



## Curriculum Vitae

Full name: Abdul Karim Hamid Jaber Jamal

Date of birth: 7/1/1967

- Certificate: PhD / Date of obtaining: 2012/2/15

General specialty: Physical Education

Detailed specialty: Sports Biomechanics

Academic Title: Assistant Professor / Date of  
Obtaining: (5/2/2018)

Number of years of service in higher education:  
(15 years).

Number of years of service outside higher  
education: none

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Publisher of the certificate: University of Diyala

Acquired Date: (1993-1994)

The awarding body for the master's degree:

University of Diyala

Date obtained: (2007)

Lyskaft University Russia Sankt Peter Burke  
Date obtained: (2015 .)

The title of the master's thesis: ((A training curriculum using the distribution of strength training to develop some forms of muscular strength and its impact on achievement in discus throwing)).

Researcher: Jamal Abdul Karim Hamid

Supervisors: a. M. D Abbas Ali torment a. NS.

Dr.. Amer Fakher Shaghati

The letter contained five chapters, and the first chapter included

Introduction to the research and its importance /  
The process of reaching the highest levels and achieving victory and superiority over the sports teams in the world depends on several elements that must be organized in a scientific and thoughtful manner, as it requires the coach to get acquainted with the largest amount of science related to the training process to be of assistance in raising the level of these The game that is a sporting event. It is accessible

To a high level of achievement, it is necessary to rely on well-studied scientific planning and to rely on the results of scientific research and studies in the field of sports training, by planning the distribution of training loads for muscular strength using some special exercises for intensity during special physical preparation, and here lies the importance of the research.

As for the research problem, the researcher noticed a weakness in the distribution of training loads and strength forms for distributing special exercises for the preparation stage and how to balance and overlap between them in the form of training loads within the daily, weekly and monthly training circles. The relationship between the factors of training volume and competition load and the size and intensity of training compared to the overall size of the load between training procedures to develop the achievement of discus throwing, hence the research problem.

The objectives of the research can be summarized as follows:-

1. Planning for the distribution of the strength training load using some special exercises and its effect on the achievement in the effectiveness of discus throw.
2. Recognize the effect of strength training using some special exercises and their effect on achievement in the effectiveness of discus throw.

The human field included young players aged 18-20 years.

While the temporal domain represents / 7/5/2006 to 11/8/2006.

As for the spatial field, it is the local stadium of Diyala Governorate (the stadium of the College of Physical Education and Sports Sciences).

As for the second chapter, the chapter included similar studies.

As for the third chapter, it included the research methodology and field procedures. The researcher also adopted the experimental method with two equal groups and used the necessary tools and equipment to help obtain the required results.

As for the fourth chapter, it included presentation, discussion and analysis of the results.

As for the fifth chapter, it included the following conclusions:

1. The method of working by planning the distribution of training loads led to the development of muscular strength and the level of achievement for effectiveness.
2. The training curriculum used has a positive effect on developing muscular strength and achievement.

The recommendations are:

1. The necessity of using special exercises for the purpose of developing muscular strength in all its forms.
2. The necessity of containing the training curriculum prepared by the trainers on the distribution of training loads and in percentages.

PhD thesis title: ((Evaluation of special strength training for discus throwing using modern biomechanical analysis of exercises in closed rooms))

Supervised by

Prof. Dr. Nikolai Andreevich Dezhnikov

1435 AH 2015 AD

The discus throw is one of the fun and interesting activities that many athletes are interested in and because of its impact on physical fitness and the role of the muscle in obtaining high strength and its impact on achievement in the discus throw event and because this event requires tremendous muscular strength. It is done through programmed and correct training using working muscles that have a direct impact on performance and achievement, and the development of biomechanical science and because of its kinetic analysis to reach the

best achievements and the role of working muscles in motor performance and hence the importance of research

Research problem:

Training in discus throwing requires special training programs and the role of these programs in developing working muscles in motor performance that have an effective effect on achievement and the suffering of discus players in losing the effort spent in training on non-working muscles in performance, which has a clear impact on achievement.

Research goal:

1. Preparing special training programs for working muscles using modern biomechanical analysis.

As for research areas:

Spatial domain: Elisabeth University -  
University of Diyala.

Human field: Discus throw players.

Time domain: the period 2013-2015.

The following are some of the conclusions and recommendations that resulted from this study:

1. Through knowledge of the special exercises of the working muscles of the biomechanical analysis led to the development of the special strength of the muscles.
2. The development of the special strength of the working muscles led to the development of achieve