

## Curriculum Vitae



Full name: Shorouq Mahdi Kazem

Date of birth: 4/12/1975

-Certificate: PhD / Date of obtaining it: (20/2/2008(

General Specialization: Physical Education / Subspecialty: Sports Training

Academic Title: Assistant Professor / Date of Obtaining: (12/3/2015(

Number of years of service in higher education: (21 years(

Number of years of service outside higher education: none

Email: dshruq08@gmail.com

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

Date obtained: (1998 -1999(

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

Date obtained: (2002(

The awarding body for the doctoral degree: University of Baghdad

Date obtained: (20008(

**The influence of using two training  
programs by using (One-way and  
multi-way style) to develop some  
basic skills in handball team**

*An experimental study*

*A Thesis*

*Submitted to the College of Physical Education  
for Women - University of Baghdad in Partial  
Fulfillment of The Requirement for Master  
Degree in Physical Education*

By

**Sherooq M. Kadhum**

**2002**

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***The influence of using two training programs by using (One-way and multi-way style) to develop some basic skills in handball team***

**Abstract**

*Written by :*

*Sherooq M. Kadhum*

*Supervisor*

*Dr. Ali T. Musleh*

*Supervisor*

*Dr. Soa'ad A. Katlan*

The study includes five chapters. The first chapter contains the identification of research that has introduction and research importance, also deal with importance of new training styles by using one-way and multi-way styles in order to find the best ways and styles for suitable basic training skills that still search in handball game and to be high training and skill levels. This training style is using only to develop physical features and provides the activity of its development.

The research problems deals with finding the ratio of suitable training styles in developing basic skills in handball game by depending on scientific foundation without going back to experience and single endeavor.

The aims research: First preparation two training programs to develop some basic skills in handball game by using two training styles, one-way and multi-way.

Second, knowing the range of effectiveness of two styles in developing some basic skills in handball game.

The research hypothesis includes:

1. There are differences in statistical significance between the outcome of pre-test and post-test in two experiment groups, first (one-way) and second (multi-way).
2. There are differences in statistical significance between two experiment groups, first (one-way) and second (multi-way) in post-test.

The research domains include: human domain, young players of Diala athletic club in handball game in Diala government. Time domain, the period from 17/1/2002 to 7/3/2002 spatial domain includes indoor of games for Diala athletic club / Diala government.

Chapter two includes theoretical sides and connected studies. Theoretical side includes five scopes, the first scope is the concept of training and sport training in handball. The second scope is the concept of sport skills and basic skills in handball. The third scope is concept of skill preparation handball game. The fourth scope includes training units, have their divisions and types. The fifth and last scope includes training units concept and form of load in it that include macro, meso and micro training units.

The connected studies include three studies that one Blatoof study, Ali Biak 1997 studies and Nofil Mohammed Mehmud 1999, in addition to comments of these studies.

Chapter three, program of research and field procedure have included research program that using experiment designing the comparison and superlative between



experiment various. The research specimens includes young players of Diala athletic club and their total number after take out 16 players evaluate them by lotting way to two experiment groups using first group (one-way) and make to be equal between experiment groups in training age various and length and weight , also physical features (power , speed , flexible and agility). In addition to basic that still search (shot, pass, receive and dribble) . They well limit by second questionnaire to specify the importance types of skills that select by experiences in first questionnaire . The skill tests includes three tests: shot test on goal , pass and receive tests on wall for period 30 second and dribble tests in curve direct for distance 30 meter.

The research had made exploratory experiment on 17/1/2002 make pre-test of research specimen and two experiment group by helping team work and supervised directly by the research to stand on skill level to specimen for period , one day after appreciate two training program on two research groups , it is used first experiment group about 8 players for one-way style while it is using second experiment group about 8 players for multi-way style in training on basic skill in handball game that still search for six weeks for each group in 6 training units in a week. So the total of training units 36. The preparation part share 641.55 miute and the percent is about 18.44 minute while main part share is 2540.4 minute and the percent is about 73. The last pant is about 298.05 minute and the percent is about 8.56%.

