



# **Introductory Guide**

**College of Physical Education & Sports Sciences**

**2024 - 2025**

**01**

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## *In the Name of God the Merciful*

Praise Be to God, with Blessings & Peace upon the Messenger of God, Our Master Prophet Muhammad, as well as Upon His Family, the Best Prayers & the Purest Greetings.

There is no doubt that Physical Education and Sports Sciences are deemed a major and important component of General Education. They do educate our souls and they are quite essential means for all as they are highly required to raise Individuals Physically, Socially and Psychologically in an atmosphere dominated by Patriotism, Science & Recreation.

As a matter of fact, Physical Education & Sports Sciences are managed by Specialized Institutions of an Academic-Scientific Nature. Despite that Our College, is mainly interested in Theoretical Classroom Lessons, it has not neglected the Practical Aspect due to its importance in the Sports Field, exerting all possible efforts supported by follow-up and encouragement of Prof Dr. Hasan Shakir Majdi, President of Al-Mustaqbal University, through overcoming all difficulties & challenges.

Finally, we should confirm that College of Physical Education & Sports Sciences is considered a genuine source for qualifying Teachers who are capable of serving their Country and Society by supplying National Teams, Clubs and Federations with Distinguished Players, Referees and Coaches at both National & International Levels, being highly inspired by Vision, Mission & Objectives of the University as well as the Ministry of Higher Education, representing the Interface of Al-Mustaqbal University. We do pray to God to grant us all Success in building an Iraq filled with Pride, Piety, Goodness, and Prosperity.

Assist Prof Dr. Sanaa Abdul Ameer Bid Al-Khaicani

Dean of College of Physical Education & Sports Sciences

# **Introductory Guide of College of Physical Education & Sports Sciences\_02**

## **Introduction**

College of Physical Education & Sports Sciences is considered one of the Vital Colleges at Modern Universities, being concerned with qualifying Specialized Cadres. It aims indeed to provide exemplary Education to Students, enabling them to understand multiple aspects related to Fitness, Health, and Sporting Activities.

As a matter of fact, Our College is specialized in the Study of Sports Sciences, including kinesiology, Sports Medicine, Sports Psychology, as well as Nutrition. Besides, It has an essential role in the enhancement of Teamwork, Leadership, and Discipline Concepts, which qualify Students to work at different fields, such as Sports Training, Sports Event Management, and Physical Education.

In addition, the College is deemed a Center for Research and Innovation at multiple areas related to Physical Education & Sports Sciences. Moreover, it seeks to promoting Cultural & Social Awareness of Sports Activities in the Lives of Individuals & Communities, and mainly directing young people towards Healthy and Active Lifestyle.

## **Strategic Guideline**

### **About the College**

College of Physical Education & Sports Sciences was established at Al-Mustaqbal University in April 2023 in accordance with the Ministerial Order issued by the Ministry of Higher Education & Scientific Research, Department of Private University Education, No. HA/K/5139, dated on 16<sup>th</sup> April/2023, which regards Transformation of Al-Mustaqbal University College into a University. An extension of the transformation of the Department of Physical Education and Sports Sciences, which was created according to the Ministry's letter No. T/H/1Q 3631 dated 10/3/2016.

The College adopts Prescribed Curriculum, which includes 48 Academic Subjects and 150 Academic Units as per Semester System, with the aim of qualifying Graduates equipped with the necessary qualifications that would enable them to work as Teachers or Coaches for Sports Games at all State Institutions. It is remarkable to note that the Prescribed Curricula include Health Sciences, Teaching Methods, Sports Training Science, Movement Sciences, Sports Psychology, Sports Business Management.

The College of Physical Education and Sports Sciences is considered one of the Main Colleges at Al-Mustaqbal University, with the Subjects taught in this College are among the most essential, being no less in importance than other Subjects, such as Mathematics, Languages, and Sciences. It is worth noting that teaching Physical Education and Sports Sciences have Strategies, Means and Methods taught to Students with the aim of achieving the desired results and benefits for both Students and Community.

## **College Vision**

In its Vision, College of Physical Education and Sports Sciences seeks to provide everything new and useful in its Field, keeping pace with all new trends, and thus qualifying a generation capable of bearing responsibility.

## **College Mission**

The College Mission can be summarized within the following:

1. College of Physical Education and Sports Sciences seeks to spread Sports Culture and raise Sports Awareness among Society Members through preparation of Qualified Scientific Personnel Specialized in the Field of Physical Education & Sports Sciences. These Specialized Personnel shall be available at School Field and Community Centers so as to qualify a generation featured with Local and International Quality Standards in a way that would meet the Community Needs, seeking to build Distinguished Relationships with all Parties that require College Expertise, in addition to coordinating with the Media to effectively promoting Sports Activities.
2. Community Service Leadership through Cultural, Scientific, Research and Sports Excellence;
3. Providing Students with the Foundations of Modern Knowledge, Advanced Scientific Research Methods, High Values, and Personality Development so that Students shall be able to innovate, lead, and compete locally and internationally;
4. Developing and updating Curricula based on Contemporary Trends, being subjected to Periodic Evaluation in accordance with International Quality Standards, taking into account Local Conditions;
5. Development of Scientific Research and Administrative Capabilities;
6. Strengthening Specializations that would characterize the Colleges of Physical Education & Sports Sciences as well as Sports Training Centers;
7. Strengthening Research Centers and Units that would provide Advisory and Health Services to various Community Institutions and contribute to solving problems and providing insights into Sports and Health issues as per Contractual Principles between Our College and Beneficiary Entities.

## **College Objectives**

The College Objectives can be summarized as follows:

1. Preparing & Qualifying Faculty Members, Researchers, Specialists and Experts at various Stages of Education;
2. Preparing & Qualifying Graduates who are equipped with Physical, skills and Social Abilities in the Field of Teaching, Training & Sports Management;
3. Providing necessary support, creating Spirit of Cooperation, and organizing Development & Training Courses, as well as Sports Seminars and Conferences;
4. Qualifying Sports Coaches for Team & Individual Games covering all Sports Activities;
5. Conducting research and scientific studies in various fields of Physical Education, Environmental Development, in addition to promoting Curricula, School Systems, and Programs in a way to be quite consistent with Comprehensive Quality and the ability to create and innovate;
6. Raising the Professional, Scientific and Educational Level of those working in the Field of Physical Education and being introduced to Modern Educational Trends;
7. Providing Scientific Advice to Public and Private Institutions in the Fields of Physical Education, and cooperating in the Study of problems so as to come up with Scientific Solutions that would lead to achieving Common Goals;
8. Organizing Sports, Artistic and Recreational Festivals that are held inside and outside the College;
9. Arrangement of Cultural, Scientific and Sports Activities with Iraqi, Arab and international Universities in order to develop Teaching, Professional and Student Cadres in the Field of Physical Education.

