

Curriculum Vitae



Full Name	Riad Abdel Reda Farhan Wared		
date of birth	2/2/1977		
Certificate	PhD	date obtained	23/8/2015
General specialty	Physical Education and Sports Science	Specialization:	biomechanics gymnastics
The scientific title:	Assistant Professor	date obtained	30/11/2020
Number of years of service in higher education:			15 years
Number of years of service outside higher education:			Empty
E-mail:		riad.abdelreda@uodiyala.edu.iq	
Bachelor's Degree Awarding Body:	Diyala University, College of Physical Education and Sports Sciences		
date obtained		2002	
Master's Degree Awarding Body:	Diyala University, College of Physical Education and Sports Sciences		
date obtained		2010	
PhD awarding body:	Diyala University, College of Physical Education and Sports Sciences		
date obtained		2015	

Master's thesis title

*The use of a proposed spring device to develop the performance of some
back air flips on a mat*

Ground movements for the cubs category in artistic gymnastics

submitted by

Riyad Abdul Redha Farhan

Supervised by

a . Dr. Abdul Sattar Jassim Mohammed a. Dr. Furat Jabbar Saadallah

*The study includes five chapters, and the first chapter can be summarized
as:*

Introduction and importance of the research:

*The civilization and progress of peoples is measured by the extent to
which society makes good use of the human wealth inherent in its
members and directs their energies to a sound constructional direction
that contributes to human progress.*

*As the development of sports activities in general and gymnastics in
particular did not come about by chance, but came as a result of
extensive technical developments and the conduct of many research and
studies by specialists and researchers to find new and modern
educational and training methods in order to improve the level of
performance and achieve the best achievements.*

*And the use of modern training aids has led researchers and experts in
the field of training and learning to work hard to find the best educational
and training aids that fit with the individual capabilities and the
capabilities available to the trainee and the learner in the surrounding
environment. Because of its importance in technical performance, the
researcher decided to use a proposed spring device that helps players to
develop the level of height by jumping to develop their performance level
for ground movements in the service of sports in our society and to try to
add some modern training methods.*

The objectives of the research were:

- Designing a proposed spring device to develop the performance of the
posterior pneumatic heartbeats (pelvic and curved) on the floor mats in
the artistic gymnastics.*

- *Recognizing the effect of using the proposed pulsating device to develop the performance of the posterior aerobic heartbeats (spherical and curved) on the floor movements in the artistic gymnastics.*

The assumption of the search is:

- *The proposed pulsating device has a positive effect on developing the performance of the posterior pneumatic heartbeats (spherical and curved) on the floor mats in the artistic gymnastics .*

The areas of research were:

- *The human field: the cubs of Al-Khalis Club in technical gymnastics, and their number is (7) players, aged (7-9) years.*
- *Time range: for the period from 20/1/2011 to 4/8/2011*
- *Spatial domain: the training center of the Directorate of Sports Activity in Khalis / Diyala.*

The second chapter included:

Theoretical studies and similar studies related to the use of assistive devices, teaching aids, training approach and aids.

And the third chapter:

It included the research methodology and field procedures.

The researcher used the experimental method with the control and experimental groups.

As for the research community, it included the players of Al-Khalis Club for Technical Gymnastics, the category of cubs, and their number reached (7) players, aged (7-9) years. As for the research procedures, the researcher conducted a proposed design of a spring device to develop the performance of some back aerobic flips on the floor movement mat. The researcher conducted a pre- and post-test for the performance of the posterior air circulation (spherical and curved) on the floor mat.

Chapter Four:

The researcher presented, analyzed and discussed the test results, as well as included tables, and they were discussed in a precise scientific manner in order to reach the conclusions of the research through the results that appeared.

Chapter Five

It included conclusions and recommendations: One of the conclusions was:

- The proposed pulsating system has a positive effect on developing the performance of the aerobic heart rate for the cubs players.

One of the recommendations was:

- Adopting the proposed device as a device for developing the motor performance of the Cubs category in the technical gymnastics.

