

**Personal Details:**

Omar Saad Ahmed

Assistant Professor

Iraq - Diyala

07730833376

[Omar.saad73@yahoo.com](mailto:Omar.saad73@yahoo.com)

[Dr.omarsaad82@gmail.com](mailto:Dr.omarsaad82@gmail.com)

[Omar.saad@uodiyala.edu.iq](mailto:Omar.saad@uodiyala.edu.iq)

Date of Birth: 09/24/1982

Sex: Male

Marital Status: Married

Nationality: Iraqi

Current residence: Iraq, Diyala, Baquba

Position: Director of Graduate Department

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**Educational Qualifications**

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❖ **Assistant Professor: Physical education and Sports Science.**

**Academic Qualifications: The University of Diyala, College of Physical Education and Sports Science** \*Bachelor degree in Physical Education and Sports Science 2002-2006

\*Master degree in Physical Education and Sports Science 2006-2008 \*Doctoral degree in Physical Education and Sports Science 2010-2013

\* All three degrees have been evaluated and approved by Educational Credential Evaluators ECE in the USA.

**Professional Experience:**

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\*Olympic Weight Lifting Teacher at Diyala University from 2008-2018.

\*Olympic Weight Lifting Coach at Diyala Sports club 2004-2012.

\* first rank Weight Lifting Referee 2010.

\* Champion of Iraq in Olympic Weight Lifting with different Seasons from 1995 -2003.

\* work as a supervisor for Bachelor student from 2008 -2018.

\* professional in cupping therapy since 2005.

**Field proficiency:**

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- Research Study at Troy University with my Ph.D. Program in the USA.
- Computer Proficiency Certificate.
- Passed teaching qualifications tests.
- Certificate in Training Course at College of Medicine.
- Awarded: multiple appreciations letters for outstanding achievement for scientific guidance and lectures.
- Reviewer for Journal of Sports Science at physical education and sports science in Diyala University.

- Participate in many international conferences.
- Certificate of Researcher Academy (10 reasons to get – and use – an ORCID iD) from Elsevier.
- Certificate of Researcher Academy ( What is peer review? Why peer review?) from Elsevier.
- Certificate of Researcher Academy (1.2 Models of peer review ) from Elsevier.
- Certificate of Researcher Academy (The typical peer review process ) from Elsevier.
- Certificate of Researcher Academy (How to get involved ) from Elsevier.
- Certificate of Researcher Academy (I just got a review invite, what’s next? ) from Elsevier.
- Certificate of Researcher Academy ( How to peer review a review article) from Elsevier.
- Certificate of Researcher Academy (Peer Reviewer Course ) from Elsevier.
- Certificate of Researcher Academy (Creating a good research data management plan ) from Elsevier.
- Certificate of Researcher Academy (Discover how metrics can boost funding and networking opportunities ) from Elsevier.
- Certificate of Researcher Academy (What to expect from the Certified Peer Reviewer Course? ) from Elsevier.
- Certificate of Researcher Academy (Finding the right journal ) from Elsevier.
- Certificate of Researcher Academy ( Funding) from Elsevier.
- Certificate of Researcher Academy (Funding Hacks for Researchers ) from Elsevier.
- Certificate of Researcher Academy (How to get your book published ) from Elsevier.
- Certificate of Researcher Academy (A guide to journal citation metrics ) from Elsevier.
- Certificate of Researcher Academy (How to identify the right journal to publish in ) from Elsevier.
- Certificate of Researcher Academy (Introduction to the Certified Peer Reviewer Course ) from Elsevier.
- Certificate of Researcher Academy (Make the most of your research: publish your data & methods ) from Elsevier.
- Certificate of Researcher Academy (Open access and navigating the journal landscape ) from Elsevier.
- Certificate of Researcher Academy ( What is open science?) from Elsevier.
- Certificate of Researcher Academy (Publishing open access ) from Elsevier.
- Certificate of Researcher Academy (Research data management ) from Elsevier.
- Certificate of Researcher Academy (How researchers benefit from citing data ) from Elsevier.
- Certificate of Researcher Academy (Retrieving scientific information ) from Elsevier.
- Certificate of Researcher Academy (Searching for Reactions by Text Terms ) from Elsevier.
- Certificate of Researcher Academy (Searching Substances by Name ) from Elsevier.
- Certificate of Researcher Academy (How to turn your thesis into an article ) from Elsevier.
- Certificate of Researcher Academy (Why write a book? ) from Elsevier.
- Certificate of Researcher Academy (How to write case reports ) from Elsevier.

