnastics equipment
2	2	Boxing (Male Students)	Boxing students
2	2	Rhythmic Gymnastics(Female Students)	Rhythmic gymnastics for female students
2	2	Teaching methods	Teaching methods
4	2	Sports training	Sports training
4	2	Sports statistics	Mathematical Statistics
4	2	Test and Measurement	Tests and measurement
2	2	English Language	English
1	2	Computer	the computer
2	2		Baath Party crimes
4	2	Arabic language	Arabic

The third stage			
Units	hours	Name of the material (English)	Name of the material (Arabic)
4	2	Physiology	Physiology
4	2	Injuries and Rehabilitation	Injuries and rehabilitation
4	2	Motor Learning	Motor learning
4	2	Scientific Research	Research
2	2	Track and Field	Arena and field

4	2	Volleyball	volleyball
2	2	Soccer	soccer
2	2	Handball	handball
2	2	Artistic Gymnastics	Gymnastics equipment
2	2	Fencing	Duel
2	2	Racket Games (Tennis)	Racket games (tennis)
2	2	Wrestling	Wrestling students
2	2	Rhythmic Gymnastics	Rhythmic gymnastics for female students

The fourth stage			
Units	hours	Name of the material (English)	Name of the material (Arabic)
4	2	Foundations of education	Foundations of education
4	2	Sports psychology	Sports psychology
4	2	Sports training	Sports training
4	2	Management and Organization	Management and Organization
4	2	Motor Analyses	Kinetic analysis
2	2	Track and Field	Arena and field
2	2	Volleyball	volleyball
2	2	Soccer	soccer
2	2	Handball	handball
2	2	Basketball	basketball
4	2	Scientific research project	Scientific research project
4	2	Teaching methods(field application)	Teaching methods (field application)
2	2	Teaching methods	Teaching methods

12. Planning for personal development

- 1– a jobTraining courses in the specialty on a regular basis.
- 2– to mergeStudents in qualifying institutes to work in state institutions.
- 3– UseThe global Internet for scientific expansion and development.
- 4– InductionTo visit the library regularly
- 5– AccommodationJoint exhibitions reflect the students’ ability to work, create and develop.
- 6– Follow–upContinuing for students who need to increase information, awareness and understanding of the vocabulary of some subjects.

13. Admission standard (establishing regulations related to admission to the college or institute)

- 1– a testThe admission criterion is 60, which is represented by the student’s general average.
- 2– a testMedical Examination.
- 3– passingCompetitive tests, which include (physical and skill) tests.
- 4– passingTheoretical test and personal interview.
- 5– UseCriteria for acceptance by relying on the scientific foundations of tests and accepting only the best planCentral admission

14. The most important sources of information about the program

- 1– Memoirs.
- 2– BooksCourse tuition.
- 3– MagazinesScientific.
- 4– MagazinesPeriodicity.
- 5– the networkInformatics (Internet)

15. Planning for personal development
7– a jobTraining courses in the specialty on a regular basis. 8– to mergeStudents in qualifying institutes to work in state institutions. 9– UseThe global Internet for scientific expansion and development. 10– InductionTo visit the library regularly 11– AccommodationJoint exhibitions reflect the students’ ability to work, create and develop. 12– Follow–upContinuing for students who need to increase information, awareness and understanding of the vocabulary of some subjects.
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17. The most important sources of information about the program

6– Memoirs.

7– BooksCourse tuition.

8– MagazinesScientific.

9– MagazinesPeriodicity.

10– the networkInformatics (Internet)

Curriculum skills chart

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

Learning outcomes required from the programme																			
General skills andMovable rehabilitation (Other skills related to employability and personal development)				Emotional and value goals				Skills objectives of the program				Cognitive goals				Basic Or optional	Course Name	Course Code	Year/level
D4	D3	D2	D1	C4	C3	C2	C1	B4	B3	B2	B1	A4	A3	A2	A1				
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Basic	Calculators		the first
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Basic	Arena games And the meadan		
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Basic	soccer - students		
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Basic	Gymnastics - Female students		
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Basic	basketball		
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Basic	swimming		
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Basic	Scouts		

✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Basic	History of education Sports		
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Basic	Anatomy		
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Basic	the language English		
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Basic	human rights		
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Basic	Weight lifting		
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Basic	fitness - Female students		
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Basic	Arabic		
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Basic	basketball		the second
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Basic	volleyball		
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Basic	boxing-students		
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Basic	racket games		
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Basic	Teaching methods		
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Basic	Tests and measurement		
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Basic	Sports training		
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Basic	Mathematical Statistics		

✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Basic	Arena and field games		
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Basic	handball		
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Basic	Gymnastics		
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Basic	Biomechanics		
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Basic	Calculators		
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Basic	Baath Party crimes		
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Basic	English		
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Basic	Research		the third
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Basic	Motor learning		
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Basic	Sports medicine		
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Basic	Teaching methods		
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Basic	Physiology		
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Basic	Volleyball		
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Basic	Racket games		
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Basic	handball		
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Basic	Football students		
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Basic	Rhythmic gymnastics for female		

																	students		
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Basic	Duel		
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Basic	Gymnastics equipment		
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Basic	Student wrestling		
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Basic	Female students fitness		
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Basic	Practical application		the fourth
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Basic	Research project		
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Basic	Sports psychology		
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Basic	Science of sports training		
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Basic	Management and Organization		
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Basic	Foundations of education		
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Basic	Arena and field games		
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Basic	basketball		
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Basic	handball		

✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Basic	soccer		
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Basic	Female students fitness		
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Basic	Volleyball		
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Basic	Teaching methods		

Course description

This course description provides a summary of the most important characteristics of the course and the learning outcomes that the student is expected to achieve, demonstrating whether he or she has made the most of the opportunities. Learning Available. It must be linked to the program description.

Wasit University	1. Educational institution
College of Physical Education and Sports Sciences	2. The section scientific/ Center
	3. Course name/code
annual	4. Available attendance forms
2025-2026	5. Semester/year
132 weekly	6. Number of study hours (total)
10/9/2025- 1/11/2025	7. Date this description was prepared
8. Course objectives	
1- Preparation Physical education teachers for various stages, including educational and scientific preparation for teaching And training Organization and management in the fields of physical education, health and recreation.	
2- Use Modern scientific methods in teaching and training And authorship And scientific research.	

3- Providing scientific and educational research and studies that work to accelerate the educational process.
4- the jobTo develop the sports movement for all sectors of society in cooperation with sports institutions.
5- Preparing young leaders to lead the sports and youth movement in the region and work in clubs and federations
Sports affiliated with the Iraqi National Olympic Committee.
6- Spreading sports awareness and physical culture and encouraging scientific research.

9. Course structure

Course description for the first stage

Evaluation method	Teaching method	Required learning outcomes	Name of the unit/topic	hours	the week
Teaching plan form for the subject					
Prof. Wissam Zaki / Prof. Issam Mahawish / Prof. Hamed Ali Abdel Hussein / Prof. Hassan Abdel Razzaq / Prof. Moatman Jabbar			the name		
Hameda.abdulhussien606@uowasit.edu.iq			E-mail		
Scouts			Subject Name		
The first			stage		
Individual sciences			Branch		
Introducing the Scouting movement and how it emerged.			Objectives of the article		
The Scout Movement / What is the Scout Movement / Stages of the Scout Movement / Ideals in the Scout Movement / Media / Scout arts / Scout tent / First aid / Flag raising and lowering ceremonies.			Basic details of the material		
The methodological book for scouting			Methodical books		

- Scouting methodology books from Alexandria University - Internet information network.					External sources
final exam	The project	Second Semester	Laboratory	First semester	Class estimates
50%	0	25%	0	25%	
					additional information

Teaching plan form for the subject according to vocabulary

Notes	Theoretical and practical material	the date	the week
	Introducing the Scouting movement and how it emerged	11/22/2025	1
	The Scouting movement in the world, the Arab countries and Iraq	29/11	2
	The nature of the scouting movement - its means and goals (The open life - the vanguard system - badges and decorations - the promise - the law)	6/12	3
	Stages of the Scout Movement, Cubs and Flowers Beginner Scout and Guide, Advanced Scout and Guide Mobile phones and guides	13/12	4
	The proverb in the scouting movement includes Moral (leader - symbols - badges) Materiality (promise - law)	20/12	5
	Media (media traditions - types of scout flags - flag raising and lowering ceremonies - scout salute - scout sign - handshake)	27/12	6
	Flag raising and lowering ceremonies	1/4/2026	7
	Flag raising and lowering ceremonies	11/1	8
	Flag raising and lowering ceremonies	18/1	9
	Flag raising and lowering ceremonies	25/1	10
	First exam	2/2	11
	The Scout Troop and how it is formed - its	9/2	12

	records and meetings		
	Order, control and inspection in scout camps	16/2	13
	Hand signals and whistle signals	23/2	14
			15
			16
	Scouting arts include Types of scout camps - Conditions that must be met in the camps Work before and during scout camp	1/3	17
	Scout tent (parts of the tent - how to set it up, take it down, and take care of it)	8/3	18
	Ropes (types - how to care for them - scout knots - ties - courses - leadership activities)	15/3	19
	The Samar ceremony (preparing the place for the Samar - the Samar program - the Samar fire and how to light it)	22/3	20
	Morning and evening guarding in the camps	29/3	21
	For fires and cooking food (types of fires and their uses - how to light a fire - how to cook and preserve food)	6/4	22
	First aid includes: Wounds and bleeding - fractures - burns - sunstroke - uses of the scout tie to bandage wounds and fractures	13/4	23
	Scouting contracts, ties and courses	20/4	24
	Lighting the fire	27/4	25
	-Different leadership models	4/5	26
		11/5	27
	-Setting up the tent and setting it up	18/5	28
	Experimental camp stature	25/5	29
	Second exam	2/6	30
			31
			32

Teaching plan form for the subject

Prof. Imad Khalif Jaber Marwah Al-Asmi / Prof. Bashar Banwan Al-Zamili	the name
ejaber@uowasit.edu.iq	E-mail

Mathematical anatomy					Subject Name
The first					stage
Individual sciences					Branch
Introducing the human anatomy and knowing the body's systems and organs and their functions.					Objectives of the article
Anatomy / directions and levels / the cell, its components and functions, systems (bone, muscle, joints and respiratory system in brief).					Basic details of the material
Mathematical anatomy textbook at Wasit University - College of Physical Education and Sports Sciences					Methodical books
- Anatomy textbooks at the University of Baghdad - Internet information network.					External sources
final exam	The project	Second Semester	Laboratory	First semester	Class estimates
50%	0	25%	0	25%	
					additional information

