



Name: Hussam Mohammed Headan al Khazraji

date of birth: 9/2/1971

Certificate: PHD

Job vacancy date: 26/9/2009

The scientific title: Assistant Professor
Sports Science

college: Physical Education and

Specialization: sport training science

Department: divisional games

<u>Certificate</u>	<u>University</u>	<u>Date</u>	<u>General Specialization</u>	<u>Specialization</u>
MA	DIYALA	2008	Physical Education	Physical Education
PHD	DIYALA	2013	Physical Education	sport training science

Number of years of employment: 11 years

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Master's thesis summary

The Effect of Using Plyometric Exercises by the Circular and Stations Techniques in Developing the Explosive Strength and Some kinds of Shooting in Hand Ball

2008

The Thesis consists five chapters:

Chapter One: Acquiring the Research

The researcher talked about the developing which happened in sport and a sane of using the modern training techniques in handball sport to develop players body's ability in order to get good level through using Plyometrics exercises in two training ways (circular training and station training) in development the explosive strength and some kinds of shooting in hand ball sport.

•The Problem of the Research

It is focus on less important of the coaches on giving Plyometrics exercises through training units in spite of it is growing the explosive strength and which has very important for the handball players in most kinds of shooting which is depending on it in determined the results of the matches.

• The Research Targets

1. Knowing the effect of using Plyometrics exercises in developing the explosive strength and some kind of shooting in handball sport.
2. Knowing which techniques better (circular or station) in developing the explosive strength and some kind of shooting in handball sport.

• **Suppositions of the Research**

• **The Fields of the Research**

- The human field: The young players of the sport Diyala Club in hand ball.
- The time field: The period from 20/10/2007 to /5/2008.
- The place field: The internal games hall in Diyala Club in Baqubaa.

Chapter Two: Theoretical Aspect and the similar studies

The chapter consists the theoretical aspect which includes the Plyometrics training and Plyometrics exercise , as well as the explosive strength and it is role in handball sport performance , the sport ways of circular training and stations training and some kind of shooting in handball sport.

And moreover it includes the more using, it mistakes in using shooting skills performance.

However the similar studies consist two, the study of Saad Muhssen Esmaeel and the study of Aiad Hameed Rashid as will as the comment on these studies.

Chapter Three: Research Program and field procedures

This chapter contains the using of experimental program as it is suitable to research's nature.

However the sample of the research was the youth player of sport DIYALA club and their number was (20) player, they hare chosen intentionally.

Which are divided in two equal groups, one of them using Plyometrics exercises in circular training, and the other group using the Plyometrics exercises by training stations way.

This chapter includes also the devices and tools which are using in the research and tests and how the researcher chased them as well as the field procedures.

Chapter Four: Discussing, Analyzing and Displaying the Results of the Research

This chapter displayed the results of the per each post test using the (wilcoxons signed test) for each experiment group.

And displayed the results of the per and post test using (Mann-Whitney test) for the two groups.

Chapter Five: Conclusions and Recommendations

• Conclusions:

According to the results, the researcher concluded the following:

1. The Plyometrics exercise in its two ways (circular and stations) have it effect in developing the explosive strength and some kinds of shooting in handball sport.
2. Using the Plyometrics exercises with circular training or stations training its effect in developing the explosive strength and some kinds of shooting in handball sport.
3. The steps of difficulty in Plyometrics exercises give good results in sports training , as some of these exercises have its difficulties in its performance (Boxes training).

• Recommendations:

According to the results, the researcher recommends the following:

1. Depending directly on Plyometric exercises in preparing and perfuming the training program which is used for developing the explosive strength depending on correct scientific bases, expert opinions and the scientific references.
2. Using Plyometric exercises in any of the two ways (circular or stations) to develop the explosive strength.
3. Making researches on the effect of Plyometric exercises on another physical sport, such as speed, reaction speed and basic skills, like fast break and feint.

