

Curriculum Vitae



Full Name	Nizar Nazim Hamid Al-Khashali		
date of birth	١٩٧٠/٦/٢٦		
Certificate	PhD	date obtained	٢٠١٩/١٢/١
General specialty	Physical Education and Sports Science	Specialization:	The science of training
The scientific title:	Assist. Professor	date obtained	٢٠٢٠/١/١٢
Number of years of service in higher education:	13 years		
Number of years of service outside higher education:	Empty		
E-mail:	nizar.nazim@uodiyala.edu.iq		
Bachelor's Degree Awarding Body:	Diyala University, College of Physical Education and Sports Sciences		
date obtained	٢٠٠٧/٢٠٠٦		
Master's Degree Awarding Body:	Diyala University, College of Physical Education and Sports Sciences		
date obtained	٢٠١٢		
PhD awarding body:	Diyala University, College of Physical Education and Sports Sciences		
date obtained	٢٠١٩		

Master's thesis title

The title of the master's thesis: ((The effect of a proposed training curriculum on developing special strength and its relationship to shooting and achievement motivation for young handball players)).

Researcher: Muhammad Walid Shehab Al-Khashali

Supervisors: Prof. Dr. Abbas Fadel Jaber, Prof. NS. Dr.. Laith Ibrahim Jassim

The letter included five chapters:

1- Part one: Introduction to the research.

The introduction and the importance of the research, which is based on presenting the reality of handball and the development of its physical and performance requirements, especially the special strength, and its importance in the game of handball and its relationship to shooting, as well as the impact of psychological factors in sports in general and handball in particular, including achievement motivation and a statement of the relationship of strength to achievement motivation in handball. , as well as the importance of studying the modern reality of the special force and in light of this, a proposed training curriculum was developed to develop the special force and to identify the relationship of the special force to correction and achievement motivation.

As for the research problem, it crystallized through the researcher's follow-up and his direct contact with handball players in Iraq. He noticed the lack of interest of quite a few handball coaches in special strength training and giving them enough time in their training curricula, which consequently led to the emergence of a clear weakness in the performance of handball skills. With the required strength, such as weakness in shooting at the goal, as well as the lack of research linking this weakness to psychological aspects, according to the researcher's knowledge, and in light of this problem between the researcher's goals and assumptions.

The research objectives were summarized in:

- Develop the vocabulary of a proposed training curriculum to develop the special strength of young handball players, members of the research sample.*
- Identifying the impact of the proposed training curriculum vocabulary in developing the special strength of the research sample members.*
- Identifying the type of relationship between the special force, correction and achievement motivation among the experimental group members.*

The researcher assumes the following:

- The vocabulary of the proposed training curriculum has a positive impact on developing the special strength of young handball players, members of the research sample.*

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

- *There are statistically significant differences in the results of the tests (pre- and post-test) for the special strength of the experimental and control groups, and in favor of the post-tests.*
- *There are statistically significant differences in the results of the tests (post-post) for the special strength of the experimental and control groups and in favor of the experimental group.*
- *There is a statistically significant correlation in the post tests between special strength, correction and achievement motivation among the experimental group members.*

The fields of research were:

The human field: a sample of Iraqi youth handball players for the 2011-2012 sports season.

Time range: for the period from 18/2/2012 to 30/6/2012.

Spatial domain: Al-Karkh Sports Club indoor hall for sports.

2- Chapter Two: This chapter is included.

Theoretical studies and similar studies, and the theoretical studies included several axes, the most important of which are special strength and its importance in handball, as well as methods of training special strength, as well as the skill of handball shooting in terms of strength and accuracy. This section also deals with psychological factors and achievement motivation and their importance in the sports field and in handball. In particular, this chapter includes similar studies related to the research topic.

3- Chapter Three: This chapter is included.

