

Curriculum Vitae



Full Name: FERDOUS MAJEED AMEEN

Date of birth 16/02/1974

Certification: PhD date of obtaining ; 08/08/2008

general jurisdiction: Physical Education exact jurisdiction; Biomechanics- Gymnastics Artistic

Scientific title; Prof. Docto date of obtaining ; 09/09/2016

Number of years of service in higher education: (20 years and three months)

Number of years of service outside higher education: (Nothing)

Email: ferdousalbayty@gmail.com – ferdos_ameen@uodiyala.edu.iq

The awarding body for the bachelor's degree: University of Baghdad

Obtained: (1998 – 1999)

The awarding body for the master's degree: University of Diyala

Date obtained: (05/09/2005)

The awarding body for the doctoral degree: University of Diyala

Date obtained: (30/06/2008)

The title of the master's thesis: ((Effect of propos Training program for Developing special Elasticity on performance for Some Vaultgrovps skills act floor exercise mat))

Researcher: *Ferdous Majeed Ameen AL Bayta*

Supervisor

a.m.dr. abd al rzak kasum & a.m.dr. ferat gbar

AH 2005

AD 1426

The letter included five chapters:

Chapter One - Introduction to Research

Introduction and research importance

1-1 Introduction and the significant of the research:

The artistic Gymnastics be one of the difficult Olympic sports, for two sides; Performance and training. Depending on all sort of Fitness specially the specific elasticity. This the important characteristics on this sport.

We showed to the developing Level of on this event by put setup scientific Basis on using different manner. Program training to developing this elasticity on Vault groups at Floor exercise mat.

1-2 Problem of the research:

Weakness of special elasticity owns the is for Players because the less Concern sufficient on physical preparing. This had unimportant position. To developing the Level of this players. I Will put a proposed program training to developing this.

1-3 The Research aims:

- 1- Prepare a proposed Training program for Developing a special elasticity for Junior players on artistic Gymnastics.
- 2- Recognizing the effect of proposed training course for developing S.E on Vault groups skill at floor exercise mat.

1-4 The Hypotheses:

- 1- The proposed training program. Had positive effect on Developing the special elasticity for artistic Gymnastics Junior players.
- 2- Special elasticity effect positively on developing some Vault groups at floor exercise mat.

1-5 Aspects of the research:

- Human aspect: (10) Junior artistic Gymnastics players at age (9-12) years.
- Temporal aspect: between 27/ 3/ 2004 through 19/ 5/ 2004.
- Spatial aspect: Gymnastics Hall – college of physical Education – University of Baghdad .

2- Theoretical studies:

This part includes to the Junior artistic Gymnastics players and its effect on some Vowlt groups, Correct the error in performance also show their studies to this subject.

3- Procedures:

The Researcher uses an experimental approach. Takeup video filming. We get for any player one attempt to any skill for both pretest and post – test at same group.

Then women's technical Committee scoring system every skill to ten point By Use the specific Judges sheet for artistic Gymnastics.

Group divided to two groups (Control' experimental). Every group (5) players .

The Researcher preparing a proposed training program to developing special elasticity for experimental group. Sample tests physical test also (3) skill test before practicing the program

(8 weeks) they do all tests (physical & skills) for both groups.

4- Exposition, Analysis and Discussion of Results:

Here the results are exposed, analyzed and discussed for both experimental group and Control group. The results show a high developing.

5- Conclusions and Recommendation's:

The Researcher draws certain Conclusions:-

- 1- The proposed program effect on developing special elasticity for experimental group.
- 2- This program help on developing the Technical performance for artistic skill upon experimental group in Comparison with Control group.
- 3- Off track of developing the special elasticity upon experimental group player on efficiency of using explosive strength. This appears

by the results of explosive strength on (Jump and reach test & Board jump).

4- Hereby developing performance skill for both groups on butterfly leap significant differences. This shows how the program developed the level of elasticity upon experimental group.

5- The Continuous Training on developing the elasticity (negative exercise & Positive exercise). All of this had a big trace on developing the level of performance skill and pre-hiness performance up on players.

The Research is concluded with some recommendations like:-

1- dependence the elasticity exercise, different reference on developing the elasticity (artistic Gymnastic event) by the Coaches and this exercise used in training unit.

2- Confirmation on use this program at beginner phase ages – specially on kids – borgeon phase.

3- Significant on developing stamina component perfectly because the good correlation between aus that serve the prettiness, economic, easiness performance.

4- Doing similar studies to know the correlation some of other element of stamina with elasticity and defect on Technical performance on Gymnastics.

Title of the doctoral thesis: ((**The Effect of Special Strength Training On Some Bio - kinematical Variables And The Artistic Performance Of Forward Salto Tuck On The Balancing Beam In Young Female Gymnastics**))

Researcher: *Ferdous Majeed Ameen Al Baiaty*

Supervisor:

Prof. Dr. Ayda Ali Hussien & Prof. Dr. Sareh Abdul Kareem

AH 2008

AD 1429

The dissertation Consisted of Five Chapters:

Chapter One (Introduction):

This chapter included the introduction and the importance of the study. **The importance of the study** lied in the huge development in the field of artistic gymnastics and combining it with other sciences like science of training and biomechanics. These sciences are utilized to develop the level of artistic performance. Performance is the most important element in gymnastics because it simply guarantees the gymnast a 10.00 total score. The balancing beam on the other hand is a special apparatus in women's gymnastics. It places great demands on the gymnasts like muscular strength, agility and speed.

The problem of the study lays in the weakness in the gymnasts' artistic performance that results in low scores. Thus, the researcher resorted to special strength exercises that would affect some bio – kinematical variables and develop the level of performance.

The Aims of the Study:

1. Identifying the bio – kinematical variables related to performing forward salto tuck on the balancing beam.
2. Identifying the special strength and its momentum and the torques of the subjects of the study performing on the balancing beam.
3. Identifying the effect of a special strength program on some bio – kinematical variables and the level of special strength and performance.

The Hypotheses of the Study:

1. There are statistical differences between the pre and post tests in special strength and in favor of the posttests.

2. There are statistical differences between pretests and posttests in the bio – kinematical variables and in favor of the posttests.
3. There are differences in the level of artistic performance between pretests and posttests.

Fields of the study:

- Subjects: six Syrian female gymnasts of the ages (11 – 14) years
- Duration: from 26/2/2007 till 1/4/2008
- Place: the indoor gymnasium of the Syrian Female Gymnastic league (Al Fayhaa Club).