PhD thesis summary

The effect of contrast training according Criteria for reference in the development of special strength and some types of shooting for young handball

2013

Part I: Definition searching:

1-1 Provided and the importance of research:

The handball games collective high impact in the hearts of sports fans as it contains elements of speed and power and excitement which increases the audience with the match, so there must be elements of strength for the players to match the nature of performance skills for this game, and these modern methods which has a great role in the development of muscle strength is training method disparate and call it training Bulgarian line with the emergence of this method training, which depends on the variation in the nature of training in terms of Cdd and used in the performance of physical exercise and skill, and even continue the training process to achieve its objectives set for player or for the whole team to be subjected players to process calendar continuously and this process becomes useless, but if there's coach values true or Criteria for Foreign Affairs for the same players even compares results of the assessment with these grades to become aware of the level reached by the team physically or Technical to stand on errors may encountered during the period of training and try to change the vocabulary curriculum in line with the level of team members and achieve its objectives set for them, so the importance of research is reflected using the method of training variant within a group exercises according Criteria for reference

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in the development of special strength and some types of correction for
.young players handball

1-2 research problem :

The problem with search in that most of the training curriculum developed than most coaches in the Iraqi environment is not to compare the results of the team with the Criteria for external even be recognized at the level reached by the player and whether achieved objectives training curriculum which drives the process of training ahead and avoid mistakes and weaknesses, which affects player during the period of the competition.

1-3 objectives:

- 1-Building standards spoken reference to the force and the types of correction in a handball game for the youth in question.
- 2-Preparation of a training curriculum contrasting style training to
.develop its own power and some types of correction handball youth
- 3-Identify the impact of the curriculum prepared contrasting style training in the development of power and some types of correction handball in a sample search.

4-Identify effective recruitment Spoken reference standards in training variant in the development of power and some types of correction handball among members of the research sample.

1-4 hypotheses:

1-There were statistically significant differences in pre and post measurements for members of the research sample in tests of strength and tests corrigendum search of members of the research sample.

2 -There were significant effect to employ Spoken reference standards in training variant in the formative tests of strength and some types of correction to the members of the research sample.

3-There is a development in the proportion of force and correction by jumping high and stable handball in the experimental group.

1-5 areas of research :

1-5-1 the human sphere: the players clubs Karkh, Erbil and Sulaymaniyah .and the Peshmerga, the army and Karbala, Diyala youth handball in Iraq

1-5-2 the temporal domain: 15/12/2011 till1 /3 / 2013

spatial domain: the halls and handball courts in Karkh and clubs Arbil, .Sulaymaniyah and the Peshmerga and the army, Karbala and Diyala.

Part II: theoretical studies and similar

This included the door on the theoretical side and similar studies, it included the theoretical literature and Arab and foreign studies that dealt with the subject of research and related Bmngarath, but similar studies have included study of Izzat Ibrahim Alsyd Mahrous and study Leith Ibrahim Jassim AL Ghurery.

Part III: Research Methodology and field procedures

The researcher used the descriptive style survey to achieve the first objective of the research in the extraction Criteria for reference force private and correction by jumping high and stable handball for young players, as the number of sample individuals Criteria for reference (95) players from clubs Karkh, Erbil and Sulaymaniyah and the Peshmerga and the army, Karbala and Diyala to the youth, as used Researcher experimental method is designed the same group to achieve research objectives second and third hypotheses, and included sample experimental (13) player of the club Diyala sports were chosen from teams that finished last in the league for the 2010 season, as ranked Club Diyala sports for the youth center penultimate , as applied approach exercise style training variant within the same group of duplicates and continued implementation of the curriculum for two months and by (24) and a training module by three training modules weekly and shepherd researcher testing training (progress) to members of the experimental group to determine the level at which they have achieved and the impact of method training followed since been conducting tests in the middle of the experiment as well as the measurements pre and post and through the results of these tests were verified level players who have achieved good results compared with Criteria for reference extracted formerly of the research community These players continue to vocabulary curriculum, the players who did not arrive to achieve the degree of the test approach including equal (80%) understand the train using additional modules strike to break the stability and improve their level like their colleagues, and then the researcher used appropriate statistical methods .to extract the results analyzed and discussed

Part IV: Display and analysis and discussion of results

Contains this section to view and analyze the findings of the researcher and discussed, as was extracted Criteria for reference to the

power of private and correction by jumping high and stability and work schedules with this Criteria for reference as well as levels and grades standard for each variable and then discuss these results, as has been presenting and analyzing the results of the experimental group in research variables and analyzed and discussed, as was the effect size for extraction training method variant within the same group of exercises, .which achieved good results in achieving the goal of using it

Part V: Conclusions and recommendations

In light of the findings of the researcher came out the following

conclusions:

