



Ministry of Higher Education and  
Scientific Research - Iraq  
Northern Technical University  
Technical College of Management/Mosul  
Department of Business Management  
Techniques



## MODULE DESCRIPTION FORM

### نموذج وصف المادة الدراسية

| Module Information                 |                            |                               |                                                                                                                                                                                                                                          |
|------------------------------------|----------------------------|-------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| معلومات المادة الدراسية            |                            |                               |                                                                                                                                                                                                                                          |
| Module Title                       | Physical Education (Sport) |                               | Module Delivery                                                                                                                                                                                                                          |
| Module Type                        | E                          |                               | <input checked="" type="checkbox"/> Theory<br><input type="checkbox"/> Lecture<br><input checked="" type="checkbox"/> Lab<br><input type="checkbox"/> Tutorial<br><input type="checkbox"/> Practical<br><input type="checkbox"/> Seminar |
| Module Code                        | NTU104                     |                               |                                                                                                                                                                                                                                          |
| ECTS Credits                       | 3                          |                               |                                                                                                                                                                                                                                          |
| SWL (hr/sem)                       | 75                         |                               |                                                                                                                                                                                                                                          |
| Module Level                       | 1                          | Semester of Delivery          |                                                                                                                                                                                                                                          |
| Administering Department           | Accounting tech.           | College                       | TCMM                                                                                                                                                                                                                                     |
| Module Leader                      | Iqbal Abdul Hassan         | e-mail                        | ekbal_aswad@ntu.edu.iq                                                                                                                                                                                                                   |
| Module Leader's Acad. Title        | Lecturer                   | Module Leader's Qualification |                                                                                                                                                                                                                                          |
| Module Tutor                       | Iqbal Abdul Hassan         | e-mail                        | ekbal_aswad@ntu.edu.iq                                                                                                                                                                                                                   |
| Peer Reviewer Name                 | Waleed Khalid              | e-mail                        | Waleed_khalid@ntu.edu.iq                                                                                                                                                                                                                 |
| Scientific Committee Approval Date | 1/10/2024                  | Version Number                | 1.0                                                                                                                                                                                                                                      |

| Relation with other Modules       |     |          |  |
|-----------------------------------|-----|----------|--|
| العلاقة مع المواد الدراسية الأخرى |     |          |  |
| Prerequisite module               | Non | Semester |  |
| Co-requisites module              | Non | Semester |  |

| Module Aims, Learning Outcomes and Indicative Contents    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|-----------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| أهداف المادة الدراسية ونتائج التعلم والمحتويات الإرشادية  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Module Objectives<br>أهداف المادة الدراسية                | <ul style="list-style-type: none"><li>• Introduce non-specialist students to the importance of physical activity for health and well-being.</li><li>• Develop students' skills in practicing various sports activities correctly.</li><li>• Promote an active and healthy lifestyle among students from different disciplines.</li><li>• Provide basic knowledge about the benefits of fitness and physical activity.</li></ul>                                                 |
| Module Learning Outcomes<br>مخرجات التعلم للمادة الدراسية | <p>By the end of this module, students will be able to:</p> <ol style="list-style-type: none"><li>1. Understand the benefits of physical activity for health and well-being.</li><li>2. Apply basic skills in practicing various sports activities.</li><li>3. Develop personal plans for an active and healthy lifestyle.</li><li>4. Effectively participate in group sports activities.</li><li>5. Evaluate their physical condition and set goals for improvement.</li></ol> |

## Learning and Teaching Strategies

### استراتيجيات التعلم والتعليم

|            |                                                                                                                                                                                                                                                                                                                                                                                                                          |
|------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Strategies | <b>Teaching Strategies:</b> <ul style="list-style-type: none"> <li><b>Lectures:</b> To provide basic knowledge about health and fitness.</li> <li><b>Workshops:</b> To focus on techniques for practicing various sports activities.</li> <li><b>Seminars:</b> For discussions and experience sharing about the health benefits of physical activity.</li> </ul>                                                         |
|            | <b>Learning Strategies:</b> <ul style="list-style-type: none"> <li><b>Practical Sessions:</b> Hands-on practice in different sports.</li> <li><b>Independent Study:</b> Encouraging self-directed learning and individual practice.</li> <li><b>Group Projects:</b> Enhancing teamwork and cooperation in sports activities.</li> <li><b>Field Trips:</b> Visits to sports facilities for practical exposure.</li> </ul> |