## Introductory Guide of College of Physical Education & Sports Sciences\_03

### College Management

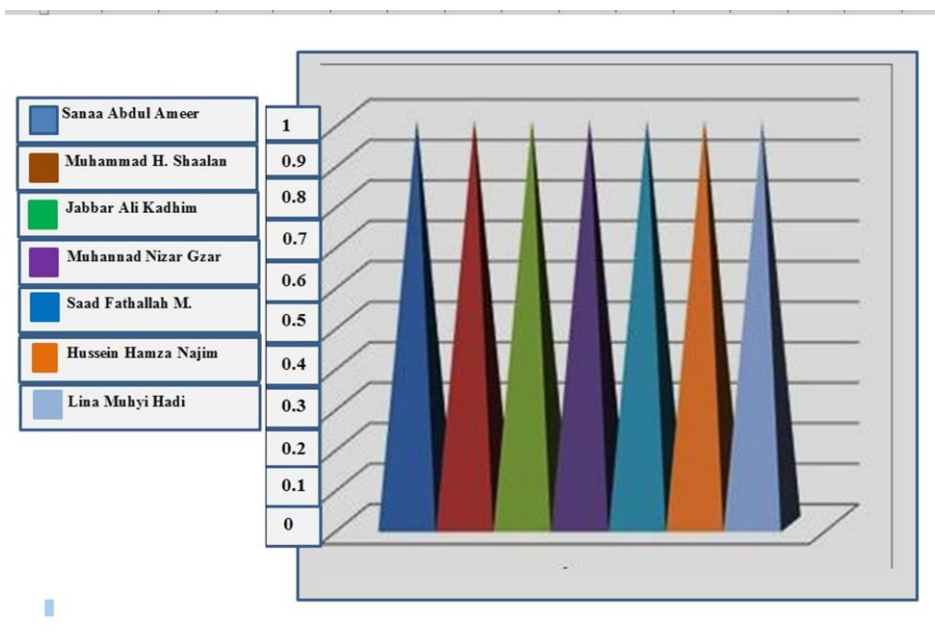
#### College Council

It is constituted of the following:

	Name	Certificate	Scientific Title	Position	Notes
1.	Sanaa Abdul Ameer Abid	Ph.D.	Assist Prof	College Dean	Chairman
2.	Muhammad Hassan Shaalan	Ph.D.	Teacher	Deputy Dean/Scientific Affairs	Member
3.	Jabbar Ali Kadhim	Ph.D.	Assist Prof	Deputy Dean/Administrative Affairs	Member
4.	Muhannad Nizar Gzar	Ph.D.	Assist Prof	Teachers Representative	Member
5.	Saad Fathallah Muhammad	Ph.D.	Prof Dr.	---	Member
6.	Hussein Hamza Najim	Ph.D.	Teacher	Quality Representative	Member
7.	Lina Muhyi Hadi	Master	Assist Teacher	Council Secretary	Member



#### College Council Chart



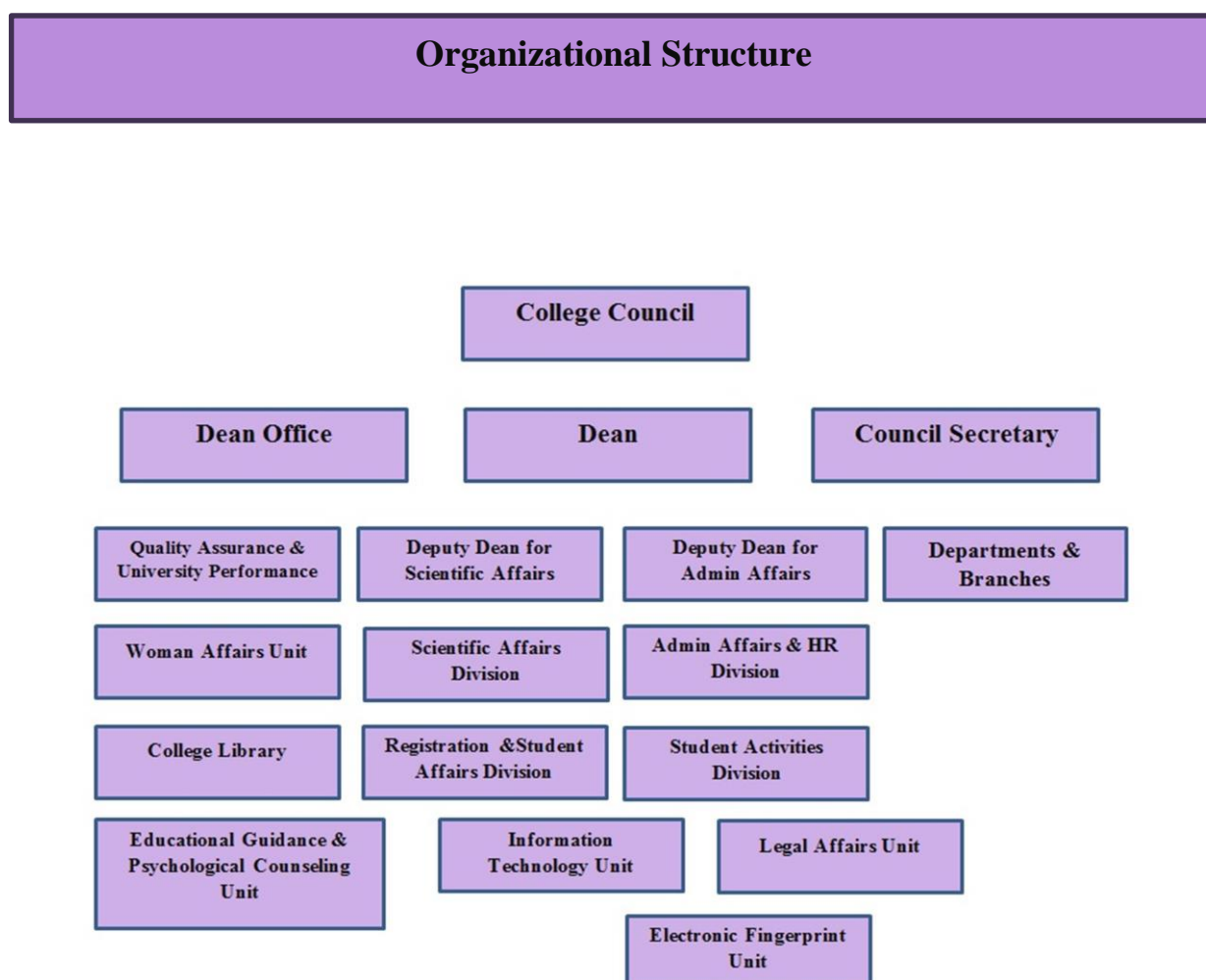


## College Council Responsibilities

The College Council is in charge of the following responsibilities

1. Recommending what the College needs of Faculty Members and Lecturers;
2. Formation of Scientific, Examination and Educational Committees as per the College Needs;
3. Implementation of University or College Council Decisions as per reference;
4. Approval of Scientific Research Projects being submitted by College Members and proposing how to be accomplished;
5. Discuss of Curricula following all Scientific Developments, and directing the Teaching Staff to update and develop their Curricula as per requirements;
6. Supervising the Teaching Process and Adopted Methods, in addition to evaluating the Teaching Staff Level, as well as proposing plans to qualify and develop the College Cadre in general;
7. Following up Students Scientific Affairs at all Academic Levels.

