

Curriculum Vitae



Full Name: Dhiaa Hamood Mawlood AL Hassan

Date of birth: 24-12-1968

Certification: asst -prof-Doctor date of obtaining 22-8-2016

**general jurisdiction: University of Diyala / Physical Education
and Sports Sciences**

exact jurisdiction; Science Sports Training – Football

Scientific title: Instructor Doctor date of obtainin 22-8-2013

Number of years of service in higher education: 13 year

diaa.hammoud@uodiyala.edu.iq

The awarding body for the bachelor's degree:

University of Bachdad (1990-1991)

The awarding body for the master's degree:

University of Diyala (2007)

The awarding body for the doctoral degree:

University of Diyala (2013)

The Effect Of The Compound Exercises In Developing Some Of The Mental And Basic Skills For The Young In Football

Submitted to the Council of the College of The Physical Education -
University of Diyala in Partial Fulfillment of the Requirements for the
Degree of Master in Physical Education.

Asist. Prof. Dr. Furat Jabbar Sa'ad Alla

Dr. Ahdul-Rahman Nassir Rashid

Abstract

The Research Including five chapter as follows :-

Chapter 1 : The Definition of The Research

A: Introduction and the importance .

The introduction and the importance of the research the researcher considered the importance of football and its high special position among the sports and the games.

There were great efforts appeared to rise and develops all the preparation sides of this game like (the physical , skill , planning and psychological) by putting training schedules to improve the preparation sides mentioned above .

The importance of this research is in the compound exercise which had been given to the players during the training unites, which my make the young to do many movement

operations similar to the playing situation , this may cause to develops the mental and basic skills during the match.

B: The problem of the research

The researcher found through the field experiment that most of the coach's were depending in their training schedules on the physical and skill sides , and few of them took the interest in improving the mental and basic skills by using the compound exercises in their schedules .

So , this condition gave the motive to researcher to write the letter and advise to use these trainings and know the effect of them in improving and developing the mental and basic skills for the young in football.

C: The aims of the research

- 1.Make and prepare a compound exercises to develop some of the mental and basic skills for the young in football.
- 2.Knowing the effect of the compound exercises in developing the mental skills to the young in football.
- 3.Knowing the effect of the compound exercises in developing the basic skills to the young in football.

D: Suppositions of the research

- 1.There is an effect of the compound exercise in developing some of the mental skills for the young in football.
- 2.There is an effect of the compound exercise in developing

Physical Education and Sports Sciences - University of Diyala - 2020-2021
the basic skills for the young in football.

E: The fields of the research

1. The human field – The young of the sport Diyala club under 16 years.
2. The time field - The period from 29 - 3 - 2006 to 1-10-2006
3. The place field :-
 - a: The sport Diyala stadium in Baquba .
 - b: The stadium of Alsikak team in Al Tahreie quarter in Baquba.

Chapter 2

The theoretical studies and the similar studies

In the first section of this chapter the researcher was dealing with the subject of the compound exercise as well as the mental skills , and he offered a presentation for some of these mental skills like : (the attention , concentration , concentrate the attention , mental Imagining and the moving response).

The researcher also went to the basic skills and he presented some of these skills like :- (Drabbling , passing ,dodge (trick) and the shooting), he t in the consideration some of the similar studies concerned with the subject of the research and they were three studies.

Chapter3

The schedule of the research and its field procedures

This chapter contained the research schedule and the fields procedures , the researcher used the experimental program and followed the determination of a singular group with two tests before and after the experiment and that mean to measure the group before the experiment and measure it after that.

The sample of the research was the young of the sport Diyala club with the age under 16 years.

The work had began with the experiment from 15 - 7 - 2006 to 6 - 9 - 2006 , the time was 8 weeks with 3 training unites in a week and the training unites were 24 .

The researcher choused the sample with two kind of tests :-

A: A special tests in the mental skills :-

- 1.The test of Borden Anfemof to measure the attention appearances .
 - The Attentions sharpens .
 - The Attentions concentration .
2. The test of Riner Martens to measure the centers of the sport mental imagining .
 - The optical (visual) center.
 - The auditory center.
 - The moving sense center.

