



## Curriculum Vitae

**FuecturerII Name:** turki hilal khadim

**Date of birth**1/3/1974

**Certification:** Assistant Lecturer

**date of obtaining ;** 6/9/2019

**general jurisdiction:** Physical Education

**exact jurisdiction;** Science Sports Training

**(Number of years of service in higher education:** (17 years

**(Number of years of service outside higher education:** (0 years

**Email:**turkihila7@gmail.com

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

**(Obtained:** (2008 - 2009

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

**(Date obtained:** (2018)

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

# **The Impact of Using a Proposed Training Device in Developing some Special Physical Abilities and Achievement of (100 m) Running Activity by Young Runners**

**A Dissertation Submitted to the Council of the College of Basic  
Education– University of Diyala in Partial Fulfillment of the  
Requirements for the Degree of Doctor of Philosophy in Physical  
Education and Sports Science**

**BY**

**Turki Hilal Kadhim**

**Supervised by**

**Asst.Prof. (Ph.D) Hussam Mohammed Haedan**

**Asst.Prof. (Ph.D.) Alaa Khalaf Haidar**

**2018 A.D.**

**1439 A.H.**

**The Impact of Using a Proposed Training Device in Developing  
some Special Physical Abilities and Achievement of (100 m)  
Running Activity by Young Runners**

**Abstract**

The current research includes five chapters and the first one covers the following:

The researcher aimed to use the training in the proposed training device in order to develop some special physical abilities and complete (100 m) of running exercises by adding different barriers which hinder the runners during the training by using the device, which can affect the development of some special physical abilities and the achievement of (100 m) in free running.

The study aims at the following steps:

1. It is intended to produce a training apparatus designed to develop the special physical capabilities of young runners for (100 m) free running activity.
2. It is planned to identify the impact of exercises by using the training device in some special physical abilities of young runners for (100 m) free running activity (the research sample).
3. It is designed to categorize the effect of the exercises by using the training apparatus in accomplishing (100 m) free running activity by the young runners (the research sample).

### **The Research Hypotheses**

1. There are significant differences between the pretest and posttest in the results of the research variables and the achievement of (100 m) free running in the members of the experimental and control groups.
2. There are significant differences between the two post-tests in the results of the research variables and the accomplishment of (100 m) free running activity by the members of the experimental and control groups.
3. The training system (apparatus) has a positive impact on the physical abilities under consideration and the achievement of (100 m) free running activity by the members of the research sample.

**Chapter two:** - The researcher touches on the relevant topics to the subject of the research, which included physical abilities in (100 m) and the practical stages of 100 m running activity. Additionally the researcher approached similar studies.

**Chapter three:** - The researcher used the experimental method, based on the design of control and experimental groups for being appropriate to the nature of the problem to be resolved.

The sample of the study was randomly selected. The sample of the control and experimental groups consists of (6) players with (3) runners for each group from Diyala Youth Club Runners for the short distances (100) meters whose ages range from (18) to (19) years old from the research population which basically consists of (9) players, representing 66.6%.

The field research procedures included conducting exploratory experiments and tests that involved the test of explosive force of the long jump, the test of the force which is featured by distinctive speed, the test of the partridge of both runners' legs. Moreover, field research procedures included the test of affording the squatting force of jumping for 45 seconds, enduring the speed of (150 m) and the transition speed of (30 m) in addition to the completion test of (100 m).

The researcher prepared the experimental curriculum by using the proposed training system as the implementation of the exercises began on Saturday 17<sup>th</sup> /December/2017 and continued until Saturday 17<sup>th</sup> /February/2017. The application of these exercises lasted (8) weeks from the period of special preparation until the end of the experiment by (3) training units per week. The total number of the training units was (24) units during the period of the experiment. The whole training time was (90) minutes, while the time of training on the machine lasts (40-45) minutes in each training unit of the main part.

**Chapter four:** - This chapter addresses the statistical processing of the results and presentation of the results of both pretests and posttests of control and experimental groups along with full analysis and discussion of the reached outcomes.

**Chapter five:** - The researcher reached the following conclusions:

In the light of the findings that the researcher reached at, he concluded the following concluding remarks:

1. The training apparatus has a positive impact on developing the special physical abilities in activity of free running for (100 m).
2. The use of jumping and leaping exercises on the training apparatus helps in the developing the explosive force which is featured by distinctive speed through the addition of extra barriers so as to help and accelerate the process of upgrading these physical capabilities.
3. The training apparatus has a positive effect on developing the capacity of the power endurance by reducing the strength of the resistance and increasing the number of repetitions for the (100 m) free runners.
4. The short distance training and the stressed approach or higher than the actual performance leads to upgrading the speed of the transition and the speed endurance for the runners of (100 m) free running activity .
5. The integration and development of special physical abilities in free running (100 m) by using the training apparatus contributes positively to the development of the digital level of achievement.

In the light of the findings, the researcher recommends the following: -

1. It is recommended to use the training device in the development of the physical capabilities of runners for (100 m) free running activity.



