

## Biography

Name of the four: Laith Ibrahim Jassim

Mohamed

Scientific title: Professor



- ❖ Name of the four: Laith Ibrahim Jassim Mohamed
- ❖ Date of birth: 18/10/1971      Date of appointment: 10/9/1999
- ❖ Certificate: PhD      Date of obtaining: 16/1/2008
- ❖ General Specialization: Physical Education      Specialization: Sports training/handball
- ❖ Academic title: Professor      Date obtained: 18/10/2017
- ❖ Number of years of service in higher education: (22) years
- ❖ Number of years of service outside higher education: (None) Year
- ❖ Email: laith.ibrahim@uodiyala.edu.iq
- ❖ Telephone number : 07708890956
- ❖ home address: Diyala - Baquba - Teachers' Apartments
- ❖ Granting a bachelor's degree: Baghdad University - College of Physical Education and Sports Sciences(1993-1994)
- ❖ Donor of the Master's Degree: Diyala University - College of Physical Education and Sports Sciences (2003)
- ❖ PhD: University of Baghdad - College of Physical Education and Sports Sciences( 2008 )

## ❖ Master Thesis Title

Superscription the Research:

The Training program effect which is suggested to tolerate speed to handball player.

Researcher: laith.I.jassim

Superwser: Dr.Nasser s. Dr.khassim N.

1423

2003

-This Research includes five parts:

1-First part: Definition of Research.

This part includes the introduction and explanation of the importance of this research which based on sport events in general and hand-ball requests in special and determining the proper scientific fundementuls in choseing the character of speed to lérance as a physical character. how it effects in whole requiremets of game as well as giving aflash of light on the research problem which concentrated on decrease in performance level at matches endings that would effeef naya tivilly in occurance of performal mistakes and in from an obvious weakness in level of specific speed to lérance charader as apart of this problem.the research explains the aims and hypothesis.

The aims of the research include the creation of treaning program for improving the speed tolerauce for hand-ball players and allso include testing this suggested treaning program about the hypothesis.the researcher assumes that such treaning program has apositive active effect in improving speed tolerance by the hand-ball players(the young) of age (17-19) year,and the assumption is that there are statistical diffrences in result of distance test for expermental group inaddition this port involves field for research as ahuman obtion is asample of firsts excellent hand-ban players.yoany of age (17-19)year.the sample seize are thinty two player while the jime objion is from 28/4/2002 till 8/7/2002 and the place obtion is tge hall of diayla club for athlatic games.

-The sconed part involves:

theoretical studies and similars, about the theoretical studies, they consist of many aspects likePthe concept of speed tolerance and its importance in hand-ball and also methods for speed tolerance in addition this part involves some physiological, physiological principles and their association with specific speed tolerouce as well as some similar studies of conception.

-The third part: Include the research curriculum and its practice process .the researcher utilizes the experimental curriculum in the formation of two corresponding group design of(experimental and control. groups)this part also includes description of sample and research apparatus,the tests used,and their scientific basses and the suggested treaning program with its aspects,and its mechanisme as well as the utilization of the proper statistical methods.

-The forth part: involves the result their analysis and result descussion.The study shows that there are statistical differences for the distance test that belong to experimental group.

-The fifth part : with the aid of discussion of the research result,the researcher Rachael to conclusion that achieved the research aims and hypothesis.

-The suggested tearing program has appositive effect in improving speed tolerance character for the sample.

-It appeared that there are statistical differences for distance test for experimental category which motivate the researcher to submit plenty. I recommendation and suggestion which intern participate in improving athletic level.it is important to mention that it is necessary to direct the coaches to use the scientific methods of training for speed tolerance in hand-ball and other sports to achieve high universal athletically performance.