Teaching plan form for the subject according to vocabulary

Notes	Theoretical and practical material	the date	the week
	Subject of anatomy, branches of anatomy, anatomical position, levels	11/22/2025	1
	The cell and its components	29/11	2
	The skeleton, divisions of the skeleton, bones, bone formation, types of bone tissue, bone formation and growth, types of bones	6/12	3
	The spine, description of the spine, its components, functions, intervertebral discs	13/12	4
	The rib cage, its components, functions,	20/12	5
	The sternum during the process of respiration, the ribs, the movement of the ribs during breathing	27/12	6
	the first exam	1/4/2026	7
	The upper limb, the bones of the	11/1	8

	shoulder girdle, the clavicle, their functions and structure		
	The structure of the shoulder bone and its movement during the movement of the upper limb	18/1	9
	Humerus, forearm bones, ulna, radius, pronation and extension of the forearm	25/1	10
	The hand, the structure of the hand, the tarsal bone and its structure,	2/2	11
	The functions of the metatarsals and phalanges of the lower limb, and the girdle of the lower limb	9/2	12
	Second exam	16/2	13
	Femur, tibia, tibia and fibula	23/2	14
			15
			16
	Knee joint (lunate discs of the knee joint,	1/3	17
	Knee joint movement	8/3	18
	Foot (foot structure, ankle bones, foot arches,	15/3	19
	, metatarsals, phalanxes	22/3	20
	Distribution of body weight on the bones of the foot	29/3	21
	Third exam	6/4	22
	Muscles	13/4	23
	Types of muscles	20/4	24
	The effect of sports activity on muscles	27/4	25
	Circulatory system	4/5	26
	Respiratory system	11/5	27
	The importance of body measurements for athletes	18/5	28
	Repeat the material for the second course	25/5	29
	Fourth exam	2/6	30
			31
			32

Teaching plan form for the subject

Prof. Imad Khalif Jaber Marwah Al-Asmi/ Eng. Dr. Saad Jassim Jalab M. M. Muhammad Gibran Abdel-Sahib					the name
ejaber@uowasit.eu.iq					E-mail
Weight lifting					Subject Name
The first					stage
Individual games					Branch
Introducing the sport of weightlifting, teaching the technical performance of Olympic lifts in weightlifting (snatch and clean), and familiarizing students with the law of the sport of weightlifting and competitions.					Objectives of the article
An overview of the history of the establishment and competitions of weightlifting / the technical and mechanical performance stages of the snatch / the technical and mechanical performance stages of the clean and jerk, in addition to the international law of the game in brief.					Basic details of the material
A weightlifting methodology book taught at Wasit University - College of Physical Education and Sports Sciences					Methodical books
- International law of weightlifting. - Abd Ali Nassif, Sabah Abdi, skills and training in weightlifting, Baghdad, - Mansour Jamil and others, Theoretical and Practical Foundations of Weightlifting, University of Baghdad. - Internet information network.					External sources
final exam	The project	Second Semester	Laboratory	First semester	Class estimates
50%	0	25%	0	25%	
					additional information

Teaching plan form for the subject according to vocabulary

Notes	Theoretical and practical material	the date	the week
	A brief history of the establishment and competitions of weightlifting	11/22/2025	1
	Effective exercises: squats, ping presses, pull-ups, and forward presses. etc..	29/11	2
	Stages of technical and mechanical performance of the snatch lift	6/12	3
	Teaching the starting position and grabbing the	13/12	4

	weight + the first pull phase		
	The second pull phase of the snatch event	20/12	5
	The extension and fall phase under weight for the effectiveness of the snatch lift	27/12	6
	The special law on weightlifting rules and equipment related to the snatch	1/4/2026	7
	Theoretical exam	11/1	8
	The flight and landing phase under weight for the effectiveness of the snatch	18/1	9
	Progress and final position For the effectiveness of the snatch lift	25/1	10
	The law (errors and failed attempts) of the snatch during performance.	2/2	11
	The complete technical and mechanical performance stages of the snatch lift	9/2	12
	Theoretical exam	16/2	13
	Practical exam	23/2	14
			15
			16
	Stages of technical and mechanical performance of the push-up to the chest and then the push-up	1/3	17
	The first section: lifting to the chest (clean)	8/3	18
	Starting position for the chest lift movement + the first pull phase	15/3	19
	The second pull-up stage + the lowering stage	22/3	20
	The law regarding the increase in nitrate (clen). Classification of weight categories according to the International Federation and the ages of participants in the competitions.	29/3	21
	Theoretical exam	6/4	22
	The second section: Jerk	13/4	23
	Preliminary bending of the legs and jumping + opening the legs and getting up	20/4	24
	The law regarding the increase in nitrate (jerk). Tournament instructions, general provisions	27/4	25
	Law Article (7): Competition Administrators.	4/5	26
	Theoretical exam	11/5	27
	The technical and mechanical performance stages of the lift to the chest and then the complete clean (clean + jerk)	18/5	28

	Practical exam	The second course	25/5	29
	Final practical exam		2/6	30
				31
				32
Teaching plan form for the subject				
M. M. Ali Hamid Faraj +millimeterMarwa Nafea			the name	
aaltaee@uowasit.edu.iq			E-mail	
the computer			Subject Name	
The first (morning study) + (evening study)			stage	
Theoretical sciences			Branch	
Learn the skill of using a computer and knowing its accessories (Hardware+Software) and how to deal with it in Windows7			Objectives of the article	
Teaching and teaching the subject in a theoretical and practical way by explaining the scientific subject in a way that enables the student to understand and absorb the lesson through the full explanation of the subject teacher and the use of educational clips prepared by him. After that, the student performs the practical application, including answering some inquiries related to the practical application to increase the benefit for everyone.			Basic details of the material	
nothing			Methodical books	
Various books and numerous Arab and foreign sources at Wasit University, and some from websites related to the computer topic			External sources	
final exam	The project	Daily exams	Laboratory	Semester
50%		5%	20%	25%
				additional information
Teaching plan form for the subject according to vocabulary				
Notes	Practical material	Theoretical material		the date
				the week

		Explaining the vocabulary of the computer curriculum for the first stage, how to give the theoretical lecture, and how to apply it practically, while giving an idea about the computer and how to deal with it	1
		Computer, its benefits and types according to size	2
	Practical application of how to turn the computer on and off in the correct way and how the operating system works from the beginning until the desktop window appears	Turn the computer on and off and the Windows 7 operating system (Windows 7)	3
		Computer components : physical hardware (Hardware) And software software(Software)	4
		The basic components of the computer and the content of the system unit (SystemUnit), the cystCaseWith an explanation and benefit of each part	5
		Types of printers and the differences between them	6
		Input and output units in the computer	7
		Computer software and storage units	8
		Central processing unit and memory types	9
	A practical application on how to hold the mouse, how to deal with its keys, and the benefits of their uses	MouseMouseIts keys and how to use it	10
	A practical application of how to perform each key is explained theoretically	keyboardKeyboardHe explained a group of keys and the benefits of their use in working with the computer	11
	Here is my tutorial on how	Components of the desktop and	12

	changes can be made to desktop icons	getting to know it with a detailed explanation of the main and secondary icons on it and how to hide and show them, along with displaying and arranging all the icons on the desktop and controlling them.		
	A practical application on how to deal with the taskbar, how to display its window, and the changes that we can make through it	Taskbar and its properties menuTaskbar PropertiesAnd how to deal with it		13
		Arrange desktop icons by name, size, type and modification date		14
		Theoretical exam (for the first semester)		15
	Practical exam (for the first semester)			16
Mid-year vacation				
		start menuStart MenuAnd its components		17
	A practical application on how to create folders and files and the changes that we can make to them, such as copying, pasting, deleting temporary and permanent ones, sending them, etc.	Files and folders, how to create them, the difference between them, and how to make changes to the folder (changing the name, copying, pasting, deleting, sending, etc.)		18
	A practical application about the changes that can be made to the folder	Changes that can be made to the folder (change name, copy, paste, delete, send, etc.)		19
	Practical application of how to change the appearance of icons on the desktop	Change the appearance of icons on the desktop		20
	Practical application of how to change the desktop background and how to deal with the commands it contains	Change desktop wallpaperChange Desktop Background		21
	Practical application of how to display a list of computer system characteristics and	List of computer system propertiesComputer Properties		22

	how to deal with them			
	Practical application of how to display the component manager list and how to deal with it	Computer management menu or component managerDevice Manager		23
	Practical application of how to display the component manager list and how to deal with it	Return to the Component Manager menu		24
	A practical application on how to open the hard disk management menu and the benefits of it	Hard disk management menuDisk Management		25
	Practical application of how to show the hard disk list and how to deal with it	Return to the hard disk management menu		26
	A practical application on how to open the Task Manager window and the benefits of it	Task manager listStart Task Manager		27
	Practical application of how to display the Task Manager list and how to deal with it	Return to the task manager listTas Manager		28
	Practical application on how to create a new user account, how to manage it, and the changes that can be made through it	How to create a new user accountCreate New User AccountHow to manage it and the benefits of establishing it		29
	Practical application on how to create a new user account and how to manage it	Repeating how to create a new user account and how to manage it		30
		Theoretical exam (for the second semester)		31
	Practical exam (for the second semester)			32

Teaching plan form for the subject

a. Dr. Ali Hamid Jbeil Al-Badiri	the name
alihameed@uowsit.edu.iq	E-mail
Swimming	Subject Name

The first					stage
Individual games					Branch
Teaching swimming concepts and types					Objectives of the article
Teaching the subject in a practical way					Basic details of the material
Modern Olympic swimming					Methodical books
					External sources
final exam	The project	Second Semester	Laboratory	First semester	Class estimates
50%	0	25%	0	25%	
					additional information

Teaching plan form for the subject according to vocabulary

Notes	Practical material	Theoretical material	History watches	the week
Theoretical lecture and slide show		An overview of swimming, its history, and types of swimming pools	4/10 ----- ---- 2	1
Theoretical lecture and slide show	Explain the technical and health benefits of swimming	The importance of swimming and its benefits	11/10 2	2
Theoretical lecture and slide show	Slide show	Explain the importance of floor	18/102	3

		exercises		
Theoretical lecture and slide show	How to remove fear	Fear of water	10/252	4
Theoretical lecture and slide show	Clarification and molecular method	Basic principles in swimming	1/11 ----- ----2	5
A theoretical lecture using a slide show explaining this	Adapting to the new environment	Trust with water	8/11 ----- ----2	6
	First month exam, first semester			7
Slide show with the app	Forward flow skill		11/22 2	8
Slide show with the app	Forward and backward flow skill		11/29 ----- -----2	9
Slide show with the app	Leg movement		6/12 ----- ----2	10
	12/13 Second month exam, first semester			11
Illustrated presentation with the application	Link breathing with the movement of the legs		12/20 - 2	12
Illustrated presentation with the application	Flow with the connection of breathing and movement of the legs		12/27 ----- -----2	13
Illustrated presentation with the application	Arm movement		3/1 ----- -----2	14
Illustrated presentation with the application	Connect breathing with the movement of the arms		10/1 2	15
Illustrated presentation with the application	Full swim			16
Spring break				
Slide show with the app	Learn the types of jumping and indicate the height of the glove		7/2 ----- --2	17
Slide show with the app	The importance of saving a drowning person, and here is one of the reasons for learning to swim		14/2 ----- ----2	18

