

Curriculum Vitae



Full name: Marwa Khaled Jihad Muhammad

Date of Birth: 11/22/1987

Certificate: PhD / **Date of obtaining it:** 11/9/2019

General specialty: Physical Education and Sports Science / **Subspecialty:** Biomechanics

Academic title: Doctor teacher / **date obtained:** 11/9/2019

Number of years of service in higher education: 2 years

Number of years of service outside higher education: 5

Appointment date: 8/1/2014

Awarding body for the bachelor's degree: College of Physical Education and Sports Sciences / University of Diyala **Date of obtaining it:** 2008-2009

Awarding body for the master's degree: College of Basic Education / University of Diyala

Date obtained: 2013

Awarding body for the doctoral degree: College of Basic Education / University of Diyala

Date obtained: 2019



:Master's thesis title

The effect of physical exercises on the index of energy transfer
and some kinematic variables for the skill of shooting from high
jumping with handball.

a message you gave

Marwa Khaled Jihad

Supervised by: Prof. Dr. Maha Mohamed Saleh

AH 2012

AD 1433

:The letter included five chapters

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

The biomechanics looks at the technical sport performance as a
kinetic achievement with the least possible effort to solve a
specific kinetic duty... and deals with the application of
mechanical laws to the conduct of sport movements according to
the vital determinants of the athlete, and thus it examines the
biomechanical problems of the different movements, which we
are concerned with sport movements.

The phenomenon of kinematic errors that accompany
performance, and the player's failure in his performance of basic
and offensive skills, including shooting of all kinds, does not
depend on the lack of development of physical and skill abilities
only, but also goes beyond that to the failure to take into account
the mechanical aspects of performance, which is an indicator of
energy transfer between the joints of the body, so solutions
should be developed Scientific through effective training means to
develop the physical and skill abilities of young players according
to correct biomechanical conditions while applying the vocabulary
of the training curriculum and knowing the extent of its impact on
the development of the energy transfer index as well as the
accuracy of the skillful performance of shooting high jumping with
handball.

The importance of the research is highlighted by preparing physical exercises that deal with the energy transfer index in the shooting stage of high jumping handball for the junior category (14-17) years, and its impact on improving some biomechanical variables related to the skill of shooting from high jumping with handball

Title of the doctoral thesis: ((The effect of a training curriculum on psychological calm and the development of the accuracy of the performance of some basic skills for

Research problem

The shooting from the handball jump is of great importance in determining the outcome of matches. Therefore, the researcher sought to address this skill under the perspective of biomechanical laws and treatments as an indicator of energy transfer to avoid obstacles and difficulties in the technical performance of this skill... And based on what the experts indicated, the researcher headed to try to address the errors in the mechanical motor performance of this skill among players, especially young age groups, including juniors. Including: bends and sharp angles in the joint of the body, as well as the apparent fluctuation in the time of some parts of the body, which leads to the failure of the shot from jumping high with the handball.

Accordingly, this study came as an attempt to develop physical exercises according to some biomechanical variables and to reveal their impact on the energy transfer index of the skill of shooting by jumping high in handball because of the importance of energy transfer in achieving the best possible performance and thus obtaining the required and ideal achievement of the skill of shooting because of its importance in winning the match.

-:Research objective

- 1-Preparing physical exercises according to some kinematic variables and energy transfer index to develop the high jump shooting stage for junior handball players
- 2- Knowing the effect of physical exercises according to some kinematic variables and the energy transfer index in the shooting stage by jumping high with handball.

:Research hypothesis

- 1-There is a statistically significant effect of the physical exercises prepared according to some kinematic variables and the energy transfer index for the skill of shooting high jumping with handball.

:Research areas

The human field: - Diyala Club players for the junior handball category .

Time range: From 1/11/2011 to 1/7/2012

The spatial domain: The closed hall of Diyala Sports Club.

Chapter Two / Theoretical and Similar Studies :

This chapter included the nature of biomechanics and its importance in the sports field. The researcher also dealt with the concept of energy transfer indicator. The skill of shooting and its types in handball and the technical stages of this skill, as well as clarification of exercise and its importance in training and development of sports movements and its impact on the body in general. The category of juniors and age characteristics and how to train them were discussed.