## ❖ *Title of the doctoral thesis*

### “Abstract Of The Thesis”

“Effect Of Superset Weight Training In The Development Of The Special Power On Shooting Power And Accuracy During Different Effort Of Young Handball Players(18-20)yers”

*Researcher:*

**Laith, I, Jassim.**

*Supervisor:*

**Saad, M Esmael.**

University of Baghdad - College of Physical Education – ٢٠٠٨

The thesis includes 5 chapters:

**1st chapter** :acquainting with the research.

This chapter includes the introduction and importance which comes from importance of the special power in handball and importance of modern situation study of this important body requirement and based on that a suggested training program was created to develop the special power and to know its effect Of shooting power and accuracy during different body effort stages .the research issue crystallized by watching and direct in touch with handball players in iraq and its neighboring region , the researcher noticed that there is a clear weakness in performing the special skills of handball with the required power and accuracy like weakness in shooting during match time .

-The research aims are abstracted as follows:

- Acquainting with effect of the suggested training program (weights training using superset) on developing the special power of the research sample.
- Acquainting with effect of weights training using superset on developing power and accuracy of shooting in handball during the low effort.
- Acquainting with effect of weights training using superset on developing power and accuracy of shooting in handball during the medium effort.
- Acquainting with effect of weights training using superset on developing power and accuracy of shooting in handball during the high effort.
- Comparison among post-testes results of power and accuracy of shooting during different effort stages.

The researcher supposed the following :

- There are differences have statistical significance of the experimental group (weights training using superset) of the pre-post test for developing the special power.
- There are differences have statistical significance of the experimental group (weights training using superset) of the pre-post test for developing power and accuracy of shooting in handball during the low effort.
- There are differences have statistical significance of the experimental group (weights training using superset) of the pre-post test for developing power and accuracy of shooting in handball during the medium effort.
- There are differences have statistical significance of the experimental group (weights training using superset) of the pre-post test for developing power and accuracy of shooting in handball during the high effort.
- There are slight differences among post-test results of power and accuracy of shooting during different effort stages.

-The research aspects were:

- ❖ Human aspect: a sample from first class clubs youth ages (17-19) years with (18) players.
- ❖ Time aspect :a period from 29 / 4 / 2007 to 8 / 7 / 2007.
- ❖ Place aspect : al kerameh club hall for weights , local administration hall for sport games in homs.

**2nd chapter:** this chapter includes the theoretical studies that have relationship with the research subject. And these studies deals with :

- Superset exercises and its kinds and its physiological and training advantages.

- The special power and its parts, training limits and some of its developments methods.
- Shooting and its power and accuracy in handball.
- The body effort in handball.

**3rd chapter:** this chapter includes the research program and its field procedures. The researcher used the experimental program with one experimental group design because of its convenience with the research nature. The research sample consists of (18) young players from al kerameh Syrian club with ages (18-20) years .

The researcher performed 2 exploring experiments in hall of altelee'a sport club in homat Syrian province in Tuesday 20-3- 2007, lasted to Sunday 25-3-2007, these 2 experiments were performed on 6 young players with ages (18-20) years from al newa'eer club, these players represents the same experimental sample level to know the positives and negatives that may accompany the research.

The researcher used set of tests with finding the scientific bases for them to ensure results precision and to know the effect of the suggested training program according to the research aims. The pre-tests were performed on the experimental sample in Thursday 26-4-2007 ,the post-test were performed on the experimental sample in Tuesday 10-7-2007 , the researcher processed the results using suitable statistical means.

**4th chapter:** this chapter includes displaying, analyzing and discussing the pre – post tests of the experimental sample.

**5th chapter:**

1- Based on the results shown by the study the researcher reached many conclusions; one of them is superset weights training in the suggested training program has positive effect in developing the special power of the research sample and this positive effect reflects directly on developing power and accuracy of shooting in handball of the research sample , also a relationship between the special power and shooting power has come out during different effort levels in handball of the research sample the other conclusion is preparing tests with finding the scientific bases for them to measure power and accuracy during the different effort. Based on that ; the researcher recommends focusing on developing the special power of the national teams and iraqi clubs because it is (the special power) one of the most important body elements in handball, and using supersets weights training as an effective style to develop the special power and generalizing it in handball clubs and national team players in

iraq and making more experimental researches for maximum use of it as a new training style for all the sport games.

