

Course Description Form

1. Educational Institution:
Northern Technical University / Nimrud Technical Institute
2. Academic Department:
Department of Therapeutic Nutrition Techniques
3. Course Title:
Physical Activity
4. Course Code:
NTU 104
5. Level / Academic Year:
First / 2025–2026
6. Date of Description Preparation:
1/2/2026
7. Available Attendance Modes:
In-person
8. Total Credit Hours / Units:
30 hours (1 theoretical + 1 practical) × 15 weeks
9. Course Coordinator (All names if multiple):
Name: Dr. Assad Ibrahim Mustafa + Mr. Mahmmod Ali
Email: mti.lec149.assad@ntu.edu.iq
10. Course Objectives:
- The student should be able to define sport and identify its different types. - The student should be able to distinguish between different types of injuries and know how to deal with them. - The student should be able to perform the basic skills of basketball and apply the rules of the game. - The student should be able to perform the basic skills of volleyball and understand its rules. - Impact on motivating students and increasing engagement. - Impact on improving motor and technical performance. - Impact on enhancing discipline and personal responsibility.

11. Teaching and Learning Strategies:

- Dialogue and discussion strategy.
- Brainstorming.
- Self-learning.
- Assigning collaborative group work.
- Assigning reports.

12. Course Structure:

Week	Hours	Required Learning Outcomes	Unit or subject name	Learning method	Evaluation method
1	2 Hours (1 Theory+1 Practical)	The student should be able to define the concept of sport and explain its health, educational, and social importance.	Introduction to Sport and Its Importance in University Life	Presentation, explanation, Q& interactive discussion, self-learning.	Oral, written and practical daily assessments and scientific reports.
2	2 Hours (1 Theory+1 Practical)	The student should be able to distinguish between individual and team sports and identify the characteristics of each.	Types and Classifications of Sports	Presentation, explanation, Q& interactive discussion, self-learning.	Oral, written and practical daily assessments and scientific reports.
3	2 Hours (1 Theory+1 Practical)	The student should be able to explain the role of physical activity in promoting physical and mental health.	Physical Fitness and General Health	Presentation, explanation, Q& interactive discussion, self-learning.	Oral, written and practical daily assessments and scientific reports
4	2 Hours (1 Theory+1 Practical)	The student should be able to apply warm-up and physical preparation principles before engaging in sports activities.	Warm-up and Preparatory Exercises	Presentation, explanation, Q& interactive discussion, self-learning.	Oral, written and practical daily assessments and scientific reports
5	2 Hours (1 Theory+1 Practical)	The student should be able to identify common sports injuries and their causes.	Common Sports Injuries	Presentation, explanation, Q& interactive discussion, self-learning.	Oral, written and practical daily assessments and scientific reports
6	2 Hours (1 Theory+1 Practical)	The student should be able to apply first-aid procedures for minor sports injuries.	First Aid for Sports Injuries	Presentation, explanation, Q& interactive discussion, self-learning.	Oral, written and practical daily assessments and scientific reports
7	2 Hours (1 Theory+1 Practical)	7. The student should be able to perform ball-handling and passing skills in basketball correctly.	Basic Basketball Skills (1)	Presentation, explanation, Q& interactive discussion, self-learning.	Oral, written and practical daily assessments and scientific reports
8	2 Hours (1 Theory+1 Practical)	8. The student should be able to perform dribbling and shooting skills according to proper technical principles.	Basic Basketball Skills (2)	Presentation, explanation, Q&A, interactive discussion,	Written examination

				self-learning.	
9	2 Hours (1 Theory+1 Practical)	The student should be able to apply the basic rules and laws of basketball during practical performance.	Basketball Rules and Their Applications	Presentation, explanation, Q&A interactive discussion, self-learning.	Oral, written and practical daily assessments and scientific reports
10	2 Hours (1 Theory+1 Practical)	The student should be able to perform serving and passing skills in volleyball correctly.	Basic Volleyball Skills (1)	Presentation, explanation, Q&A interactive discussion, self-learning.	Oral, written and practical daily assessments and scientific reports
11	2 Hours (1 Theory+1 Practical)	The student should be able to perform reception and setting skills according to the technical requirements of the game.	Basic Volleyball Skills (2)	Presentation, explanation, Q&A interactive discussion, self-learning.	Oral, written and practical daily assessments and scientific reports
12	2 Hours (1 Theory+1 Practical)	The student should be able to apply the basic rules and laws of volleyball during practical participation.	Volleyball Rules and Their Applications	Presentation, explanation, Q&A interactive discussion, self-learning.	Oral, written and practical daily assessments and scientific reports
13	2 Hours (1 Theory+1 Practical)	The student should demonstrate commitment to sportsmanship, teamwork, and personal responsibility.	Sports Values and Personal Discipline	Presentation, explanation, Q&A interactive discussion, self-learning.	Written examination
14	2 Hours (1 Theory+1 Practical)	The student should actively participate in sports activities in a manner that enhances engagement and self-motivation.	14. Sports Participation and Self-Motivation	Presentation, explanation, Q&A interactive discussion, self-learning.	Oral, written and practical daily assessments and scientific reports
15	2 Hours (1 Theory+1 Practical)	The student should be able to utilize the acquired skills and knowledge in integrated practical performance and self-evaluation of sports performance.	Practical and Final Evaluation of Sports Skills.	Presentation, explanation, Q&A interactive discussion, self-learning.	Oral, written and practical daily assessments and scientific reports

3. Course Evaluation

Grade distribution out of 100 according to the tasks assigned to the student, such as daily preparation, daily oral tests, monthly or written exams, reports, etc

4. Learning and Teaching Resources

Required textbooks (curricular books, if any)	Allawi, Mohammed Hassan. (2002). Sports Training Science (14th ed.). Dar Al-Maaref Publishing House, Cairo, Arab Republic of Egypt.
Electronic references, websites	Suggested electronic references for the Sports course https://www.who.int/health-topics/physical-activity/physical-activity?utm_source=chatgpt.com#tab=tab_1

Head of the Scientific Committee

د. دينا عبد الرزاق عبد الله



Head of the Department

د. محمد عزيزي