Time of skill preparation and every program is about 1312.72 minute. It is made to divide on skills that search



*University Of Baghdad*  
*College Of Physical Education for Women*

**A Proposed Training Program Using Exercise  
Application of Various Playing Movements and  
Their Effect On Performing Some Offence and  
Defense Individual and Team Skills In Handball**

*A Dissertation Submitted by*

*To*

*The council of the College of Physical Education for women / University Of  
Baghdad as partial requirements for getting the degree of philosophy in  
Physical Education*

*Advisors*

*Prof. Dr. Newal Muhdi Al Obaidi*  
*Prof. Dr. Abdul Wehab Ghazi Humoodi*

*2007*

# **A Proposed Training Program Using Exercise Application of Various Playing Movements and Their Effect On Performing Some Offence and Defense Individual and Team Skills In Handball**

The dissertation consisted of five chapters:

## **Chapter One (Introduction):**

**The importance of the study** lies in proposing training program using exercise application of various playing movements and their effect on performing some offence and defense individual and team skills in handball

**The problem of the study** was in the lack of coaches' interest in giving these exercises during training sessions although they are used during games and that will lead to positive results.

### **The Aims of the Study:**

1. Specifying a group of special tests to test individual and team offence and defense skills.
2. Designing a training program using application exercises of playing movements for handball players.
3. Identifying the effect of this program on performing individual and team defense and offence skills.

### **Hypothesis of The Study:**

1. The proposed training program using application exercises has a positive effect on performing individual and team defense and offence skills that are similar to playing movements.
2. There are statistical differences between pre and post tests and in favor of post tests in performing individual and team defense and offense skills that are similar to playing movements.

### **Fields of the study:**

*Subjects:* they were (16) Iraqi handball league players of the season 2006 – 2007.

*Date :* from 18/2/2006 till 25/7/2007.

*Place:* indoor court of Al Ke Athletic club.

## **Chapter Two ( Review Of Literature):**

This chapter tackled the concept of science of training, application exercises and the basic skills in handball as well as planning individual and team offence and defense principles.

## **Chapter Three ( Procedures):**

This chapter included the procedures of the study and the subjects. In addition to that it contained the pilot study, and individual skill tests and shooting individual and team defense and offence skill. Also it mentions in details the application of the proposed training program that consisted of (24) training session with (8) weeks special preparation time.

#### **Chapter Four ( Display Of Results):**

This chapter contains the results of the study as well as the analysis and discussion.

#### **Chapter Five ( Conclusions and Recommendations):**

The researcher concluded that :

1. The training program has a positive effect on the development of individual and team basic skills like (passing, reception, dribbling, decoy and scoring) and in favor of the post tests of the experimental group.
2. the application exercises used in the study have a good effect on the development of individual defense skills and as follows ( defense vs. passing, defense vs. offence, defense v. scoring)
3. Using he application exercise according to the proposed training program has an obvious effect on the development of team offence skill and they were as follows (switching players' situations skill, interception skill, blocking skills.

Finally the researcher recommended the following:

1. Making sure of varying the exercises related to the basic skill that resembles the demands of competition and connecting them with playing plans. This effects the development of the level of playing defense and offence.
2. Using similar application exercises of other playing movements of basic offence skill.
3. Training on the basic offence and defense skills and connecting them with playing plans that suits the demands of offence and defense during training sessions.



academic year	Subject	Section	the college	the University	٢
2011-2009	Research	Theoretical sciences	physical education	Diyala	١
2015-2013	his physiology	Theoretical sciences	physical education	Diyala	٢
2021-2015	sports training	Theoretical sciences	physical education	Diyala	٣
2021-1999	handball	team games	physical education	Diyala	٤
2021-2020	Athletic Training / Optional	Graduate Studies	physical education	Diyala	٥

Courses he developed or contributed to

academic year	Subject	Section	the college	the University	٢
					١
					٢
					٣
					٤
					٥
					٦