Research methodology and field procedures: The researcher used the experimental method, with two equal groups, experimental and control. The proposed training according to the objectives of the research on the other hand, as well as this section includes the proposed training curriculum and its axes and how to codify it, as well as the use of appropriate statistical means to address the results.

4- Chapter Four: This chapter includes.

Presentation, analysis and discussion of the results of the tests, as it included two axes. In the first axis, the researcher dealt with the presentation, analysis and discussion of the results of the tests for the indications of differences for the experimental and control groups. The second axis included the presentation, analysis and discussion of the results of the correlation coefficients between the special strength and the correction and achievement motivation for the members of the experimental group in the post tests. The researcher reinforced the fourth chapter with tables and graphs.

5- Chapter Five: This chapter is included.

The conclusions reached by the researcher in the light of what he concluded, recommendations were developed, and in light of the content

of the discussion of the results, the study concluded the following conclusions:-

- 1- The vocabulary of the proposed training curriculum has a positive effect in developing the research variables from the special strength of the research sample members.*
- 2- There is a clear positive effect of the approach followed by the members of the control group in the tests (pre- and post-test) in developing the speed characteristic of the arms and endurance of the force of the legs, and the lack of a clear positive impact on the variables of explosive force of the arms and legs, the speed characteristic of the legs and the endurance of the force of the arms.*
- 3- The experimental group showed a clear superiority over the control group in the results of the post tests in the special strength variables.*
- 4- There is no effective relationship between the shooting force on the one hand and the explosive force of the legs and the speed characteristic of the arms and legs and the endurance of the force of the arms and legs on the other hand for the members of the experimental group.*
- 5- There is no effective relationship between the accuracy of shooting on the one hand and the special force on the other hand for the members of the experimental group.*
- 6- There is no effective relationship between achievement motivation on the one hand and the special strength on the other hand for the members of the experimental group.*

This prompted the researcher to develop a set of recommendations and proposals that would participate in the development of the sports level towards the best achievement, and accordingly, the most important recommendations were as follows:-

- 1- Adoption of the proposed training curriculum for the development of special forces*

PhD thesis title :

Doctoral thesis title: “The effect of special exercises according to visual vision in developing some visual abilities and offensive tactical skills of young handball players.”

Researcher: Nizar Nazim Hamid Al-Khashali

Supervised by

Prof. Dr. Hamoudi Essam Noaman

Prof. Laith Ibrahim Jassem

The sports training process is a planned educational process based on scientific foundations, and the coach's goal when planning training programs for the players is to reach the ideal performance during the matches to achieve the best results, and this will not be achieved unless the players reach the state of sports formatting, which is done by integrating all aspects of preparation (physical - skill - mental - psychological), and the process of revealing modern methods in the training process is one of the main tasks of the sports coach to reach the integrated and ideal performance and thus achieve the desired achievement, and visual vision training is one of the modern methods that the coach can rely on to improve sports performance along with other methods Because of its great importance during training and competitions.

Handball is one of the competitive games that are characterized by a lot of variables during the match, so the player's skill performance must be characterized by effectiveness, adequacy and adaptation, meaning that the player achieves the goal of performance on time and under any conditions that hinder his performance, hence the importance of visual capabilities in the player's performance. handball.

Accordingly, the main objectives of the study were identified as follows:

- 1- Designing and constructing tests for some visual abilities and offensive tactical skills of young handball players aged 17-19 years, members of the research sample.*
- 2- Preparing special exercises according to the visual vision to develop some of the visual abilities and offensive tactical skills of the members of the research sample.*
- 3- Recognizing the effect of special exercises according to the visual vision in developing some of the visual abilities and offensive tactical skills of the research sample members.*

The researcher used the experimental method with two equal groups, the experimental and the control, and the (pre-post) test.