Slide show with the app	Explain the types of rescue methods		21/2 ----- ----2	19
Slide show with the app	Explaining the types of holds and types of swimming used by the lifeguard		28/2 ----- ----2	20
Slide show	Explaining the importance of first aid for a drowning person		6/3 ----- --2	21
Slide show	Its effect on the heart and blood circulation		13/3 ----- ----2	22
Slide show	Its effect on the respiratory system		20/3 2	23
Slide show	Its effect on the muscular system		27/3 ----- ----2	24
Slide show	Its effect on the digestive system and nutritional exchange		3/4 ----- --2	25
	10/4 Second month exam, second semester			26
Show photo slides with the application	Free swimming: showing the body position, arm movement and proportion, leg movement and proportion, breathing, body inclination and proportion.		17/4 ----- ----2	27
Show photo slides with the application	Backstroke: showing body position, arm movement, leg movement, breathing, and body tilt ratio		24/4 ----- ----2	28
Show photo slides with the application	Butterfly swimming: demonstrating body position, arm movement, leg movement, breathing, and coordination		1/5 ----- --2	29
Show photo slides with the application	Breaststroke: showing body position, arm movement, and leg movement		8/5 ----- --2	30

Show photo slides with the application	Freestyle and backstroke		15/5 ----- ----2	31
Show photo slides with the application	Butterfly and breaststroke			32

Teaching plan form for arena and field vocabulary

Professor Mahdi Lafta Rahi M.D. Zulfiqar Adeeb M. M. Ahmed Aliwi M. M. Haneen Maysam mahdilafta@uowasit.edu.iq					the name
					E-mail
Arena and field					Subject Name
The first					stage
Individual games branch					Branch
The student learns the basic principles of arena and field games and how to apply them					Objectives of the article
Scientific subject taught 2 hours per week					Basic details of the material
Methodological books prescribed within the sectoral plan for higher education and auxiliary books in the field of specialization					Methodical books
-Encyclopedia of Athletics (Muhammad Othman) - The theoretical and applied foundations of athletics (Owais Al-Jabali) Website of the Iraqi Sports Academy: https://iraqacad.net Athletics - Wikipediahttps://ar.wikipedia.org > wikiAthletics					External sources
The final grade	final exam	Annual quest	Second Semester	First semester	Class estimates
100%	50%	50%	25%	25%	
- There should be practical hours for field application - Modern devices and tools should be available to facilitate the education process					additional information

Teaching plan form for arena and field subjects

Notes	Practical material	Theoretical material	the date	the week
	Getting to know track and	An introductory lecture	11/12/2025	1

	field, throwing and jumping	on the vocabulary of the first semester subject		
	Practical application of the mechanics of athlete movements	Running mechanics	11/19/2025	2
	Practical application of the beginnings according to their instructions	Guidance for the right start	11/26/2025	3
	Field application of types of beginnings	Types of starts in fast running	12/3/2025	4
	Practical applicationFor low starts on short distances	Emphasis on correct performance	12/10/2025	5
	Practical examination of running mechanics and starting fast sprints	Theoretical exam for running mechanics and beginnings in short runs	12/17/2025	6
	Practical performance of the 100m event	A historical overview of the 100m freestyle event	12/24/2025	7
	Practical application of performing the technical stages of the 100m event	Identify the technical stages of the 100m event	12/31/2025	8
	Field application of the 100m event in accordance with its rules and laws	Rules and the law of effectiveness	7/1/2026	9
	Practical exam to perform the event	The theoretical examination of effectiveness	14/1/2026	10
	Field application of javelin throwing effectiveness	A historical overview of the javelin throwing event	1/21/2026	11
	Field application of the technical stages of the javelin throwing event	Learn about the technical stages of the javelin throwing event	1/28/2026	12
	Practical application of the event in accordance with its own laws	Learn about the rules and law of effectiveness	4/2/2026	13
	Practical exam for javelin throwing event	Theoretical exam for the effectiveness of javelin throwing	11/3/2026	14

	Spring break		2/24 - 17/2026	
	Field application of the event (200 m)	A historical overview of the 200 AD event	2/25/2026	16
	Practical application to perform the technical stages of the event(200m)	Identify the technical stages of the 200 m event	3/3/2026	17
	Field application of the effectiveness of (200m)According to its own rules and laws	Learn about the rules and the law of effectiveness	10/3/2026	18
	Practical exam to perform effectively(200m)	The theoretical exam for the event (200 m)	3/17/2026	19
	Practical application of the (4 x 100 m) relay event	A historical overview of the relay event in track and field games	3/24/2026	20
	Practical application to perform the technical stages of the event(4 x 100 m) relay	Identify the technical stages of the (4 x 100 m) relay event	3/31/2026	21
	Field application of effectiveness(4 x 100 m) relayAccording to its own rules	Learn about the rules and law of effectiveness	7/4/2026	22
	Practical exam to perform effectively(4 x 100 m) relay	The theoretical exam for the (4 x 100 m) relay event	4/13/2026	23
	Field application of high jump event	A historical overview of the high jump event	4/21/2026	24
	Practical application of the technical stages of high jump event	Identify the technical stages of the high jump event	4/28/2026	25
	Practical application to improve performance	Identify the contestant ranking form and solve the tie-breaking knot	5/5/2026	26
	The practical application of the event according to its own laws	Recognize the rules of the law of effectiveness	12/5/2026	27
	The practical exam for performing the high jump event	Theoretical exam for the effectiveness of the high jump	5/19/2026	28
	General Review		5/26/2026	29

Teaching plan form for the subject					
Mother. Dr.. Rana Muhammad Mutair Al-Jubouri M. Dr.. Russell Shaalan - M. M. Fatima Haider M. M. Messengers of peace - M. M. Happy birthday raa.aljbori@uowasit.edu.iq					the name
Fitness					E-mail
The first					Subject Name
Individual games					stage
Concepts and importance of physical fitness elements (Speed - strength - endurance - agility - flexibility)					Branch
*Defining the elements of physical fitness *Its importance *Factors affecting it *Methods of its development *Her exercises					Objectives of the article
					Basic details of the material
					Methodical books
The Internet / Muhammad Hassan Allawi					External sources
final exam	The project	Second Semester	Laboratory	First semester	Class estimates
50%	0	25%	0	25%	
					additional information
Teaching plan form for the subject according to vocabulary					
Notes	Theoretical and practical material			the date	the week
	Introduction to physical fitness / fitness goals / types / components			11/22/2022	1
	***Defining muscular strength, its importance, and the factors affecting it			29/11	2
	Types of muscular strength Practical lecture and exercises for each type			6/12	3
	Types of muscle contraction A practical lecture on performing exercises specific to the types of muscle contraction			13/12	4
	Muscular strength test (practical)			20/12	5
	*** Definition of speed/its types			27/12	6

	Practical lecture		
	The importance of speed Practical lecture	1/4/2025	7
	Factors affecting speed/practical lecture	11/1	8
	Methods of developing speed / practical lecture	18/1	9
	Speed exercises / practical lecture	25/1	10
	Speed test (practical)	2/2	11
	Theoretical exam for the components (strength and speed)	9/2	12
	Definition of endurance/importance of endurance Practical lecture	16/2	13
	Factors affecting endurance Practical lecture	23/2	14
			15
			16
	Supplementing the influencing factors with the endurance component Practical lecture	1/3	17
	Methods of developing endurance / practical lecture	8/3	18
	Endurance exercises / practical lecture	15/3	19
	Practical exam with endurance component	22/3	20
	Introducing the element of agility and its importance / practical lecture	29/3	21
	Types of fitness / practical lecture	6/4	22
	Factors affecting the element of agility / practical lecture	13/4	23
	Methods of developing agility / practical lecture	20/4	24
	Practical exam with agility component	27/4	25
	Introducing the element of kinetic flexibility / practical lecture	4/5	26
	Types of motor flexibility / methods for developing flexibility / practical lecture	11/5	27
	Factors affecting muscle flexibility / practical lecture	18/5	28

	Practical exam for the flexibility component	25/5	29
	The second theoretical exam for the elements (endurance - agility - flexibility)	2/6	30
			31
			32

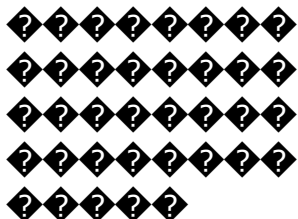
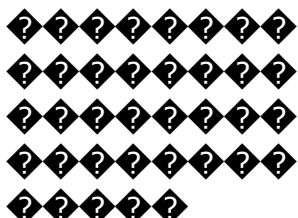
Course description for the second stage

Form for completing the teaching plan for the subject

Prof. Dr. Amin Atta_ M.M. Atheer Hamza Jijan M.M. Ali Barkawi					Name and scientific title
Atheerh.chichan600@uowasit.edu.iq					E-mail
Gymnastics equipment for men					Subject Name
Singles games					Branch
Developing students' physical abilities					Objectives of the article
History of gymnastics equipment, types of equipment, set of weighted movements, stages of auxiliary gymnastics training and its methods, measurements and skills of the equipment, floor movements, ring and parallel apparatus, jumping platform, handle horse, and barbell.					Basic details of the material
Modern Gymnastics Encyclopedia (Abdel Moneim Suleiman Barham)					Methodical books
Internet information network.					External sources
final exam	The project	Second Semester	Laboratory	Semester	Class estimates
50%	0	25%	0	25%	
					additional information

Teaching plan form

Notes	Practical material	Theoretical material	the date	the
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		A general idea about gymnastics	10/1/2025	1
		A historical overview of gymnastics		
	General physical preparation	Types of gymnastics and the most popular types	10/3/2025	2
	General physical preparation	Considerations that the coach must take into account		
	Special physical preparation	Floor Mat Exercise requirements and width	10/8/2025	3
	Special exercises for gymnastics	Floor movement rug measurements		
	General and special exercises	Explaining the front roll skill	10/10/2025	4
	Skill exercises	Applying the forward rolling skill		
	General and special exercises	Explaining the back rolling skill	10/15/2025	5
	Skill exercises	Apply the back rolling skill		
	General and special exercises	Explanation of the forward rolling skill	10/24/2025	6
	Skill exercises	Applying the forward rolling skill openly		
	General and special exercises	Explanation of the back rolling skill	10/29/2025	7
	Skill exercises	Applying the back rolling skill is an opening		
	General and special exercises	Explanation of diving skills	10/31/2025	8
	Skill exercises	Application of diving skills		
	Skill exercises	Front balance + rear balance	11/5/2025	9
	Skill exercises	Lateral scale + knee scale		
	General and special	Explaining the headstand	7/11/2025	10

	exercises	skill		
	Skill exercises	Apply the headstand skill		
	General and special exercises	Explaining the handstand skill	11/12/2025	11
	Skill exercises	Apply the handstand skill		
	General and special exercises	Explaining the human wheel skill	11/14/2025	12
	Skill exercises	Apply the human wheel skill		
	General and special exercises	Remembrance of floor movements mat skills	11/19/2025	13
	General and special exercises	Remembrance of floor movements mat skills		
	General and special exercises	Remembrance of floor movements mat skills	11/21/2025	14
	General and special exercises	Remembrance of floor movements mat skills		
		First semester exam	9/1/2026	15