2. When the training apparatus is utilized, the scientific bases must be adopted in carrying out the exercises according to the type of physical capacity to be developed.

3. When the training apparatus is used, the principle of gradation must be taken into account in the increase of the load since the least resistance is used in the device starts from zero and ends up by (9) kg with resistance to pull from the back.

4. The device can be used in the development of the physical abilities of different sports particularly the ones which need speed skills, such as handball, football and other running and jogging activities.

Positions held;

NS	Occupation	Workplace	period from – to
1	Citizens affairs division officer	Diyala university college science	2011-2015
2	Citizens affairs unit officials	Physical Education and Sports Sciences	2018-2019

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

**- Courses Taught**

NS	University	the college	Section	Subject	academic year
1	Mesopotamia University	/	Department of Physical Education and	Athletics	2018-For now

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	College		Sports Sciences		
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**\*Courses he developed or contributed to**

NS	University	the college	Section	material	academic year
1	Mesopotamia University College	/	Physical Education and Sports Science	Athletics	2018-for now

**Conferences, seminars and workshops in which he participated**

Address		International Conference on Physical Education and Scientific Research			
NS	Place	Section	Post type (search - attend)	academic year	
1	University of Dohuk	physical education	<input checked="" type="checkbox"/> – <input type="checkbox"/>	2020	

**The courses he participated in and conducted**

NS	Course title	Initial football training course			
1					
Place		Diyala club			2014

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

NS 1	<b>magazine name</b>	European Journal of Molecular & Clinical Medicine
<b>Research Title</b>		The Effect Of Special Exercises According To Critical Velocity To Improve The Endurance Of Speed And Achievement For 200m Freestyle Swimmers
<b>Country</b>		
NS 2	<b>magazine name</b>	European Journal of Molecular & Clinical Medicine
<b>Research Title</b>		The effect of using a proposed training device on developing explosive power and speed and achieving the effectiveness of (100m) youth
<b>Country</b>		

**Membership of scientific, local and international bodies**










NS 1	<b>Authority name</b>	Iraqi Red Crescent Society		
<b>Sweetened- international</b>		<b>affiliation date</b>	<b>still a member - Membership Expiry</b>	<b>the year</b>
<input type="checkbox"/>		2004	<input type="checkbox"/>	













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NS 2	<b>Authority name</b>	<b>President of Al-Wajehiya Sports Club</b>		
Sweetened- international		affiliation date	still a member - Membership Expiry	the year
<input type="text"/> <input type="text"/>		2004	<input type="text"/> <input type="text"/>	2012
NS 3	<b>Authority name</b>	<b>Secretary of Mesopotamia Club</b>		
Sweetened- international		affiliation date	still a member - Membership Expiry	the year
<input type="text"/> <input type="text"/>		2017	<input type="text"/> <input type="text"/>	
NS 4	<b>Authority name</b>	<b>Union of Journalists in Diyala</b>		
Sweetened- international		affiliation date	still a member - Membership Expiry	the year
<input type="text"/> <input type="text"/>		2017	<input type="text"/> <input type="text"/>	
NS 5	<b>Authority name</b>	<b>Al-Shoura Academy for Health and Sports, Egypt</b>		
Sweetened- international		affiliation date	still a member - Membership Expiry	the year
<input type="text"/> <input type="text"/>		2020	<input type="text"/> <input type="text"/>	

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

1			
	what he got (award / certificate of appreciation / thank you letter)	Donor	the year
	  	Iraqi Ministry of Youth and Sports	2018
NS	type of creativity or activity	Contest	
2			
	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	
3			
	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
NS	type of creativity or activity	education	
27			
	The title of the activity or creativity	e-learning success	

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	what he got (award / certificate of appreciation / thank you letter)	Donor	the year
	  	Al-Shoura for Health and Sports – Egypt	2021
NS 41	type of creativity or activity	Lecture	
	The title of the activity or creativity	sports selection	
	what he got (award / certificate of appreciation / thank you letter)	Donor	the year
	  	Sports thought for Arab coaches – Morocco	
NS 42	type of creativity or activity	Lecture	
	The title of the activity or creativity	Annual Planning Mechanisms	
	what he got (award / certificate of appreciation / thank you letter)	Donor	the year
	  	International Academy - Egypt	2021
NS 43	type of creativity or activity	Lecture	
	The title of the activity or creativity	Technical performance of my rolling and dribbling skills	
	what he got (award / certificate of appreciation / thank you letter)	Donor	the year
	  	International Academy -	2021

## Authorship and translation

NS	The title of the	Football skill preparation	
1	book		
Publishing house name		Central Press - University of Diyala	
Year of Publication /2020	number of editions/	Systematic <input type="checkbox"/>	-unsystematic <input type="checkbox"/>

## The languages he speaks

1- Arabia

2-

3-

## Contributions to community service

1- vice president of bani saad sports clup

Other activities