The research sample consisted of (65) players from provincial clubs and teams in Iraq, the youth handball category for the season

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

(2018/2019), divided into exploratory samples (15) players, a building sample (30) players, an experimental group (10) players, and a control group (10) players, and the researcher worked on building a set of field tests for visual abilities in addition to tests of offensive tactical skills, using an electronic system that the researcher designed for this purpose, in addition to including the training curriculum for a set of visual vision exercises using colored lights and colored balls to develop visual abilities and with similar performance For the skills of the handball game, which works to develop offensive tactical skills, the researcher used the statistical bag (spss) to treat the data statistically.

The researcher deliberately discussed the obtained results and put them in tables that serve as an illustrative tool for the results of the study.

In light of the content of the discussion of the results, the study concluded the following conclusions:

- 1- Visual vision exercises led to a development in the variables of visual abilities (visual accuracy, speed of peripheral vision, depth of visual vision).
- 2- Visual vision exercises led to the improvement and development of the offensive tactical skills under study.
- 3- Visual abilities can be improved and developed through appropriate visual training using visual visual performance exercises similar to the performance requirements of practicing sports events.
- 4- The tests that the researcher built to measure the visual abilities in the field have yielded results in measuring the level of these abilities of the players during performance.

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

Positions held;

NS	Occupation	Workplace	period from – to
1	Responsible for the Department of Teaching Affairs	Diyala University, College of Physical Education and Sports Sciences	2008-2010

*** Universities or institutes in which he taught**

NS	Entity (university / (college / institute	period from – to	Notes
1	Diyala University, College of Physical Education and Sports Sciences	2008/2010	Handball
٢	Diyala University, College of Physical Education and Sports Sciences	2012/2021	Handball
٣	Diyala University, College of Physical Education and Sports Sciences	2020/2021	sports training

- Courses Taught

NS	University	the college	Section	Subject	academic year
1	Diyala	College of Physical Education and Sports Sciences	team games	Handball	2008/2010
٢	Diyala	College of Physical Education and Sports Sciences	team games	Handball	2012/2021
٣	Diyala	College of Physical Education and Sports Sciences	team games	sports training	2020/2021

Courses he developed or contributed to

NS	University	the college	Section	Subject	academic year
1	Diyala	College of Physical Education and Sports Sciences	team games	Handball	2016

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

Supervising letters and theses

NS	University	the college	Section	academic year
1	Diyala	College of Physical Education and Sports Sciences	Graduate Studies	٢٠٢١/٢٠٢٠
Title or thesis	The effect of special exercises in the style of speed-change in the development of some physiological variables and the special endurance of mini-football players			

Conferences, seminars and workshops in which he participated

Address		The First International Conference of the College of Education for Girls - University of Kufa		
NS	Place	Section	Post type (search - attend)	academic year
1	University of Kufa	College of Physical Education and Sports Sciences	<input checked="" type="checkbox"/> - <input type="checkbox"/>	٢٠١٥
Address		The First International Conference of Isra University College		
NS	Place	Section	Post type (search - attend)	academic year
٢	University Acceleration College	health education	<input checked="" type="checkbox"/> - <input type="checkbox"/>	٢٠١٦
Address		The first international conference of the Faculty of Physical Education and Sports Sciences / University of Kufa		
NS	Place	Section	Post type (search - attend)	academic year
٣	University of Kufa	College of Physical Education and Sports Sciences	<input checked="" type="checkbox"/> - <input type="checkbox"/>	٢٠١٨
Address		The First International Conference of the College of		

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

Physical Education and Sports Sciences / University of Diyala				
NS	Place	Section	Post type (search - attend)	academic year
٤	Diyala	College of Physical Education and Sports Sciences	<input type="checkbox"/> - <input type="checkbox"/>	٢٠١٨
Address The First International Conference of the College of Physical Education and Sports Sciences / University of Duhok				
NS	Place	Section	Post type (search - attend)	academic year
٥	Dohuk	College of Physical Education and Sports Sciences	<input type="checkbox"/> - <input type="checkbox"/>	٢٠٢٠
Address The first virtual conference of the College of Physical Education and Sports Sciences / University of Diyala				
NS	Place	Section	Post type (search - attend)	academic year
٦	Diyala	College of Physical Education and Sports Sciences	<input type="checkbox"/> - <input type="checkbox"/>	٢٠٢٠