Second Semester

	General and special exercises	Horse handles device measurements (explanation of the skill of swinging with one leg)	2/25/2026	16
	Skill exercises	Applying the one-legged swing skill		
	General and special exercises	Explaining the skill of swinging right to enter the left leg or vice versa	2/27/2026	17
	Skill exercises	Apply the right swing skill to enter the left leg or vice versa		
	General and special exercises	Throat device, device measurements (explanation of the pendulum swing skill on the throat device)	3/3/2026	18
	Skill exercises	Applying the pendulum swing skill to the throat device		
	General and special exercises	Explaining the skill of	3/5/2026	19

		exercises	standing on hands on the throat device		
		Skill exercises	Applying the handstand skill on the throat device		
		General and special exercises	Explaining the skill of forward shoulder rotation	10/3/2025	20
		Skill exercises	Applying the skill of forward shoulder rotation		
		General and special exercises	Explaining the skill of rotating the shoulder backwards	3/12/2026	21
		Skill exercises	Apply the skill of back shoulder rotation		
		General and special exercises	Jumping platform, device measurements, explanation of the jumping skill, opening	3/17/2026	22
		Skill exercises	Apply the jumping skill to open		
		General and special exercises	Explanation of the jumping skill	3/19/2026	23
		Skill exercises	Apply the jumping skill		
		General and special exercises	Parallel device, device measurements, explanation of the pendulum swing skill based on the hands	3/24/2026	24
		Skill exercises	Applying the pendulum swing skill by relying on the hands		
		General and special exercises	Explaining the skill of standing on the shoulders	3/26/2025 4	25
		Skill exercises	Explaining the skill of standing on the shoulders		
		General and special exercises	Explaining the skill of landing a backswing	3/31/2025	26
		Skill exercises	Apply the skill of landing from a backswing		
		General and special exercises	The horizontal bar device, device measurements, explanation of the skill of	2/4/2026	27

			fixed attachment (primary swing)		
		Skill exercises	Applying the skill of fixed attachment (primary weighted)		
		General and special exercises	Explaining the lower swing skill by bending the arms	4/7/2026	28
		Skill exercises	Apply the lower swing skill by bending the arms		
		General and special exercises	Recall of previous skills	5/26/2026	29
		General and special exercises	Recall of previous skills		
			Second semester exam	5/28/2026	30
Teaching plan form for the subject					
Prof. Dr. Ghaffar Saad Issa			the name		
gaffar@uowasit.ed.iq			E-mail		
Biomechanics			Subject Name		
the second			stage		
Theoretical			Branch		
Knowledge of the theoretical and applied foundations of biomechanics			Objectives of the article		
Teaching the subject theoretically			Basic details of the material		
Biomechanics 2007 AD			Methodical books		
Sports Biomechanics 2022 AD			External sources		
final exam	The project	Daily exams	Laboratory	Semester	Class estimates

			additional information	
Teaching plan form for the subject according to vocabulary				
Notes	Practical material	Theoretical material	the date	the week
		The nature of biomechanics, its introduction, relationships, divisions, and duties		1
		Movement, its forms, factors affecting its type, and basic movements		2
		The relationship of movement to axes, planes, and the relativity of movement		3
		Kinematics and methods for assigning kinematic meanings		4
		Linear kinematics/distance and displacement/velocity		5
		Graphical representation of the components of velocity and velocity is a vector quantity and their analysis		6
		Acceleration		7
		Movement of thrown objects at angles to the horizontal line		8
		The movement of projected objects at different levels and the steps for determining the launch of the projected object at the moment of breaking contact		9
		Angular kinematics		10
		Angular distance and angular displacement		11
		Angular velocity and circumferential velocity		12
		Angular acceleration		13
		Theoretical exam 1		14
		Review		15
		Theoretical exam 2		16
Mid-year vacation				
		Review		17
		Center of gravity of the body		18
		Kinetics and methods for specifying		19

		kinetic meanings		
		Newton's laws		20
		Newton's laws of circular motion		21
		Force/resultant force/resultant force analysis		22
		Centripetal force and centripetal force		23
		Work		24
		Ability		25
		External and internal forces in sports movements		26
		Levers, their types and benefits		27
		Theoretical exam 1		28
		Review 1		29
		Review 2		30
		Theoretical exam 2		31
		Dialogue and discussion about topics		32

Teaching plan form for the subject

Ghazwan Anhir Lami Al-Quraishi Ali Shahab Hamad ghazwan.enheer.lamy634@owasit.edu.iq	the name
ghazwan.enheer.lamy634@owasit.edu.iq	E-mail
Boxing	Subject Name
the second	stage
Individual games	Branch
Teaching basic skills in boxing and international law	Objectives of the article
- The course consists of the following basic skills: fist position, ready stance, foot movements, punches, counter-punching, defensive methods. The history of boxing, ancient and modern - Teaching boxing law from Article 1-30	Basic details of the material
5- Mahmoud Abdullah Ahmed and others: boxing education and training, 1990.	Methodical books
1- World Wide Web 2- International law of amateur boxing 3- Sami Moheb and Mohieddin Abed: Introduction to Modern Boxing, 1999. 4- Abdel Fattah Fathi Khadr: The Reference in Boxing, 1996. 5- Mahmoud Abdullah Ahmed and others: boxing education and training, 1990.	External sources

final exam	The project	Second Semester	Laboratory	First semester	Class estimates
50	0	25	0	25	
					additional information

Teaching plan form for the subject according to vocabulary

Notes	Theoretical and practical material	the date	the week
	The history of boxing, ancient and modern	9/17/2025	1
	Boxing game components	24/9	2
	Boxing game requirements	1/10	3
	Fist position	8/10	4
	Boxing Law Article 1-6	15/10	5
	Standby pause	22/10	6
	Standby pause	10/29/2025	7
	Foot movements	5/11	8
	Foot movements	12/11	9
	Teaching straight punches	19/11	10
	Teaching straight punches	26/11	11
	Applications of straight punches	3/12	12
	Defense methods for straight punches	10/12	13
	Connect straight punches with footwork	17/12	14
	Connect straight punches with footwork	24/12	15
	First semester theoretical exam	31/12	16
	First semester practical exam	7/1	17
	Hook punches	1/28/2026	18
	Methods of defending hook punches	4/2	19
	Rising punches	11/2	20
	Ways to defend rising punches	18/2	21
	Counter punching	25/2	22
	Boxing defense methods		23
	Tactical preparation in boxing_	3/3	24
	Offensive plans	10/3	25

	Defensive plans -	17/3	26
	Counter plans	24/3	27
	Boxing Law Article 7-12	31/3	28
	Boxing Law Articles 12-20	7/4	29
	Boxing Law Article 21-30	14/4	30
	Re-explaining the skills from beginning to end	21/4	31
	Second semester theoretical exam	28/4	32
	Second semester practical exam	5/5	33

Teaching plan form for the subject

Dr. His Excellency Hassanein Abdel Moneim M. M. Heba Salah Abdel Mohsen SaadahH.Abdalmunim624@uowasit.edu.iq Hiba.Al.mohsen648@uowasit.edu.iq					the name
Rhythmic gymnastics					E-mail
the second					Subject Name
Individual games					stage
Educational - pedagogical - developmental (educational(educational and developmental))					Branch
					Objectives of the article
					Basic details of the material
Modern Gymnastics (Rhythmic Sports Gymnastics) Written by: Wajih Mahjoub & Asya Kazem					Methodical books
Some articles on international law.					External sources
final exam	The project	Second Semester	Laboratory	First semester	Class estimates are annual
50%	0	25%	0	25%	
(2) theoretical exams for the first semester and (2) theoretical exams for the second semester + a daily theoretical and practical exam on a regular basis + a quarterly practical exam for the first and second semesters.					additional information

Teaching plan form for the subject according to vocabulary

Notes	Theoretical and practical material	the date	the week
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	General fitness.	9/17/2025	1
	Basic positions of the arms. Basic positions of the feet.	9/24/2025	2
	Rhythmic walking of all kinds. All kinds of rhythmic running.	10/1/2025	3
	All types of slide steps. All kinds of ski jumps.	10/8/2025	4
	Flexion and extension step	10/15/2025	5
	Jumping is associated with marital advancement. Jumping opened with a double jump	10/22/2025	6
	(The holder) Rotating the holder around the waist and around the legs. Rotating the holder from the wrist, throwing it from under the swinging leg, and receiving it from the other side.	10/29/2025	7
	The figure tool (front and side circular swing with one arm and two arms. Reverse pendulum swing. Circular movement from the shoulder, wrist, and elbow).	11/5/2025	8
	Rotation step (forward, backward, sideways). Rotation jump (forward, backward, sideways).	11/12/2025	9
	(The plotter tool) weighted pendulum crosshairs and circular crosshairs. Horizontal swing in front of the chest with one arm and two arms. Rolling the person on the ground and with the arms).	11/19/2025	10
	Standing by pricking on the instep of one foot and on the insteps of both feet. Stand by lifting on the instep of one foot and on the insteps of both feet	11/26/2025	11
	Hopscotch jump. The sign tool (rotating the sign in the form of a number & its types, which is in front of... Body and behind the body. Rotation to the sides. Rotation in front of the body above the head With body rotation (throwing the figure high and receiving it in different positions)	12/3/2025	12

	The marker tool (rotating the marker from the wrists, elbows, and shoulder joint, such as forward and backward rotation, vertical rotation, and horizontal rotation with a marker and with both markers.	12/10/2025	13
	Training on exam series, one free without a tool and the other with a tester tool.	vacation	14
	Taking the theoretical exam for the first semester	12/24/2025	15
Half-year vacation			
	General fitness	4/2/2026	16
	Preparing and preparing the body (general fitness and specific fitness). A replay of the movements of the first chapter. (Rotation by tingling on the instep of one foot and on the balls of both feet. Rotation by lifting on the instep of one foot and on the balls of both feet	11/2/2026	17
	(Swing the leg forward with a half turn to sit. Ball tool (front and side pendulum swing with one arm and two arms. Horizontal swing in front of the chest with one arm and two arms).	2/18/2026	18
	Front scale. Rear scale. Step leap	2/25/2026	19
	Ball tool (circular swing with one arm and two arms at the front and side levels. Rotation of the ball in the shape of a number & its types, which is rotation to the sides. Rotation in front of the body above the head and linking it with the rotation of the body) (Clapping the ball of all kinds, such as tapping the ball with the hand, hands, knee, foot, and elbow from different positions of walking, running, jumping, and jumping. And with his colleague).	3/3/2026	20
	Cat jump. Scissor jump. Ball tool (throwing and receiving the ball with one arm and with both arms from standing. Throwing and receiving with a teammate. Throwing and receiving from running,	10/3/2026	21

	jumping, and jumping. Raising the ball by making an arc over the head and receiving the ball with the other hand).		
	(Practical) Scissor jump with a half turn. Intersection step.	3/17/2026	22
	Ball tool (rotation of the ball with one hand and two hands around its axis, rotation around the wrist, rotation around the waist, rotation around the legs).	3/24/2026	23
	The ball tool (rolling the ball with one arm and two arms on the body and on the ground from different positions, such as rolling on the arm, on the arms, on the chest and on the back. Rolling the ball from the chest to the back and vice versa from the back to the chest).	3/31/2026	24
	Front triple step (front waltz). Side triple step (side waltz).	7/4/2026	25
	Linking a group of movements with the ball tool to a forced movement chain.	3/14/2026	26
	Linking a group of movements with the character tool to a forced movement sequence	4/21/2026	27
	Training in the two compulsory series, by ball and by hand	4/28/2026	28
	Conducting the theoretical and practical exam for the second course	5/5/2026	29
A practical and theoretical final exam	Final exam for the compulsory exam series. Conducting the final theoretical exam.	12/5/2026	30