## Student Workload (SWL)

### الحمل الدراسي للطالب محسوب لـ 15 اسبوعا

|                                                                                |    |                                                                           |     |
|--------------------------------------------------------------------------------|----|---------------------------------------------------------------------------|-----|
| <b>Structured SWL (h/sem)</b><br>الحمل الدراسي المنتظم للطالب خلال الفصل       | 47 | <b>Structured SWL (h/w)</b><br>الحمل الدراسي المنتظم للطالب أسبوعيا       | 3.1 |
| <b>Unstructured SWL (h/sem)</b><br>الحمل الدراسي غير المنتظم للطالب خلال الفصل | 28 | <b>Unstructured SWL (h/w)</b><br>الحمل الدراسي غير المنتظم للطالب أسبوعيا | 1.8 |
| <b>Total SWL (h/sem)</b><br>الحمل الدراسي الكلي للطالب خلال الفصل              | 75 |                                                                           |     |

## Module Evaluation

### تقييم المادة الدراسية

|                      |                 | Time/Number | Weight (Marks)   | Week Due    | Relevant Learning Outcome |
|----------------------|-----------------|-------------|------------------|-------------|---------------------------|
| Formative assessment | Quizzes         | 3           | 10% (10)         | 5, 8 and 10 | LO #1, #2 and #10, #11    |
|                      | Assignments     | 5           | 10% (10)         | 2,4,8,9,10  | LO #3, #4 and #6, #7      |
|                      | Projects / Lab. | 15          | 10% (10)         | Continuous  | All                       |
|                      | Report          | 1           | 5% (5)           | 13          | LO #5, #8 and #10         |
|                      | Seminar         | 1           | 5% (5)           | 10          | LO #7, #9 and #13         |
| Summative assessment | Midterm Exam    | 2hr         | 10% (10)         | 7           | LO #1 - #7                |
|                      | Final Exam      | 3hr         | 50% (50)         | 16          | All                       |
| Total assessment     |                 |             | 100% (100 Marks) |             |                           |

## Delivery Plan (Weekly Syllabus)

### المنهاج الأسبوعي النظري

| Week   | Material Covered                                                                                                                                                          |
|--------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Week 1 | <b>Topic:</b> Introduction to Physical Education<br><b>Objectives:</b> Understand module scope and importance<br><b>Activities:</b> Lecture and group discussion          |
| Week 2 | <b>Topic:</b> Benefits of Physical Activity<br><b>Objectives:</b> Learn about physical and mental health benefits<br><b>Activities:</b> Lecture and case studies          |
| Week 3 | <b>Topic:</b> Aerobic Exercise and Its Benefits<br><b>Objectives:</b> Understand and practice aerobic exercises<br><b>Activities:</b> Practical session: running, cycling |

|                |                                                                                                                                                                                   |
|----------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Week 4</b>  | <b>Topic:</b> Anaerobic Exercise and Its Benefits<br><b>Objectives:</b> Learn about anaerobic exercises<br><b>Activities:</b> Practical session: weight training, sprinting       |
| <b>Week 5</b>  | <b>Topic:</b> Basic Skills in Soccer<br><b>Objectives:</b> Learn and practice basic soccer skills<br><b>Activities:</b> Practical session: dribbling, passing                     |
| <b>Week 6</b>  | <b>Topic:</b> Basic Skills in Basketball<br><b>Objectives:</b> Learn and practice basic basketball skills<br><b>Activities:</b> Practical session: shooting, dribbling            |
| <b>Week 7</b>  | <b>Topic:</b> Designing Personal Fitness Programs<br><b>Objectives:</b> Create personal fitness plans<br><b>Activities:</b> Workshop on fitness plan design                       |
| <b>Week 8</b>  | <b>Topic:</b> Mid-Term Review and Assessment<br><b>Objectives:</b> Review and assess knowledge and skills learned<br><b>Activities:</b> Practical and written assessments         |
| <b>Week 9</b>  | <b>Topic:</b> Techniques for Preventing Sports Injuries<br><b>Objectives:</b> Learn injury prevention techniques<br><b>Activities:</b> Lecture and practical workshop             |
| <b>Week 10</b> | <b>Topic:</b> Proper Nutrition and Sports<br><b>Objectives:</b> Understand the role of nutrition in sports<br><b>Activities:</b> Lecture and interactive discussion               |
| <b>Week 11</b> | <b>Topic:</b> Basic Skills in Swimming<br><b>Objectives:</b> Learn and practice basic swimming skills<br><b>Activities:</b> Practical session: swimming techniques                |
| <b>Week 12</b> | <b>Topic:</b> Physical Fitness and Healthy Lifestyle<br><b>Objectives:</b> Integrate fitness into daily routine<br><b>Activities:</b> Group project: healthy lifestyle plan       |
| <b>Week 13</b> | <b>Topic:</b> Physical Activities and Stress Management<br><b>Objectives:</b> Manage stress through physical activities<br><b>Activities:</b> Practical session: yoga, meditation |
| <b>Week 14</b> | <b>Topic:</b> Planning Group Sports Activities<br><b>Objectives:</b> Plan and organize group sports events<br><b>Activities:</b> Group project: organizing a sports event         |
| <b>Week 15</b> | <b>Topic:</b> Final Review and Preparation<br><b>Objectives:</b> Prepare for final assessments<br><b>Activities:</b> Review session and Q&A                                       |
| <b>Week 16</b> | <b>Final Examination</b>                                                                                                                                                          |

