

## Curriculum Vitae



Full name: Basil Abdul Sattar Ahmed Mahmoud

Date of Birth: 2/14/1968

(٢٠١٢/٥/١٥) :date obtained / Certificate: Ph.D

General specialty: Physical Education

- / Detailed specialty: Sports injuries and rehabilitation

(٢٠٢٠/١١/٢٩) :date obtained / Scientific title: Professor

Number of years of service in higher education: (16 years)

Number of years of service outside higher education: (19 years / 9 months)

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The awarding body for the bachelor's degree:

University of Baghdad

(٢٠٠٠—١٩٩٩) :date obtained

The awarding body for the master's degree:

University of Baghdad

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The awarding body for the doctoral degree:

University of Baghdad

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– Biography - College of Physical Education and Sports Sciences - University of Diyala  
2020--2021

Title of the Master's thesis: ((The effect of a therapeutic sports curriculum for the rehabilitation of patients Primary cardiac arrhythmias).

- The thesis contained five experimental research on a sample of heart patients for the age group (40-49) years for men

**a message to submit**

**Basil Abdul Sattar Alhashimi**

**Postgraduate Studies Department**

It is part of the requirements for a master's degree in physical education

**Supervisor**

Dr.. Wissam Abdel-Ghani Al-Sheikhly

Dr . Hamed Saleh Al-Yasiri

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Chapter One: Introduction to the Research This chapter included five main sections, and the researcher started it with (the introduction to the research and its importance), in which he provided an explanation about the development in modern sports sciences and its relationship with other sciences, especially sports medicine and physiology. Athletic training program designers are how to convince heart patients of the benefits of exercise. International organizations have taken this matter seriously and pointed out the importance of defining the general goal of rehabilitation to restore heart patients to their normal condition in society using the physical activities and exercises they need. This new field has received increasing attention from all health sectors, especially the international heart organizations, which confirmed the practice of physical exercise and considered it as a means of healing for people with heart diseases. Despite the development of advanced countries in the science of rehabilitation using physical activities, our dear country is still in the stage of exploration in this field. Then he moved to the second topic (the research problem) to complete the research what was presented in the first topic, as it touched on the method of rehabilitating heart patients, in particular the case of cardiac asymmetry, as there are no physical training programs that use therapeutic sports specifically for heart patients, which if there were, these programs would be common between The cardiologist and the therapeutic rehabilitation specialist, who represents the side of the competence to implement and prepare sports programs and under their supervision under direct medical care. Note that many countries have prepared rehabilitation units for heart patients in hospitals. The third topic is the research objectives, which are summarized in the following: 01 Preparing a curriculum for therapeutic sports to rehabilitate patients with cardiac arrhythmias. 02 Knowing the effect of the therapeutic rehabilitation approach in patients with cardiac arrhythmias. Then the researcher presented the research hypothesis within the fourth topic, which is: The rehabilitative therapeutic approach has a positive and statistically significant effect in patients with cardiac arrhythmias. As for the fifth topic (research fields), it touched on the human field that represents patients with cardiac arrhythmia at a certain age level for

the category of men whose spatial domain was achieved in Al-Kadhimiya Teaching Hospital and according to the time period specified in the temporal domain. Chapter Two: Theoretical and Similar Studies In this chapter, the researcher touched on theoretical and similar studies, as the theoretical studies included seven main topics, namely the heart (clarifying the general meaning) - myocardial physiology - the electrical conduction system of the heart - diseases of the arrhythmic dysfunction of the heart - and cardiac arrhythmias - causes - effects - prevention Including - therapeutic sports and finally cardiac rehabilitation through sports activity. As for similar studies, the research presented five similar study summaries. Chapter III : The researcher used the experimental method and the research sample consisted of (8) patients suffering from primary cardiac arrhythmia. As for the study procedures, it included the applied aspect of the research inside the hospital and the scientific and practical stages carried out by the researcher to select the research sample with the help of specialized medical staff so that they are at the level of A case of lower risk, in addition to dividing the diseased sample into two groups by voluntary voluntary method and lottery into control and experimental to serve the objectives of the study. The research touched on the tools and devices that were used during the research, and the researcher touched on the method of collecting information from doctors, experts and patients using various scientific methods. He also referred to the method of implementing the tribal and remote tests, explaining the scientific stability of this method of implementation, which is appropriate to the exploratory experiment conducted by the researcher, through which he was acquainted with the possibility of the scientific assistant team and the extent of the positive and appropriateness of implementing the method on the sample. The researcher also used aerobic exercises mainly and in a diversified form, which included Swedish movements with a certain frequency within a specified time, in addition to the use of the stationary treadmill and the stationary bike. He clarified the set of medical and physical examinations and devices that were used in the research and on which his results depended. The researcher explained the mechanism he used to monitor patients while performing various physical activities during the implementation of the curriculum. The chapter concluded with the statistical methods