- The passion (emotional) center.

3. The test of the moving response .

B: The test of the basic skills :-

1. Measure the ability of the Drabbling .
2. Measure the accuracy of passing.
3. The test of the dodgy (trick).
4. Measure the accuracy of shooting .

The researcher inserted a group of the compound exercise in the main part of the training unit .

This chapter also contained : (devices and tools , the information's gathering ways , the two exploration experiments) the researcher indicated the limitation for the changing's in the study about the mental and basic skills and he limited the special tests for them and the way to perform as well as the statistic means .

Chapter 4

The presentation of the results analyzing and discussion

The researcher presented the arithmetical range and the standard departures and the measure of (T) value as well as the schedule for results of the tests (before and after) and discussed these results which had been reached to perform the aims of this research .

Chapter 5

Conclusions and Recommendations

A: Conclusions

According to the results that has been reached , the researcher concluded the following :-

1. The compound exercises have a positive effect in developing and improving some of the mental skills like : (attention sharpness , attention concentration, optical imagining , auditory imagining , movement imagining ,passion (emotional) imagining and the moving response).
2. The compound exercise have a positive effect in developing and improving some of the basic skills like : (Drabbling , passing , the dodgy (track) and shooting).
3. The compound exercises have the great positive effect in developing basic skills more than the mental skills , this is due to that the basic skills improved to 51.63 % ,while the improvement in mental skills reached to 37.14%.
4. Using the compound exercises with in the training schedules have the positive effect and activity on developing and improving the mental and basic skills for the sample of the research .

B: Recommendations :

According to the results , the researcher recommends following:-

- 1.The training schedules for the young under 16 years should comprise the compound exercises.
- 2.There must be interest in the compound exercises because they will help to develop and improve some of the mental and basic skills for the young under 16 years .
- 3.It is necessary to have a specialist in psychology with our national teams to take a part developing and improving the mental and psychological situation for the players .

The Dissertation
Effect the arrangement of the training
load according to the number of steps
and the calories consumption for the
positions of players in some physical
and physiological changes related to the
football (soccer)

Submitted to the board at the basic education college- DIALA
University as apart of the requirement for fulfillment of the
Doctorate degree in Sport Education

Supervised by
Dr. Maha Mohammed Salih Al ansari
Dr. Ayad Hamied Reshied Al khazraji

Abstract

Chapter one : Introduction and Importance of the research

The researcher dealt with the development which happened in the high levels for football game because of the development of sport training science and the connection with other sciences which made a lot of contributions in developing the training theories related to preparing , make plans with training programs and find solution for tactical problems , ect

The researcher referred to the load and effort that the player endures in the game of football which differs with the variety of performance tensity and its stage . The player used all kind of speed during the playing depending on the airy and non airy system in producing the energy .

The preparation to train the sport teams should be in developing the both systems with confirming the privacy of the

player position and what they require from airy and non airy abilities that they may be proportionally different but they are suitable with the nature of tasks and individual work that the player should perform .

Here the importance of the research is first to know the indicators (distance , number of steps and calories consumption) by using the electric physical performance (Ex3pedometer) in according to the position of player in the game . Through this , the training loads can be arranged in a training course in which we may know the ration of development in some physiological changes and physical abilities related to football which will happen to the player .

The problem of the research

The researcher has found during the field experiment that most of coaches and researchers concentrate on giving the training loads in the training unit and in the training courses for the player of the team in a general style without the care for their positions which will lead to inaccuracy in arranging the training load according to the training principles . The performance of each player must be within the tasks and works that lay on his shoulder to do them , this encourage the researcher to arrange the training loads in training course according to the positions of the player .

The Aims of the research

- To know indicators of (distance , number of steps and calories consumption) by using the device (Ex3pedometer) according to the positions of players in the sample of the research .
- Prepare a training course according to the indicators and according to the positions of the players .
- Identifying on the effect of the training course on some of physiological changes according to the position of the players.

- Identifying on the effect of the training course on some of the special physical abilities according to the positions of the players .