### ❖ The jobs he worked with

T	Function	Workplace	Period from - to
1	Dean of the College	Diyala /College of Physical Education and Sports Science	2016-2017
2	Assistant Dean of Science Affairs	Diyala /College of Physical Education and Sports Science	2013-2014
3	Secretary of the College Council	Diyala /College of Physical Education and Sports Science	2008-2010
4	Rapporteur of Graduate Studies	Diyala /College of Physical Education and Sports Science	2005-2006
5	Rapporteur for the Branch of Theoretical Sciences	Diyala /College of Physical Education and Sports Science	2011-2008
6	Registration Manager	Diyala /College of Physical Education and Sports Science	1999= 2001

### ❖ Universities or institutes where he studied

T	the University	Period from - to	Notes
1	Baghdad /College of Physical Education and Sports Science	1995-1997	Handball
2	DIYALA -College of Basic Education	2010-2021	Sports training
3	Diyala /College of Physical Education and Sports Science	2008-2021	Sports training

### ❖ Courses developed or contributed to the development

T	the University	the college	Section	Subject	academic year
1	Diyala	physical education	Sports training	Development	2010-2015
2	Diyala	Basic Education	Sports training	Development	2015-2020

## ❖ Supervising messages and thesis

T	the University	the college	Section	Thesis title or thesis	academic year
1	Diyala	physical education	Graduate Studies	The impact of a proposed training approach in the development of special force and its relationship to correction and motivation of achievement for young handball players.	2012
2	Diyala	physical education	Graduate Studiess	<b>Building reference-telling features for some physical and maharia variables is an indicator of the selection of 13-14-year-old cubs with handball in Diyala province.</b>	2013
3	Diyala	physical education	Graduate Studies	<b>Design and build a test to measure the accuracy of the shot from the corner area and its relationship to some of the biomechanical variables of advanced handball players.</b>	2013
4	Diyala	physical education	Graduate Studiess	<b>The effect of a training curriculum to develop the distinctive strength of speed and the performance of some hand-throwing skills (T-Waza) for young judo players.</b>	2014
5	Diyala	physical education	Graduate Studiess	<b>The effect of mini-handball exercises on the development of motor energy and some physical and mahar abilities for middle school students (12-13 years old).</b>	2015
6	Diyala	physical education	Graduate Studies	<b>The effect of exercises with a proposed device with different resistances in the development of some special physical qualities and their relationship to the achievement of swimming (50 and 100) m freestyle for young people.</b>	2016
7	Diyala	physical education	Graduate Studiess	<b>Design a device to measure the speed of motor response and the extent to which it contributes to the performance of some of the basic skills of goalkeepers with a handball.</b>	2017
8	Diyala	physical education	Graduate Studiess	<b>The effect of special exercises using various resistances to develop muscle ability according to the electrical activity of the most important working muscles and the accuracy of the offensive skill of volleyball</b>	2018

❖ **Conferences, scientific seminars and workshops in which he participated**

<i>T</i>	<i>Address</i>	<i>Place</i>	<i>the year</i>
1	Central Committee of the Scientific Conference of Iraqi Faculties of Sports Education	University of Diyala	2002
2	Main Committee for the Organization of the Festival of the Faculty of Sports Education University of Diyala	University of Diyala	2001,2009
3	The first scientific conference of the Physical Education and Sports Sciences	University of Diyala	2019
4	Virtual International Conference on Physical Education and Sports Sciences	University of Diyala	2020
5	First Virtual Conference of the Faculty of Physical Education and Sports Sciences	University of wasit	2021
6	Workshop training centers between reality and ambition from an academic point of view	Ministry of Education / Diyala	2020

❖ **International magazines and magazines (impact factors) in which he published**