Chapter Three / Research Methodology and Field

Procedures:

The researcher used the experimental method with a one-group design with a pre-test and a post-test for the suitability of the research. The study sample consisted of (14) players representing Diyala Sports Club for the junior handball category. The researcher used a set of physical exercises in the main section of the training unit, and the kinetic analysis program (Dart Fish) was used to extract the variables related to the energy transfer index.

Chapter Four: Presentation, analysis and discussion of the results:

This section includes the presentation of the research results that have been reached through the use of appropriate statistical means.

Chapter Five Conclusions and Recommendations:

In light of the scientific findings and facts, the researcher reached a set of conclusions and recommendations, the most important of which are:

- 1- Employing special exercises prepared according to some kinematic variables to improve the energy transfer index of the junior handball players category for the teams of other clubs and the national and Olympic teams
- 2- The need to pay attention to the skill of shooting from jumping high, as it is the most important offensive skill, and to try to address other skills, whether offensive or defensive, to identify the level of impact of the energy transfer index on its performance.
- 3- Emphasis on studying and researching all the basic biomechanical variables of the energy transfer index such as the amount of speed and the stability of the mass as

well as the time of movement and the amount of distance, height and angle of departure to achieve the best level of the energy transfer index.

4-The need for coaches and players to pay attention to knowing the mechanical conditions during motor performance, which are related to speed and angles working on the joints of the body related to the skill.

5-Using modern scientific means and techniques, which are represented by kinetic analysis, such as the (Dart Fish) program to study the energy transfer index.

6-The necessity of conducting similar research and studies according to the procedures of this research for other types of shooting in handball, as well as for various other team and individual games.

dissertation abstract

The effect of special exercises accompanied by music on the energy transfer index of some individual defensive skills and physiological variables in handball for juniors

researcher

Marwa Khaled Jihad

Supervised by: Prof. Dr. Ahmed Shaker Mahmoud

AH 2019

AD 1440

The thesis consisted of five chapters:

The first chapter / introduction to the research:

The phenomenon of kinetic errors that accompany performance, and the player's lack of success in his performance of the basic offensive and defensive skills does not depend on the lack of physical and skill development only, but also goes beyond that to the failure to take into account the mechanical aspects and

distinctive variables of performance, which is an indicator of energy transfer between the joints of the body. Therefore, scientific solutions should be developed from Through effective training methods to develop the physical and skill abilities of young players while applying the vocabulary of exercises to accompany the music and knowing the extent of its impact on the development of the energy transfer index as well as the accuracy of the performance of defensive skills in handball. Given the importance of the physiological aspect and the role it plays in evaluating the training and functional status of football players. The hand, and what the coach can do to carry the training to develop the level of skill performance. Therefore, it has become necessary to adopt special exercises accompanying the music to ensure the continuation of the optimal performance of the player and to monitor some of the physiological variables resulting from the physical effort exerted. Also, biomechanics and training physiology look at the technical sports performance As a kinetic achievement with the least possible effort to solve a specific kinetic task.. They deal with the application of mechanical laws and physiological variables to the progress of sports movements according to the vital determinants of the athlete, and thus they discuss the biomechanical and physiological problems of the various movements, of which we are concerned with sports movements. Therefore, the importance of the research lies through the adoption of special exercises in a new style (accompanied with music), which can contribute to the development of individual defensive skills for junior

handball players, as well as in the energy transfer index and some physiological variables that the player must possess while performing individual defensive skills. hand reel. The research problem crystallized through the researcher's tendency to try to address errors in the mechanical motor performance of individual defensive skills in handball among players, especially young age groups, including juniors. Failure to perform these skills and this may reflect negatively on the required mechanical and physiological conditions suitable for this performance, which results in weakness in the manifestations of special movement. The study aimed to prepare special exercises to accompany music for junior handball players, and to know the effect of special exercises accompanying music on the energy transfer index for some individual defensive skills and physiological variables in handball for young people. Individual defensive skills and physiological variables for juniors handball.