The courses he participated in and conducted

NS	Course title	Handball training course		
1				
Place		Specialized Center for Sports Talent / Diyala Governorate	٢٠١٤	
NS	Course title	Cross ball training session		
2				
Place		Arab Republic of Egypt / Zagazig	٢٠١٥	
NS	Course title	The refereeing session with the passing ball		
3				
Place		Arab Republic of Egypt / Zagazig	٢٠١٥	

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

NS 4	Course title	Diyala Governorate Council / Youth and Sports Division
Place	Qualification and training of sports leaders	٢٠١٥
NS 5	Course title	The training course entitled (Mirash Sports Program)
Place	The Egyptian Arabic Republic	٢٠١٩
NS 6	Course title	(Training course entitled (Sports Physiology
Place	The Egyptian Arabic Republic	٢٠١٩
NS 7	Course title	Training course entitled (Rehabilitation of (anterior cruciate ligament injury
Place	The Egyptian Arabic Republic	٢٠١٩
NS 8	Course title	Training course entitled (Nutrition and (sports for pregnant women
Place	The Egyptian Arabic Republic	٢٠١٩
NS 9	Course title	Virtual training course on sports planning and preparation
Place	Diyala Governorate Education Directorate	٢٠٢٠

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

NS	Research Title	Publisher's place	the year
.١	The effect of a proposed training curriculum on developing transitional speed and individual fast attacking for young handball players.	Sports Science Journal	٢٠١٤
.٢	The effect of some plyometric exercises in the development of explosive power and its relationship to the accuracy of long-distance shooting from jumping for young handball players.	Kirkuk University Journal	٢٠١٥
.٣	Psychological stress and its relationship to accuracy	Contemporary Sports	٢٠١٦

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

		Magazine	
.٤	Near hopping hand reel.	Al-Qadisiyah Journal of Sports Sciences	٢٠١٦
.٥	The effect of using different height exercises in developing some types of muscle strength for young weightlifters.	Sports Science Journal	٢٠١٦
.٦	The relationship of neuromuscular compatibility with handling accuracy	Israa Journal of Health and Psychological Sciences	٢٠١٦
.٧	Shooting for young handball players.	Sports Science Journal	٢٠١٨
.٨	The relationship of electrical activity of the lateral and rectus femoris muscle to the thrust force at the moment of elevation of the smash hit in volleyball.	Sports Science Journal	٢٠١٩
.٩	The effect of exercises using training aids to develop the skill of long and short handling for young players in handball.	Sports Science Journal	٢٠١٩
١٠	The effect of visual vision exercises in developing some offensive tactical skills of young handball players.	Al- Mustansiriya Journal of Sports Sciences	٢٠١٩
١١	The effect of special exercises in developing the endurance of speed and the speed of performing defensive moves to cover the lightning attack of young handball players.	Basra University Journal	٢٠١٩
١٢	The effect of competition exercises (similar to playing) in developing the handling and shooting skills of young handball players.	Sports culture magazine	٢٠٢٠

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

١٣	The effect of special exercises (physical - skill) in developing the speed of motor response and the performance of some types of individual defensive moves for young handball players.	Dohuk University Journal	٢٠٢٠
١٤	Physical-kinesthetic intelligence and its relationship to some basic skills of young handball players.	Duhok University Magazine	٢٠٢٠
١٥	The effect of using different heights exercises for deep jumping in developing the explosive power of the legs and the accuracy of high jump shooting for young handball players.	Sports Science Journal	٢٠٢١
١٦	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.	Sports Science Journal	٢٠٢١

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

NS 1	magazine name	Al-Asr International Magazine / Malaysia
	Research Title	The center of control and its relationship to the performance of the skills of handling and tapping in handball.
	Country	Malaysia ٢٠١٥
NS 2	magazine name	Al-Asr International Magazine / Malaysia
	Research Title	The effect of mental training exercises in sequential and random methods on learning and retaining the skills of handling and shooting in handball.