<i>T</i>	<i>Educational Magazine</i>	<i>Country</i>	<i>Research Title</i>	<i>the year</i>
1	Journal of Sports Science	Iraq	Special strength and its relationship to the strength and accuracy of the shot during different levels of effort Physical for young handball players aged (18-19) years	2009
2	Journal of Sports Science	Iraq	Intellectual creativity and its relationship to the level of theoretical and practical achievement in handball for student For the fourth stage in the Faculty of Sports Education - Diyala University	2010
3	Journal of Sports Science	Iraq	The impact of capacitor and Various exercise in Skill Performances in hand ball For The student of college of Physical Education in the University of diyala	2011
4	Anbar University Journal of Science Sports and physical education	Iraq	The impact of intensive and variable exercise on the skill performance in handball material for stage students Second in the Faculty of Sports Education.	2011
5	Journal of Sports Science	Iraq	A comparative study of some of the electrical activity variables of the quadriceps thigh and twin legs during Two forms of shooting by jumping with a handball and its relationship to the explosive power of the two men	2012
6	Contemporary Sports Magazine	Iraq	The impact of complex training on the level of performance and the general situation of the players of the university team Diyala Handball	2013

7	Journal of Sports Science	Iraq	Designing and Constructing a Test to Measure the Shooting Accuracy from the Corner Area for Handball Players	2013
8	Journal of Sports Science	Iraq	Effect Of The Training Program to Developing the Power Endurance And The Performance Doing Skill Of Tai-Otoshi For Judo Yang's Players	2014
9	Journal of Sports Science	Iraq	The effect of mini handball exercises in the development of some physical and professional abilities of students - middle school age( 21) year"	2014
10	Journal of Sports Science	Iraq	The effect of training method Alaazukintek and weightlifting ferrous and ) their relationship to the rapid evolution of digital power and achievement for the 50-meter freestyle swimmers	2015
11	Al-Qadissiya Journal of Sports Education Sciences	Iraq	The effect of resistance training in the power and speed of Shooting in terms of the electrical activity of muscles working for young football players hand	2015

### ❖ Membership of local and international scientific bodies

T	Name of the Authority	Affiliation	Date of enrollment
1	Ministerial Committee for Sports Training Science in the Faculties of Physical Education and Sports Sciences	Iraqi Ministry of Higher Education and Scientific Research	2017-2021

### ❖ Innovations or activities in which he received (prizes / certificates / thank you books)

#### ❁ • Innovations

Innovations	Date	NO	Donor
Design of a device to measure the speed of motor response (Simple and complex) for goalkeepers with handball	29/8/2017	5045	Central Agency for tandardization And quality control.
Electrical control system to measure Develop visual abilities and skills Basic handball players	17/5/2019	6241	Central Agency for tandardization And quality control

## ❖ Authoring and translation

T	The title of the book	Dar Al nasher	Year of Publication	Number of editions	Methodological / non-systematic
1	Sports Training - Systematic Basics	University of Diyala Press	2010	THE First	unsystematic
2	Handball - Systematic Basics	University of Diyala Press	2012	THE First	unsystematic
3	Training Goal - Analysis of some of the concepts adopted	University of Diyala Press	2016	THE First	unsystematic

## ❖ Languages he is fluent in

✓ Arabic

## ❖ Contributions to community service

External activities in which he worked

	Entity or institution	Adjective	Year of Publication
1	Olympic Committee / Iraqi Central Handball Federation	National team player	1993-2006
2	Olympic Committee / Iraqi Central Handball Federation	Youth team player	1989-1992
3	Diyala University	Coach of the university team and college handball	1999-2001, 2008-2010
4	Al , Rashid Sports Club	Handball player	1988
5	Diyala Sports Club	Handball player	1996-2000
6	Student Sports Club	Handball player	1992
7	Diyala Education Directorate	Handball player	1989
8	Syrian Al , Karama Club	coach	2007