that were used to interpret the results. Chapter Four: Presentation, analysis and discussion of the results This chapter contains the presentation of the results of statistical treatments and their classification in a set of tables and illustrative graphs, and then analyzed and discussed in an accurate scientific method supported by the sources and results of studies similar to the subject of the research. Chapter Five: Conclusions and Recommendations The chapter contains a set of conclusions and recommendations reached by the research in the light of the results of the statistical treatment, the most prominent of which was the significant positive effect of regular and gradual aerobic exercises with upward effort in patients with cardiac arrhythmias towards its demise and return to the normal pulse state of the heart. The research also did not note the presence of any complications Negative use of physical activities within the framework of the prepared curriculum, and the following are the most prominent conclusions: 1- The rhythmic state of the heart is positively affected by aerobic exercises, which take into account the condition of heart patients through the regular gradation of the effort, which confirmed the restoration of the heart rhythm to the normal state. 2- The time adopted by the researcher in one training unit, which is (40-45) minutes, is an adequate time for the development of the heart muscle of a sick person within two months. Then the researcher recommended a set of recommendations, the most important of which were: 1- Confirmation of aerobic exercises in training heart patients, especially (cases

# **The Effect Of Rehabilitation Program On Some Functional Indicators Of Elderly Males of the Ages 50 – 55 Years Old Who have Ischemic Heart Disease After Cardiac Revascularization**

**Dissertation Submitted by**

**Basil A. A. Al – Hashimi**

**To**

**1998**

The council of the college of physical education/ University of  
Baghdad as partial requirement for gaining the Ph.D. degree in  
Physical Education

**Advisor**

***Prof. Dr. Hamed Salih Al Yaseri & Prof.Dr. Qasem***

***Muhammed Al - Doori***

**2012**





## **The Effect Of Rehabilitation Program On Some Functional Indicators Of Elderly Males of the Ages 50 – 55 Years Old Who have Ischemic Heart Disease After Cardiac Revascularization**

**The importance of the study** lies in the great increase in negative effects of global development on man's health. Thus many institutions aimed at finding solutions without using operations and medication. The field of physical education offered a great alternative to these two extreme health solutions in designing rehabilitation programs.

**The Problem of the study** lies in the great increase of patients with heart diseases due to conditions in Iraq as well as lack of exercises. rehabilitation programs are limited in number because they cost a lot of money and time thus the researcher aimed at designing a rehabilitation program and applying it on patients.

### **The Aim of The Study:**

1. Designing a rehabilitation program for patients with ischemic heart disease after cardiac visualization in elderly men of the ages 50 – 55 years old.
2. Identifying the effect of the program in the first stage (breathing exercises) on some functional indicators for patients with ischemic heart disease after cardiac revascularization.



3. Identifying the effect of the program on the second stage (various exercises) on some functional indicators for patients with ischemic heart disease after cardiac revascularization.

#### **Hypotheses of the study:**

- 1) There are statistical differences between pre, mid and posttests affected by the rehabilitation program on some functional indicators of the heart for patients with ischemic heart disease after cardiac revascularization.

#### **The Procedures:**

The researcher used the experimental method. The subjects were (60) elderly male patients with ischemic Heart Disease. The study included an application part done at the hospital and scientific and practical stages conducted on the subjects that the researcher conducted with the aid of specialized medical staff. The researcher described in details the methods he used for collecting information from experts in the medical field as well as physical education field. He also used pre and mid and post tests to execute the pilot study. The researcher used deep breath exercises, variable oxygenic exercises as well as the tread mill. The patients were monitored during the execution of the program.

The data was collected, displayed and analyzed using proper statistical methods.

### **Conclusions & Recommendations :**

The researcher came up with many conclusions and ended up recommended the following :

#### **Conclusions:**

1. The time that the researcher used in the two stages is enough for conditioning and development of heart within three months.
2. The rehabilitation program proved to uplift cardiac ability through S.V indicator as well as increasing the duration of rehabilitation stages.

#### **Recommendations:**

1. Generalizing the proposed program on all cardiac medical institutions and applying it to patients with similar conditions as well as paying attention to rehabilitation using physical exercises for cardiac patients.
2. Making similar studies and further researches on rehabiltion therapy for cardiac patients especially women.