Chapter Two (Review of Literature):

This chapter included the theoretical and similar studies. The theoretical studies revolved around muscular strength, its types, and special strength exercises, gymnastics, performance and motor analyses. Finally the researcher discussed all the similar studies.

Chapter Three (Procedures):

The researcher used the experimental method with one experimental group. She specified the bio – kinematical variable and the physical tests used in the study. She also conducted a pilot study. The proposed training program included special strength exercises that develop explosive power and strength defined by speed for the arms and the legs. The training program started at 5/11/2007 till 2/1/2008 and it took (8) weeks with (3) training units per week making a total of (24) units.

The performance of the gymnasts was videotaped before executing the training program as well as the physical tests that were conducted on the same gymnasts. Then these procedures were repeated after applying the training program. The results were treated using SPSS to identify the development in the level of artistic performance.

Chapter Four (Display of Results):

In this chapter the results of the statistical analysis were displayed. They were also analyzed and discussed according to scientific resources. The data was characterized into tables and graphics.

Chapter Five (Conclusions & Recommendations):

The researcher concluded that :

1. Knowing the mechanical principles of motor performance guide the training process and leads to a great development in physical traits related to those principles.
2. Training according to mechanical principles develops mechanical variables a matter that facilitates performance.
3. Using mechanical principles develops explosive power to a great extent and increases the gymnasts' level of artistic performance..

Finally the researcher recommended the following:

- Using skill analysis in gymnastics according to technologies that are available and that would reveal the strength and weaknesses in every performance.
- Developing the training faculty through training and biomechanics courses and providing them with proper equipments for motor analysis.

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- Generalizing those strength exercises in gymnastic training on the balancing beam.

- Positions held:

NS	Occupation	Workplace	period from – to
1	Exam Committees	University Of Diyala / Faculty Of Physical Education and Sports Sciences	2006 – Until Now
2	Head of the audit committee	University Of Diyala / Faculty Of Physical Education and Sports Sciences	2010 -2014
3	promotions	University Of Diyala / Faculty Of Physical Education and Sports Sciences	2011 - 2012
4	scientific committee	University Of Diyala / Faculty Of Physical Education and Sports Sciences	2012 - 2013
5	upgrades	University Of Diyala / Faculty Of Physical Education and Sports Sciences	2012 - 2013
6	Missions and Cultural Relations Officer	University Of Diyala / Faculty Of Physical Education and Sports Sciences	2013 - 2015
7	Student admission	University Of Diyala / Faculty Of Physical Education and Sports Sciences	2015 – Until Now
8	Performance Analysis Membership	Malaysia	2014
9	Member of the scientific committee	University Of Diyala / Faculty Of Physical Education and Sports Sciences	2016 - 2017
10	In charge of laboratories in the college (Biomechanics, computers, physiology)	University Of Diyala / Faculty Of Physical Education and Sports Sciences	2016 – Until Now

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

11	Chairman of the Committee to send the activities of teachers, students and employees on the citizen e-government website	University Of Diyala / Faculty Of Physical Education and Sports Sciences	2017
12	Responsible for exam halls	University Of Diyala / Faculty Of Physical Education and Sports Sciences	2016 - 2017
13	Member of the scientific committee	University Of Diyala / Faculty Of Physical Education and Sports Sciences	2018 - 2020
14	Chairman of the Scientific Committee for Biomechanics	University Of Diyala / Faculty Of Physical Education and Sports Sciences	2018 – Until Now
15			

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

NS	Entity (university / college / institute)	period from - to	Notes
1	University of Baghdad/ College of Physical Education for Girls	1999 - 2002	first appointment
2	University of Diyala /College of Physical Education	2002 - 2006	Transfer to Diyala University
3	University of Al-Mustansiriya / College of Physical Education	2006	placement
4	University of Baghdad/College of Physical Education/Jadriya	2006 - 2008	placement
5	University of Diyala / College of Physical Education and Sports Sciences	2008 – Until Now	

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

- Courses Taught

NS	University	the college	Section	Subject	academic year
1	Baghdad	Physical Education for Girls	Single games	gymnastics artistic	1999-2001
2	Diyala	Physical Education	Single games	gymnastics artistic + gymnastics rhythmic + fitness	2002 - 2006
3	Baghdad	Physical Education / Jadriya	teaching	gymnastics artistic	2006 - 2008
4	Diyala	Physical Education and Sports Sciences	Applied Science + Theoretical sciences	gymnastics artistic + fitness + Biomechanics	2008 - 2012
5	Diyala	Physical Education and Sports Sciences	Single games + Theoretical sciences	gymnastics artistic + Biomechanics	2013 – Until Now
6	Diyala	Physical Education and Sports Sciences	Graduate Studies Master's / PhD	Biomechanics	2011 - Until Now

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

***Courses he developed or contributed to**

NS	University	the college	Section	material	academic year
1	Baghdad	Physical Education for Girls	Single games	gymnastics artistic	1999 - 2001
2	Diyala	Physical Education	Single games	Gymnastics + fitness	2001 - 2006
3	Al-Mustansiriya	Physical Education	-----	gymnastics artistic	2006
4	Baghdad	Physical Education / Jadriya	teaching	gymnastics artistic + rhythmic	2006 - 2008
5	Diyala	Physical Education	Applied Science	gymnastics artistic + fitness + Biomechanics	2008 - 2011
6	Baghdad	Physical Education for Girls	Single games	Gymnastics Rhythmic	2012
7	Diyala	Physical Education and Sports Sciences	Theoretical sciences + Single games	Gymnastics + Biomechanics	2012 – Until Now

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

- Supervising letters and theses

Ns	University	the college	Section	academic year
1	Diyala	Physical Education and Sports Sciences	Graduate Studies	2011 – 2012
Title <input type="text"/> or Thesis <input type="text"/>		Electrical activity of the rectus femoris muscle and the workpiece in terms of the kinetic energy of the approach phase and their relationship to the thrust force at the moment of elevation of the crushing hit in volleyball.		
Ns	University	the college	Section	academic year
2	Diyala	Physical Education and Sports Sciences	Graduate Studies	2012 – 2013
Title <input type="text"/> or Thesis <input type="text"/>		Evaluation of a training curriculum according to some functional and biochemical variables and achievement for the 100-meter and 200-meter runners.		
Ns	University	the college	Section	academic year
3	Diyala	basic breeding	Graduate Studies	2014 – 2014
Title <input type="text"/> or Thesis <input type="text"/>		The effect of special exercises in terms of the dominance of brain thinking in mastering some ground movements in artistic gymnastics for female students of the Faculty of Physical Education		
Ns	University	the college	Section	academic year
4	Diyala	basic breeding	Graduate Studies	2014 – 2015
Title <input type="text"/> or Thesis <input type="text"/>		The effect of exercises with two ball bearing and launcher devices in developing some biomechanical variables and the accuracy of the overwhelming hitting in volleyball for youth		
Ns	University	the college	Section	academic year
5	Diyala	Physical Education and Sports Sciences	Graduate Studies	2014 – 2015
Title <input type="text"/> or Thesis <input type="text"/>		Design and legalization of an electronic body measurement device according to some biomechanical and anatomical variables for first-year students in the College of Physical Education and Sports Sciences / University of Diyala		

