



Ministry of higher education and scientific research
Scientific supervision and evaluation apparatus
Department of quality assurance and academic
accreditation

Academic program and course description guide

2024

Introduction:

The educational program is a coordinated and organized package of courses that includes procedures and experiences organized in the form of study vocabulary, the main purpose of which is to build and refine the skills of graduates, making them qualified to meet the requirements of the labor market. It is reviewed and evaluated annually through internal or external audit procedures and programs, such as the external examiner program.

The description of the academic program provides a brief summary of the main features of the program and its decisions, indicating the skills that are being worked on to provide students based on the objectives of the academic program. The importance of this description is manifested because it represents the cornerstone in obtaining program accreditation and is co-written by teaching staff under the supervision of scientific committees in scientific departments.

This manual, in its second version, includes a description of the academic program after updating the vocabulary and paragraphs of the previous manual in the light of the developments and developments of the educational system in Iraq, which included the description of the academic program in its traditional form (annual, quarterly) as well as the adoption of the description of the academic program circulated under the book of the Department of studies Pm3/2906 on 3/5/2023 with respect to programs that adopt the Bologna track as the basis for their work.

In this area, we can only emphasize the importance of writing the description of academic programs and curricula to ensure the proper functioning of the educational process.

Concepts and terminology:

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

Course description: provides a brief summary of the most important characteristics of the course and the learning outcomes expected from the student to achieve, proving whether he has made the most of the available learning opportunities. It is derived from the program description.

Program Vision: an ambitious picture of the future of the academic program to be an advanced, inspiring, motivating, realistic and applicable program.

Program message: it briefly explains the goals and activities necessary to achieve them, as well as defines the development paths of the program and its directions.

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

Curriculum structure: all courses / subjects included in the academic program according to the approved learning system (quarterly, annual, Bologna track), whether it is a requirement (Ministry, University, College and scientific department) with the number of academic units.

Learning outcomes: a compatible set of knowledge, skills and values acquired by the student after the successful completion of the academic program and must determine the learning outcomes for each course in a way that achieves the objectives of the program.

Teaching and learning strategies: these are the strategies used by the faculty member to develop the teaching and learning of the student

and are plans that are followed to reach the learning goals. That is, it describes all classroom and extra-curricular activities to achieve the learning outcomes of the program.

Academic program description form

University Name: University.... Kirkuk.....

Faculty/Institute: faculty....Physical education and sports science.....

Scientific Department: Department.....

Name of academic or professional program: Bachelor.....Physical education and sports science

Name of the final certificate: Bachelor.....Physical education and sports science

Academic system: annual

Date of preparation of the description:

Date of filling the file:

Signature:

Head of department name:

Date:

Signature:

Scientific associate name:

Date:

Check the file by the:

Department of Quality Assurance and University Performance

Department of Quality Assurance and University Performance name:
Abdulqader Nawzad Ismail

Date:

Signature:

Dean

Authentication

1. Program Vision

The College of Physical Education and Sports Sciences seeks to prepare graduates in physical education and sports sciences to work in government departments and benefit from specialization .in the practical and applied field

2. Program message

Working to prepare and graduate leading scientific and leadership competencies in the field of physical education and sports sciences and to develop the balance of knowledge in the field of scientific research in the field of physical education and sports sciences to serve the local, regional and international community, as well as training and refining the minds of students scientifically and cognitively, and emphasizing social and cultural values and responsiveness. to local market requirements.

3. Program objectives

- 1- Introducing the sport of weightlifting, its advantages, goals, benefits, and a historical overview of it.
- 2- Introducing the sport of weightlifting and methods of teaching it
- 3- Teaching students the skills of lifting weights
- 4- Teaching students to cooperate among themselves
- 5- Know the laws of weightlifting

4. Software accreditation

There is no

5. Other external influences

There is no

6. Program structure				
Program structure	Number of courses	Academic unit	Percentage ratio	* notes
Foundation requirements	60	2		Basic course
College requirements	Yes			
Department requirements	Yes			
Summer internship	nothing			
Other				

*Comments may include whether the course is basic or optional.

7. Program description				
Year / level	Course code	Course name	Approved hours	
first / 2024\2023	CPE WL1	Weight lifting	practical	2

8. Expected learning outcomes of the program	
Knowledge	
Teaching basic skills in -1 weightlifting	
Applying the vocabulary of -2 the followed curriculum	
Knowledge of tournament -3 systems	
Knowledge of special -4 physical exercises	
Skills	
The skill of standing ready - 1 on the bar	

Stages of lifting weight - 2 Championships and weights – 3 in competitions	
Values	
The theoretical materials -1 simulate students' sense of familiarity with cognitive aspects and how to apply them practically	
Raising the cognitive values of -2 academic subjects through practical application	
Raising students' efficiency and -3 teaching abilities in physical education lessons during application	
Raising the emotional aspects -4 of students through holding sports competitions and feeling .responsible towards others	

9. Teaching and learning strategies

Adopting the method of brainstorming and brainstorming.

Using a data show to explain training methods

Using films from the last Olympic tournament to explain the law and the method of performing the referee.