- 1-The use reference Criteria for reference in Power player gives a clear explanation of the coach for the training process and the strengths and .weaknesses of the players and user training curriculum
- 2-The use reference Criteria for reference in comparing the results of the players allows the coach to find effective solutions to the reluctance of some of the players in the process of positive development in the physical .and skill aspects of both, as well as the user of the training curriculum
- 3-The training process is a continuous process, so the tests must be performed during periods of interim training and stand on the results of these tests and compare them with the Criteria for reference to the same .community and the same local environment
- 4-Disparate training method proved to be effective in the development of special force for members of the research sample, for its positive effect in creating an atmosphere interacts with the players training away from the .monotony in use intensity per within a group exercise
- 5-The use of skill exercises serve the physical side and skill at the same time increases the development of the players and help create a large

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area of the positive performance of physical effort in the process of
.playing

And recommends the following

- 1-Adoption of trainers the reference Criteria for reference learned from society and compared the results with players, to correct errors and
.evaluating the training process
- 2-Using contrasting style training within a group in strength training
.exercises to be effective in motivating players and upgrading
- 3-Diversity in the use of modern training methods and training methods varied works to break the deadlock, and the development of players
.physically and Technical.
- 4-Selection of appropriate training loads of players on the capabilities according to modern scientific methods working on the development of
.achievement
- 5-Studies for creating Criteria for reference of the physical characteristics of the other, even integrates the trainers group Criteria includes all the physical attributes of game of handball and against which the training
.process is performed in a scientific and accurate
- 6-Studies contrasting style training in other types of the effectiveness and the impact of this training method in the development of physical
.attributes, which reflected positively on the performance skills

❖ **THE JOBS**

	JOB	Workplace	Duration
1	Sports Science Journal Secretary	College of Physical Education and Sports Science, University of Diyala	2009-2010
2	Division of Studies, Planning and Follow-up	College of Physical Education and Sports Science, University of Diyala	2013-2014
3	Student Registration Division	College of Physical Education and Sports Science, University of Diyala	2014-2015
4	Head of Team Games Branch	College of Physical Education and Sports Science, University of Diyala	2015-2018

❖ **Universities and institutes where he worked**

COLLEGE	Duration
College of Physical Education and Sports Science, University of Diyala	2008-2021

❖ **المقررات الدراسية التي قام بتدريسها**

YEAR	Study subject	Branch	COLLEGE	UNIVERSITY	ت
2008-2209	Research	Sciences	Physical Education and Sports Science	Diyala	١

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2014-2015	The science of sports training the second stage	Sciences	Physical Education and Sports Science	Diyala	٢
2016-	The science of sports training the fourth stage	Sciences	Physical Education and Sports Science	Diyala	٣
2009-2010	handball second stage	team games	Physical Education and Sports Science	Diyala	٤
2010-2014	Fourth stage handball	team games	Physical Education and Sports Science	Diyala	٥
2014-	handball third stage	team games	Physical Education and Sports Science	Diyala	٦
2021-	Writing a thesis	Graduate Studies	Physical Education and Sports Science	Diyala	٧





❖ Supervision of master's theses and doctoral theses

year		college	university	
2017-2018		Physical Education and Sports Science	diyala	
The effect of using a proposed training			title	

device in developing some special physical abilities and achieving the (100m) youth activity				
year		college	university	
2019-2021		Physical Education and Sports Science	diyala	
The effect of skill exercises in a qualitative compound training method on the most important physical and skill abilities of handball players aged (16-18) years			title	

❖ Conferences

The first international conference Karmian / Faculty of Physical Education				title
year	Post type (search - attend)	Section	Place	ت
2014	<input type="checkbox"/> - <input checked="" type="checkbox"/>	Physical Education and Sports Sciences	Karmian university	1
The First International Conference, University of Diyala / College of Physical Education and Sports Sciences				Title
year	Post type search - attend)	Section	Place	ت
2018	<input type="checkbox"/> - <input checked="" type="checkbox"/>	Physical Education and	DIYALA	2

		Sports Sciences		
The First International Conference, University of Sulaymaniyah / College of Physical Education and Sports Sciences				title
year	Post type search – attend)	Section	Place	ت
2018	 - 	Physical Education and Sports Sciences	Sulaymaniyah	3
The second scientific conference/ University of Duhok/ College of Physical Education and Sports Sciences				TITLE
year	Post type search - attend)	Section	Place	ت
2020	 - 	Physical Education and Sports Sciences	Duhok	4