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

Ns	University	the college	Section	academic year
6	Diyala	Physical Education and Sports Sciences	Graduate Studies	2015 -2016
Title <input type="checkbox"/> or Thesis <input type="checkbox"/>		The effect of (physical - skill) exercises in developing working muscles in terms of commercial activity and counter-punching for the Iraqi youth team in boxing.		
Ns	University	the college	Section	academic year
7	Diyala	Physical Education and Sports Sciences	Graduate Studies	2015 – 2016
Title <input type="checkbox"/> or Thesis <input type="checkbox"/>		The effect of using an electronic device designed to develop some biokinetic variables and achieve discus throwing for young people		
Ns	University	the college	Section	academic year
8	Diyala	Physical Education and Sports Sciences	Graduate Studies	2016 - 2017
Title <input type="checkbox"/> or Thesis <input type="checkbox"/>		The percentage of the contribution of some physical abilities and biomechanical variables to the accuracy of performance, the two skills of receiving transmission and defending the field of the free volleyball player.		
Ns	University	the college	Section	academic year
9	Diyala	Physical Education and Sports Sciences	Graduate Studies	2016 - 2017
Title <input type="checkbox"/> or Thesis <input type="checkbox"/>		The effect of training on sandy surfaces and heavy weights on the development of special strength and some biomechanical variables of the left punch of young boxers.		
Ns	University	the college	Section	academic year
10	Diyala	Physical Education and Sports Sciences	Graduate Studies	2017 -2018
Title <input type="checkbox"/> or Thesis <input type="checkbox"/>		Its impact on the variables of the first steps of business and the achievement of the 400m run for young women		

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

Ns	University	the college	Section	academic year
11	Diyala	Physical Education and Sports Sciences	Graduate Studies	2017 – 2018
Title <input type="text"/> or Thesis <input type="text"/>		Designing an auxiliary device for the development of some biomechanical variables and posterior aerobic flips on a parallel device for juniors in artistic gymnastics.		
Ns	University	the college	Section	academic year
12	Diyala	Physical Education and Sports Sciences	Graduate Studies	2018 - 2019
Title <input type="text"/> or Thesis <input type="text"/>		The predictive value of the level of achievement in terms of the most important biomechanical determinants of some performance stages using the Biosan analysis system for advanced javelin players.		
Ns	University	the college	Section	academic year
13	Diyala	Physical Education and Sports Sciences	Graduate Studies	2019 - 2020
Title <input type="text"/> or Thesis <input type="text"/>		Relationship of some biokinetic variables to the skill of ascendant by forward rolling on the balance beam device in artistic gymnastics for women		
Ns	University	the college	Section	academic year
14	Diyala	Physical Education and Sports Sciences	Graduate Studies	
Title <input type="text"/> or Thesis <input type="text"/>				
Ns	University	the college	Section	academic year
15	Diyala	Physical Education and Sports Sciences	Graduate Studies	
Title <input type="text"/>				

or Thesis

Conferences, seminars and workshops in which he participated

Address		The effect of weight training kinematic variables and the performance of the small cycle skill to stand on the parallel device of different heights for women		
NS	Place	Section	Post type (search - attend)	academic year
1	University of Al - Qadisiyah	physical education	<input type="checkbox"/> — <input type="checkbox"/>	2011
Address		Special ways to develop flexibility and motor coordination for advanced ages for female gymnastics players		
NS	Place	Section	Post type (search - attend)	academic year
2	Republic of Russia – University of Voronezh	physical education	<input type="checkbox"/> — <input type="checkbox"/>	2011
Address		Assessment of vital activity in exercise performance		
NS	Place	Section	Post type (search - attend)	academic year
3	Republic of Russia - Voronezh University	physical education	<input type="checkbox"/> — <input type="checkbox"/>	2011
Address		Analysis of some biomechanical variables for the skill of the anterior pelvic air heart on Balance beam device for girls		
NS	Place	Section	Post type (search - attend)	academic year
4	Republic of Russia –	physical education		2012

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

	University of Voronezh		<input type="checkbox"/> - <input type="checkbox"/>	
Address	A study to find out the ability to learn motor skills for some motor skills in artistic gymnastics for men			
NS	Place	Section	Post type (search - attend)	academic year
5	University of AlMosul	physical education	<input type="checkbox"/> - <input type="checkbox"/>	2012
Address	The effect of feedback on performance education			
NS	Place	Section	Post type (search - attend)	academic year
6	University of AlMosul	physical education	<input type="checkbox"/> - <input type="checkbox"/>	2012
Address	Some angles of kinetic performance and their relationship to the accuracy of shooting among bow and arrow juniors.			
NS	Place	Section	Post type (search - attend)	academic year
7	Barcelona Santa Susanna, Spain	physical education	<input type="checkbox"/> - <input type="checkbox"/>	2012
Address	The relationship of the aerodynamics and thrust indicators to the performance evaluation degree of the straight back jump skill with a turn and a half on the jumping platform			
NS	Place	Section	Post type (search - attend)	academic year
8	University of Al - Qadisiyah	physical education	<input type="checkbox"/> - <input type="checkbox"/>	2012
Address	Scientific symposium specializing in biomechanics			
NS	Place	Section	Post type (search - attend)	academic year

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

9	University of Baghdad	physical education	<input type="checkbox"/> — <input checked="" type="checkbox"/>	2013
Address		The effect of visual feedback on technical and mechanical information and performance of landing with Kartwell skill from the balance beam device		
NS	Place	Section	Post type (search - attend)	academic year
10	Republic of Russia	physical education	<input checked="" type="checkbox"/> — <input type="checkbox"/>	2013
Address		Scientific symposium specializing in biomechanics		
NS	Place	Section	Post type (search - attend)	academic year
11	University of Baghdad/Girls	School of Law	<input type="checkbox"/> — <input checked="" type="checkbox"/>	2013
Address		The positive effects of recreation and its role in controlling delinquent behavior of university youth		
NS	Place	Section	Post type (search - attend)	academic year
12	Algerian Republic	physical education	<input checked="" type="checkbox"/> — <input type="checkbox"/>	2013
Address		The percentage of the contribution of some physical measurements and physical abilities in the performance of some technical gymnastics skills for the players.		
NS	Place	Section	Post type (search - attend)	academic year
13	Republic of Tunisia	physical education	<input checked="" type="checkbox"/> — <input type="checkbox"/>	2014
Address		The effect of exercises with a ball carrier device in developing some biomechanical variables for crushing young players in volleyball.		