PhD thesis title:

The effect of using an auxiliary device in some angles of performing the back aerobic skill on the parallel device in artistic gymnastics for men

researcher

Instructor: Riyad Abdul-Ridha Farhan Al-Rubaie
admin

Prof. Dr. Ferdous Majid Amin Al-Bayati

The thesis contains five chapters:

The first chapter included the introduction and the importance of the research:

Sports in general is the performance of some movements and physical effort is used that requires that skill to perform that sport, which is within certain laws and rules, and this sport may be just for entertainment, physical fitness, a hobby or competition between people, and sports differ from one sport to another according to the behavior followed Whether it is a group or individual, it also differs in the goals of the sport, whether it is for physical building, fitness, talent, and so on. Gymnastics is one of the types of these sports that are individual in its performance, which is the process of performing a series of movements on the devices used in gymnastics and these movements are different according to the device that is performed on them and the type of difficulties and special requirements for them, the importance of research comes through finding training aids for the player and coach To develop the level of performance and bring the individual to the ideal level and achieve achievement in the sport of higher levels.

The search problem:

The research problem crystallized in two questions: First, the lack of reliance on the mechanical side during the training process to develop the performance of the players due to the fact that the mechanical side of its most important goals is to diagnose strengths and weaknesses and treat them to reach the best performance.

Second: The lack of use of assistive devices has an impact on the development of performance, as these devices have a major and essential role in the segmentation of movement and this contributes to facilitating the performance of the technical stages of the movement, which in turn

helps players to develop mobility and then reach the best performance through the development of movement sections, especially In compound movements and movements of leaving and returning to the device such as parallel and pull-up devices, through what is tangible from witnessing the places of training abroad and the large number of auxiliary devices in the gymnasium hall and the lack of auxiliary devices in our gymnasium hall.

Research goal:

1. The effect of using an auxiliary device to develop some performance angles and back air flip on the parallel device for juniors in artistic gymnastics men.
2. Knowing the effect of the auxiliary device in the development of some performance angles and the back air movement on the parallel device in the artistic gymnastics men.

Force search:

1. There are statistically significant differences for the auxiliary device used to develop some performance angles and the posterior airway on the parallel device in the artistic gymnastics men.

As for the second chapter, it included theoretical and previous studies, as it included biomechanical theoretical studies and its applications in the sports field, kinetic analysis, technical gymnastics, biomechanical analysis and its importance in gymnastics, parallel device specifications, auxiliary devices, skill, difficulty of special requirements and biomechanical variables related to skill. Nizar Talib 1998, Ali Sobhi Khalaf Fahdi Al Janabi 2000, Saadallah Abbas Rashid 2004, Ismail Ibrahim Mohammed 2005).

As for the third chapter, it included the research methodology and field procedures, as the researcher used the experimental method for one group to suit the nature of solving the problem. (Al-Kout) Gymnastics Club for juniors, whose number is (6) players and constitutes 16.66% of the original community. This researcher also dealt with the tools and devices used in the research, as the researcher used an auxiliary device to develop the posterior pelvic heart and some biomechanical variables designed by the researcher on the parallel device for men, and the researcher used the statistical package (SPSS) to process the data.

As for the fourth chapter, it included presentation, analysis and discussion of the results, as the researcher presented and analyzed the results in graphic forms and tables and discussed them using modern scientific methods.

While the fifth chapter was the conclusions and recommendations that the researcher reached through the results that appeared in the fourth chapter.

The most important conclusions were:

1. The auxiliary device has a positive effect on the development of some biomechanical variables.
2. The auxiliary device has a positive effect on developing the skill of the posterior pelvic air heart.
3. The assistive device helped reduce the effort and time of the coach and the player.
4. The opening of the knee angle during the swing phase with the level of the bar helped the player to give an ideal horizontal distance.
5. Reducing the hip angles during the balling phase helps the athlete to overcome the moment of inertia and increase the rotational speed in circular motions.