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

Country		Malaysia	٢٠١٦
NS	magazine	European Journal of Sports Sciences	
3	name		
Research Title		Visual accuracy and its relationship to the accuracy of shooting and jumping among young handball players.	
Country		Sweden	٢٠١٨

Membership of scientific, local and international bodies

N	Authority name	The Iraqi National Authority for Sports Talent		
S				
1				
Sweetened-international	affiliation date	still a member - Membership Expiry	the year	
<input type="checkbox"/>	<input type="checkbox"/>	٢٠١٤	<input type="checkbox"/>	<input type="checkbox"/>

N	Authority name	Iraqi Association Sports Training Branch		
S				
2				
Sweetened-international	affiliation date	still a member - Membership Expiry	the year	
<input type="checkbox"/>	<input type="checkbox"/>	٢٠٢٠	<input type="checkbox"/>	<input type="checkbox"/>

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

N S 1	type of creativity or activity	development cycle	
	The title of the activity or creativity	give lectures	
	what he got award / certificate of appreciation /) (thank you letter	Donor	the year
	<input type="text"/> <input type="text"/> <input type="text"/>	Mr. Governor of Diyala	٢٠١٥
N S 2	type of creativity or activity	Exam committee	
	The title of the activity or creativity	Examination committee member	
	what he got award / certificate of appreciation /) (thank you letter	Donor	the year
	<input type="text"/> <input type="text"/> <input type="text"/>	Mr. Minister of Higher Education	٢٠١٨
N S 3	type of creativity or activity	Patented	
	The title of the activity or creativity	Sports equipment design	
	what he got award / certificate of appreciation /) (thank you letter	Donor	the year
	<input type="text"/> <input type="text"/> <input type="text"/>	Diyala University	٢٠١٩
N S 4	type of creativity or activity	cooperation between ministries	
	The title of the activity or creativity	give lectures	
	what he got	Donor	the

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

	award / certificate of appreciation /) (thank you letter		year
	<input type="text"/> <input type="text"/> <input type="text"/>	Iraqi Ministry of Education	٢٠٢٠
N S 5	type of creativity or activity	Discussion Committees	
	The title of the activity or creativity	Discussion committee member	
	what he got award / certificate of appreciation /) (thank you letter	Donor	the year
	<input type="text"/> <input type="text"/> <input type="text"/>	College of Basic Education/University of Diyala	٢٠٢٠
N S 6	type of creativity or activity	Supervisor	
	The title of the activity or creativity	Master's student supervision	
	what he got award / certificate of appreciation /) (thank you letter	Donor	the year
	<input type="text"/> <input type="text"/> <input type="text"/>	1998	
	<input type="text"/> <input type="text"/> <input type="text"/>	College of Physical Education and Sports Sciences / University of Diyala	٢٠١٨

Authorship and translation

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

The languages he speaks

1- Arabia

Contributions to community service

1. *Member of the Handball Committee of the Sports Talent Care Center in Iraq*
2. *Lecturer in the development courses for coaches at the Sports Talent Care Center in Iraq*
3. *Lecturer in the developmental courses for trainers in the Ministry of Education*

Other activities

1. *Patent application number - 187/2019, date of granting the patent - 17/5/2020*
2. *Diyala University handball coach for the 2016/2017 academic year*
3. *Coach of the Faculty of Physical Education and Sports Sciences handball team for the academic year 2016/2017*
4. *Diyala Sports Club handball coach for the 2013/2014-2014/2015 sports season.*
5. *He holds an international training and arbitration certificate for handball.*
6. *He holds an international training and arbitration certificate in cross-country football.*