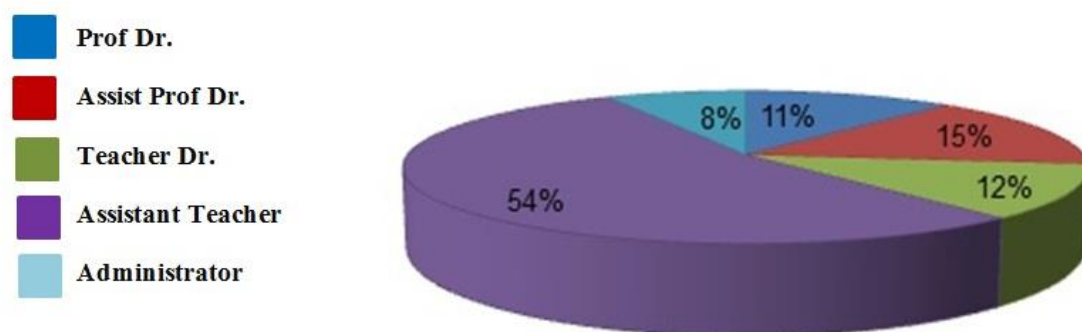
## Introductory Guide of College of Physical Education & Sports Sciences\_04



## Faculty Members

	Name	Certificate	Scientific Title	General Specialization	Precise Specialization	Contract Type
1.	Sanaa Abdul Ameer Abid	Ph.D.	Assist Prof	Physical Education	Movement Learning	Permanent
2.	Mahmoud Dawood Selman	Ph.D.	Prof Dr.	Physical Education	Curricula & Methodology	Permanent
3.	Jamal Sabri Faraj	Ph.D.	Prof Dr.	Physical Education	Basketball Training	Permanent
4.	Saad Fathallah Muhammad	Ph.D.	Prof Dr.	Physical Education	Athletics Training	Permanent
5.	Muhannad Nizar Gzar	Ph.D.	Assist Prof	Physical Education	Movement Learning	Permanent
6.	Shaima Moh'd Abu Zaid	Ph.D.	Assist Prof	Physical Education	Karate Training	Permanent
7.	Jabbar Ali Kadhim	Ph.D.	Assist Prof	Physical Education	Racket Games Training	Permanent
8.	Muhammad Hassan Shaalan	Ph.D.	Teacher	Physical Education	Basketball Test & Measure	Permanent
9.	Hussein Hamza Najim	Ph.D.	Teacher	Physical Education	Movement Learning	Permanent
10.	Harith Abdul-Ilah Abdul Wahid	Ph.D.	Teacher	Physical Education	Athletics Physiology	Permanent
11.	Zainab Waday Muheisin	Master	Assist Teacher	Law	Law	Permanent
12.	Mahmoud Saeed Hussein	Master	Assist Teacher	Physical Education	Athletics Test & Measure	Part Time
13.	Lina Muhyi Hadi Sharba	Master	Assist Teacher	Physical Education	Movement Learning	Permanent
14.	Jaafar Hamza Kadhim	Master	Assist Teacher	Physical Education	Bio-Mechanic Athletics	Part Time
15.	Ali Mudhhir Hassan	Master	Assist Teacher	Physical Education	Volleyball Management	Permanent
16.	Al-Hassan Ali Khalid	Master	Assist Teacher	Physical Education	Basketball Training	Permanent
17.	Ameer Farhan Mizhir	Master	Assist Teacher	Physical Education	Handball Methodology	Permanent
18.	Dhai Salim Hamza Thijil	Master	Assist Teacher	Physical Education	Basketball Psychology	Permanent
19.	Ali Yousif Hadi	Master	Assist Teacher	Physical Education	Handball Physiology	Permanent
20.	Hussein Ali Khudhair	Master	Assist Teacher	Physical Education	Wrestling Physiology	Part Time
21.	Muhammad Amjad Ali	Master	Assist Teacher	Physical Education	Volleyball Management	Permanent
22.	Teeba Faisal Jabir	Bachelor	Teaching Assistant	Physical Education	Physical Education	Permanent

## Academics Percentage as per Scientific Titles



## Introductory Guide of College of Physical Education & Sports Sciences\_05

### Administrative & Technical Cadre

	Name	Certificate	Specialization	Job Title
1.	Ms. Taif Muhammad Jasim	Bachelor	Information Technology	Teaching Assistant
2.	Mr. Ali Shakir Nasr	Bachelor	Law	Administrator
3.	Eman Hassan Rashid	Diploma	Accounting	Administrator

### College Units: Activities & Responsibilities

#### Scientific Department: Responsibilities & Authorities

##### College Deanship: College Dean Responsibilities

1. Achievement of College Higher Goals & Policies;
2. Implementation of College Council Resolutions;
3. Supervising preparation as well as following up implementation of the College Strategic Plan;
4. Supervision of College Management regarding Educational, Research, Administrative, Financial, and Cultural Affairs;
5. Supervision of College Development regarding Administrative, Academic, and Research Issues;

6. Implementation of Assigned Teaching Load for every Semester;
  7. Surveillance of Students' Attendance as well as their Examinations;
  8. Coordinating and developing the College Relations inside and outside the University;
  9. Supervising the College Provision of all Requirements, comprising Educational, Research, Administrative and Financial Issues;
  10. Supervision of Raising Quality Level & Developing its Outputs;
  11. Implementing and following up College Council Decisions;
  12. Periodic Review and Evaluation of the College Scientific & Academic Curricula;
  13. Host of External Lecturers to deliver lectures on Specific Topics to Students of Preliminary Studies;
  14. Preparation of Quarterly and Annual Reports regarding the College Scientific Activities;
  15. Submit of Research to Scientific Committees;
  16. Distribution of Students to Training Sites, as well as the College Employees who would the Supervision Job, in addition to issuing the necessary Administrative Orders;
  17. Proposal of Issuing Administrative Orders regarding University Full-Time as well as extra lectures as per the actual need and in accordance with the Effective University Regulations after being approved by the College Council;
  18. Supervising Students Academic Affairs at various Levels of Study;
  19. Consider Academic Promotions of College Teachers;
  20. Academics are assigned to carry out Teaching Tasks as needed, regardless of the rates as specified by Higher Authorities;
  21. Faculty Members might be approved to deliver Lectures at other Departments;
  22. Faculty Members might be nominated to participate at Technical, Administrative, and Scientific Committees;
  23. Faculty Members would be inquired in issues related to their absence or delay in attending their Lectures;
24. Presidency of College Scientific Committee;
  25. Contacting University and other Universities Departments regarding Scientific and Teaching Affairs, in addition to selecting lecturers and obtaining necessary approvals;
  26. Issuance of necessary Administrative Orders concerning College Academic Affairs;
  27. Determine of College Needs regarding Teaching, Technical, and Administrative Staff;
  28. Proposal of Conditions and Admission Plan to Scientific Departments as per capacity;
  29. Recommending Approval of Final Results of the College Students, in addition to following up all issues related to their Academic Progress;

30. Preparation of Job Performance Evaluation Reports of Faculty Members and Administrative Staff;
31. Supervising Academic Guidance Process at the College as well as distribution of Students to Faculty Members;
32. Conduct of Subject Equivalencies to Students transferring from other Majors or Universities;
33. Consider of Excuses provided by Students for Absence Cases whether of Lectures or exams

## **Scientific Affairs Responsibilities**

Scientific Affairs Unit is an important Unit at the Physical Education & Sports Sciences, directly linked to the Deputy Dean for Scientific Affairs, and it focuses on unifying Researchers Scientific Output of as well as Teachers in various College Specializations, in coordination and permanent follow-up with the Scientific Affairs Department at the University Presidency.

### **Unit Responsibilities**

Scientific Affairs Responsibilities can be summarized as follows:

- ☐ Following up College Scientific Affairs, and responding to incoming University Mail;
- ☐ Studying Statistical & Planning Tables of all Departments at the College;
- ☐ Following up all correspondences inside and outside the College, in addition to monitoring problems and obstacles that might face the College in its Administrative and Scientific Departments & Units;
- ☐ Organizing Information Forms of Students who graduate or drop out, in addition to preparing the database for all Students;
- ☐ Issuance of Documents as well as Murals shall be supervised by the Unit so as to make sure of their accuracy;
- ☐ Contributing in the preparation of the Annual College Guide;
- ☐ All Orders and Official Letters issued by the College shall be under the supervision of the Scientific Affairs Unit;
- ☐ Following up College Technical Forms related to preparation of Faculty Staff and Students;

It is remarkable to note that Scientific Affairs Unit aspires to promoting Teaching Staff Level at the College Departments in order to meet Community Needs as well as Labor Market Requirements.

