

Course description

College of Physical Education					College
5	NQF level	Department of Physical Education			Section
nothing	Prerequisite	131212	Symbol	Gymnastics (1)	Course name
2	practical	There is	نظري	2	Credit hours
s.bataineh@jadara.edu.jo			Email	DR. Sohaib bataineh	Course coordinator
s.bataineh@jadara.edu.jo			Email	DR. Sohaib bataineh	Teachers
My face	Attendance form	The lounge	The place	14.30 – 13	Lecture time
2026/3/24	Modification date	16/10/2022	Date of preparation	the second	Classroom

Brief course description

This course contains theoretical knowledge and information about gymnastics in general. It also includes the basic skills in gymnastics and how to perform them, educational methods and implementation methods for the skills, in addition to methods of attribution in gymnastics, common performance errors, security and safety factors in gymnastics, as well as the gymnastics law.

Course objectives

This course aims to:

- 1- Developing the student's fitness through motor skills specific to gymnastics through exercises and drills that serve the basic skills in the course.
- 2- Providing the student with the methods and methods of education and training used on the ground movement device and the jumping table device.
- 3- Providing the student with theoretical knowledge related to gymnastics and law.

CILO's Learning Outcomes					
A. Knowledge - theoretical understanding Upon completion of the course requirements, the graduate will be able to:					
A1: Definition of concepts, terms, and information related to gymnastics.K1					
B - Knowledge - practical application Upon completion of the course requirements, the graduate will be able to:					
A2: Application of basic gymnastics skills and gymnastics law.k4					
C. Skills – General problem solving and analytical skills Upon completion of the course requirements, the graduate will be able to:					
b1: Motivating the use of basic skills in gymnastics.S1					
D. Skills – Communications, ICT and Accounts. Upon completion of the course requirements, the graduate will be able to:					
B2: Analysis of the educational steps and technical performance of basic gymnastics skills, through information and computer technology. S4					
E. Competencies: autonomy, responsibility and context Upon completion of the course requirements, the graduate will be able to:					
C1: Teamwork and cooperation to manage the training and teaching unit, make decisions, and bear responsibility for this through practical application. C1					
F. methods of learning and teaching.					
Brainstorming. • Theoretical lectures. • Practical applied lectures. • Using the computer and browsing skill-related websites.*					
G. Evaluation methods					
Mid-term exam. • Theoretical tests. • Direct and indirect questions. • Practical tests. • Continuous evaluation during lectures*					

Course content					
Evaluation methods	Learning and teaching methods	Topics	Outputs	hours	week

Mid-term exam. Theoretical tests. Direct and indirect questions. Practical tests. Continuous evaluation during lectures	Brainstorming. Theoretical lectures. Practical practical lectures.	Get to know the students Giving instructions and describing the course General and private physical preparation	a1+ a2	4	+1 2
Mid-term exam. Theoretical tests. Direct and indirect questions. Practical tests. Continuous evaluation during lectures	Brainstorming. Theoretical lectures. Practical practical lectures.	Front scale Rear scale Side scale The front wheel is rounded Front roll open Front roll dhamma	a1+ a2 b1+b 2	4	+3 4
Mid-term exam. Theoretical tests. Direct and indirect questions. Practical tests. Continuous evaluation during lectures	Brainstorming. Theoretical lectures. Practical practical lectures.	The rear wheel is balled Back roll open Standing back roll	a1+ b1+b 2+a2 +c1	2	5
Mid-term exam. Theoretical tests. Direct and indirect questions. Practical tests. Continuous evaluation during lectures	Brainstorming. Theoretical lectures. Practical practical lectures.	Side jump (human cartwheel)	a1+ b1+b 2+a2 +c1	2	6
Mid-term exam.	Brainstorming. Theoretical lectures. Practical practical lectures.	Test training Test/practical	a1+ b1+b 2+a2 +c1	2	7
Midterm exam. Theoretical tests. Direct and indirect questions. Practical tests. Continuous evaluation during lectures	Brainstorming. Theoretical lectures. Practical practical lectures.	Human wheel with motor sentences	a1+ b1+b 2+a2 +c1	2	8
Midterm exam. Theoretical tests. Direct and indirect questions. Practical tests. Continuous evaluation during lectures	Brainstorming. Theoretical lectures. Practical practical lectures.	Handstand Handstand with rolls	a1+ b1+b 2+a2 +c1	4	+9 10

Theoretical tests. Direct and indirect questions. Practical tests. Continuous evaluation during lectures	Brainstorming. Theoretical lectures. Practical practical lectures.	Front somersault	a1+ b1+b 2+a2 +c1	4 11 +	12
Theoretical tests. Direct and indirect questions. Practical tests. Continuous evaluation during lectures	Brainstorming. Theoretical lectures. Practical practical lectures.	Front flip on a jumping platform Weighted barbell for men	a1+ b1+a 2	4 13 +	14
Theoretical tests. Direct and indirect questions. Practical tests. Continuous evaluation during lectures	Brainstorming. Theoretical lectures. Practical practical lectures.	Theoretical explanation Some articles of the International Gymnastics Code	a1+ b1+a 2	4 14 +	15
Theoretical tests. Direct and indirect questions. Practical tests. Continuous evaluation during lectures	Brainstorming. Theoretical lectures. Practical practical lectures.	Training for the final exam	a1+ b1+b 2+a2 +c1	2 16	
Final exam.	Brainstorming. Theoretical lectures. Practical practical lectures.	Final exams theoretical practical		2 17	

the components	
Material prepared by the subject teacher, Dr Sohaib bataineh	The book
Mohamed Ibrahim Shehata (2003), Contemporary Gymnastics Training, first edition, Dar Al-Fikr Al-Arabi, Cairo. Ahmed Fouad Al-Shazly (2000), Applied Foundations for Learning and Teaching Gymnastics, first edition, That Al-Sasil Publications, Kuwait. Mufti Ibrahim (2010), The Comprehensive Reference in Sports Training, Dar Al-Kitab Al-Hadith, Cairo.	the reviewer :
Contemporary gymnastics training	Recommended reading
Technical and educational steps for gymnastics skills	Electronic material
The digital library, to view studies and research related to the subject.	Other sites

Course evaluation plan							
Outputs					Degree	Evaluation methods	
c1	b2	b1	a2	a1			
-	5	12	-	13	30	First exam (mid)	
-	-	-	-	-	-	Second exam (mid)	
					50	Final exam	
-	-	-	-	-	20-	Chapter works	
-	-	-	-	10-	10-	Jobs	Quarterly business reviews
-	-	-	-	-	-	Cases to study	
	-	10	-	-	10	Discussion and interaction	
-	-	-	-	-	-	Group activities	
-	-	-	-	-	-	Laboratory and job exams	
	-	-	-	-		Presentations	
-	-	-	-	-	-	Short exams	
					100	the total	

Plagiarism
<p>Plagiarism is when someone takes someone else's work and claims it is their own. The university has a strict policy on plagiarism, and if plagiarism is indeed detected, this policy will be enforced. Penalties also apply to anyone who helps someone else commit plagiarism (for example by knowingly allowing someone to copy your code).</p> <p>Plagiarism differs from group work in that a number of individuals share ideas about how to implement courses. You are strongly encouraged to work in groups, and you will certainly not be penalized for it. This means that you can work together on a project or complete a job. What is important is that you have an understanding of all aspects of the supplement program. In order to allow for correct evaluation you must strictly adhere to the work requirements of the project or job as described and detailed above. These requirements exist to encourage teamwork, individual understanding, facilitate individual assessment, and prevent plagiarism.</p>