As for the fields of research, they are: (The human field: the players of the National Center for Sports Talent, the junior handball category, while the temporal field from (5/11/2016 to 1/2/2019), and the spatial field: the National Center for Sports Gifted Handball Hall of the (Ministry of Youth and Sports / Baghdad).

Chapter Two / Theoretical and Similar Studies: This chapter included the nature of exercise, its types and its importance in training and developing sports movements and its effects on the body in general. And some individual defensive skills and their types in handball and some physiological variables. The researcher presented a

set of previous studies that support the research from a scientific point of view.

Chapter Three / Research Methodology and Field Procedures:

The researcher used the experimental method with the design of two equal groups to suit the research and the study sample consisted of (14) players representing the National Center for Sports Giftedness for the junior handball category. The researcher conducted pre and post tests using imaging and analysis of the individual defensive skills of the research sample in the hall of the National Center for Sports Talent of the Ministry of Youth and Sports. The total number of training units was (36) units. The researcher dealt with the statistical methods such as the T-test to treat the results statistically.

Chapter Four: Presentation, analysis and discussion of the results.

This section includes the presentation of the research results that were reached through the use of appropriate statistical means.

Chapter Five Conclusions and Recommendations:

Based on the results of the research, the researcher reached the following conclusions:

1-Employing exercises to accompany music to improve the energy transfer index of the junior handball players category for other club teams and the national and Olympic teams.

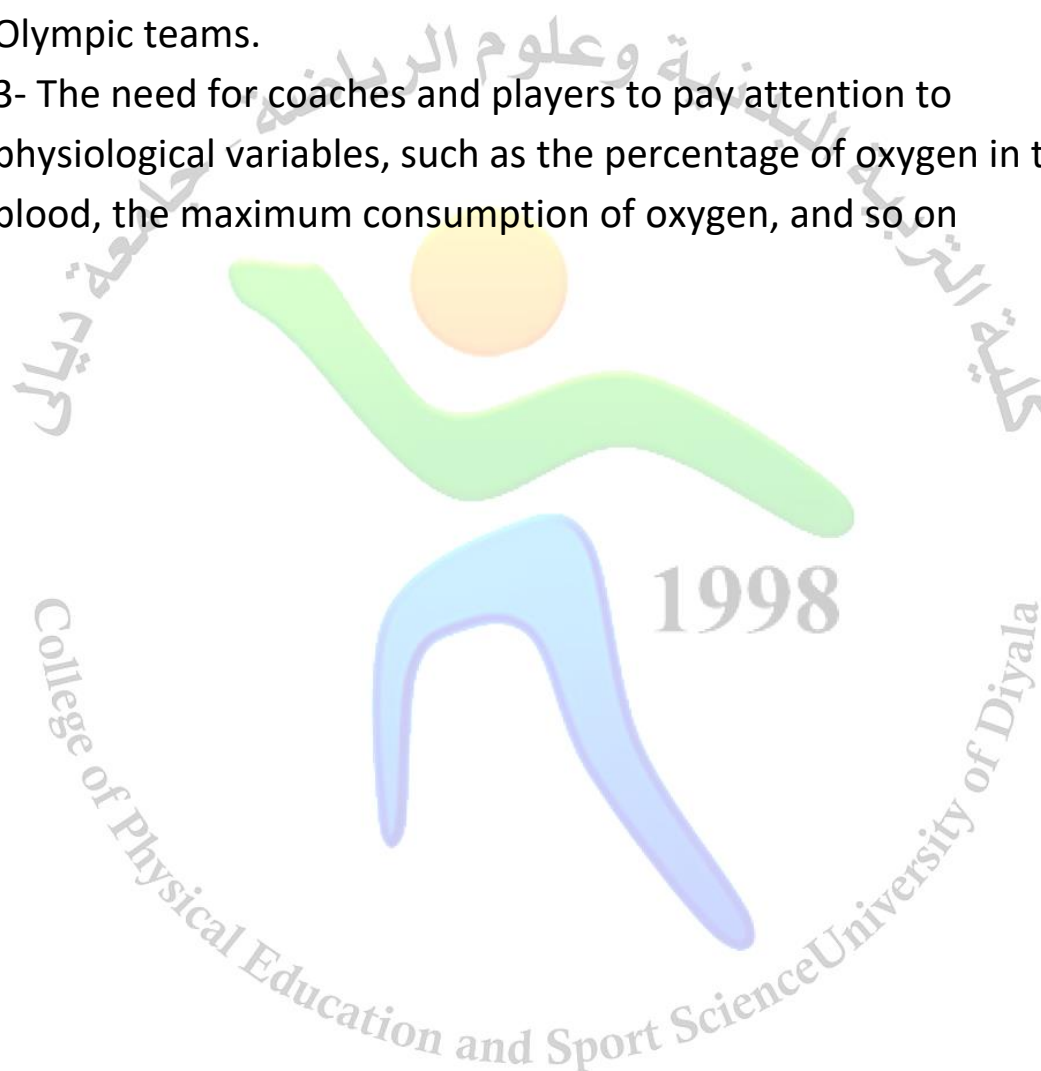
2- The need to pay attention to individual defensive skills in handball as one of the important skills, and to try to address other skills, whether offensive or defensive, to