The second stage: Tests and measurement subject form

Active participation in the lecture	Explanation and joint discussion	to know Student: What is the calendar and how? We make evaluative judgments	Calendar	2	the week(1)
=	=	The student should distinguish between the types of evaluation and	Types of calendar	2	the week(2)

		their applications			
=	=	The student should know what measurement is and how we measure	Measurement	2	the week(3)
=	=	The student should know the types of measurement and distinguish between them	Types of measurement	2	the week(4)
=	=	The student should know what a test is and how we test	the test	2	the week(5)
=	=	The student should know the types of tests and distinguish between them	Types of tests	2	the week(6)
Paper and pencil test	Theoretic al tests	The student should know how the evaluation is done and what his achievement ability is	Monthly exam	2	the week(7)
Diagnosing students' strengths and weaknesses	Discussi ng the exam results and determini ng the reasons	Diagnosing students' strengths and weaknesses and addressing them	Evaluation lecture	2	the week(8)
Active participation in the lecture	Explanati on and joint discussio n	The student should know the steps for constructing tests	Steps for designing and preparing the test	2	the week(9)
=	=	The student gets to know the basic stages of constructing tests	Test construction stages	2	the week(10)
=	=	The student identifies the general characteristics of a good test	Good test specifications	2	the week(11)

=	=	The student can determine the conditions for a good test	Regulatory and administrative conditions for good testing	2	the week(12)
=	=	The student should know what the scientific foundations of the test are	Scientific foundations of testing	2	the week(13)
=	=	The student should distinguish between the scientific foundations of the test	Types of scientific foundations for testing	2	the week(14)
Paper and pencil test	Theoretical tests	The student should know how the evaluation is done and what his achievement ability is	Monthly exam	2	the week(15)
Diagnosing students' strengths and weaknesses	Discussing the exam results and determining the reasons	Diagnosing students' strengths and weaknesses and addressing them	Evaluation lecture	2	the week(16)
Active participation in the lecture	Explanation and joint discussion	The student will be familiar with the stages of administering and organizing tests	Stages of managing and organizing tests	2	the week(17)
=	=	The student should understand what are the administrative and organizational procedures before applying the test	Pre-application stage of testing	2	the week(18)
=	=	The student should understand what are the	Test application	2	the week(19)

		administrative and organizational procedures during the test application stage	stage		9)
=	=	The student should understand what are the administrative and organizational procedures after applying the test	Post-application testing stage	2	the week(20)
Paper and pencil test	Theoretic al test	The student should know how the evaluation is done and what his achievement ability is	Monthly exam	2	the week(21)
Diagnosing students' strengths and weaknesses	=	Diagnosing students' strengths and weaknesses and addressing them	Evaluation lecture	2	the week(22)
Active participation in the lecture	=	For the student to know what classification is in physical education	Classification in physical education	2	the week(23)
=	=	The student should know what are the purposes of classification in physical education	Classification purposes	2	the week(24)
=	=	For the student to know and distinguish between the types of classification in physical education	Types of classification in physical education	2	the week(25)
=	=	The student should know what are the methods of classification in physical education	Classification methods in physical education	2	the week(26)
=	=	To familiarize the student with the general and specific methods of classification in physical education	General and specific methods of classification	2	the week(27)
Paper and pencil	Theoretic	The student should know	Monthly exam	2	the

test	al tests	how the evaluation is done and what his achievement ability is			week(28)
Diagnosing students' strengths and weaknesses	Discussing the exam results and determining the reasons	Diagnosing students' strengths and weaknesses and addressing them	Evaluation lecture	2	the week(29)
Explanation and joint discussion	Explanation and joint discussion	The student must recall the stored information	General Review	2	the week(30)
Paper and pencil test	General theoretical test	That the student himself performs the cognitive achievement of the tests and measurement subject	Final practice exam	2	the week(31)
Diagnosing students' strengths and weaknesses	Discussing the exam results and determining the reasons	Diagnosing students' strengths and weaknesses, addressing them, and preparing for final exams	General evaluation lecture	2	the week(32)
The second stage / handball subject form					
Question and Answer	Clarify, explain and discuss the topic	Knowledge of handball and its origins	A brief history of handball	2	the week(1)
Performance method	Explaining and applying the technical performance of the skill and repeating its	Learn the artistic performance of the skill and discover the strengths and	Ball catching skill	2	the week(2)

	application by students	weaknesses in the stages of artistic performance			
Performance method	Explaining and applying the technical performance of the skill and repeating its application by students	Learn the artistic performance of the skill and discover the strengths and weaknesses in the stages of artistic performance	The skill of holding both types of balls	2	the week(3)
Performance method	Explaining and applying the technical performance of the skill and repeating its application by students	Learn the artistic performance of the skill and discover the strengths and weaknesses in the stages of artistic performance	The skill of receiving the ball	2	the week(4)
Performance method	Explaining and applying the technical performance of the skill and repeating its application by students	Learn the artistic performance of the skill and discover the strengths and weaknesses in the stages of artistic performance	The skill of receiving high balls	2	the week(5)
Performance method	Explaining and applying the technical performance of the skill and repeating its application by students	Learn the artistic performance of the skill and discover the strengths and weaknesses in the stages of artistic performance	The skill of receiving low balls	2	the week(6)
Performance method	Explaining and applying the technical performance of the skill and repeating its application by students	Learn the artistic performance of the skill and discover the strengths and weaknesses in the stages of artistic performance	Ball passing skill	2	the week(7)

		performance			
Performance method	Explaining and applying the technical performance of the skill and repeating its application by students	Learn the artistic performance of the skill and discover the strengths and weaknesses in the stages of artistic performance	Passing in short distances	2	the week(8)
Performance method	Explaining and applying the technical performance of the skill and repeating its application by students	Learn the artistic performance of the skill and discover the strengths and weaknesses in the stages of artistic performance	Passing in medium distances	2	the week(9)
Performance method	Explaining and applying the technical performance of the skill and repeating its application by students	Learn the artistic performance of the skill and discover the strengths and weaknesses in the stages of artistic performance	Long distance scrolling	2	the week(10)
questions and answers	Video and photo presentation with explanation and discussion	Learn the artistic performance of the skill and discover the strengths and weaknesses in the stages of artistic performance	Articles of the law (1-2-3)	2	the week(11)
Performance method	Explaining and applying the technical performance of the skill and repeating its application by students	Learn the artistic performance of the skill and discover the strengths and weaknesses in the stages of artistic performance	Handball dribbling skill	2	the week(12)
Performance	Explaining and applying	Learn the artistic	Types of	2	the

nce method	the technical performance of the skill and repeating its application by students	performance of the skill and discover the strengths and weaknesses in the stages of artistic performance	handball dribbling		week(13)
question s and answers	Video and photo presentation with explanation and discussion	Knowledge of the handball law and its application	Articles of the law (4-5-6)	2	the week(14)
			First semester practical exam	2	the week(15)
			First session theoretical exam	2	the week(16)
Square holiday					
Performa nce method	Explaining and applying the technical performance of the skill and repeating its application by students	Learn the artistic performance of the skill and discover the strengths and weaknesses in the stages of artistic performance	Handball bluffing	2	the week(17)
Performa nce method	Explaining and applying the technical performance of the skill and repeating its application by students	Learn the artistic performance of the skill and discover the strengths and weaknesses in the stages of artistic performance	Shooting in handball	2	the week(18)
Performa nce method	Explaining and applying the technical performance of the skill and repeating its application by the students. Explaining	Learn the artistic performance of the skill and discover the strengths and weaknesses in the stages of artistic	Factors affecting aiming	2	the week(19)

	and applying the technical performance of the skill and repeating its application by the students.	performance			
Performance method	Explaining and applying the technical performance of the skill and repeating its application by students	Learn the artistic performance of the skill and discover the strengths and weaknesses in the stages of artistic performance	The skill of shooting from above shoulder level	2	the week(20)
Performance method	Explaining and applying the technical performance of the skill and repeating its application by students	Learn the artistic performance of the skill and discover the strengths and weaknesses in the stages of artistic performance	High jumping shooting skill	2	the week(21)
Performance method	Explaining and applying the technical performance of the skill and repeating its application by students	Learn the artistic performance of the skill and discover the strengths and weaknesses in the stages of artistic performance	Ability to shoot from jumping forward	2	the week(22)
questions and answers	Video and photo presentation with explanation and discussion	Knowledge of the handball law and its application	Articles of the law (7-8-9)	2	the week(23)
Performance method	Explaining and applying the technical performance of the skill and repeating its application by students	Learn the artistic performance of the skill and discover the strengths and weaknesses in the stages of artistic performance	Fall shooting skill	2	the week(24)

Performance method	Explaining and applying the technical performance of the skill and repeating its application by students	Learn the artistic performance of the skill and discover the strengths and weaknesses in the stages of artistic performance	Flying shooting skill	2	the week(25)
questions and answers	Video and photo presentation with explanation and discussion	Knowledge of the handball law and its application	Articles of the law (10–11–12)	2	the week(26)
Performance method	Explaining and applying the technical performance of the skill and repeating its application by students	Learn the artistic performance of the skill and discover the strengths and weaknesses in the stages of artistic performance	Handball goalkeeper	2	the week(27)
Performance method	Explaining and applying the technical performance of the skill and repeating its application by students	Learn the artistic performance of the skill and discover the strengths and weaknesses in the stages of artistic performance	Basic skills of a handball goalkeeper	2	the week(28)
Performance method	Explaining and applying the technical performance of the skill and repeating its application by students	Learn the artistic performance of the skill and discover the strengths and weaknesses in the stages of artistic performance	Game plans for the goalkeeper	2	the week(29)
questions and answers	Video and photo presentation with explanation and discussion	Knowledge of the handball law and its application	Articles of the law (13–14–15)	2	the week(30)
			Second	2	the

			semester practical exam		week(31)
			Second semester theoretical exam	2	the week(32)
Teaching plan form for the subject					
M.M. Ali Hamid Faraj + M.M. Marwa Nafea				the name	
aaaltaee@uowasit.edu.iq mnafea@uowasit.edu.iq				E-mail	
the computer				Subject Name	
The second (morning study) + (evening study)				stage	
Theoretical sciences				Branch	
Learn the skill of using Microsoft (Word + powerpoint)				Objectives of the article	
Teaching and teaching the subject in a theoretical and practical way by explaining the scientific subject in a way that enables the student to understand and absorb the lesson through the full explanation of the subject teacher and the use of educational clips prepared by him. After that, the student performs the practical application, including answering some inquiries related to the practical application to increase the benefit for everyone.				Basic details of the material	
Nothing				Methodical books	
Various books and numerous Arab and foreign sources at Wasit University, and some from websites related to the computer topic				External sources	
final exam	The project	Daily exams	Laboratory	Semester	Class estimates
50%		5%	20%	25%	

	additional information
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Teaching plan form for the subject according to vocabulary