## **Introductory Guide of College of Physical Education & Sports Sciences\_07**

### **Deputy Dean for Administrative Affairs & his Responsibilities**

- ☐ He is the Direct Head of Administrative, Financial, Service Affairs and Human Resources Divisions;
- ☐ College Council Member;
- ☐ In charge of developing Specialized Plans and organizing work of all College Departments;
- ☐ Issuance of various Administrative Orders as per the Authorizations offered to him;
- ☐ He exercises a set of powers related to the Functional Aspect of Administrative and Technical Employees.

## College Committees

The College includes the following Committees:

### 1. Examination Committee

- ☐ Implementation of Instructions, Controls, and Directives issued by the Ministry, University and College Councils, as well as those of the Central Examination Committee regarding Exams and Master Sheets;
- ☐ Subcommittee's Work shall be under Direct Supervision of the College Dean;
- ☐ Examination Committees are authorized to change their formations annually and in accordance with the developments of instructions;

#### **Examination Sub-Committee implements the following tasks:**

- ☐ The Exam Sub-Committee is in charge organizing Halls and distributing Students so as to ensure conduct of examinations;
- ☐ Preparing Students Names Lists, which indicate Fail Cases, Absentees, Pass, Postponement, and accurate number of Registered Students;
- ☐ Grades follow-up after being announced;
- ☐ Receiving Exam Questions from the Official Committee;
- ☐ Formation of Committees that would check up Exam Papers through the use of Electronic Babel Sheet Device;
- ☐ Subject Grades recorded on Special Lists shall be downloaded, reviewed, and uploaded to Grades Register;
- ☐ All Students Grades shall be saved on an Electronic Program to be submitted to the Committee, in addition to keeping them on CDs so as to be protected from any damage;
- ☐ Examination Results shall be submitted to the Dean for approval;
- ☐ Announcement of Exam Results for both First and Second Rounds
- ☐ Student Objections regarding Examination Results shall be submitted within a period of 5 days;

☐ In case a Student cheats or misbehaves inside the Examination Hall the Committee may recommend his dismissal or failure as per applicable instructions.

## **2. Scientific Committee**

☐ Taking into consideration all requests and proposals submitted by the Department Faculty Members, regarding amendment of curricula through a process of addition or deletion as per the percentage specified by the instructions;

☐ Approval and follow up of Curriculum Implementation, taking into consideration number of units for the topics of primary studies.

☐ On-Going Pursuit to the Department Scientific Movement with the development of suitable plans;

☐ Recording and following up Research Activities of all the Department Teaching Staff and Associates;

☐ Opening Development Courses with serious and permanent monitoring to all Courses Members;

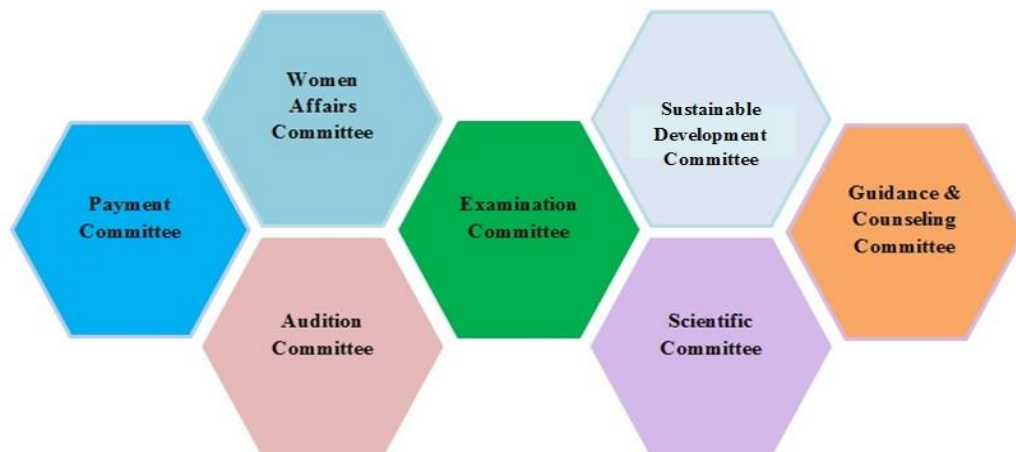
☐ Submitting recommendations related to organization of Conferences, Seminars, and Workshops;

☐ Review of Study Books and submitting Update Proposals;



## Introductory Guide of College of Physical Education & Sports Sciences\_08

### Main & Branch College Committees



### College Council

	Name	Position
1.	Assist Prof Dr. Sanaa Abdulameer	Chairman
2.	Dr. Muhammad Hassan Shaalan	Member
3.	Dr. Hussein Hamza Najim	Rapporteur
4.	Assist Prof Dr. Jabbar Ali Kadhim	Member
5.	Assist Prof Dr. Muhannad Nizar Gzar	Member
6.	Prof Dr. Saad Fathallah Muhammad	Member
7.	Ms. Lina Muhyi Hadi	Council Secretary

## Scientific Committee

	Name	Position
1.	Prof Dr. Mahmoud Dawood Salman	Chairman
2.	Prof Dr. Jamal Sabri Faraj	Member
3.	Prof Dr. Saad Fathallah Muhammad	Member
4.	Assist Prof Dr. Muhannad Nizar Gzar	Member
5.	Assist Prof Dr. Shaima Muhammad Abu Zaid	Member
6.	Dr. Harith Abdul'ilah Abdul Wahid	Member

## Quality & Academic Accreditation Committee

	Name	Position
1.	Dr. Hussein Hamza Najim	Chairman
2.	Mr. Al-Hassan Ali Khalid	Member
3.	Mr. Ameer Farhan Mizhir	Member

## Sustainable Development Committee

	Name	Position
1.	Assist Prof Dr. Shaima Muhammad Abu Zaid	Chairman
2.	Mr. Ali Mudhhir Hassan	Member
3.	Mr. Ali Yousif Hadi	Member
4.	Mr. Ameer Farhan Mizhir	Member
5.	Mr. Al-Hassan Ali Khalid	Member
6.	Mr. Jaafar Hamza Kadhim	Member
7.	Mr. Hussein Ali Khudhair	Member
8.	Mr. Muhammad Amjad Ali	Member
9.	Ms. Tiba Faisal Jabir	Member

## Introductory Guide of College of Physical Education & Sports Sciences\_09

### Student Payments & Badges Distribution Committee

	Name	Position
1.	Mr. Ameer Farhan Mizhir	Chairman
2.	Mr. Ali Shakir Nasr	Member

### Stage Officials

	Name	Position
1.	Dr. Hussein Hamza Najm & Mr. Muhammad Amjad Ali	First Year
2.	Mr. Hussein Ali Khudhair & Mr. Ameer Farhan Mizhir	Second Year
3.	Mr. Ali Mudhhir Hassan & Mr. Ali Yousif Hadi	Third Year
4.	Dr. Harith Abdul'ilah Abdul Wahid & Mr. Al-Hassan Ali Khalid	Fourth Year

### Women Affairs Committee

	Name	Position
1.	Ms. Zainab Waday Muheisin	Chairman

## Student Activities Committee

	Name	Position
1.	Assist Prof Dr. Muhannad Nizar Gzar	Chairman
2.	Assist Prof Dr. Jabbar Ali Kadhim	Member
3.	Mr. Ali Mudhhir Hassan	Member
4.	Mr. Ali Yousif Hadi	Member
5.	Mr. Muhammad Amjad Ali	Member
6.	Ms. Dhai Salim Hamza	Member
7.	Mr. Yahya Malik Sarhid	Member

## Summer Training Committee

	Name	Position
1.	Dr. Harith Abdul'ilah Abdul Wahid	Chairman
2.	Dr. Hussein Hamza Najm	Member
3.	Mr. Ameer Farhan Mizhir	Member