know the level of influence of the energy transfer index
.and physiological variables in their performance

According to the findings of the researcher, she
recommends the following:

1- Employing exercises to accompany music to improve
the energy transfer index of the junior handball players
category for other club teams and the national and
Olympic teams.

3- The need for coaches and players to pay attention to
physiological variables, such as the percentage of oxygen in the
blood, the maximum consumption of oxygen, and so on



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Positions held;

NS	Occupation	Workplace	period from – to
1	Fitness Trainer	Ministry of Youth and Sports - Directorate of Youth and Sports Diyala	2017-2019
2	Head of the Women Empowerment Committee	Diyala University - College of Physical Education	2020 until now
3	Media Division Responsible	Diyala University - College of Physical Education	2021

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

- Courses Taught

NS	University	the college	Section	Subject	academic year
1	Diyala University - College of Basic Education	/	Department of Physical Education and Sports Sciences	Football	2015-2019
2	Diyala	physical education	free games	handball	2020- for now

***Courses he developed or contributed to**

N S	University	the college	Section	Material	acade mic year
1	Diyala	/	Faculty of Basic Education University College	bio mechanics	2012- 2014
2	Diyala	/	Faculty of Basic Education University College	Kinetic analysis	2012- 2014
3	Diyala	physical education	physical education	handball	2020- 2021

Conferences, seminars and workshops in which he participated

Address		With scientific research, we build the future to improve the sports reality			
NS	Place	Section	Post type (search - attend)	academic year	
1	Salahaddin University / Erbil		<input type="checkbox"/> - <input checked="" type="checkbox"/>	2019	
Address		The First International Scientific Conference / College of Education for Girls, University of Baghdad			
NS	Place	Section	Post type (search - attend)	academic year	
2	Baghdad University	physical education	<input type="checkbox"/> - <input checked="" type="checkbox"/>	2019	
Address		The second/first joint international scientific conference between			

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the College of Physical Education and Sports Sciences/University of Dohuk and Noun Center for Research and Specialized Studies				
NS	Place	Section	Post type (search - attend)	academic year
3	University of Duhok/College of Physical Education and Sports Sciences		<input type="checkbox"/> - <input checked="" type="checkbox"/>	2020
Address		The first virtual conference of the College of Physical Education and Sports Sciences		
NS	Place	Section	Post type (search - attend)	academic year
4	Diyala University/College of Physical Education and Sports Sciences	physical education	<input checked="" type="checkbox"/> - <input checked="" type="checkbox"/>	2020

The courses he participated in and conducted

NS	Course title	Volleyball referee course		
1				
Place		Iraqi National Olympic Committee / Central Iraqi Volleyball Federation	2010	
NS	Course title	Prepare for them as much as you can)) Summer Training Project for Youth		
2				
Place		Diyala Youth and Sports Directorate	2015	
NS	Course title	Human rights training course		
3				