### Delivery Plan (Weekly Lab. Syllabus)

المنهاج الاسبوعي للمختبر

| Week          | Material Covered                                                                            |
|---------------|---------------------------------------------------------------------------------------------|
| <b>Week 1</b> | <ul style="list-style-type: none"> <li>Introduction to Lab Safety and Procedures</li> </ul> |
| <b>Week 2</b> | <ul style="list-style-type: none"> <li>Basic Experiments in Physical Fitness</li> </ul>     |
| <b>Week 3</b> | <ul style="list-style-type: none"> <li>Physical Fitness Assessment</li> </ul>               |
| <b>Week 4</b> | <ul style="list-style-type: none"> <li>Aerobic Exercise Techniques</li> </ul>               |
| <b>Week 5</b> | <ul style="list-style-type: none"> <li>Anaerobic Exercise Techniques</li> </ul>             |
| <b>Week 6</b> | <ul style="list-style-type: none"> <li>Soccer Training</li> </ul>                           |
| <b>Week 7</b> | <ul style="list-style-type: none"> <li>Basketball Training</li> </ul>                       |
| <b>Week 8</b> | <ul style="list-style-type: none"> <li>Mid-Term Lab Assessment</li> </ul>                   |
| <b>Week 9</b> | <ul style="list-style-type: none"> <li>Techniques for Preventing Injuries</li> </ul>        |

|                |                               |
|----------------|-------------------------------|
| <b>Week 10</b> | • Proper Nutrition and Sports |
| <b>Week 11</b> | • Swimming Training           |
| <b>Week 12</b> | • Designing Fitness Programs  |
| <b>Week 13</b> | • Planning Sports Activities  |
| <b>Week 14</b> | • Public Health Workshops     |
| <b>Week 15</b> | • Lab Practical Review        |
| <b>Week 16</b> | <b>Final Exam</b>             |

| <b>Learning and Teaching Resources</b><br><b>مصادر التعلم والتدريس</b> |                                                                            |                                  |
|------------------------------------------------------------------------|----------------------------------------------------------------------------|----------------------------------|
|                                                                        | <b>Text</b>                                                                | <b>Available in the Library?</b> |
| <b>Required Texts</b>                                                  | "Discovering Statistics Using IBM SPSS Statistics, 4th Edition 4th Edition | yes                              |
| <b>Recommended Texts</b>                                               | "Applied Statistics Using SPSS, STATISTICA, and MATLAB" by James H. Morrow | yes                              |
| <b>Websites</b>                                                        | Coursera and edX                                                           |                                  |

| <b>Grading Scheme</b><br><b>مخطط الدرجات</b>                                                                                                                                                                                                                                                                                                                                         |                         |                     |                |                                       |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------|---------------------|----------------|---------------------------------------|
| <b>Group</b>                                                                                                                                                                                                                                                                                                                                                                         | <b>Grade</b>            | <b>التقدير</b>      | <b>Marks %</b> | <b>Definition</b>                     |
| <b>Success Group<br/>(50 - 100)</b>                                                                                                                                                                                                                                                                                                                                                  | <b>A - Excellent</b>    | امتياز              | 90 – 100       | Outstanding Performance               |
|                                                                                                                                                                                                                                                                                                                                                                                      | <b>B - Very Good</b>    | جيد جدا             | 80 – 89        | Above average with some errors        |
|                                                                                                                                                                                                                                                                                                                                                                                      | <b>C - Good</b>         | جيد                 | 70 – 79        | Sound work with notable errors        |
|                                                                                                                                                                                                                                                                                                                                                                                      | <b>D - Satisfactory</b> | متوسط               | 60 – 69        | Fair but with major shortcomings      |
|                                                                                                                                                                                                                                                                                                                                                                                      | <b>E - Sufficient</b>   | مقبول               | 50 – 59        | Work meets minimum criteria           |
| <b>Fail Group<br/>(0 – 49)</b>                                                                                                                                                                                                                                                                                                                                                       | <b>FX – Fail</b>        | راسب (قيد المعالجة) | (45-49)        | More work required but credit awarded |
|                                                                                                                                                                                                                                                                                                                                                                                      | <b>F – Fail</b>         | راسب                | (0-44)         | Considerable amount of work required  |
|                                                                                                                                                                                                                                                                                                                                                                                      |                         |                     |                |                                       |
| <b>Note:</b> Marks Decimal places above or below 0.5 will be rounded to the higher or lower full mark (for example a mark of 54.5 will be rounded to 55, whereas a mark of 54.4 will be rounded to 54. The University has a policy NOT to condone "near-pass fails" so the only adjustment to marks awarded by the original marker(s) will be the automatic rounding outlined above. |                         |                     |                |                                       |