Supervising letters and theses

Nothing

□ Conferences, seminars and workshops in which he participated

The First International Conference, University of Baghdad / College of Physical Education				Address
s	academic year	Post type search - ) (attend	Section	Place
1	2020	<input type="checkbox"/> <input checked="" type="checkbox"/>	physical education	Diyala University
				Address
s	2020	<input type="checkbox"/> <input checked="" type="checkbox"/>	physical education	Dohuk
The First International Scientific Conference (Humanities and Pure Sciences: A Vision (towards Pure Education and Teaching				Address
s				
3	2019	<input type="checkbox"/>		
				Address
s		)		
4		<input type="checkbox"/> <input checked="" type="checkbox"/>		
				Address

**The courses he participated in and conducted**

s	International course in sports training		Course title
	2019	Diyala - College of Physical Education and Sports Sciences (Modern trends	Place

		(in sports training	
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<b>s</b>	<b>Sports Medicine Course (Sports Injuries and Rehabilitation</b>		<b>Course title</b>
<b>1</b>			
	<b>2019</b>	<b>Diyala College of Physical Education and Sports Sciences</b>	<b>Place</b>
<b>s</b>			<b>Course title</b>
<b>2</b>			

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

<b>s</b>	<b>magazine name</b>	<b>University of Baghdad \ College of Physical Education and Sports Sciences Scientific Journal</b>		
	<b>Research Title</b>	<b>The use of special exercises to develop the explosive power of the legs and its impact on scoring by jumping from the corner with handball</b>		
	<b>Country / Iraq</b>	<b>2013</b>		
<b>s</b>	<b>magazine name</b>	<b>Diyala University/College of Physical Education and Sports Sciences/Journal of Sports Sciences</b>		
	<b>Research Title</b>	<b>The effect of movements similar to different playing movements in the development of individual offensive skills in handball</b>		
	<b>Iraq</b>	<b>2010</b>		

s	magazine name	<b>Diyala University/College of Physical Education and Sports Sciences/Journal of Sports Sciences</b>	
1	<b>Research Title</b>	<b>The effect of added weights for arms and legs in developing some physical abilities in handball</b>	
2	Country / Iraq	2014	
s	magazine name	European Journal of Molecular &Clinical Medicine	
1	Research Title	The Effect Of A Skillful Training Curriculum On Developing Handball Shooting Skills For Young Players	
2	/ Country	<b>Volume 13 ,Issue 2, Apr - Jun, 2020</b>	

S	magazine name	European Journal of Molecular & Clinical Medicine
Research Title	The Effect Of A Proposed Training Program For Weightlifting Exercises ( To Develop The Explosive Power To Perform Handball Shooting Skill For \Young Players	
Country	Volume 13 ,Issue 2, Apr - Jun, 2020	
S	<b>magazine name</b>	European Journal of Molecular & Clinical Medicine
Research Title	The Effect Special Exercises On Developing Speed Of Performance For Dribbling And Correction S Kill For Young P layers With H ANDBALL	
/ Country	Volume 13 ,Issue 2, Apr - Jun, 2020	
<b>magazine title</b>	<b>University of Babylon College of Physical Education Journal of Physical Education Sciences</b>	
<b>Research Title</b>	<b>Special exercises to develop harmonious abilities, mental perception and shooting forms for young players in handball</b>	
<b>Country / Iraq</b>	<b>2015</b>	
magazine name	University of Duhok and Noon Center for Research and Specialized Studies	
<b>Research Title</b>	<b>The effect of a proposed training program for plyometric exercises in developing the explosive power of the performance of the handball shooting skill for .young players</b>	
<b>Iraq</b>	<b>2019</b>	
<b>magazine name</b>	<b>University of Baghdad/College of Physical Education and Sports Sciences Scientific Journal</b>	
<b>Research Title</b>	<b>The effectiveness of controlling the frequency of pregnancy using skill exercises in a number of skill abilities of young football players</b>	

<b>Country</b> <b>/ Iraq</b>	<b>2019</b>
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### **The languages he speaks**

- 1. Arabia**
- 2.**
- 3.**

### **Contributions to community service**

### **Other activities**