## Introductory Guide of College of Physical Education & Sports Sciences\_10

### Educational Guidance Committee

	Name	Position
1.	Prof Dr. Mahmoud Dawood Salman	Chairman
2.	Dr. Harith Abdul'ilah Abdul Wahid	Member
3.	Ms. Lina Muhyi Hadi	Member
4.	Ms. Zainab Waday Muheisin	Member

### Scientific Research Committee & Other Scientific Activities

	Name	Position
1.	Dr. Muhammad Hassan Shaalan	Chairman
2.	Prof Dr. Jamal Sabri Faraj	Member
3.	Prof Dr. Mahmoud Dawood Al-Rubaie	Member
4.	Prof Dr. Saad Fathallah Muhammad	Member
5.	Assist Prof Dr. Shaima Muhammad Abu Zaid	Member
6.	Dr. Harith Abdul'ilah Abdul Wahid	Member

### Student Discipline Committee

	Name	Position
1.	Assist Prof Dr. Jabbar Ali Kadhim	Chairman
2.	Dr. Hussein Hamza Najm	
3.	Ms. Zainab Waday Muheisin	

## Scientific Promotions Committee

	Name	Position
1.	Prof Dr. Mahmoud Dawood Al-Rubaie	Chairman
2.	Prof Dr. Jamal Sabri Faraj	Member
3.	Prof Dr. Saad Fathallah Muhammad	Member

## Examination Committee

	Name	Position
1.	Assist Prof Dr. Sanaa Abdulameer	Chairman
2.	Dr. Muhammad Hassan Shaalan	Member
3.	Prof Dr. Saad Fathallah Muhammad	Member
4.	Assist Prof Dr. Shaima Muhammad Abu Zaid	Member
5.	Dr. Hussein Hamza Najm	Member
6.	Dr. Harith Abdul'ilah Abdul Wahid	Member
7.	Ms. Lina Muhyi Hadi	Member
8.	Mr. Mahmoud Saeed Hussein	Member
9.	Mr. Ali Yousif Hadi	Member

## Introductory Guide of College of Physical Education & Sports Sciences\_11

## Audit Committee

	Name	Position
1.	Dr. Hussein Hamza Najm	Chairman
2.	Mr. Al-Hassan Ali Khalid	Member
3.	Mr. Ali Mudhhir Hassan	Member

## Student Affairs Committee

	Name	Position
1.	Assist Prof Dr. Jabbar Ali Kadhim	Chairman
2.	Dr. Muhammad Hassan Shaalan	Member
3.	Dr. Hussein Hamza Najm	Member
4.	Dr. Harith Abdul'ilah Abdul Wahid	Member
5.	Mr. Ameer Farhan Mizhir	Member
6.	Mr. Ali Mudhhir Hassan	Member

## Government Program Committee

#	Name	Position
1.	Assist Prof Dr. Muhannad Nizar Gzar	Chairman
2.	Assist Prof Dr. Shaima Muhammad Abu Zaid	Member
3.	Dr. Harith Abdul'ilah Abdul Wahid	Member
4.	Mr. Al-Hassan Ali Khalid	Member

## Academic System, Duration & Study Language

<b>Academic System &amp; Duration</b>	Annual in Semesters for Four Years
<b>Study Languages</b>	Arabic & English
<b>Prescribed Curricula</b>	Curricula of Corresponding Departments at Public Universities, specifically, Kufa University
<b>Graduation Project</b>	It is deemed essential for Student Graduation

## Curriculum Items & Accreditation

Study Plan of BA in Physical Education & Sports Sciences consists of (224) Hours and (150) Academic Units.

### Number of Study Plan Hours

Study Stage	Theoretical No. of Hours	Practical No. of Hours	No of Units
First Year	14	42	41
Second Year	18	34	37
Third Year	16	42	34
Fourth Year	24	34	36

## Introductory Guide of College of Physical Education & Sports Sciences\_12

### Program Description

#### First Year

Curriculum Code	Curriculum Name	Adopted Hours	
		Theoretical	Practical
MU1211004	Football Modern      Gymnastics Girls	-	02
MU1211008	Basketball	-	02
MU1211007	Athletics	-	02
MU1211010	Wight Lifting – Fitness Girls	-	02
MU1211012	Swimming	-	02
MU1211011	Scouting	-	02
MU1211003	English Language	02	-
MU1211005	Arabic Language	02	-



MU1211001	Philosophy	02	-
MU1211002	Anatomy	02	-
MU1211006	Human Rights	02	-

## Second Year

Curriculum Code	Curriculum Name	Adopted Hours	
		Theoretical	Practical
MU1212001	Sports Training	02	-
MU1212002	Tests & Measurement	02	-
MU1212003	Al-Baath Party Crimes	02	-
MU1212004	Volleyball	-	02
MU1212005	Handball	-	02
MU1212006	Gymnastic Equipment	-	02
MU1212007	Statistics	02	-
MU1212008	Bio-Mechanic	02	-
MU1212009	Boxing – Fitness Girls	-	02
MU1212010	Basketball	-	02
MU1212011	Athletics	-	02

## Third Year

Curriculum Code	Curriculum Name	Adopted Hours	
		Theoretical	Practical
MU1213001	Gymnastic Equipment	-	02
MU1213002	Sports Medicine	02	-
MU1213003	Physiology	02	-

MU1213004	Scientific Research	02	-
MU1213005	Motor Learning	02	-
MU1213006	Handball	02	-
MU1213007	Football & Futsal	-	02
MU1213008	Tennis Games	-	02
MU1213009	Wrestling – Modern Gymnastics	-	02
MU1213010	Duel	-	02
MU1213011	Teaching Methods	-	02
Mu1213012	Volleyball	-	02

#### Fourth Year

Curriculum Code	Curriculum Name	Adopted Hours	
		Theoretical	Practical
MU1214001	Football & Futsal	02	02
MU1214002	Handball	02	-
MU1214003	Volleyball	02	-
MU1214004	Athletics	02	-
MU1214005	Teaching Methods	02	-
MU1214006	Motor Analysis	-	02
MU1214007	Properties Sports	-	02
MU1214008	Sports Psychology	-	02
MU1214009	Sports Training	-	02
MU1214010	Sports Management	-	02

## Theoretical Study Subjects

Arabic – English – Computers – Scout Education – Democracy – Scientific Research –  
Motor Learning – Test & Measurement – Statistics – Bio-Mechanic – Teaching Methods  
- Management & Organization – Motor Analysis – Sports Training – Sports Psychology  
– Sports Medicine - Anatomy

## Introductory Guide of College of Physical Education & Sports Sciences\_13



## Courses Description

### **Sports Medicine:**

This Course is concerned with diagnosis and treatment of Functional, Anatomical and Pathological Developments in the Human Body being the result of an Individual Motor Activities whether at normal or sporting conditions, including all Physiological, Biological, Pathological, Therapeutic and Preventive Medical Sciences. As a matter of fact, Sports Medicine is considered a familiar means for treating and diagnosing Sports Injuries, especially Sprains and Deformities that occur to ligaments or muscles during various body movements. Sports Medicine as a subject is often delivered and conducted by a Doctor, Surgeon, Sports Coach, Physical Therapist, or others, such as Male or Female Player themselves.

### **Anatomy:**

It is the Science that specializes in study of Human Body Structure, in addition to the relationship between the various Body Systems during Growth Stages. It is remarkable to note that the human body according to Anatomy Science is divided into Upper and Lower Limbs.

### **Physiology:**

This Course focuses on the Study of Physiological Changes that might occur to the Functions of the Human Body Organs, such as the heart, and all related muscles with the effect of Sports Training on them as well as the Functional Systems of the Human Body.