The researcher also recommends:

1. Adoption of the auxiliary device for the development of some biomechanical variables on the parallel device for other samples.
2. Adoption of the auxiliary device to develop the skill of the posterior pelvic pneumatic heart beat on the parallel device for other samples.
3. The need to find auxiliary training aids in gymnastics on other devices.
4. The need to pay attention to the swing and open the corners of the shoulder and knee while performing the left movements on the parallel device.
5. The necessity of designing an auxiliary device to develop the skill of performing the pelvic or open frontal flips on the parallel device in the artistic gymnastics.
6. Attention to modern techniques when analyzing complex skills in gymnastics.

;Positions held

NS	Occupation	Workplace	period from – to
1	Exam committee member	Diyala University, College of Physical Education and Sports Sciences	2006-2007 2009-2021
2	Head of the Finance Committee	Diyala University, College of Physical Education and Sports Sciences	2016-2018

Universities or institutes in which he taught *

Courses Taught -

NS	University	the college	Section	Subject	academic year
1	Bilad al_rafidain	College of Physical Education and Sports Sciences	single games	gymnastics	2013-2015

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2	Diyala	College of Physical Education and Sports Sciences	single games	gymnastics	2003-2007
3	Diyala	College of Physical Education and Sports Sciences	single games	gymnastics	2007-2009
4	Diyala	College of Physical Education and Sports Sciences	single games	gymnastics	for -2009 now

Conferences, seminars and workshops in which he participated

Address		The second international scientific conference / the first joint			
NS	Place	Section	Post type (search - attend)		academic year
1	Dohuk University	College of Physical Education and Sports Sciences	<input type="checkbox"/>	<input type="checkbox"/>	2020
Address		The first international conference, University of Mosul / College of Basic Education			
NS	Place	Section	Post type (search - attend)		academic year
2	Diyala	College of Physical Education and Sports Sciences	<input type="checkbox"/>	<input type="checkbox"/>	2020

The courses he participated in and conducted

NS	Course title	Training arbitration course in artistic gymnastics	
1			
	Place	Diyala University, College of Physical Education and Sports Sciences	2015
NS	Course title	Training arbitration course in artistic gymnastics	
2			
	Place	Diyala University, College of Physical Education and Sports Sciences	2016

NS	Course title	Training arbitration course in artistic
3		gymnastics
	Place	Diyala University, College of Physical Education and Sports Sciences
		2017

International magazines and the magazine (impact factors) in which he published

NS	magazine name	Indian journal of public health research and development
1		
	Research Title	<i>Flexibility in terms of some biomechanical indicators and their relationship to the performance of the skill of the hands jump back on the ground mat</i>
	Country	India
		2020
NS	magazine name	The Swedish Journal of Scientific Research
2		
	Research Title	<i>The effect of jump squats with heavy and light weights in the development of some particular physical qualities and 100m achievement by (deaf and dumb) disabled athletes</i>
	Country	Sweden
		2015
NS	magazine name	International journal of pharmaceutical research
3		
	Research Title	<i>Extraction of some pharmacy kinetic variants using and adjuvant for the development of the posterior aerodynamic cornea on the parallel device of the junior technician</i>
	Country	India
		2019

Membership of scientific, local and international bodies

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

NS 1	Authority name			
	Sweetened-international	affiliation date	still a member - Membership Expiry	the year
	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Creations or activities in which he won (awards / certificates of appreciation / thank you books)

NS 1	type of creativity or activity	Global Domain Publishing ((Scopax		
	The title of the activity or creativity	Publish research		
	what he got award / certificate of appreciation / (thank you letter	Donor	the year	
	<input type="text"/>	President of Diyala University	2020	

Authorship and translation

NS 1	The title of the book			
Publishing house name				
Year of Publication /	number of / editions	Systematic <input type="text"/>	-unsystematic <input type="text"/>	

The languages he speaks

Contributions to community service

- Member of the jury of the first degree in artistic gymnastics

Other activities