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

NS	Place	Section	Post type (search - attend)	academic year
14	University of Diyala	basic education	<input checked="" type="checkbox"/> — <input type="checkbox"/>	2016
Address		A workshop for photography and kinetic analysis for master's students of the College of Physical Education and Sports Sciences - University of Diyala.		
NS	Place	Section	Post type (search - attend)	academic year
15	University of Diyala	physical education	<input type="checkbox"/> — <input checked="" type="checkbox"/>	2016
Address		biomechanics workshop		
NS	Place	Section	Post type (search - attend)	academic year
16	University of Baghdad	physical education	<input type="checkbox"/> — <input checked="" type="checkbox"/>	2016
Address		A workshop for photography and kinetic analysis for master's students of the College of Physical Education and Sports Sciences - University of Diyala.		
NS	Place	Section	Post type (search - attend)	academic year
17	University of Diyala	physical education	<input type="checkbox"/> — <input checked="" type="checkbox"/>	2017
Address		The effect of biokinetic feedback on the effectiveness of mastering the performance of the skill of the posterior pneumatic cardio on the floor mat.		
NS	Place	Section	Post type (search - attend)	academic year
18	University of Sulaymaniyah	physical education	<input checked="" type="checkbox"/> — <input type="checkbox"/>	2017

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

Address	A special workshop on steps of analysis for postgraduate and teaching students of the College of Education and Sports Sciences - University of Diyala.			
NS	Place	Section	Post type (search - attend)	academic year
19	University of Diyala	physical education	<input type="checkbox"/> — <input checked="" type="checkbox"/>	2018
Address	The effect of a proposed educational program to develop the skill of the front pneumatic flip on the floor movements of the artistic gymnastics			
NS	Place	Section	Post type (search - attend)	academic year
20	University of Babylon	physical education	<input checked="" type="checkbox"/> — <input type="checkbox"/>	2018
Address	Analysis of some kinematic variables of the skill of the back arch on the floor movements of the college team players for artistic gymnastics			
NS	Place	Section	Post type (search - attend)	academic year
21	Thailand	physical education	<input checked="" type="checkbox"/> — <input type="checkbox"/>	2019
Address	The effect of an educational curriculum to perform the Arabic jump skill with jumping accompanied by half a turn on the floor movement mat for the third stage students in the College of Education, University of Diyala			
NS	Place	Section	Post type (search - attend)	academic year
22	University Salahaddin / Erbil	physical education	<input checked="" type="checkbox"/> — <input type="checkbox"/>	2019
Address	Specialized workshop for sports biomechanics			
NS	Place	Section	Post type (search - attend)	academic year

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

23	AL-Basrah university	physical education	<input type="checkbox"/> — <input checked="" type="checkbox"/>	2019
Address		The First International Conference on Creativity and Excellence.		
NS	Place	Section	Post type (search - attend)	academic year
24	University of Babylon	physical education	<input type="checkbox"/> — <input checked="" type="checkbox"/>	2019
Address		Fourth International Conference on Sports Training		
NS	Place	Section	Post type)search - attend(academic year
25	Cooperation between the universities of (Waist and Maysan)	physical education	<input checked="" type="checkbox"/> — <input type="checkbox"/>	2019
Address		The percentage of the contribution of some biomechanical variables to the accuracy of the performance of the skill of receiving transmission from the field in volleyball for the free player		
NS	Place	Section	Post type (search - attend)	academic year
26	University OF Tikrit	physical education	<input checked="" type="checkbox"/> — <input type="checkbox"/>	2020
Address		The Fourth Virtual International Conference.		
NS	Place	Section	Post type (search – attend)	academic year
27	Algeria / University of Mohamed Sharif	Institutes of science and technology of physical and sports activities.	<input type="checkbox"/> — <input checked="" type="checkbox"/>	2021

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

Address		(Electronic Scientific Symposium) Quality System in Educational Institutions ISO21001:2018		
NS	Place	Section	Post type (search – attend)	academic year
28	Directorate of the Iraqi Society for Quality Management Systems	Maysan Branch	<input type="checkbox"/> — <input checked="" type="checkbox"/>	2020 -2021
Address		(Virtual Workshop) An attempt to implement electronic governance in Iraqi universities and its impact on improving university performance.		
NS	Place	Section	Post type)search - attend(academic year
29	Sumer University		<input type="checkbox"/> — <input checked="" type="checkbox"/>	2020 -2021
Address		(Workshop) Optimal nutrition for athletes during Ramadan.		
NS	Place	Section	Post type)search - attend(academic year
30	Egyptian Association	physical education and Sports	<input type="checkbox"/> — <input checked="" type="checkbox"/>	2021
Address		(Electronic Workshop) Techniques for rapid learning and hemispheres of the brain in learning.		
NS	Place	Section	Post type)search - attend(academic year
31	University OF Karbala	physical education	<input checked="" type="checkbox"/> — <input type="checkbox"/>	2021
Address		Effective teaching in the educational field, a future vision		
NS	Place	Section	Post type)search - attend(academic year
32	University of	physical education	<input type="checkbox"/> — <input checked="" type="checkbox"/>	2020-2021

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

	Dohuk			
Address	(Electronic Workshop) The role of the sports psychological counselor is a major factor in achieving achievement			
NS	Place	Section	Post type (search - attend)	academic year
33	Iraqi Sports Association /	Sports Psychology Branch	<input type="checkbox"/> — <input checked="" type="checkbox"/>	2021
Address	(Virtual International Symposium) Physical activity in light of the Corona pandemic			
NS	Place	Section	Post type (search – attend)	academic year
34	Samarra University	physical education	<input type="checkbox"/> — <input checked="" type="checkbox"/>	2021
Address	(Specialized Workshop for Sports Biomechanics) Speed and accuracy according to FITT law from the point of view of biomechanics			
NS	Place	Section	Post type (search - attend)	academic year
35	Mustansiriya University	physical education	<input type="checkbox"/> — <input checked="" type="checkbox"/>	2021
Address	Symposium on physical activity and immunity in light of the spread of the Corona pandemic			
NS	Place	Section	Post type (search - attend)	academic year
36	The Arab University Sports Federation in cooperation with the Iraqi University Sports Federation		<input checked="" type="checkbox"/> — <input type="checkbox"/>	2021