The Hypotheses of the research

- There are differences with statistical signs between the pre and post test in favor of the post test for the sample is some physiological changes in foot ball.
- There are differences with statistical signs between the pre and post tests in favor to the sample of the research in some Physical abilities changes in foot ball.
- There are differences with statistical sings among the groups of the research in some of the physiological changes and the physical abilities in foot ball .

The field of the research

- The human field : The advanced players of Diala club in football .
- The time field : from 28/12/2011 to 14 /4/2013.
- The location field : The stadium of Diala club , the laboratory of physical education college- university of Diala .

Chapter two : Review of Literature

The researcher dealt with theoretical studies related to the subject of the sport training ; its targets , duties and also the load training and its section and the components of each section , the factors levels and the degrees of load training . The researcher stated the techniques in which the training load can be arranged and how to determine the intensity of training load by using heart beats (the pulsation) and he presented a show for the physiological changes regarding this research and they are : the maximum consumption of oxygen (V_{O_2} max) . The average of lung ventilation (V_e) , The average of heart beats (the pulsation) (HR) , The average of oxygen concentration in the exhalation air (FeO_2) , the average of the assimilation (the calories consumption) (RMR) and also the special physical abilities like

: The agility (swiftness) , power with speed , standing (enduring) power and enduring the speed .

The researcher dealt with the previous studies and they were two studies .

Chapter three : The course and procedures of the research

The researcher used the experimental course to suit the nature of the research and followed the design of the (one group) with the pre and post tests . The sample was the advanced player of Diala football club who participated in the excellent tournament of the year 2012-2013 , their number were (19) player who were chosen purposely .

The indicators were derived of the distance , the number of steps and the consumption of calories for the positions of player by using the Electronic physical performance system (Ex3 pedometer) in the games of Diala club team with other teams by using one position for the two terms of each game .

Through these indicators , the researcher was able to divide the players into three groups (G1, G2 , G3) and the sample was tested by two kinds of tests :-

A- The tests for the physiological changes :

With the device (Fitmate pro) and by Bruce test on the device (Trad mial) the following physiological changes were derived :

- The maximum limit for oxygen consumption..... Vo_2 max
- The average of lung ventilation Ve .
- The average of Breathing Rf .
- The average of heart beats (pulsation) HR .
- The average of concentration of O_2 in the exhaustion air ... FeO_2 .
- The average of the assimilation (consumption of calories) RmR .

B- The test of physical abilities :

- The swiftness (elegance)
- The power with speed

- Standing (enduring) of power
- Enduring of the speed

The researcher prepared a training course for eight weeks in the special preparing period to develop the physical abilities and skills of the player.

Chapter four : The Display of results

This chapter showed : the mathematical medium , the criterion deviation, and the development level, also the mathematical medium for the differences, the mistake ratio and the counted (t) value , the schedule of the pre and post tests , the analysis of varieties and the counted value (f) with the ratio of mistake and the differences sign of pre and post tests among the three groups to know which one was better than others by deriving the value of L.S.D , moreover , discussing and analyzing the results that have been reached .

Chapter five : The conclusions and recommendation

According to the results ; the researcher concluded the following :-

1. The Electrical physical performance system (EX3pedometer) contributed to find the individual differences with indicators of (the distance , number of steps and calories consumption) for the positions of players.
2. The arranging of the training load with the indicators of (the distance , number of steps and calories consumption) according to the positions of players has contributed in less developing for physiological changes to the sample of the research .
3. The arranging of the training load with the indicators of (the distance , number of steps and calories consumption) has a positive developing for the physical abilities to the sample of the research.
4. The differences between the pre and post tests in the physiological changes was not moral , but in the physical

abilities was moral because the arranging of training loads depended on the indicators of (the distance , number of steps and calories consumption) and did not depend on the physiological changes .

5. The training loads for the sample in the research were with different levels according to the indicators and they were in favor to the third group which led to moral results in the physiological changes and the special physical abilities.