### **Tests & Measurement:**

In this Course, Tests & Measurements as an organized method, in which behavior and responses of two individuals or more are carefully observed, including Intentional Stimuli with specific characteristics, which enable Researcher to accurately record and measure these responses.

### **Teaching Methods:**

This Course focuses on the Teaching Methods & Techniques, emphasizing their importance to Physical Education Students regarding Classroom Management and Tasks Implementation.

### **Motor Learning:**

This Course addresses all types of Human Movements in which Mutual Interaction between the various Body Tissues are coordinated the External Environment, in addition to Neural Control of Sports Movements.

### **Biomechanics:**

This Course focuses on the Study of Human Movements regarding all Mechanical Movements of Solid Bodies. This Science indeed derives data from other Sciences, such as Anatomy, Physiology, and Physics, being an Independent Science in itself, with the aim of understanding and studying Human Movements, in addition to analyzing them scientifically.

### **Kinetic Analysis:**

Kinetic Analysis is related to the Study of Movement Parts with the Impact of Descriptive Variables that would improve Level of Movement Performance.

### **Statistics:**

It is the Science, which focuses on collecting, describing and interpreting data. In other words, it represents all tools used by an Experimental Research in the process of Data Editing.

## **Introductory Guide of College of Physical Education & Sports Sciences\_14**

### **Courses Description**

#### **Sports Training:**

It is an organized process with objectives that seek to improve and raise Players Fitness Level for Certain Events or Chosen Activities. These Training Programs however are concerned with the use of specific exercises and training that are necessary required for Competitions.

#### **Sports History & Philosophy:**

This Course refers to entire heritage being linked to human issues, with the attempt to understanding related theories without being excluded from other Sciences that concern them.

#### **Sports Psychology:**

Sports Psychology aims to explain and understand Sports Behavior, with the reasons that would lead to such behavior, as well as the other factors that might affect it. Besides, Sports Behaviors are assumed to be predicted, based on realizing Sports Phenomena related to the Field in question.

## Practical Courses

Badminton \_ Volleyball \_ Track and Field \_ Swimming \_ Boxing \_ Rhythmic Gymnastics Girls  
\_ Artistic Gymnastics Men \_ Football \_ Wrestling \_ Weightlifting \_ Handball \_ Fencing \_  
Basketball \_ Tennis \_ Futsal

### **Football:**

It is one of the most popular and famous sports in the world., in which two teams compete on a Field covered with either Natural or Artificial Grass, having two goals on either side. The game is played according to a set of rules, using only one ball. Each Team is constituted of 11 players in addition to Substitutes.

### **Basketball**

In the Game of Basketball, two teams of five players do compete, each trying to score points against the other through a process of shooting the ball among the players, with the aim of scoring goals by putting it into the basket. The two baskets of the field are 3 meters high above the ground. The Team that manages to score more points shall be deemed a winner.

### **Handball**

In the Game of Handball, two teams of 7 players each (6 players and a goalkeeper) do compete, where the players pass the ball between them trying to throw it into the opponent's goal, and thus scoring a goal. Handball Match consists of two halves, each lasting for 30 minutes, and the team that manages to score more goals shall be deemed a winner.

### **Volleyball**

Volleyball is played by two teams separated by a high net, and each team shall hit the ball over that net into the opponent's court. Each team has three attempts to hit the ball over the net., and a point is scored when the ball hits the opponent's court. If a foul is committed, or if the team fails to block and return the ball correctly, a point is awarded as well.

Team formation: A volleyball Team consists of 12 players, 6 playing in the field, and 6 on the bench, with a Coach, an Assistant Coach, a Fitness Trainer, and a Sports Doctor.

# **Introductory Guide of College of Physical Education & Sports Sciences\_15**

## **Gymnastics**

It is the game, which involves performance of certain movements on various apparatuses. Each apparatus has a different kinetic chain. In the Sport of Gymnastics Strength, Flexibility, Speed, and Dexterity are combined. There are six forms of gymnastics approved by the Federation, and these are as follows:

1. Artistic Gymnastics
2. Rhythmic Gymnastics (for girls only)
3. Acrobatic Gymnastics
4. Aerobic Gymnastics
5. General Gymnastics
6. Trampoline Gymnastics

## **Weightlifting**

It is an Olympic Sport, in which Participants do two movements: Snatch & Jerk. Weightlifting is quite different from Weight Training, or Strength Training. Compared to Strength Training Exercises that test the Trainee's Maximum Strength, Weightlifting tests Explosive Movement, such as Snatch or Jerk that shall be performed quickly and with Weight Control due to the distance that a Weightlifter has to cover during the lifting process.

## **Boxing**

Boxing is an ancient sport that has to be practiced by the Greeks at the Olympic Games in 698 BC. The match is based on a number of Rounds between two players who box with regular fists, and later with special gloves made for boxing.

## **Wrestling**

In the Sport of Wrestling, two or more people compete, each trying to defeat the other without beating. It is indeed among the oldest sports in history, and over time it has been developed into different styles and forms. According to the International Wrestling Federation, main forms of Wrestling are Greco-Roman Wrestling, and Freestyle Wrestling,

## **Tennis**

Tennis is often known as a Leisure Sport usually played outdoors, but it can also be played indoors. The game is played by two or four players, each holding a metal racket with an oval head, tied with strings, with which players throw a rubber ball covered in felt, aiming to score points by sending the ball into the opponent's area so that they are unable to return it, or it touches the ground more than once, or by sending it into the opponent's area and forcing him to return it in such a way that it touches the net or falls outside the boundaries of the Court.

## **Badminton**

Badminton is quite similar to Racquetball and Tennis, except that the Racket used is small, light, and thin. The ball is also different, being very light and it is called a Shuttlecock. When the player throws that ball forcefully using his Racket, it moves very slowly over the Net then suddenly falls down so quickly in a place where the other Player does not expect.

## **Fencing**

Fencing is an Attack & Defense Sport to be conducted between two competitors, each trying to score a touchdown on the other with a specific weapon. It is an Olympic Game being quite enjoyable for Practitioners who are assumed to own Physical, Mental, and other personal qualities, the most important of which are: Endurance, Fast Reaction, as well as Agility.

It is remarkable to note that a Fencer shall be equipped with Neuromuscular Coordination, Flexibility, Intelligence, Strong Observation, Quick Wit, Calm Nerves, Patience, Accuracy, Strength of Will, the Ability to make the right decision on time, in addition to being tall and upright throughout his life.

## **Swimming**

Swimming is a Joint Sport for both men and women, in which a Competitor swims in the Style he prefers, except for Medley Relay Race or Individual Medley Race, where a Competitor swims in any style other than Butterfly, Breaststroke, or Backstroke.

## **Track & Field / Athletics**

The term 'Athletics' comes from the Greek Word 'Athlos,' which means 'Competition'. It includes a group of Sports, primarily divided into Running, Throwing, and Jumping. As a matter of fact, Athletics has existed even before Christ and it is divided into Running over multiple distances and other Competitions, including Hammer Throw, Disk Throw, Javelin Throw, Pole Vault, Long Jump, and Triple Jump.



# Introductory Guide of College of Physical Education & Sports Sciences\_16

## Students

### Admission Mechanism

An applicant to the Physical Education & Sports Sciences should have a General Preparatory Certificate at Literary, Biological, & Applied Branches, in addition to Shiite Endowment Office after obtaining the Approval of Iraqi Olympic Committee, provided that the Applicant Average shall not be less than 50%. Besides, Applicants coming from Institutes & Vocational Study are also accepted, provided that they pass the Medical Examination as well as other Special Tests.