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

Address		self management		
NS	Place	Section	Post type)search - attend(academic year
37	American International Academy of Higher Education and Training		<input type="checkbox"/> — <input checked="" type="checkbox"/>	2021- 2022
Address				
NS	Place	Section	Post type (search - attend)	academic year
38		physical education	<input checked="" type="checkbox"/> — <input type="checkbox"/>	
Address				
NS	Place	Section	Post type (search - attend)	academic year
39		physical education	<input checked="" type="checkbox"/> — <input type="checkbox"/>	
Address				
NS	Place	Section	Post type (search - attend)	academic year
40		physical education	<input checked="" type="checkbox"/> — <input type="checkbox"/>	

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

The courses he participated in and conducted

NS	Course title	International Arbitration for Gymnastics Artistic
1		
Place	Arab Republic of Syria	2006
NS	Course title	International trainers (fitness)
2		
Place	German Democratic Republic - University of Leipzig / Faculty of Sports Science	2011
NS	Course title	interactive whiteboard
3		
Place	Diyala University / College of Engineering	2012
NS	Course title	Training for rhythmic gymnastics
4		
Place	University of Baghdad /College of Physical Education	2012
NS	Course title	Training and refereeing for technical gymnastics for college students
5		
Place	University of Sulaymaniyah / College of Physical Education	2013
NS	Course title	performance analysis
6		
Place	Malaysia - Accredited by a British commission based in Malaysia	2014

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

NS	Course title	Biomechanics training course	
7			
Place	Turkey - Antalya - approved by Sweden	2015	
NS	Course title	Arbitration in artistic gymnastics	
8			
Place	Diyala University/College of Physical Education and Sports Sciences	2015	
NS	Course title	Medicine, sports and mechanics	
9			
Place	University of Leipzig/ Germany	2015	
NS	Course title	A course on scientific laboratories	
10			
Place	Diyala University - College of Science	2016	
NS	Course title	Arbitration training course in the field of artistic gymnastics	
11			
Place	Diyala University - College of Physical Education and Sports Sciences	217	
NS	Course title	Arbitration training course in the field of artistic gymnastics	
12			
Place	Diyala University - College of Physical Education and Sports Sciences	2018	
NS	Course title	A course of massage methods and massage.	
13			
Place	Diyala University - College of Physical	2018	

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

		Education and Sports Sciences	
NS	Course title	Technical gymnastics training course	
14			
Place	Diyala University - College of Physical Education and Sports Sciences		2019
NS	Course title	Arbitration course for artistic gymnastics for women.	
15			
Place	Diyala University - College of Physical Education and Sports Sciences		2019
NS	Course title	Arbitration course for artistic gymnastics for women and men	
16			
Place	Diyala University - College of Physical Education and Sports Sciences		2020
NS	Course title	Scientific research from competencies to publication	
17			
Place	Tikrit University / Center for Continuing Education		2020
NS	Course title	Quality guide according to ISO 10013	
18			
Place	Ministry of Higher Education / University of Technology		
NS	Course title	Training course in chemical and biological security quality requirements according to OHASAS 18001	
19			
Place	Ministry of Higher Education /		2021

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

		University of Technology	
NS	Course title	Quality Manual and ISO 10013 Documentation (associated with Laboratory Quality Assurance and Quality Management System for Laboratory Administrative and Technical Procedures)	
20			
Place		Ministry of Higher Education / University of Technology	2021

NS	Course title		
21			
Place			

1998
College of Physical Education and Sport Science University of Diyala

Physical Education and Sports Sciences - University of Diyala - 2020-2021
Research projects in the field of specialization to serve the environment
and society or to develop education

NS	Research Title	Publisher's place	the year
1	The effect of transferring learning between technical jumps and running hurdles on some biokinetic variables for second-year female students in the College of Physical Education	University of Baghdad / College of Physical Education	2009
2	The effect of transferring learning the skill of cupping on the bar on the stage of attachment, curling and stretching in the pole for students of the Faculty of Physical Education.	University of Maysan / for physical education sciences	2010
3	Kinematic analysis of the lateral air movement movement on the balance beam device for the 2008 world champions.	Basic education. Mustansiriya University	2011
4	The effect of some biokinetic variables on special strength training for technical skills on the balance beam device for young female athletes.	Journal of Scientific Research for the fourth issue at Voronezh University / New Russia	2011
5	The Impact of ply matrices exercises in developing the explosive Power of leg muscles and opened jumping on vault table.	The Swedish Journal of Scientific Research sjar, se	August 2014

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

6	The effect of instantaneous push-up exercises with facilitative means in the development of bio-financial variables in the last approach, push and achievement in the long jump for young people	<u>International Journal of Innovation and Applied Studies</u> ISSN 2028-9324	2014
7	The effect of educational exercises using some aids in performing the forward jump on the floor mat.	Journal of Physical Education Studies and Research - University of Basra	2015
8	The effect of an educational curriculum using the computer in learning some basic skills on the floor movement mat in the artistic gymnastics for female students.	Al-Qadisiyah Journal of Sports Sciences	2016
9	Effect of Theoretical Biomechanics on Open Jump the Platform Jumps Performance using Jumps (Vault) in Artistic Gymnastics	<u>International Journal of Innovation and Applied Studies</u>	2016
10	Measuring some biokinematics variables using an electronic device designed for the throwing stage of discus throwing for youngsters.	Journal of Sports Sciences / University of Diyala - India	2017
11	The effect of bio kinetic feedback on the effectiveness of mastering	Al-Qalam University	2018

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

	the skill of the front pneumatic flip on the floor mat.	College Journal - Kirkuk	
12	The effect of an educational curriculum to perform the Arabic jump skill with jumping accompanied by half a turn on the floor movement mat for the third stage students in the College of Education, University of Diyala	ISSN (Print): 2218-0222 ISSN (Online): 2412-396X	2019
13	Analysis of some kinematic variables for the skill of the back arch on the floor movements of the college team players for artistic gymnastics	A specialized magazine issued by the College of Physical Education and Sports Sciences - University of Babylon	2019
14	Analysis of some biomechanical variables for the front wheel ascent on the balance beam device	Journal of Sports Sciences/ University of Diyala	2020
15			