Notes	Practical material	Theoretical material	the date	the week
		Explanation of curriculum vocabulary thematic material How to access the program and identify windows		1
		Computer, its benefits and types according to size		2
	Practical application of how to open the program and apply window instructions	List explanation file As well as line-specific instructions from a list Home		3
		Explaining how to change the font type, size, and style		4
		How to rasterize, number, and align		5
		Daily exam + review of previous lectures		6
		Explain how to search and replace		7
	Practical application of instructions	List explanation insert (page+table)		8
		insert (picture + clip art)		9
	Practical application of instructions	insert (shapes+smartart+chart+screenshot)		10
	Practical application of instructions	insert (header+footer+page number+textbox)		11
	Practical application of instructions	insert (Equation+ symbol)		12

	Practical application of instructions	List explanationpagelayoutInstructions (margins+orientation+size+columns)		13
	Practical application of instructions	pagelayoutInstructions (break+linenumber+watermark+pagcolor+page border)		14
		Theoretical exam (for the first semester)		15
	Practical exam (for the first semester)			16
Mid-year vacation				
	Practical application of instructions	List explanationReview + ViewWith important instructions		17
	Practical application of instructions	Program reviewWordWith a practical cup		18
	Practical application of instructions	Get to know the programpowerpointIdentifying points of similarity withword. Word		19
	Practical application of instructions	Identify the segment, its types, and ways to add it		20
	Practical application of instructions	Practical and theoretical explanation of instructionsHome + insert		21
	Practical application of instructions	Explanation of the Design tab		22
	Practical application of instructions	Explanation of the transition movements tab		23
	Practical application of instructions	Explanation of the sectional movements tab		24
	Practical application of	Explanation tabshow slide		25

	instructions			
	Practical application of instructions	Explanation tabReviwe		26
	Practical application of instructions	Explanation tabView		27
	Practical application of instructions	Have the students work out a complete presentation		28
	Practical application of instructions	Review the material before the exam		29
				30
		Theoretical exam (for the second semester)		31
	Practical exam (for the second semester)			32

Course description for the third stage

Teaching plan form for the subject

Prof. Dr. Ghaffar Saad Issa	the name
gaffar@uowasit.ed.iq	E-mail
Arena and field	Subject Name
Third	stage
Individual games	Branch
Knowing the theoretical, practical and arbitration foundations of some athletics events	Objectives of the article

Teaching the subject theoretically and practically					Basic details of the material
					Methodical books
Encyclopedia of Athletics/Applications of the technical principles and foundations of track and field games					External sources
final exam	The project	Daily exams	Laboratory	Semester	Class estimates
					additional information

Teaching plan form for the subject according to vocabulary

Notes	Practical material	Theoretical material	the date	the week
		Introducing the nature of track and field games		1
		Explaining the effectiveness of weight pushing, its stages of performance, and its laws		2
	Performing the first part of the weight pushing event			3
	Performing the second part of the weight pushing event			4
	Completely perform the weight–pushing event			5
	Completely perform the weight–pushing event			6
		Explaining the effectiveness of the triple jump, its stages of performance, and its laws		7
	Performing the triple jump event in its first part			8

	Performing the triple jump event, its second part		9
	Completely perform the triple jump event		10
	Completely perform the triple jump event		11
		Explaining the event of the 3000m hurdles, the stages of its performance and its laws	12
	Performing the 3000m steeplechase event over 3 hurdles		13
	Performing the 3000m steeplechase event over 5 hurdles		14
	Performing the 3000m steeplechase event over 5 hurdles		15
	Completely perform the 3000m steeplechase event		16
Mid-year vacation			
		A review of the activities of the first semester	17
		Explaining the effectiveness of the 400m hurdles, its performance stages, and its rules	18
	Performing the 400m steeplechase event on a single hurdle		19
	Performing the 400m steeplechase event over 3 hurdles		20
	Performing the 400m steeplechase event over 5 hurdles		21
	Completely perform the 400m steeplechase event		22

	Completely perform the 400m steeplechase event		23
		Explaining the effectiveness of the hammer throw, its stages of performance, and its laws	24
	Holding the hammer and turning		25
	Performing a standing hammer throw event		26
	Performing a standing hammer throw event		27
	Completely perform the hammer throw event		28
	Completely perform the hammer throw event		29
		Review	30
		First exam	31
		Second exam	32

Teaching plan form for the subject

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SaadahH.Abdalmunim624@uowasit.edu.iq Hiba.Al.mohsen648@uowasit.edu.iq	E-mail
Rhythmic gymnastics	Subject Name
Third	stage
Individual games	Branch
Educational – pedagogical – developmental (educational, pedagogical and developmental)	Objectives of the article
	Basic details of the material
Modern Gymnastics (Rhythmic Sports Gymnastics) Written by: Wajih Mahjoub & Asya Kazem	Methodical books

Some articles on international law.					External sources
final exam	The project	Second Semester	Laboratory	First semester	Class estimates are annual
50%	0	25%	0	25%	
(2) theoretical exams for the first semester and (2) theoretical exams for the second semester + a daily theoretical and practical exam on a regular basis + a quarterly practical exam for the first and second semesters.					additional information

Teaching plan form for the subject according to vocabulary

Notes	Theoretical and practical material	the date	the week
	General fitness	9/19/2025	1
	Repeat the movements they learned during the past year.	9/26/2025	2
	Vacation	10/3/2025	3
	(Rope tool) (Jumping with and without bouncing on both feet, with the rope rotating forward. Jumping with and without bouncing on one foot, with the rope rotating forward. Rope rotation with running). With and without bouncing.	10/10/2025	4
	Rope tool (forward rotation of the rope with running in 2 steps and rotation of the rope forward with 3 steps. Double rotation).	10/17/2025	5
	Rope tool (jump with arms crossed, rotating backwards. Step jump, with the rope rotating forward. Scissors jump, bending the knees and without bending, with the rope rotating forward).	10/24/2025	6
	Rope tool (slide jump with the rope rotating forward. Alternation jump with the rope rotating forward. Front and side pendulum swing with one arm and two arms. Rotating the rope over the head alternately).	10/31/2025	7
	Front triple step (front waltz). Triple step with pirouette (waltz with pirouette).	7/11/2025	8

	Mazurka jump.		
	Jumping triple step (jumping waltz). Rope tool (swinging the rope horizontally in front of the chest. Rotating the rope with one arm and with two arms in front, back, and sideways. Rotating the rope in the shape of a number & its types, which are rotation to the sides, rotation in front of the body above the head, rotation in front of the body behind the body, and rotation above the head under the legs).	11/14/2025	9
	Scissor jump forward, backward. Scissor jump with a half turn. The rope tool (rotating the rope with the gazelle's jump. Rotating the rope around the body. Rotating the rope and inserting it from one leg and taking it out from the other leg. Throwing the rope with one hand and two hands, single and double).	11/21/2025	10
	Leap touching the foot front and back. Basque step Rope instrument (lateral pendulum swing with front waltz step).	11/28/2025	11
	Rotation on the knee. Backslide jump with a turn by jumping on one leg. Connecting a group of movements to the rope tool.	12/5/2025	12
	Partridges of all kinds.	12/12/2025	13
	Vacation	12/19/2025	14
	Conducting the practical exam.	12/26/2025	15
	Half year holiday		
	General fitness	1/30/2026	16
	Review of previous tools	6/2/2026	17
	A jump that touches the foot to the side. Foot touch jump with a half turn.	2/13/2026	18

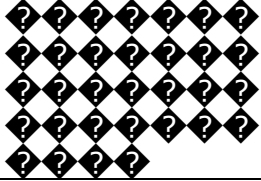
		Collar tool (front and side pendulum swing, horizontal swing in front of the chest, circle in the shape of a number & in front of the body above the head with rotation). And his side and above the head with one arm).	2/20/2026	19
		Collar tool (circle in the form of a number & on both sides. Number & in front of the body, behind the body. Switching the collar from one hand to another while rotating in an arc above the head. Rotating the collar in front of the body	2/27/2026	20
		Side scissor jump with rotation. Frontal undulation of the body. Back wave of the body. Arms wave in all directions.	3/5/2026	21
		Body undulation from a lying position. The hoop tool (throwing the hoop with one arm and two arms and receiving it from standing, running, jumping and jumping. Throwing upwards with a partner horizontally with one hand and two hands.	12/3/2026	22
		Cat jump with spin. Gazelle jump	3/19/2026	23
		The hoop tool (rolling the hoop on the ground with a partner. Rolling the hoop on the ground from hand to hand. Rolling with bounce on the ground with all kinds of jumps)	3/26/2026	24
		Front drop jump. Replay the deer's jump. The hoop tool (rolling the hoop on the ground while performing jumps. Rolling the hoop on the ground horizontally and vertically. Rolling on the hands, chest and back).	2/4/2026	25
		The collar device (inserting the body into the collar with one leg and taking it out with the	9/4/2026	26

	other leg. Entering the collar while rolling it on the ground.		
	Rotation of the collar around its axis, around the wrist, and around the body.	4/16/2026	27
	Theoretical exam. Training on the final group sequences using the hoop instrument with music. Compulsory chain training with collar and rope tools.	4/23/2026	28
	Training on the final group sequences using the hoop instrument with music. Compulsory chain training with collar and rope tools.	4/30/2026	29
	Conducting final practical exams. Conducting final theoretical exams.	7/5/2026	30

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AhmedA.Lafta601@uowasit.edu.iq Husam.Yaseen@uowasit.edu.iq	E-mail
Gymnastics equipment for men	Subject Name
Third	stage
Individual games	Branch
Teaching basic gymnastics skills and developing students' physical abilities	Objectives of the article
History of gymnastics equipment, types of equipment, set of weighted movements, stages of auxiliary gymnastics training and its methods, measurements and skills of the equipment, floor movements, ring and parallel apparatus, jumping platform, handle horse, and barbell.	Basic details of the material

The art of gymnastics floor movements (Ahmed Ibrahim Shehata, Ahmed Fouad El Shazly) The basic principles for learning motor skills in artistic gymnastics (Boys, USAT) (Shaima Abdel Matar, Youssef Abdel Zahra), Applied Artistic Gymnastics					Methodical books	
Internet information network.					External sources	
The final grade	Activity and attendance	Practical	Theoretical	Semester	Class estimates	
25	5	10	10	the first		
					additional information	
Notes	Article 1MIYeh	Theoretical material			the date	the week

Teaching plan form for the subject

		A general idea about gymnastics A historical overview of gymnastics	10/1/2025	1	
	General physical preparation	Types of gymnastics and the most popular types Considerations that the coach must take into account	10/8/2025	2	
	Special physical preparation	Floor Mat Exercise requirements and width	10/15/2025	3	
	Special exercises for gymnastics	Floor movement rug measurements			
	General and special exercises	Explaining the front roll skill	10/22/2025	4	
	Skill exercises	Applying the forward rolling skill			
	General and special exercises	Explaining the back rolling skill	10/29/2025	5	
	Skill exercises	Apply the back rolling skill			
	General and special exercises	Explanation of the forward rolling skill	11/5/2025	6	
	Skill exercises	Applying the forward rolling skill openly			
	General and special exercises	Explanation of the back rolling skill	11/12/2025	7	
	Skill exercises	Applying the back rolling skill is an opening			
	General and special exercises	Explanation of diving skills	11/19/2025	8	
	Skill exercises	Application of diving skills			
	Skill exercises	Front scale+ Rear scale	11/26/2025	9	
	Skill exercises	Lateral scale + knee scale			
	General and special exercises	Explaining the headstand skill	12/3/2025	10	
	Skill exercises	Apply the headstand skill			
	General and special exercises	Explaining the handstand skill	12/10/2025	11	

