

Colleg of pysical education and sports sciences- university of diyala

Curriculum vitae

Full name : alaa kamel Gbbare

Date of brith:1981-3-27

Certification : masters degree

Date of obtaining: 2012-3-18

General jurisdiction :physical education

Exact jurication: biomechanical

Scientific title: instructor

Date of obtaining:2018-7-4

Number of years of service in higher education: 7 uears

Number of yaers of service outside higher education: no found

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The awarding body for the bachelors degree: university of diyala

Obtained:2009-9-20

The awarding body for the masters dgree : university of diyala

Date Obtained:2012-3-18

Special exercises according to some biomechanical variabls and its effect on for the aiming
experitise in jumping high when playing hand ball

Alaa kamel jabbar

Supervised by

Dr.maha m.sallh

Dr.ayad h. rasheed

.The letter contained five doors

:The first section included: - Introduction and the importance of research

The success of the player in performing the basic offensive skills, including shooting with his types, does not only depend on the development of physical and skill abilities, but goes beyond that to take into account the distinctive mechanical aspects of performance, which is the momentum or performance of skill quickly through the integration or transmission of



movement between the joints of the body. This means taking advantage of the momentum achieved from each part and moving it through the joints within a correct motor path to the other parts to achieve the mechanical goal of shooting skill, which is to score his goal with speed and accuracy.

Biomechanics view sports technical performance as a dynamic achievement with the least possible effort to solve a specific motor duty and thus it examines the biomechanical problems of different movements from which sports movements concern us.

The importance of research is highlighted by preparing special exercises to achieve the special momentum of the torso in the shooting phase of jumping high in the young handball category (17-19) years and the extent of its effect in improving some of the biomechanical changes of the shooting skill of jumping high with the handball.

As for the problem of research, it is recognized that students in this field look for the smallest and most accurate variables, the most important of which is that they are likely to have positive effects in order to improve training and educational processes, whether in the preparation of teams or in contributing to the development of skills such as jumping by handball. Because of its great importance in determining the results .

Accordingly, this study was an attempt to put special exercises on some biomechanical variables and reveal its impact on the momentum of the trunk for the skill of shooting high handball to achieve the best results and the best performance.

The objectives of the research are:

- 1- Preparing special exercises according to some biomechanical variables on the momentum of the trunk in the shooting stage of jumping high among young handball players
- 2- Knowing the effect of special exercises according to some biomechanical variables on the momentum of the trunk in the shooting phase of jumping high handball

The hypothesis of the research is: (There is a statistically significant effect of special exercises prepared according to some biomechanical variables on the momentum of the trunk in the shooting skill of jumping high handball)

The areas of research are:

Human Field / Diyala Youth Handball Club Players

Temporal field / 17/10/2010 to 17 July 2011

Spatial Field / Indoor Hall of Diyala Sports Club

The second part included:

This section included what biomechanics are and its importance in the field of sports, as well as the researcher addressed the concept of the momentum of the trunk as well as the researcher addressed the skill of shooting and his types of handball and the technical stages of this skill as well as clarifying sports exercises in training and the development of sports

movements and their returns on the body in general and was addressed to the youth group and age characteristics and how to train them and the researcher presented a series of similar studies that support research and scientific aspect.

The third part included :

The researcher used the experimental curriculum with a single group with tribal testing and remote testing to suit the research and the research sample consisted of (13) players representing Diyala Youth Sports Club handball. The researcher conducted tribal and remote tests using imaging for the shooting skill of jumping high to the search sample in the closed Diyala Club hall and the researcher used a set of exercises for the motor momentum of the torso in the main section of the training unit and the motor analysis program (dart fish) was used to extract variables for trunk momentum and the researcher took statistical means as a law (t.test) to process the results statistically.

The fourth part is:

Title IV includes presenting the results reached through the use of appropriate statistical means. The results were presented in the form of tables and graphs and were analysed and discussed in a scientifically accurate manner.

The fifth door included:

The researcher reached the following conclusions and recommendations:

- 1- Special exercises prepared according to some biomechanical variables have a positive effect on the linear momentum of the torso in the skill of shooting by jumping high with a handball.
- 2- The effect of the exercises in question contributed positively to the progress of the variable angle speed of the torso in the shooting skill of jumping high handball in young players in the distance tests.

Positions held:

ns	occupation	workplace	Period from – t0
1	Graduate studies unit responsible	Diyala university . college of physical education and sports sciences	2020-2016
2	Responsible for the division of missions and cultural relations	Diyala university . college of physical education and sports sciences	٢٠٢٠

Conferences and seminars in which he participated:

Fourth international scientific conference on sciences:

ns	place	section	Post type	ns
1	University of babylon	Physical education	Research	١

1-the first international scientific conference for physical education sciences

ns	place	section	Post type	The year
1	2018	Physical education	presence	٢٠١٨

The courses he participated in:

Ns	Post type	section	place	Cycle type	The year
1	presence	Physical education	University of diyala	Sports medicine course	2018
2	participant	Physical education	University of diyala	Handball referee course	2017

Scientific research :

The year	Place of publication	Research title	٤
2017	Anbar university. Faculty of physical education and sports sciences	Analytical and comparative study between the beginnings of the different modes of the kinetic path of the weight with the snatch lift according to some kinematic variables	١
2017	diwaniyah university. Faculty of physical education and sports sciences	The effect of the comparative competition method according to some errors of motor performance by shooting from above the head of the third stage students	٢
2017	babylon university. Faculty of physical education and sports sciences	Place of publication visual intelligence according to the intelligence levels of the second stage students and its relationship to shooting from asimilar situation to playing towards amoving automatic handball goalkeeper	٣

Publishing in international magazines:

The year	country	Magazine name	Research title	ت
2020	britain	Tropical medicine and public health	The effect of circular training on the flexibility of the trunk and legs of junior football players	١
2020	india	Indian journal of publich and development	The 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	٢