Physical Education and Sports Sciences - University of Diyala - 2020-2021
International magazines and the magazine (impact factors) in
which he published

NS	magazine name	The Ninth World Congress in the Russian Federation - State Russia - Voronezh University
1		
Research Title		ОСОБЕННОСТИ МЕТОИКИ РАЗВИТИЯ ГИБКОСТИ И КООР ДИНАЦИИ ДВЖЕНИЯ, ВОЗР А СТНЫЕ ОСОБЕННОСТИ.
Country		Russian Federation 2011
NS	magazine name	Journal of Scientific Research for the fourth issue at Voronezh University / New Russia
2		
Research Title		ВЛИЯНИЕ СПЕЦИАЛЬНОЙ СЛОВОЙ ТРЕНИРОВКИ НЕКОТОРЫМИ БИО –КИНЕМАТИЧЕСКИМИ ПЕРЕМЕННЫМИ И ХУДОЖЕСТВЕННОЕ ИСПОЛНЕНИЕ ПРЯМОГО САЛТЬО НА БАЛАНСИРОВКЕ ПУЧКА ММОЛОДЫХ ГИМНАСТОК .
Country		Russian Federation 2011
NS	magazine name	Eleventh Russia World Congress.
3		
Research Title		The impact of visual feedback on the performance of the landing phase of human skill wheel (Alcartoal) from a balance beam.
Country		Russian Federation 2013
NS	magazine name	The Swedish Journal of Scientific Research sjar, se ISSN 2001-9211
4		
Research Title		The Impact of ply matrices exercises in developing the explosive Power of leg muscles and opened jumping on vault table.

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

Country		Swedish	2014
NS	magazine name	<u>International Journal of Innovation and</u>	
5		Applied Studies / ISSN 2028-9324	
Research Title		Effect Training instantaneous by facilitation in the development of variables biomechanics to closer, payment, and long jump for young people	
Country		Morocco	2014
NS	magazine name	Journal of Sports Sciences / University of	
6		Diyala - India ISSN: 2074-6032	
Research Title		Some biokinematic variables of the weighting stage and hitting the ball for the kicker and its relationship to the accuracy of scoring from stability among female futsal players.	
Country		Iraqi	2015
NS	magazine name	The Swedish Journal of Scientific Research	
7		sjar, se ISSN 2001-9211	
Research Title		Some Bio Kinematic Variables And its Relationship With Achievement 25 M Free Style Swimming	
Country		Swedish	2016
NS	magazine name	<u>International Journal of Innovation and Applied</u>	
8		<u>Studies</u> ISSN_2351-8014	
Research Title		Effect of Theoretical Biomechanics on Open Jump the Platform Jumps Performance using Jumps (Vault) in Artistic Gymnastics.	
Country		Morocco	2016

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

NS	magazine name	Journal of Sports Sciences / University of Diyala - India ISSN: 2074-6032	
9			
Research Title		The texture of the human body and its effect on static and moving equilibrium	
Country		Iraqi	2016
NS	magazine name	<u>International Journal of Innovation and Applied Studies</u> ISSN 2351-8014	
10			
Research Title		Analysis of some kinematic variables and their relationship to the accuracy of the performance of the smash hit with badminton	
Country		Morocco	2016
NS	magazine name	Journal of Sports Sciences / University of Diyala - India ISSN: 2074-6032	
11			
Research Title		Measuring some biokinematics variables using an electronic device designed for the throwing stage of discus throwing for youngsters.	
Country		Iraqi	2017
NS	magazine name	European Journal of Sports Science Technology - Sweden	
12			
Research Title		The effect of a proposed educational program to develop the skill of the front pneumatic flip on the floor movements of the artistic gymnastics	

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

Country		Sweden	2017
NS	magazine name	Journal of Sports Sciences / University of Diyala	
13			
Research Title		The effect of exercises using rubber ropes to develop the speed characteristic of the upper extremities and the accuracy of punches performance for young boxers	
Country		Iraqi	2019
NS	magazine name	Journal of Sports Sciences / University of Diyala - India ISSN: 2074-6032	
14			
Research Title		Using an auxiliary device to develop the skill of the back air curling on the parallel device for the junior class	
Country		Iraqi	2019
NS	magazine name	Journal of Sports Sciences / University of Diyala - India ISSN: 2074-6032	
15			
Research Title		The predictive value of achievement in terms of the starting variables for advanced javelin throwers	
Country		Iraqi	2019
NS	magazine name	International Journal of Pharmaceutical Research – SCOPAS	
16			
Research Title		Extraction of some pharmacy kinetic variants using an adjuvant designed for the development of the posterior aerodynamic cornea on the parallel device of the Junior Technician	
Country			2019

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

NS	magazine name	Journal of Sports Sciences / University of Diyala	
17			
Research Title		Analysis of some biomechanical variables for the front wheel ascent on the balance beam device	
Country		Iraqi	2020
NS	magazine name	Karbala Journal of Physical Education Sciences - University of Karbala	
18			
Research Title		Some biokinetic variables and their relationship to the performance of ascension by forward rolling on the balance beam device for female students	
Country		Iraqi	2021
NS	magazine name	1998	
19			
Research Title			
Country			
NS	magazine name		
20			
Research Title			
Country			

Membership of scientific, local and international bodies

NS	Authority name	International Federation of Artistic Gymnastics		
1				
Sweetened- international		affiliation date	still a member - Membership Expiry	the year
<input type="checkbox"/>		2006	<input type="checkbox"/>	<input type="checkbox"/>
NS	Authority name	performance analysis		
2				
Sweetened- international		affiliation date	still a member - Membership Expiry	the year
<input type="checkbox"/>		2014	<input type="checkbox"/>	2015
NS	Authority name	Swedish magazine		
3				
Sweetened- international		affiliation date	still a member - Membership Expiry	the year
<input type="checkbox"/>		2015	<input type="checkbox"/>	2017
NS	Authority name	scientific committee		
4				
Sweetened- international		affiliation date	still a member - Membership Expiry	the year
<input type="checkbox"/>		2016	<input type="checkbox"/>	2020
NS	Authority	Responsible for the Laboratory Committee		