### **Published Researches:**

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- The effects of repetitive pyramid training in improving youths lifting maximum power.

- The impact of the exercise according to suggested zone intensities in developing some unique abilities to young weightlifters.
- The effect of a training program using the cycle training style with a plyometric method for improving the explosive power in the leg's muscles for young weightlifters.
- The impact of training Maxex to develop the maximum strength and explosive power of young weightlifters.
- The effect of submaximal training by using the Evaluation training mask to develop some aerobic capacity for young weightlifters
  
- Effect of Exercises Using Devices to Develop Some of the Motor Qualities and Offensive Basketball Skills.
- The effect of exercise on high and low intensity zones to improve young weightlifters' power and strength.
- THE EFFECT OF ELEVATION TRAINING MASKS WITH HYPOXIC TRAINING ON SOME COMPONENTS OF BLOOD AND SOME BIOCHEMICAL VARIABLES FOR BASKETBALL PLAYERS.
- Relationship of some mental abilities with the level of performance of young players weightlifting
- The impact of training plyometric in the development of some requirements of performance skills of football players
- The effect of a training program to develop self-confidence and the performance of some basic skills for football beginners between the ages of 14-16 years
- The effect of special exercises in the circular and iterative methods in developing the distinctive strength with speed for the lower limbs and the accuracy of scoring football ...
- The effect of a proposed training curriculum in developing the skill competence of young boxers
- The effect of training in Two methods to develop Distinctive Speed Power and some basic skills
- The effect of using complex teaching on sensory modeling to learn some offensive handball skills
- The effect of different repetitions of mental perception in teaching some basic football skills according to the levels of performance learning
- The effect of training with (educational - training) methods in developing the skillful performance of boxers
- The impact of Fartlek exercises to develop speed Endurance With basketball
- The effect of an educational curriculum on developing some creative motor abilities and learning the skill of handball reception
- The effect of competition effort on the circulatory system response and the level of cortisol and lactic acid in the blood for advanced wrestlers
- The impact of exercise on different heights in the development of the force to Snatch the young weightlifting.
  
- THE EFFECT OF ELEVATION TRAINING MASKS WITH HYPOXIC TRAINING ON SOME COMPONENTS OF BLOOD AND SOME BIOCHEMICAL VARIABLES FOR BASKETBALL PLAYERS
- The effect of exercise on high and low intensity zones to improve young weightlifters' power and strength
- Kinetic prediction and its relationship with some mental abilities and physical attributes of goalkeepers

- Effect of special training with rubber ropes in length and step frequency for stages and Performance
- The Impact of exercise endurance the forms of unlimited and relative force on some of the functional abilities and on 800 m running
- The effect of a training curriculum according to the air energy system with training loads of varying intensity and size in developing the cardiac functional capacity of the young free wrestlers
- An analytical study of the speed and distance of touching the ball with the playing field for the points of transmission and mutual strikes for the final of the Australian Open tennis tournament between the two players (Serena Williams - Maria Sharapova) 2015
- Effect of weight training and flexible resistors in the development of some biomechanical variables of the last step and the throwing step and the completion of javelin throwing for young people
- The effectiveness of using dry and wet cupping therapy to get rid of Osteo prominent in the lower heel of the Down syndrome class
- The effect of moderate period exercises using multiple punching device according to physiological variables to qualify people with insulin-dependent diabetes
- Analytic Study for the psychological reflections at the injured players of the two groups (the young and the advanced group) in the boxing game.
- CrossFit exercises and their impact on the development of some special physical abilities and functional variables and the achievement of running (400 m) free for people with disabilities category deaf women
- Special Exercises and their Impact on the Development of Some Types of Muscular Ability, Functional Variables, and Digital Level of Runners (200m Freestyle) for Physical Disability (T 46) Men
- Setting up and applying the measure of the defensive tricks for the players of Diyala university teams in the sport games
- Comparing the effect of MTC1 gene variation on hospitalization speed in terms of the lactic threshold of handball players
- The effect of pendulum training on developing some special physical abilities and offensive handball skills for Athletes

## **Theses**

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### **Master degree title**

\*The effects of specific exercises on the explosive power in snatch lifts on youth between 17-20 years

### **Doctoral degree title**

\*The impact of the training according to CDD five in some physiological variables and special force and achievement for young weightlifters

## **Achievements**

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- The most excellent graduate student of Physical Education and Sports Science at Diyala University.

- Champion of Diyala University in Olympic Weight Lifting with different Seasons from 2002-2006.