### Admission Tests at the College of Physical Education & Sports Sciences

Applicants are admitted to the College of Physical Education & Sports Sciences after going through Physical & Skill Tests, as well as a Medical Examination. These Tests are conducted at the College Playgrounds lasting for a period of one week on a date to be determined in advance. However, Applicants should pass through several Committees formulated by the College for this purpose, and as shown in the diagram given below.



## Tuition Fees

	Academic Year	Morning Tuition Fees Iraqi Dinar	Evening Tuition Fees Iraqi Dinar	Notes
1.	2016 – 2017	1, 500, 000	Not Available	
2.	2017 – 2018	1, 600, 000	1, 600, 000	
3.	2018 – 2019	1, 600, 000	1, 600, 000	
4.	2019 – 2020	1, 600, 000	1, 600, 000	
5.	2020 – 2021	1, 600, 000	1, 600, 000	
6	2021 – 2022	1, 600, 000	1, 600, 000	
7.	2023 – 2024	1, 600, 000	1, 600, 000	

## Financial Support

First Year Top Student shall be exempted of Second Year Tuition Fees, whereas Second Top Student shall obtain 75% discount, and Third Top Student shall get 50% discount. As for Top Three Students of the remaining years, they shall be awarded 50%, 30%, and 20% discount respectively.

Besides, there are occasional discounts to Students coming from Martyrs Families, Retirees, and those with Limited Income, being subject to the University President Approval. Moreover, Tuition Fees are payable in four installments of 400,000 Iraqi Dinars each.

## Students Distribution Mechanism to Classrooms

Students shall be distributed to Classrooms or Examination Halls in a fair and orderly manner, relying on several factors, and as outlined below:

- Number of available Classrooms or Examination Halls;
- Size and Capacity of each Classroom or Hall;
- Creating groups for all Educational Levels constituted of (30) Students for Theoretical Lectures and (25) Students for Practical Courses.

## **Introductory Guide of College of Physical Education & Sports Sciences\_17**

### **Examination & Assessment Mechanism**

During the four-year period that Students spend at the College, they should pass each Study Year in all its components so as to move to the following stage, and thus graduating and obtaining a Bachelor Degree at Physical Education & Sports Sciences. However, Students are evaluated through the following:

#### **1. Daily & Monthly Examinations**

Students' Performance is evaluated through Daily & Monthly Exams, in addition to In-Class and Extracurricular Activities, as well as Homework.

#### **2. Final Examination**

The Final Exam constitutes 50% of Theoretical Subjects as well as 50% of Subjects including Practical Aspects.

### **Summer Training Mechanism**

Field Application is deemed an essential requirement that Students should pass in order to obtain the Bachelor Degree. Besides, Summer Training could be taken a Practical Test through which Students would apply what they have learned from Theoretical Material.

It is remarkable to note that the College shall appoint an Academic Supervisor to observe Students Attendance and Performance at all types of Governmental Schools that are affiliated with the Ministry of Education. However, Students are distributed to schools according to their Geographical Location.

### **Graduate Job Description**

College of Physical Education & Sports Sciences at Al-Mustaqbal University aims to qualify and graduate Professional Sports Personnel that are required in various fields. Moreover, it aims to develop Sports Talents based on Scientific Biological, Physiological, Philosophical, and Psychological Foundations, in addition to promoting

Motor Skills of Young People, being achieved through Theoretical and Practical Stages of Learning. Our Graduates however can work in various fields, such as

1. Sports Teachers at Primary and Secondary Schools;
2. Professional Players, Referee, or Coaches;
3. A Graduate of Physical Education & Sports Sciences can work in one of the following Training Fields:
  - Sports Clubs
  - Youth Centers
  - Sports Training Centers
  - Fitness Centers
4. Fitness or Bodybuilding Trainers
5. Management of Sports Programs at School or University
6. Management of Private Sports Clubs
7. Management of Sports Media
8. Management of Sports Equipment Manufacturing

## Graduation Project

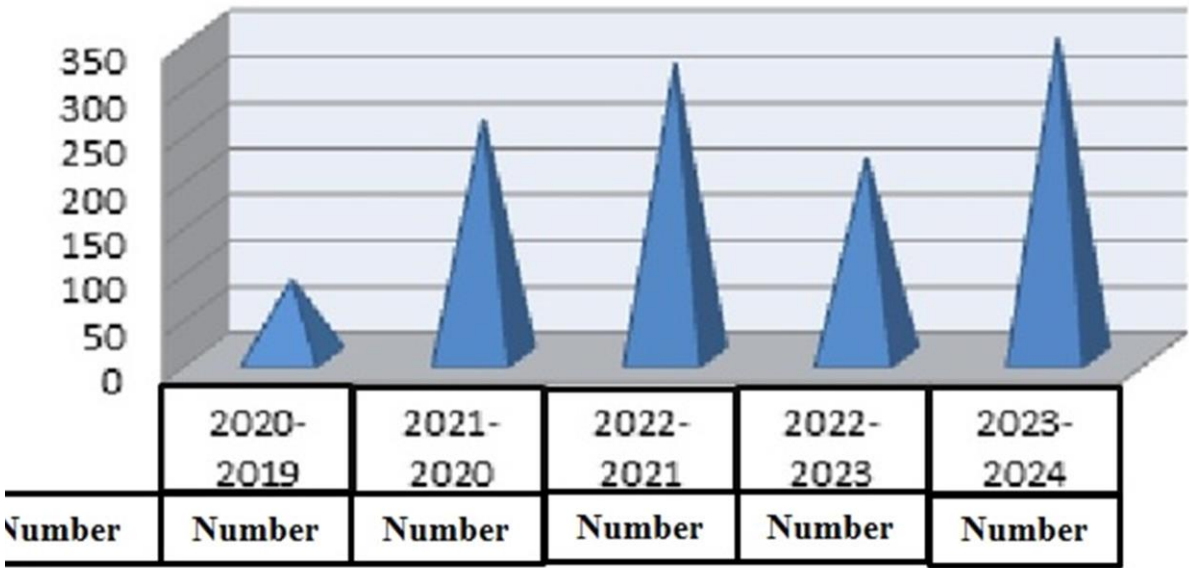
Graduation project is considered an essential requirement that Students should complete during the Final Stage of their studies. The Student is required to finalize his Graduation Project under the Supervision of the Academic appointed by the College. In the event of failure to complete the project, the Student shall be deemed to have failed the Academic Year, and he has to repeat the entire Academic Year in order to graduate.

## Number of Admitted Students

Academic Year	Number of Students
2016 – 2017	102
2017 – 2018	260
2018 – 2019	360
2019 – 2020	285
2020 – 2021	386
2021 – 2022	762
2022 – 2023	499
2023 – 2024	810

Number of College Graduates

	Academic Year	Number of Graduates
1.	2019 – 2020	85
2.	2020 – 2021	260
3.	2021 – 2022	321
4.	2022 – 2023	218
5.	2023 – 2024	349



Number of College Graduates

## College Building

Physical Education & Sports Sciences Building is located in the Southeast of Al-Mustaqbal University. It consists of Three Floors.

### Ground Floor

Ground Floor consists of the College Deanship, Teaching Staff Rooms, Administration, & Quality Offices, as well as Practice Halls for the games of Gymnastics, Fencing, Wrestling, and Fitness, in addition to fully integrated Indoor Sports Hall equipped with the necessary Sports Supplies.



### First Floor

First Floor consists of Five Halls for Theoretical Classes, in addition to other two rooms, one for Follow-Up and another the Examination Committee.

### Second Floor

Second Floor includes three Computer Laboratories as well as an Audio Lab.