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

5	name	of the Faculty of Physical Education		
Sweetened- international	affiliation date	still a member - Membership	Expiry	the year
<input type="checkbox"/>	<input type="checkbox"/>	2016	<input type="checkbox"/>	<input type="checkbox"/>
NS	Authority name	Seminar Committee, Masters, Ph.D		
6	name	affiliation date	still a member - Membership	Expiry
Sweetened- international	affiliation date	still a member - Membership	Expiry	the year
<input type="checkbox"/>	<input type="checkbox"/>	2012	<input type="checkbox"/>	<input type="checkbox"/>
NS	Authority name	Member of the Scientific Committee of the Biomechanics Society in Iraq		
7	name	affiliation date	still a member - Membership	Expiry
Sweetened- international	affiliation date	still a member - Membership	Expiry	the year
<input type="checkbox"/>	<input type="checkbox"/>	2019	<input type="checkbox"/>	<input type="checkbox"/>
NS	Authority name	Member of the Scientific Committee of the Gymnastics Society in Iraq		
8	name	affiliation date	still a member - Membership	Expiry
Sweetened- international	affiliation date	still a member - Membership	Expiry	the year
<input type="checkbox"/>	<input type="checkbox"/>	2019	<input type="checkbox"/>	<input type="checkbox"/>
NS	Authority name	Missions and Cultural Relations Officer for the Women's Sports Association in Iraq		
9	name	affiliation date	still a member - Membership	Expiry
Sweetened- international	affiliation date	still a member - Membership	Expiry	the year
<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>

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

<input type="checkbox"/>	<input type="checkbox"/>	2019	<input type="checkbox"/>	<input type="checkbox"/>	
NS	Authority name	Laboratory Officer for the College of Physical Education and Sports Sciences / University of Diyala			
10					
Sweetened- international		affiliation date	still a member - Membership Expiry	the year	
<input type="checkbox"/>	<input type="checkbox"/>	2016	<input type="checkbox"/>	<input type="checkbox"/>	




NS	Authority name				
11					
Sweetened- international		affiliation date	still a member - Membership Expiry	the year	
<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	






Physical Education and Sports Sciences - University of Diyala - 2020-2021
Creations or activities in which he won (awards / certificates
of appreciation / thank you books)

NS		Diyala University ranked first for women and second for men in weightlifting.	
1	type of creativity or activity		
	The title of the activity or creativity	Get first place	
	what he got (award / certificate of appreciation / thank you letter)	Donor	the year
	<input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/>	Dean of the College of Physical Education / Diyala	2005
NS	type of creativity or activity	The success of the sports festival	
2			
	The title of the activity or creativity	The second science book fair	
	what he got (award / certificate of appreciation / thank you letter)	Donor	the year
	<input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/>	Dean of the College of Physical Education / Diyala	2009
NS	type of creativity or activity	Giving a lecture on international law at Al-Mustansiriya University	
3			
	The title of the activity or creativity	External lectures	
	what he got (award / certificate of appreciation / thank you letter)	Donor	the year
	<input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/>	Dean of Physical Education Department/Al-Mustansiriya University /College of Basic Education	2010





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

NS	type of creativity or activity	sports career	
4			
	The title of the activity or creativity	The success of the sports career in our college	
	what he got (award / certificate of appreciation / thank you letter)	Donor	the year
		Dean of the College of Physical Education / Diyala	2010
NS	type of creativity or activity	Exam Committees	
5			
	The title of the activity or creativity	Exam Committees	
	what he got (award / certificate of appreciation / thank you letter)	Donor	the year
		President of Diyala University	2010
NS	type of creativity or activity	Admission of initial students for the academic year 2011-2012	
6			
	The title of the activity or creativity	Admission Tests	
	what he got (award / certificate of appreciation / thank you letter)	Donor	the year
		Dean of the College of Physical Education / Diyala	2011
NS	type of creativity or activity	Exam Committees	
7			
	The title of the activity or creativity	Exam Committees	


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

	what he got (award / certificate of appreciation / thank you letter)	Donor	the year
		President of Diyala University	2011
NS	type of creativity or activity	Giving a qualitative lecture in the international law of rhythmic gymnastics. University of Baghdad/ College of Physical Education for Girls	
8		The title of the activity or creativity	
	what he got (award / certificate of appreciation / thank you letter)	Donor	the year
		Dean of the College of Physical Education for Girls / University of Baghdad	2011
NS	type of creativity or activity	Work in scientific committees, promotions and promotions.	
9		The title of the activity or creativity	
	what he got (award / certificate of appreciation / thank you letter)	Donor	the year
		Dean of the College of Physical Education / Diyala	2012
NS	type of creativity or activity	Your eagerness to work and a sense of responsibility	
10		The title of the activity or creativity	





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

	what he got (award / certificate of appreciation / thank you letter)	Donor	the year
		Dean of the College of Physical Education / Diyala	2013
NS 11	type of creativity or activity	Performance evaluation for teachers for the 2014-2015 academic year	
	The title of the activity or creativity		
	what he got (award / certificate of appreciation / thank you letter)	Donor	the year
		Dean of the College of Physical Education / Diyala	2016
NS 12	type of creativity or activity	Performance evaluation for teachers for the 2014-2015 academic year	
	The title of the activity or creativity		
	what he got (award / certificate of appreciation / thank you letter)	Donor	the year
		President of Diyala University	2017
NS 13	type of creativity or activity	Obtaining the title of Professor	
	The title of the activity or creativity		
	what he got (award / certificate of appreciation / thank you letter)	Donor	the year
		Dean of the College of Physical Education / Diyala	2017
NS	type of creativity or activity	Authored a book	

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

14			
	The title of the activity or creativity		
	what he got (award / certificate of appreciation / thank you letter)	Donor	the year
		Dean of the Faculty of Physical Education and Sports Sciences / University of Maysan	2009
NS	type of creativity or activity	Share a conference search	
15			
	The title of the activity or creativity	Featured search	
	what he got (award / certificate of appreciation / thank you letter)	Donor	the year
		Dean of the College of Physical Education and Sports Sciences / Sulaymaniyah University	2017
NS	type of creativity or activity	Contribute to sports activities in Diyala Governorate	
16			
	The title of the activity or creativity	thank you letter	
	what he got (award / certificate of appreciation / thank you letter)	Donor	the year
		Governor of Diyala	2017
NS	type of creativity or activity	Patented	
17			
	The title of the activity or creativity	device design	













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

	what he got (award / certificate of appreciation / thank you letter)	Donor	the year
		Inventors Association / Romania	2019
NS 18	type of creativity or activity	Patented	
	The title of the activity or creativity	device design	
	what he got (award / certificate of appreciation / thank you letter)	Donor	the year
		Inventors Association / Romania	2019
NS 19	type of creativity or activity	Commitment	
	The title of the activity or creativity	Creativity in career work 1998	
	what he got (award / certificate of appreciation / thank you letter)	Donor	the year
		Ministry of Higher Education	2019
NS 20	type of creativity or activity	Commitment	
	The title of the activity or creativity	Creativity in career work	
	what he got (award / certificate of appreciation / thank you letter)	Donor	the year
		Ministry of Higher Education	2020