According to the results , the researcher recommend the following :-

1. Taking in consideration the individual differences among the players in the training course and according to their effort in the game including (the distant , number of steps and the consumption of calories) and according to their positions..
2. The coaches must manage and arrange the load of training in the schedule of training related to tensely, size and density according to the positions of players due to the three groups .
3. It is necessary to use the modern devices in the physiological and physical tests and measures like : (Ex3pedometer, Fit mate pro and Heart rate watch).
4. It is necessary to use the periodical tests to know the level of development in the physiological changes and physical abilities to the players according to the indicators of (the distance , number of steps and calories consumption) and according to their positions.
5. The period (time)of the special preparing should be more than eight weeks in order to be efficient to develop the physiological changes.

Physical Education and Sports Sciences - University of Diyala - 2020-2021

Positions held;

NS	Occupation	Workplace	period from – to
1	University of Diyala / Physical Education and Sports Sciences	Individual Games Branch Decision	2008-2009
2	University of Diyala / Physical Education and Sports Sciences	Director Of The Library and Freebies Division	2015-2016
3	University of Diyala / Physical Education and Sports Sciences	Secretary of The College Council	2016-2017
4	University of Diyala / Physical Education and Sports Sciences	Head of Solo Games Branch	2017-2019

*** Universities or institutes in which he taught**

- Courses Taught

NS	University	the college	Section	Subject	academic year
1	University of Diyala	College of Physical Education and Sports Sciences	Team Games	Football	2008-
2	University of Diyala	College of Physical Education and Sports Sciences	Branch of Theoretical Sciences	Science of training	2013-

***Courses he developed or contributed to**

NS	University	the college	Section	material	academic year
1					
2					

Conferences, seminars and workshops in which he participated

Address		Some of the physical abilities and its relationship to the performance of the players tactical focal applicants football			
NS	Place	Section	Post type (search - attend)	academic year	
1	Basra	physical education	<input checked="" type="checkbox"/> - <input type="checkbox"/>	2017	
Address		The kinetic transport index of the body parts and its relationship to the amount of movement of the ball according to the law of collision during soccer scoring			
NS	Place	Section	Post type (search - attend)	academic year	
2	Diyala	physical education	<input checked="" type="checkbox"/> - <input type="checkbox"/>	2018	
Address		The effect of a compound exercises of handicap in developing some physical and skill capabilities of young football players			
NS	Place	Section	Post type (search - attend)	academic year	
3	Diyala	physical education		2020	

The courses he participated in and conducted

NS	Course title	
1		

International magazines and the magazine (impact factors) in which he published

NS	magazine name	International Journal Of Psychosocial Rehabilitation	
1			
Research Title		The Impact of a Training Curriculum Using Spaces to Develop Football Offensive Plans	
Country		ISSN:1475-7192	2020
		Volume 24	
		Issue 09	
NS	magazine name	EUROPEAN JOURNAL OF MOLECULAR & CLINICAL MEDICINE	
2			
Research Title		The Effect of Rapid Training With The Ball On The Development Of Dribbling And Change Of Direction For Emerging Football Players	
Country		ISSN 2515-8260	2020
		Volume 07	
		Issue 03	

NS	magazine name	International Journal Of Psychosocial Rehabilitation	
3			
Research Title		Real-time analysis during the course of the game and its impact on the offensive skill performance and the result of the team football	
Country			2020
		ISSN:1475-7192 Volume 24 Issue 03	

Membership of scientific, local and international bodies

NS	Authority name			
1				
				the year
<input type="checkbox"/> <input type="checkbox"/>		<input type="checkbox"/> <input type="checkbox"/>		
NS	Authority name			
2				
				the

Physical Education and Sports Sciences - University of Diyala - 2020-2021

			year
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
NS			
3			
	affiliation date		the year
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Authorship and translation

NS	The title of the book	The arrangement of the training load the positions of player the foot bull
1		
Publishing house name	Central Press - University of Diyala	
noor	1998	
Year of Publication /2020	number of editions/	Systematic <input type="checkbox"/> -unsystematic <input type="checkbox"/>

The languages he speaks

- 1- Arabia
- 2-
- 3-

Other activities