

Curriculum Vitae



Full Name	Ahmed walhan Hamid Hadi		
date of birth	1981/7/8		
Certificate	PhD	date obtained	2015/8/23
General specialty	Physical Education and Sports Science	Specialization:	Training Physiology/ Volleyball
The scientific title:	Assistant	date obtained	2019/1/24
Number of years of service in higher education:			13 years
Number of years of service outside higher education:			Empty
E-mail:	Ahmed.walhan.@uodiyala.edu.iq		
Bachelor's Degree Awarding Body:	Diyala University, College of Physical Education and Sports Sciences		
date obtained	2005		
Master's Degree Awarding Body:	Diyala University, College of Physical Education and Sports Sciences		
date obtained	2012		
PhD awarding body:	Diyala University, College of Physical Education and Sports Sciences		
date obtained	2018		

Master's thesis title

The effect of ballistic training in developing some special physical abilities and its relationship to the accuracy of the crushing skill of young volleyball players

PhD thesis title:

The effect of special exercises using various resistances in developing muscular ability according to the electrical activity of the most important working muscles and accuracy

Youth volleyball offensive skills

admin

Prof. Mujahid Hamid Rashid

2018AD

admin

Prof. Laith Ibrahim Jassem

1440AH

researcher

Ahmed and Lahan Hamid

The thesis contains five chapters:

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

It is certain that the effectiveness of the performance of the game of volleyball is determined in the end by the level of the muscle contraction unit during the performance of the skills of the game, which can be the most important manifestations of the intensity of the nerve impulses reaching the working muscle during the performance of the skill, which can be used electromyography (EMG) to infer the action of Muscles during the performance of the required skills, as the muscle activity cannot be measured without the presence of movement, and this measurement needs to perform the movements realistically to give a correct indication of the muscular variables.

The importance of the research lies in preparing special exercises using different and varied resistances in a way that keeps pace with the development taking place in training age groups for young volleyball players according to various resistances in an attempt to raise the physical capabilities of this category and thus obtain a higher level of performance that is reflected in the skill capabilities, as well as the

strength of the unit. The contraction obtained from the electrical activity of the working muscles during the performance of volleyball skills.

The study aimed to:

.1Preparing special exercises using various resistances to develop the muscular ability of the most important muscles and the accuracy of performing offensive skills in volleyball for youth.

.2Identifying the effect of special exercises using various resistances in developing muscular ability according to the electrical activity of working muscles and offensive skills in volleyball for youth.

As for the research method, the researcher used the experimental method, as the researcher adopted the experimental design with the experimental and control groups, due to the fact that this design fits the nature of the research problem, as the experimental group were Diyala Sports Club players and the problem was diagnosed on its members, which made the researcher choose the design of the two groups with a pre-test And the dimension (the tight control), as well as specifying the place and time of training according to a special timetable set by the Directorate of Youth and Sports. The research sample included the players of Diyala Volleyball Club and Al Khalis Club for the sports season (2016/2017), which numbered (28) players, and four players were excluded The exploratory experiments were conducted on them, and the researcher's choice of the research sample came by the intentional method.

The thesis also 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.

The most important conclusions reached by the researcher:

.1Exercise has a positive effect by using resistances according to electrical activity in developing the muscular and explosive ability of the legs and the explosive ability of the arms for young players in volleyball for young people.

.2The exercises using various resistances helped in developing the accuracy of the offensive skills performance (serving, crushing, blocking) in volleyball for young players.

.3Exercises using resistors contributed to the development of some muscular abilities according to the electrical activity of the members of the research sample.

The researcher also recommends the following:

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.1The necessity of preparing trainers for exercises using resistances according to electrical activity in developing the muscular capacity of the muscles working in offensive skills.

.2The necessity of using resistance exercises according to electrical activity in developing physical abilities and offensive skills.

.3The necessity of taking care of the exercises using the resistors during the preparation period (public and private).(

Positions held;

NS	Occupation	Workplace	period from – to
1			
2			

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

- Courses Taught

NS	University	the college	Section	Subject	academic year
1	Diyala	College of Physical Education and Sports Sciences	team games	volleyball	-2008 2021

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 checked="" 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 checked="" type="checkbox"/> – <input type="checkbox"/>	2020	

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The courses he participated in and conducted

NS	Course title	Refereeing in volleyball	
1			
Place	Diyala University, College of Physical Education and Sports Sciences	2018	
NS	Course title	Volleyball training skills	
2			
Place	Baghdad University, College of Physical Education and Sports Sciences	2016	

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

NS	magazine name			
1				
Research Title				
Country				

Membership of scientific, local and international bodies

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

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

N S 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="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Diyala University	2020

N S 2	type of creativity or activity	Examination committees work	
	The title of the activity or creativity	Completing the work of the examination committees	
	what he got award / certificate of appreciation /) (thank you letter	Donor	the year
	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	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="checkbox"/> -unsystem <input type="checkbox"/>

The languages he speaks

1- Arabia

Contributions to community service

Other activities