10. Evaluation methods

.Daily, weekly, monthly exams and the end of the year exam

11. Teaching staff						
Faculty members						
Scientific rank	Specialization		requirements/ Special skills (if any)		teaching staff number	
	General	specific			cadre	
Assistant teacher	Physical education and sports sciences	Psychology/Boxing			cadre	

Professional development
Mentoring new faculty members
Professional development of faculty members

12. Acceptance criterion
Direct admission

13. The most important sources of information about the program
<p>Methodology books/auxiliary books</p> <p>Basic texts prepared by the subject teacher</p> <p>Reports - periodicals and scientific journals</p> <p>International Information Network (Internet)</p>

14. Program development plan

To enhance the student's self-confidence in practical life, strengthen his will, develop a love of participation and cooperation, and the possibility of applying what he has learned in a future life to build an educated sports community.

Program skills chart

				Required learning outcomes of the program											
Year/grade	Course code	Course name	Compulsory or optional	knowledge				skills				Values			
				A1	A2	A3	A4	B1	B2	B3	B4	C1	C2	C3	C4
		Weight lifting		—	—			—	—	—		—	—		

● Please tick the boxes corresponding to the individual learning outcomes of the program being evaluated

Course description form

1. Educational institution
Kirkuk University / College of Physical Education and Sports Sciences
2.Scientific department / Center
Branch of theoretical sciences
3.Course name / code
Weightlifting/CPE WL1
4.Available attendance forms
Student daily attendance records
5.Semester /year
2023\2024
6.Number of academic hours (total)
60 hours
7.Date of preparation of this description
28\3\2024
8.Course objectives

- 1- The theoretical materials simulate students' sense of familiarity with cognitive aspects and how to apply them practically
- 2- Raising the cognitive values of academic subjects through practical application
- 3- Raising students' efficiency and teaching abilities in physical education lessons during application
- 4- Raising the emotional aspects of students through holding sports competitions and feeling responsible towards others.

9.Course outputs and methods of teaching, learning and evaluation

A- Cognitive objectives

- 1- Know how to teach the basic skills of weightlifting
- 2- Knowing the stages of lifting weight
- 3- Identify the equipment and tools for weightlifting
- 4- Identify the types of weightlifting
- 5- Identify common injuries in weightlifting

B- The skills objectives of the course

- 1 - Teaching students the skills of weightlifting**

*** Teaching and learning methods**

education

- 1- The theoretical materials simulate students' sense of familiarity with cognitive aspects and how to apply them practically
- 2- Raising the cognitive values of academic subjects through practical application
- 3- Raising students' efficiency and teaching abilities in physical education lessons during application
- 4- Raising the emotional aspects of students through holding sports competitions and feeling responsible towards others.

*** Evaluation methods**

- **Daily exam.**
- **Quarterly exam.**
- **Practical exam**

C-sentimental and valuable goals

- Strengthening the student's personality and self-confidence.
- Promoting the values of courage, love and cooperation for students.

D-general and qualifying skills transferred (other skills related to employability and personal development)

- Enhancing students' motivation and motivation to achieve their future goals.

1- Playing skill

2- Arbitration skill

3- Tournament management

10.Course structure

Week	Hours	Required learning outcomes	Name of the unit / subject	Learning method	Evaluation method
first	2	A historical overview of the sport of weightlifting	Weight lifting		Daily exams + daily student participation evaluation + quarterly exams + final exams
second	2	Introduction to weightlifting			

third	2	Establishing the World, Arab and Iraqi Weightlifting Federation			
fourth	2	Development of weightlifting competition systems (in terms of lifts and weight category divisions)			
fifth	2	Types of grips and grips for the barbell and how to measure them in lifting weight			
sixth	2	Stages of technical performance of the net lift			
Seventh	2	The physical qualities that a lifter must possess			
eighth	2	Power, its definition,			

		types, factors affecting it, and methods of developing it			
ninth	2	Speed, its definition, types, factors affecting it, and ways to develop it			
tenth	2	Endurance and flexibility, their types and ways to develop them			
eleventh	2	Models for muscle building in weightlifting			
twelfth	2	Some common terms in weightlifting			
thirteenth	2	Kinetic sequence for raising nitrate			

Fourteenth	2	Common mistakes in deadlifting lessons, exercises, and correction			
fifteenth	2	First semester exam			
sixteenth	2	Regular exercises			
seventeenth	2	Semi-regular exercises			
Eighteenth	2	Stages of technical performance of the snatch lift			
nineteenth	2	The kinetic sequence of the snatch lift			
Twenty	2	Common mistakes in snatch lessons and corrective exercises			
Twenty-First	2	Factors affecting elevation			

Twenty-second	2	An overview of the weightlifting law and its most important articles			
Twenty-third	2	Technical or legal errors and the resulting penalties			
Twenty-fourth	2	Weight categories for weightlifting and their equipment			
Twenty-fifth	2	Measurements, weights and colors of weightlifting equipment			
Twenty-sixth	2	Tournaments system and types			
Twenty-seventh	2	Testing and measuring the effectiveness of weightlifting			
Twenty-eighth	2	Planning and technical preparation for			

		weightlifting event players			
Twenty-ninth	2	Theoretical exam			
Thirtieth	2	Practical exam			

11. Course development plan

Following up on changes in international law, the latest developments in the game, recent developments in sports training and motor learning, following up on special devices and tools in teaching and training the game, and relying on modern sources and .references