❖ **Research projects in the field of specialization to serve the environment and society or to develop education**

Research Title	Published DATE	JOURNAL
<i>The effect of exercises similar to different playing movements in the development of some individual offensive skills in handball</i>	2010	<i>Sports Science Journal</i>
<i>The effect of using technical learning in learning</i>	2010	<i>Journal of Physical</i>




<i>the skill of handling and transferring its effect to the skill of handball shooting</i>		<i>Education Sciences</i>
<i>Determining standard levels of explosive power and speed as an indicator for the acceptance of female students in the College of Physical Education / University of Diyala</i>	2012	<i>Sports Science Journal</i>
<i>The effect of training with maximum and above maximum intensity in developing the special strength of young handball players</i>	2013	<i>Contemporary Sports Journal</i>
<i>Building spoken reference standards and levels of special strength and some types of shooting for youth handball in Iraq</i>	2013	<i>Sports Science Journal</i>
<i>The effect of exercises similar to performance using rubber bands in developing the strength and accuracy of shooting for young players in handball</i>	2014	<i>Contemporary Sports Journal</i>
<i>The effect of hierarchical training with high and low interval load on the development of speed-distinguishing strength endurance for young handball players</i>	2016	<i>Sports Science Journal</i>
<i>The effect of muscle lengthening exercises associated with resistance in developing explosive strength and flexibility of the shoulders and trunk and its relationship to the shooting strength of handball players</i>	2017	<i>Studies Journal</i>
<i>The effect of exercises using training aids to develop the skill of long and short handling for young players in handball</i>	2018	<i>Sports Science Journal</i>
<i>The effect of exercises using a modified training device in developing the strength and speed of young handball players</i>	2019	<i>Sports Science Journal</i>













❖ Research published in international journals (impact factors)

International Journal of psychosocial Rehabilitation		Journal	1
THE EFFECT OF TRAINING IN TWO METHODS TO DEVELOP DISTINCTVE SPEED POWER AND SOME BASIC SKILLS		Research Title	
2020			
JOURNAL OF CRITICAL REVIEWS		Journal	2
THE FLEXIBLE RESISTANCES TO DEVELOP THE MUSCULAR ABILITY OF THE ARMS AND LEGS AND ITS EFFECT ON THE POWER AND ACCURACY OF THE AIMING USE OF FOR YOUNG HANDBALL PLAYERS		Research Title	
2020			

JOURNAL OF CRITICAL REVIEWS		Journal	3
TRAINING THE MAXIMUM FORCE AND SPEED AND ITS EFFECT ON DEVELOPING EXPLOSIVE POWER AND DISTINCTIVE SPEED, FOR YOUNG PLAYERS WITH HANDBALL		Research Title	
2020			
European journal of molecular and clinical medicine		Journal	4
THE USE OF BALLISTIC TRAINING METHOD IN THE DEVELOPMENT OF SPICICA, FORCE ANT ITS EFFECT ON THE SPEED OF THE KINETIC RESPONSE TO THE DEFENSIVE MOVMENT OF YOUNG PLAYERS HANDBALL		Research Title	
2020			

❖ **Creations or activities in which he won (awards / certificates of appreciation / commendation document)**

Military training project for students and university affiliates		type of creativity or activity	1
Year	Donor	commendation document	
2015	Minister of Higher Education and Scientific Research	  	

Completing the work of an examination committee		type of creativity or activity	2
Year	Donor	commendation document	
2010	University's president	  	
Completion of the term of assigning the presidency of the team games branch		type of creativity or activity	3
Year	Donor	commendation document	
2018	University's president	  	
Completion of the term of assigning the presidency of the team games branch		type of creativity or activity	4
commendation document	Donor	commendation document	
2014	University's president	  	
Completion of the term of assigning the presidency of the team games branch		type of creativity or activity	5
commendation document	Donor	commendation document	
2015	University's president	  	

Literature:

Future trends in sports training		BOOK TITLE	
Diyala University Press		PRESS	1
unsystematic	number of editions: 1	date of publication: 2011	
The simplified understanding of the scientific research method in physical education and sports sciences		BOOK TITLE	
Diyala University Press		PRESS	2
unsystematic	number of editions: 1	date of publication: 2015	
Modern applications in sports training		BOOK TITLE	
Diyala University Press		PRESS	3
unsystematic	number of editions: 1	date of publication: 2019	