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Place		Ministry of Human Rights / Provincial Affairs Department	2014
NS	Course title	Technical programs for world football academies	
4			
Place		Al-Shura Sports Academy	2021
NS	Course title	Assessment strategies in a virtual teaching environment	
5			
Place		Presentation design skills using power point application	2021
NS	Course title	Continuing Education Center	
6			
Place		Preparing and auditing final accounts according to the unified accounting system and the decentralized government system	2021
NS	Course title	The Iraqi Center for Creativity Advanced Skills in Training for the Program How do you set up your project	
7			
Place		Continuing Education Center	2021
NS	Course title	Arbitration in investment disputes and Strength training methods	
8			
Place		Shura Academy	2021


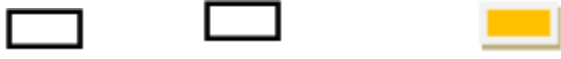
**International magazines and the magazine (impact factors) in
which he published**

NS	magazine name	Diyala University / Journal of Sports Sciences	
1			
Research Title		Determining standard levels for the most important physical and biomechanical indicators in the performance of the forward air movement skill on the floor mat	
Country		Iraq	2020
NS	magazine name	Layout Magazine	
2			
Research Title		The effect of a training program to develop psychological stability and performance of volleyball reception skill For youth forum players under the age of (19)	
Country		Iraq	2015
NS	magazine name	Layout Magazine	
3			
Research Title		The effect of a training program to develop psychological resilience and the performance of some basic skills for young footballers under 19 years of age	
Country		Iraq	2015

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NS	magazine name	Diyala University / Journal of Sports Sciences	
3			
Research Title		The effect of a training program on the development of physical attributes and their relationship to the accuracy of handball shooting	
Country		Iraq	2020





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

NS	type of creativity or activity	Contest	
1			
	The title of the activity or creativity	Religious competitions on the occasion of Muharram	
	what he got (award / certificate of appreciation / thank you letter)	Donor	the year
		Diyala Province	2019
NS	type of creativity or activity	Worksheet	
2			
	The title of the activity or creativity	Evaluate the work of the youth forums	
	what he got (award / certificate of appreciation / thank you letter)	Donor	the year
		Iraqi Ministry of Youth and Sports	2019

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NS	type of creativity or activity	education	
3			
	The title of the activity or creativity	e-learning success	
	what he got (award / certificate of appreciation / thank you letter)	Donor	the year
	<input type="text"/> <input type="text"/> <input type="text"/>	Ministry of Higher Education	2020
NS	type of creativity or activity	E-Learning	
4			
	The title of the activity or creativity	Student spacing	
	what he got (award / certificate of appreciation / thank you letter)	Donor	the year
	<input type="text"/> <input type="text"/> <input type="text"/>	Ministry of Higher Education	2020
NS	type of creativity or activity	Commitment	
5			
	The title of the activity or creativity	Creativity in career work	
	what he got (award / certificate of appreciation / thank you letter)	Donor	the year
	<input type="text"/> <input type="text"/> <input type="text"/>	Ministry of Higher Education	2021
NS	type of creativity or activity	urging students	
6			
	The title of the activity or creativity	Creativity in providing skills	

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	what he got (award / certificate of appreciation / thank you letter)	Donor	the year
		Ministry of Higher Education	2021
NS	type of creativity or activity	Dedicate	
7			
	The title of the activity or creativity	sports book	
	what he got (award / certificate of appreciation / thank you letter)	Donor	the year
		College of Physical Education - Babylon	2021
NS	type of creativity or activity	Dedicate	
8			
	The title of the activity or creativity	1998 sports book	
	what he got (award / certificate of appreciation / thank you letter)	Donor	the year
		College of Physical Education – Diyala	2021
NS	type of creativity or activity	Dedicate	
9			
	The title of the activity or creativity	sports book	
	what he got (award / certificate of appreciation / thank you letter)	Donor	the year
		College of Basic Education - Diyala	2021

Authorship and translation

The languages he speaks

1- Arabia

2-

3-

Contributions to community service

1- Head of the Women Empowerment Committee

2- Member of the Student Disciplinary Committee

3 -Member of the psychological and educational guidance committee

4-A member of the annual performance appraisal committee for teachers and staff

Other activities

1-Holding scientific competitions

2-Conducting field tests

3-Holding tournaments for team games inside the college