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

NS	type of creativity or activity	Commitment	
21			
	The title of the activity or creativity	Creativity in career work	
	what he got (award / certificate of appreciation / thank you letter)	Donor	the year
	<input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/>	Ministry of Higher Education	2020
NS	type of creativity or activity	Commitment	
22			
	The title of the activity or creativity	Creativity in career work	
	what he got (award / certificate of appreciation / thank you letter)	Donor	the year
	<input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/>	Ministry of Higher Education	2021
NS	type of creativity or activity	Commitment	
23			
	The title of the activity or creativity	Creativity in career work	
	what he got (award / certificate of appreciation / thank you letter)	Donor	the year
	<input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/>	Ministry of Higher Education	2021
NS	type of creativity or activity	Commitment	
24			
	The title of the activity or creativity	Creativity in career work	

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

	what he got (award / certificate of appreciation / thank you letter)	Donor	the year
	  	Ministry of Higher Education	2021
NS	type of creativity or activity	Authored a book	
25			
	The title of the activity or creativity	Sport book & biomechanics book	
	what he got (award / certificate of appreciation / thank you letter)	Donor	the year
	  	Dean of Salahaddin College / Erbil	2021
NS	type of creativity or activity	Scopus search	
26			
	The title of the activity or creativity	search	
	what he got (award / certificate of appreciation / thank you letter)	Donor	the year
	  	President of Diyala University	2021
NS	type of creativity or activity		
27			
	The title of the activity or creativity		
	what he got (award / certificate of appreciation / thank you letter)	Donor	the year
	  		

Authorship and translation

NS	The title of the book	International Law Book of Technical	
1		Gymnastics for Women as of 2009	
Publishing house name		Central Press - University of Diyala – Baghdad (2050) 2009	
Year of Publication /2009		number of editions/1	Systematic <input checked="" type="checkbox"/> -unsystematic <input type="checkbox"/>
NS	The title of the book	International Law Book of Technical	
2		Gymnastics for Women as of 2013	
Publishing house name		Central Press - University of Diyala – Baghdad (3063) 2015	
Year of Publication / 2015		number of editions/1	Systematic <input checked="" type="checkbox"/> -unsystematic <input type="checkbox"/>
NS	The title of the book	Technical gymnastics for women mechanical	
3		and training educational foundations.	
Publishing house name		Baghdad (2728) 2014	
Year of Publication / 2015		number of editions/1	Systematic <input type="checkbox"/> -unsystematic <input checked="" type="checkbox"/>
NS	The title of the book	Technical gymnastics for women in the field	
4		of education	
Publishing house name		Central Press - University of Diyala – Baghdad (767) 2015	
Year of Publication /2015		number of editions/	Systematic <input checked="" type="checkbox"/> -unsystematic <input type="checkbox"/>
NS	The title of the book	biomechanics	
5			

Publishing house name		Central Press - University of Diyala – Baghdad (3851) 2021 - ISBN 9789922943282	
Year of Publication /2021	number of editions/1	Systematic <input checked="" type="checkbox"/>	-unsystematic <input type="checkbox"/>

The languages he speaks

- 1- Arabia
- 2- Turkish
- 3- English

Contributions to community service

- 1 . Training the Syrian National Women’s Team;
2. Arbitration course in artistic gymnastics at the University of Baghdad: College of Physical Education - Jadriya for female students of the college in 2008.
3. A training and arbitration course for technical gymnastics for female students of the College of Physical Education / University of Sulaymaniyah for the year 2013.
4. An arbitration course for technical gymnastics for female students of the College of Education and Sports Sciences / University of Diyala for the year 2015.
5. A training course in the field of mechanics for Al Khalis Sports Club 2015-2016 in the field of physical fitness for the year.
6. A mechanical training arbitration course for the technical gymnastics of the College of Education and Sports Sciences / University of Diyala from 2017 and on-going.

Other activities:

1. Al-Amana Club coach for artistic gymnastics and a fitness coach for rhythmic gymnastics from 1990 to 1996, and the team won first place over Iraq.
2. Fitness coach at Al Shabab Sports Club for table tennis, badminton and judo from 1996 to 1998.
3. Coach of the junior and junior team in the technical gymnastics game for the Iraqi national team from 1998 to 2000.
4. She won the first place in the Club Championship in Amman, the artistic gymnastics game, with the gold medal in 1987.
5. I participated in the Asian Championship held in China as a player and was the ninth sequent on the championship for the year 1988.
6. She won a bronze medal in the Arab Artistic Gymnastics Championships, which was held in the Maghreb in 1989.
7. She won the bronze medal in the Saddam International Artistic Gymnastics Championships, which was held in Iraq in 1989.
8. She won first place in the Schools Education Championship (Al-Rusafa Education) in the arena and field (100m, 200m, steeplechase, 4x100m post), gymnastics and handball from 1987 to 1995.
9. She won the Universities Championship in the first place for the arena and field activity (800m, 1500m) from 1996 to 1999.
10. A player in Al Amana Club in weightlifting (48) kg and physical strength and iron arms (45) kg from 2000 to 2005 and won first place in all events.
11. She won the first place in the Arab Championship in Beirut for weightlifting with the gold medal for the year 2000.

12. She won the gold medal in the Arab Clubs Championship in weightlifting in Oman for the year 2000.
13. She won the bronze medal in the Arab championship that was held in Amman in 2005 in weightlifting.
14. Coach of the national team for physical strength from 2006 to 2008 and the team won the first place for women.
15. I got first place in the Iraqi Universities Championship for weightlifting (48) kg.
16. Coach of the College of Physical Education / University of Diyala team for weightlifting and physical strength from 2005-2008.
17. Member of Al Amana Sports Club from 2005 to 2010.
18. She holds an international certificate of arbitration in artistic gymnastics.
19. She holds an international arbitration certificate in table tennis.
20. She holds the International Certificate of Arbitration in Water Polo.
21. She holds a first-class arbitration certificate in archery and the second in badminton.
22. She holds a training certificate in artistic gymnastics.
23. She holds a training certificate in weightlifting and physical strength.
24. She holds an expert certificate in fitness from the University of Leipzig, Germany.
25. She holds a medical, sports and mechanics degree from the University of Leipzig/ Germany 2015.
26. She holds a certificate (GLF) for laboratories from the University of Diyala.