	Skill exercises	Apply the handstand skill		
	General and special exercises	Explaining the human wheel skill	12/17/2025	12
	Skill exercises	Apply the human wheel skill		
	General and special exercises	Explanation of the Arabic skill	12/24/2025	13
	Skill exercises	Arabic skill application		
	General and special exercises	Explanation of the kinetic series in the rug of ground movements	12/31/2025	14
	Skill exercises	Applying a kinetic series in floor movements		
		First semester exam	7/1/2026	15
	General and special exercises	Horse handles device measurements and law (explanation of the skill of swinging with one leg)	1/28/2026	16

Second Semester

	Skill exercises	Applying the one-legged swing skill		
	General and special exercises	Explaining the skill of swinging right to enter the left leg or vice versa	4/2/2026	17
	Skill exercises	Apply the right swing skill to enter the left leg or vice versa (Performing a motor chain of device skills)		
	General and special exercises	The throat device, device measurements and the law (explanation of the skill of pendulum swing on the throat device)	11/2/2026	18
	Skill exercises	Applying the pendulum swing skill to the throat device		
	General and special exercises	Explaining the skill of standing on hands on the throat device	2/18/2026	19
	Skill exercises	Applying the handstand skill on the throat device		
	General and special exercises	Explaining the skill of forward shoulder rotation	2/25/2026	20
	Skill exercises	Applying the skill of forward shoulder rotation		
	General and special exercises	Explaining the skill of rotating the shoulder backwards	3/3/2026	21
	Skill exercises	Apply the skill of back shoulder rotation (Performing a motor chain of device skills)		
	General and special exercises	Jumping platform, device measurements and law, explanation of the jumping	10/3/2026	22

		skill, opening		
	Skill exercises	Apply the jumping skill to open		
	General and special exercises	Explanation of the jumping skill	3/17/2026	23
	Skill exercises	Apply the jumping skill		
	General and special exercises	Explanation of the front hands jump and the Arabic hands jump	3/24/2026	24
	Skill exercises	Application of the forward hand jump and the Arabic hand jump (Performing a motor chain of device skills)		
	General and special exercises	Parallel device, device measurements and law, explaining the skill of pendulum swing based on the hands	3/31/2026	25
	Skill exercises	Applying the pendulum swing skill by relying on the hands		
	General and special exercises	Explaining the skill of standing on the shoulders	7/4/2026	26
	Skill exercises	Explaining the skill of standing on the shoulders		
	General and special exercises	Explaining the skill of landing a backswing	4/14/2026	27
	Skill exercises	Apply the skill of landing from a backswing (Performing a motor chain of device skills)		
	General and special exercises	The horizontal bar device, device measurements and the law, explanation of the fixed attachment skill (primary swing)	4/21/2026	28

	Skill exercises	Applying the skill of fixed attachment (primary weighted)		
	General and special exercises	Explaining the lower swing skill by bending the arms	4/28/2026	29
	Skill exercises	Apply the lower swing skill by bending the arms (Performing a motor chain of device skills)		
		Second semester exam	5/5/2026	30

Teaching plan form for tennis

Prof. Dr. Mustafa Muhammad Ali Prof. Dr. Khaled Ali Hassoun M.D. Haider Abdel Kazem Khudair				the name	
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Racket games				Subject Name	
the third				stage	
Individual games				Branch	
Teaching students the basic skills of tennis in addition to playing and refereeing				Objectives of the article	
A historical overview of the game/racket grips/basic tennis skills/playing and refereeing				Basic details of the material	
Book of technical and tactical preparation for tennis / Dr. Ali Salloum				Methodical books	
What's new in tennis / Dr. Eileen Wadih Tennis is the game of kings / Saadoun Hassan, captain of the national team from 1980 – 2000				External sources	
final exam	The project	Daily exams	Laboratory	Semester	Class estimates

40%		10%	15%	35%	
					additional information

Teaching plan form for the subject according to vocabulary

Notes	Practical material	Theoretical material	the date	the week
		Introduction to the game of tennis and the special rules of the game	9/25/2025	1
		Stadium measurements, special tools for the field, and players' tools	10/2/2025	2
		Standby pause	10/9/2025	3
		Racket grip and types of grips	10/16/2025	4
		Types of basic strokes and how to perform each stroke	10/23/2025	5
		Forehand groundstroke	10/30/2025	6
		Backhand groundstroke	11/6/2025	7
		Practical exam	11/13/2025	8
		Theoretical exam	11/20/2025	9
		Secondary strikes: volley and half-plane	11/27/2025	10
		Other strikes are the high strike, the drop strike, and the crushing strike	12/4/2025	11
		Transmission and its types	12/11/2025	12
		Straight serve	12/18/2025	13
		High arc transmitter	12/25/2025	14
		Low arc transmission	1/8/2026	15
		Practical and theoretical exam	11/1/2026	16

1/14/2026 Mid-year vacation

		Toys and types	1/29/2026	17
		Individual play and how points are calculated	5/2/2026	18
			2/12/2026	19
		Doubles play and points calculation method	2/19/2026	20
			2/26/2026	21

		Mixed play	3/4/2026	22
		Championships and their types	11/3/2026	23
		Grand Slam tournaments	3/18/2026	24
			3/25/2026	25
		Arbitration	1/4/2026	26
		Theoretical exam	4/8/2026	27
		Practical exam	4/15/2026	28
		Review the article	4/22/2026	29
		Final practical exam	4/29/2026	30

The third stage / football subject

Short tests and the extent of the student's active participation	Cooperative learning	Law of the Game Articles	Law of the Game Articles	2	the week(1)
Short tests and the extent of the student's active participation	Cooperative learning	Introduction to training curricula	Basic skills training	2	the week(2)
Short tests and the extent of the student's active participation	Cooperative learning	Introduction to training curricula	Training curricula/model for a training unit	2	the week(3)
Short tests and the extent of the student's active participation	Cooperative learning	Introduction to training curricula	Example of a training unit	2	the week(4)
Short tests and the extent of the student's active participation	Cooperative learning	Physical training methods	Physical training methods (muscle training, interval training)	2	the week(5)
Short tests and the extent of the student's active participation	Cooperative learning	Physical training methods	Physical training methods (repetitive, continuous training)	2	the week(6)
Short tests and the extent of the student's active participation	Cooperative learning	Physical training methods	Physical training methods (circuit training)	2	the week(7)

			First month exam for the first semester	2	the week(8)
Short tests and the extent of the student's active participation	Cooperative learning	Nutrition–injuries of players	Nutrition/player injuries	2	the week(9)
Short tests and the extent of the student's active participation	Cooperative learning	Football law	Restore some game law materials	2	the week(10)
Short tests and the extent of the student's active participation	Cooperative learning	Goalkeeper training	Goalkeeper training (physical, skill)	2	the week(11)
Short tests and the extent of the student's active participation	Cooperative learning	Goalkeeper training	Goalkeeper training (skills, tactical)	2	the week(12)
Short tests and the extent of the student's active participation	Cooperative learning	Playing distributions and formations	Playing distributions and formations (4-2-4 and 4-3-3)	2	the week(13)
Short tests and the extent of the student's active participation	Cooperative learning	Playing distributions and formations	Playing distributions and formations (4-4-2 and 3-5-2)	2	the week(14)
Short tests and the extent of the student's active participation	Cooperative learning		Practical exam	2	the week(15)
			The second month exam for the first semester	2	the week(16)
Square holiday					Spring break
Short tests and the extent of the student's active participation	Cooperative learning	Football defense	Individual defense and zone defense	2	the week(17)
Short tests and the extent of the	Cooperative	Football defense	Composite defense and axial defense	2	the week(1

student's active participation	learning				8)
Short tests and the extent of the student's active participation	Cooperative learning	Football defense	Collective defense and team defense	2	the week(19)
Short tests and the extent of the student's active participation	Cooperative learning	Football attack	Individual attack (with the ball and without the ball)	2	the week(20)
Short tests and the extent of the student's active participation	Cooperative learning	Football attack	Mass attack	2	the week(21)
Short tests and the extent of the student's active participation	Cooperative learning	Football attack	Team attack (slow, fast, fast rebound)	2	the week(22)
Short tests and the extent of the student's active participation	Cooperative learning	Fixed cases	Fixed situations (kick-off, side throw, goal kick, ball drop)	2	the week(23)
			Exam of the first month of the second semester	2	the week(24)
Short tests and the extent of the student's active participation	Cooperative learning	Fixed cases	Fixed situations (corner kick, penalty kick)	2	the week(25)
Short tests and the extent of the student's active participation	Cooperative learning	Fixed cases	Fixed situations (direct and indirect free kick)	2	the week(26)
Short tests and the extent of the student's active participation	Cooperative learning	Fixed cases	Fixed cases (educational game)	2	the week(27)
Short tests and the extent of the student's active participation	Cooperative learning		Practical exam	2	the week(28)
Short tests and	Coopera	Law of the Game	Review of all Law	2	the

the extent of the student's active participation	tive learning	Articles	of the Game materials		week(29)
Short tests and the extent of the student's active participation	Coopera tive learning	Law of the Game Articles	Review of all Law of the Game materials	2	the week(30)
Short tests and the extent of the student's active participation	Coopera tive learning	Law of the Game Articles	Review of all Law of the Game materials	2	the week(31)
	Coopera tive learning	Law of the Game Articles	The second month exam for the second semester	2	the week(32)

Course description for the

The fourth stage / sports psychology subject

Short tests and the extent of the student's active participation	Coopera tive learning	What is sports psychology?	Sports psychology	2	the week(1)
Short tests and the extent of the student's active participation	Coopera tive learning	Motor learning	establish Learning	2	the week(2)
Short tests and the extent of the student's active participation	Coopera tive learning	Reinforcement, remembering and forgetting	Educational process	2	the week(3)
Short tests and the extent of the student's active	Coopera tive learning	to dividetimesthe exercise	Learning conditions	2	the week(4)

participation					
Short tests and the extent of the student's active participation	Cooperative learning	Physical and personal education	Personal	2	the week(5)
Short tests and the extent of the student's active participation	Cooperative learning	The relationship between personality and activity	The effect of physical education lessons on personality formation	2	the week(6)
Short tests and the extent of the student's active participation	Cooperative learning	Incentives, motives and needs	Motivations for sports activity and its development	2	the week(7)
			Exam of the monththe firstFor the first semester	2	the week(8)
Short tests and the extent of the student's active participation	Cooperative learning	The relationship between motivation and activity	Motivations for sports activity and its development	2	the week(9)
Short tests and the extent of the student's active participation	Cooperative learning	Its concept, components and growth	Psychological orientation	2	the week(10)
Short tests and the extent of the student's active participation	Cooperative learning	Change and measure it	Psychological orientation	2	the week(11)
Short tests and the extent of the student's active participation	Cooperative learning	Ability and talent in physical education lessons	Ability and talent	2	the week(12)
Short tests and the extent of the student's active participation	Cooperative learning	SensationAnd perception	Mental processes in sports activity	2	the week(13)
Short tests and the extent of the student's active participation	Cooperative learning	Students with weak levels	Poor performance in the physical education lesson is a psychological problem	2	the week(14)