## Infrastructure & College Building Entrance

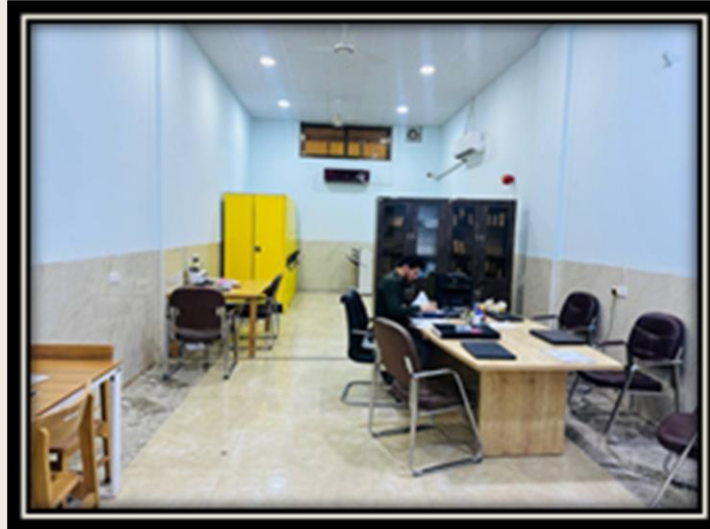


**College Dean Office**





## Female Teaching Staff Room

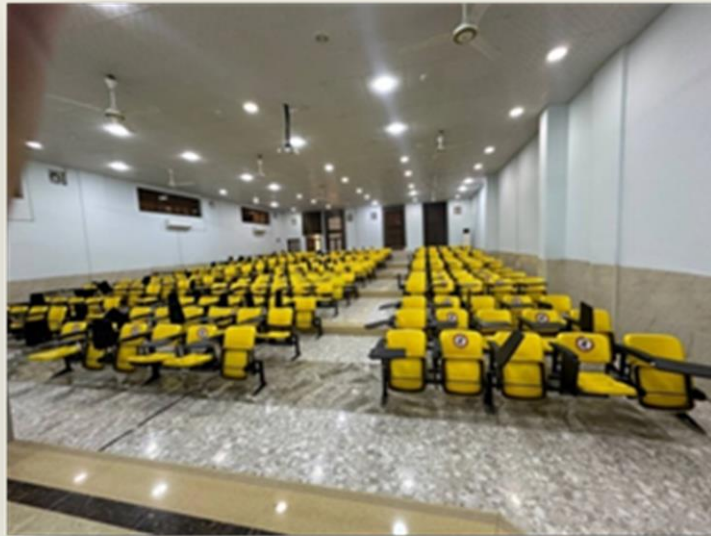


## Examination Committee Room





**Practice Hall**



**Theoretical Classroom**



**Gymnastic Hall**

**The Library**



## **Introductory Guide of College of Physical Education & Sports Sciences\_19**



**Fencing Court**



**Fitness Court**

## **Sports Activities**



**Chess Championship**



**Self-Defense Training Course**



**Table Tennis Championship**





**Scientific Workshop**

## Quality Assurance

### Quality Assurance Members

	Name	Certificate	Specialization
1.	Dr. Hussein Hamza Najim	Ph. D.	Sports Education
2.	Mr. Al-Hassan Ali Khalid	Master Degree	Sports Education
3.	Mr. Ameer Farhan Mizhir	Master Degree	Sports Education

## **Job Description of College Quality Liaison Member**

Quality Committees are formulated at the beginning of every New Academic Year, and they shall be responsible for management of Quality Assurance, in addition to implementing all Tasks assigned to them by the University President as well as the Officials of Quality Assurance & Academic Accreditation Division. All these tasks aim to fully apply Academic Evaluation and Accreditation Procedures, promoting performance of all aspects, and spreading Culture of Quality. Committees Tasks can be summarized as follows:

1. Coordinating with the College Dean so as to complete all assigned tasks;
2. Maintaining a Personal File, which includes Academic & Administrative Activities for the Teaching Members and Employees;
3. Giving aid in the completion of College Students Evaluation Files;
4. Documenting Curriculum and Academic Descriptions as per Levels and Applicable System, and updating them for each New Academic Year, in addition to monitoring their publication on the Website;
5. Collecting detailed Data and Statistics about the College, using a Form issued by Quality Assurance & Academic Accreditation Division;
6. Disseminating Guidelines related to Methods and Rules of Quality Assurance & Academic Accreditation;
7. Preparation of Quarterly and Annual Reports that would cover all aspects of the College Activities;
8. Updating and completing the College Specialized Program Guides, Documents, and Records;
9. Working on a College Evaluation Form at the end of each Academic Year. (Form No. 01)

## Scientific Conferences

Eleventh Scientific Conference to Discussing Graduation Research Papers of Fourth Year Students at the College of Physical Education and Sports Sciences, 5<sup>th</sup> June 2024

This Conference does reflect the Scientific Efforts exerted by the College of Physical Education & Sports Sciences at Al-Mustaqbal University, focusing on the Developments and Innovations in the Field of Scientific and Sports Research in Iraq.

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## External Relationships (Agreements)

1. Twinning & Joint Cooperation Agreement between University of Baghdad / College of Physical Education & Sports Sciences for Girls and Al-Mustaqbal University / College of Physical Education & Sports Sciences;
2. Twinning & Joint Cooperation Agreement between University of Kufa / College of Physical Education & Sports Sciences and Al-Mustaqbal University / College of Physical Education & Sports Sciences;
3. Twinning & Joint Cooperation Agreement between Al-Anbar University / College of Physical Education & Sports Sciences and Al-Mustaqbal University / College of Physical Education & Sports Sciences;
4. Twinning & Joint Cooperation Agreement between Diyala University / College of Physical Education & Sports Sciences and Al-Mustaqbal University / College of Physical Education & Sports Sciences;
5. Community Partnership Agreement with Babylon Youth & Sports Directorate;
6. Twinning & Joint Cooperation Agreement between University of Misan / College of Physical Education & Sports Sciences and Al-Mustaqbal University / College of Physical Education & Sports Sciences;



**Youth & Sports Directorate / Babylon**



**Diyala University**



## Epilogue

College of Physical Education & Sports Sciences is deemed an important Academic Institution, which actively contributes in the development of Students Skills and enhancement of their Physical and Mental Health, being carried out through diverse Curricula, including Movement Science, Nutrition, and Sports Psychology that would finally lead to qualifying them as Leaders in the Field of Sports & Physical Education.

It is considerable to note that Graduates of Our College, in addition to Earning a Degree; shall have an Active Role in Society through the promotion of Sports Culture represented in the different Physical Activities, as well as their continuous efforts that they exert in the Field of Scientific Research.

In conclusion, we do emphasize the important role played by College of Physical Education & Sports Sciences in the qualification of Graduates who would effectively contribute in the creation of a Healthy Generation capable of competing in the various Fields of Life.

## Mechanism of Communication with the College

Communication is conducted through the Official Page of College of Physical Education & Sports Sciences, with the aim of receiving all requirements and inquiries of Students and their Parents, mainly regarding Progress of Educational Process, in addition to the following Communication Methods:

1. The College Telegram Channel;
2. Groups Representatives for every Academic Year so as to discuss Students Opinions regarding issues related to Academic Subjects;
3. Student representatives based on Academic Levels, for both Morning & Evening Classes, so as to facilitate Students Communication regarding their Needs, in addition to exchanging opinions between Students and their Teachers.

### Official College E-Mail

[sports.college@uomus.edu.iq](mailto:sports.college@uomus.edu.iq)

## Quality Assurance

### Quality Assurance Members

	Name	Certificate	Specialization
1.	Dr. Hussein Hamza Najim	Ph. D.	Sports Education
2.	Mr. Al-Hassan Ali Khalid	Master Degree	Sports Education
3.	Mr. Ameer Farhan Mizhir	Master Degree	Sports Education

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