Short tests and the extent of the student's active participation	Cooperative learning	The concept of group, its types, cohesion, division, and importance	Social factors affecting athletic level	2	the week(15)
			The second month exam for the first semester	2	the week(16)
Spring break					
Short tests and the extent of the student's active participation	Cooperative learning	Its components, types and manifestations	Attention	2	the week(17)
Short tests and the extent of the student's active participation	Cooperative learning	AppearancesAnd the reasonsleading to it	Stress and arousal in sports	2	the week(18)
Short tests and the extent of the student's active participation	Cooperative learning	Concept, symptoms and causes	Psychological stress in athletes	2	the week(19)
Short tests and the extent of the student's active participation	Cooperative learning	Concept, interpretation, types and causes	Agressive behavior	2	the week(20)
Short tests and the extent of the student's active participation	Cooperative learning	Coping with emotions in sports	Agressive behavior	2	the week(21)
Short tests and the extent of the student's active participation	Cooperative learning	Its concept and goals	Assertive behavior	2	the week(22)
Short tests and the extent of the student's active participation	Cooperative learning	Its concept, stages, steps and confrontation	Psychological Burnout	2	the week(23)
			Exam of the monththe firstFor the second semester	2	the week(24)
Short tests and the extent of the	Cooperative	Fear and anxiety	Psychological emotions	2	the week(25)

student's active participation	learning				5)
Short tests and the extent of the student's active participation	Cooperative learning	Its concept, types and effects	Psychological trauma	2	the week(26)
Short tests and the extent of the student's active participation	Cooperative learning	Courage and boldness	Volitional qualities	2	the week(27)
Short tests and the extent of the student's active participation	Cooperative learning	Psychological problems in racing	High level sports	2	the week(28)
Short tests and the extent of the student's active participation	Cooperative learning	Its components, importance and level of ambition	Experiences of success and failure	2	the week(29)
Short tests and the extent of the student's active participation	Cooperative learning	FoundationsGeneral calendar	Evaluation in physical education	2	the week(30)
Short tests and the extent of the student's active participation	Cooperative learning	Evaluating students in a physical education lesson	Evaluation in physical education	2	the week(31)
			Exam of the month aFor a secondFor the second semester	2	the week(32)

Teaching plan form for the subject teaching methods

Prof. Dr. Amin Atta Hassan MD Israa Fadel Hassan Dr. Hussein Fayek Aziz M.D. Haider Abdel Kazem Khudair	the name
Asraasports1991@gmail.com	E-mail
Teaching methods	Subject Name
Fourth	stage
Individual games	branch name
the first and the second	Semester decision
Learn how to prepare physical education programs and lesson	Objectives of the

plans for the intermediate and preparatory stages					article
- Educational and pedagogical goals -Concepts related to teaching - Planning physical education programs - Teaching plan for the middle and middle school levels -The main methods of teaching motor skills -Devices, tools and alternative methods -Feedback in physical education lessons - Modern methods in teaching physical education - Educational Technology - Evaluation in physical education					Basic details of the material
final exam		Second Semester		First semester	
Practical	Theoretical	Practical	Theoretical	25	
20	30	10	15		
					Class estimates

Teaching plan form

Notes	Practical material	Theoretical material	the date	the week
	-	Educational and pedagogical goals in physical education	9/20/2025	1
	-	Teaching and related concepts	9/27/2025	2
	-	Associated concepts	10/4/2025	3
	-	Planning the physical education program	10/11/2025	4
	-	Content of the physical education program	10/18/2025	5
	-	Teaching plan for the middle and middle school levels	10/25/2025	6
	-	Types of teaching plans	11/1/2025	7
	-	The importance of the planning process	11/8/2025	8
	-	Teaching unit for physical education lesson	11/15/2025	9
		The concept of the educational unit and its conditions	11/22/2025	10
	Application of an		11/29/2025	11

	educational unit for a physical education lesson			
	Lesson application	Physical education lesson for middle and middle school	6/12/2025	12
	Examples of lesson plans and their application by students	-	12/13/2025	13
	- -	The main methods of teaching motor skills	12/20/2025	14
	Apply lesson plans	First semester exam	12/27/2025	15
	-	Alternative devices, tools and methods	Half year holiday	16
	-	Feedback in physical education lessons	1/31/2026	17
	-	Analysis of the teaching process	2/7/2026	18
	-	Modern methods in teaching physical education (Muston)	2/14/2026	19
	-	Muston methods	2/21/2026	20
	-	Muston methods	2/28/2026	21
	-	Educational Technology	3/6/2026	22
		Types of educational methods	3/13/2026	23
		Analysis of teaching behavior in physical education	3/20/2026	24
		General teaching methods in education	3/28/2026	25
		Concepts related to teaching methods and strategies	3/4/2026	26
		Teaching skills and how to develop them	10/4/2026	27
		Evaluation in physical education	4/17/2026	28
		Types of calendar, forms and methods of calendar	4/24/2026	29
	Apply lesson plans	Second semester exam	1/5/2026	30

Teaching plan form for the subject arena and field

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Arena and field					Subject Name
Fourth					stage
Individual games					Branch
It deals with training and teaching technique for the event of the (decathlon and heptathlon) for the track and field, and students' knowledge of the law of the (decathlon and heptathlon) for the track and field.					Objectives of the article
Competition rules (decathlon and heptathlon) / technical performance stages for (decathlon and heptathlon) events / legal measurements of the field and tools for (decathlon and heptathlon) / in addition to international law in brief.					Basic details of the material
A systematic book for track and field (decathlon for men and heptathlon for women) taught at the University of Wasit - College of Physical Education and Sports Sciences					Methodical books
- Sareh Abdul Karim Al-Fadhli: International athletics law, rules of competition. - Amer Fakher Shaghati, Mahdi Kazem Ali: Athletics learning training instructions. - Qasim Hassan Hussein: The theoretical and practical foundations of arena and field games activities.					External sources
final exam	The project	Second Semester	Laboratory	First semester	Class estimates
50%	0	25%	0	25%	
					additional information

Teaching plan form for the subject according to vocabulary

Notes	Theoretical and practical material	the date	the week
	Introduction to the events (decathlon and heptathlon) for track and field	11/22/2025	1
	Special exercises for starting fast sprints for events (decathlon and heptathlon) for track and field	29/11	2
	Applying the technical performance	6/12	3

	stages of the 100m event + the law of effectiveness		
	Stages of technical performance of the weight-pushing event + effectiveness measurements	13/12	4
	Teaching and applying effective weight pushing techniques	20/12	5
	Law of effectiveness of gravity propulsion	27/12	6
	Applying the technical performance stages of the 400m event + the law of effectiveness	1/4/2026	7
	Theoretical + practical exam	11/1	8
	Stages of technical performance of the discus throwing event + effectiveness measurements	18/1	9
	Teaching and applying effective discus throwing techniques	25/1	10
	Law of discus throwing effectiveness	2/2	11
	Stages of technical performance for the long jump event + effectiveness measurements + effectiveness law	9/2	12
	Teaching and applying effective long jump techniques	16/2	13
	Theoretical + practical exam	23/2	14
			15
			16
	Applying the technical performance stages of the high jump event + the law of effectiveness	1/3	17
	Teaching and applying effective high jump techniques	8/3	18
	Applying the technical performance stages of the event (800m/1500m) + the law of effectiveness	15/3	19
	Stages of technical performance for the 110m hurdles event + effectiveness measurements	22/3	20
	Teaching and applying the technique of the 110m hurdles event	29/3	21
	Law of effectiveness of 110m hurdles	6/4	22

	Theoretical exam + practical exam for the second course	13/4	23
	Stages of technical performance for the pole vault event + effectiveness measurements	20/4	24
	Teaching and applying effective pole vaulting techniques	27/4	25
	Law of effectiveness of pole vaulting	4/5	26
	Stages of technical performance of the javelin throwing event + effectiveness measurements + effectiveness law	11/5	27
	Teaching and applying effective javelin throwing techniques	18/5	28
	Theoretical exam + practical exam for the second course	25/5	29
	Final practical exam	2/6	30
			31

Teaching plan form for scientific research subject

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Research	Subject Name
Third	Stage
Theoretical sciences	Branch
Teaching students to write scientific research and proper planning for building scientific programs according to research curricula	Objectives of the article
A theoretical subject that includes a group of basic topics in scientific research that are explained and students are assigned some duties	Basic details of the material
Scientific research (basics and methods, hypothesis testing, experimental designs)	Methodical books
	External sources

final exam	The project	Annual quest	Second Semester	First semester	Class estimates
50%	-----	50%	25%	25%	
					additional information

Teaching plan form for the subject according to vocabulary

Notes	Practical material	Theoretical material	the date	the week
	-----	The concept of scientific research		1
	-----	Features and objectives of scientific research		2
	-----	Controls and ethics of scientific research.		3
		Characteristics of a good scientific researcher		4
Discussing research problems	Assigning students to write 5 types of research problems on different topics	Research problem . Elements of choosing a research problem. Define the research problem.		5
				6
Discussing scientific hypotheses	Assigning students to write three types for each type of scientific hypotheses	Research hypotheses Conditions for forming hypotheses. Features of scientific hypotheses. Hypothesis testing.		7
				8
Discussing the research plan	Assigning students to prepare a research plan within his specialty	Research plan and how to implement it		9
				10
				11
	-----	Types of samples and methods of selecting them		12
				13
				14

	-----	Quotation and its conditions		15
	-----	Theoretical exam		16
		Review previous topics		17
		Mid-year vacation		
		Questionnaire and its types		18
		Steps for preparing the questionnaire		19
		Advantages and disadvantages of questionnaire		20
		The interview and its procedures. Advantages and disadvantages of the interview		21
		Observation: its types, conditions, advantages and disadvantages		22
		Tests and measurement		23
		Steps before the test		24
		During the test		25
		After the test		26
		Experimental method		27
		Descriptive method		28
		Historical method		29
		Review of previous topics		30
		Theoretical exam		31
				32

10. Infrastructure	
Curriculum books prescribed within the sectoral plan for education High Helping books in the field of specialization	1- Required prescribed books
College, university and virtual library books	2- Main references (sources)
	أ) Recommended books and references (scientific journals, reports,.....)
Adding videos related to the topics studied and new scientific explanations With PowerPoint presentation	ب) Electronic references, websites,...

11.Course development plan
Using modern technologies in the teaching and learning process to keep pace with the scientific and global challenges that force us to keep pace with development in the educational and scientific field through the use of modern means, devices and supplies to assist in the implementation of lessons, as well as twinning operations with other universities and similar colleges in order to broadcast and receive experiences between colleges. In addition to using the Internet to accompany the educational process.