



Curriculum vitae

Full name: Firas Abdel Moneim Abdel Razzaq Qassem

Date of birth: 9/3/ 1974 / Diyala

Certificate: Ph.D. Date of obtaining it: 08/22/2013

General specialty: Physical Education / Subspecialty: Sports Psychology / Boxing

Scientific title: Assistant Professor Doctor / Date of obtaining: 2013

Number of years of service in higher education: 16 years

Email: drfiraseboxe@gmail.com

Awarding body for the bachelor's degree: University of Baghdad/College of Physical Education

Date obtained: 1996-1997

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

Date obtained: 2008

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

Date obtained: 2013

Master's thesis title: Psychological stress and its relationship to the skill performance of advanced boxers

Message summary

Supervisors: Prof. Dr. Maha Muhammad Saleh Prof. Dr. Sami Mahdi Al-Azzawi

Researcher: Firas Abdel Moneim Abdel Razzaq

:The letter included five chapters

:Chapter One: Introduction to the Research

Introduction and importance of the research: The researcher dealt with the effect of psychological stress on the motor and emotional behavior of the athlete, which leads to the imbalance of neuromuscular compatibility, which affects the level of his skill performance during the sports competition. These effects reflect on the efficiency of skill performance and on the .results of competitions, whether by winning or losing

The importance of the research comes through finding data on the areas of psychological stress experienced by the player before the competition and identifying them in order to overcome

them, and knowing the relationship to skill performance in order to achieve the best sports achievements and reach the highest levels

:Research problem

Specialized trainers and workers in the sports field in Iraq do not give psychological stress sufficient importance because of its role in declining the level of skill performance of players and their results, negatively and positively, which led the researcher to know the relationship of psychological stress to the skill performance of advanced boxers

:Search Objectives

1. Identifying the psychological pressures of advanced boxers .
2. Getting acquainted with the skill performance of advanced boxers .
3. Knowing the relationship between psychological stress and the skill performance of advanced boxers

:Research Hypothesis

There is a statistically significant relationship between psychological stress and the skill performance of advanced boxers

:Research areas

The human field: the teams of the governorates of the northern region for boxing for the advanced category

Time range: for the period from 5/2/2008 to 26/8/2008

Spatial domain: Parky Hall is a lighthouse in Erbil Governorate

:Part Two: Theoretical and Similar Studies

This section included theoretical studies and similar studies related to the subject of the research and theoretical studies included two axes. Boxing and the division of skills in terms of their importance, types, methods of performance, and mistakes that a player can make when performing one of these skills during training or competition. The difference between the current study and the two previous studies

:Chapter Three: Research Methodology and Field Procedures

The researcher used the descriptive approach for its relevance to the nature of the research, and the research sample included the players of the northern region teams in the game of boxing, and the number of these teams was (6) teams, and the number of players was (51) players, and a questionnaire was designed to know the psychological stress of boxers and its paragraphs reached (32) items It included four areas: the training load, psychological characteristics, family stress, and hostile reaction

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

In this section, the researcher presented the results of the research using the appropriate statistical means (arithmetic mean, standard deviation, and simple correlation coefficient), as the results showed a negative correlation between psychological stress and skill performance, and there is a correlation between each of the areas under study, as a negative correlation appeared. Between skill performance and each of the domain of training load and family stress, and a positive correlation between skill performance and each of the domain of psychological traits and .hostile reaction

:Chapter Five Conclusions and Recommendations

In light of the results obtained by the researcher, he came up with the following conclusions and :recommendations

1.The psychological stress scale that was prepared fits the selected sample, which was for the category of applicants, as this scale achieved the goal for which it was prepared, which is to .identify psychological stress and its relationship to skill performance

٢. There is a positive relationship between skill performance and psychological traits

٣. There is a negative relationship between skill performance and training load

٤. There is a negative relationship between skill performance and family stress

٥. There is a positive relationship between skill performance and hostile reaction

6. There is a negative relationship between the skill performance of advanced boxers and .psychological stress

:Chapter Five: Conclusions and Recommendations

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

1.Applying the current scale by trainers to boxing players of the advanced category in Iraq, to diagnose players who are affected by psychological stress in order to develop appropriate .guidance and counseling programs for them

2.The current scale can be used by boxing coaches in particular and fight games coaches in general (wrestling, karate, kickboxing...etc) to find out the most important psychological .pressures that players face and to develop appropriate solutions to them

3.The necessity of informing the coaches of the psychological pressures faced by the athlete, its .causes, the factors that affect it, and the sound scientific solutions to it

4.The interest of sports federations in Iraq with the necessity of having a psychologist within the .training staff of teams and clubs because of the athletes' need for him

5.The coaches' interest in the need to allocate part of the training unit to psychologically prepare .the players

6.The coach's interest in allocating a record for each boxer so that he can follow the psychological pressures he is exposed to and the extent of their impact on his performance in the training units to avoid them during the competition period

Doctoral thesis title: The effect of suggested exercises in the style of intensive integration of personality types (A-B-AB)) on learning some basic skills in boxing
The effect of suggested exercises in a style of intense integration of personality patterns (A-B-AB))
((in learning some basic skills in boxing
supervisors

Prof. Dr. Nabil Mahmoud Shaker Prof. Dr. Muhannad Mohamed Abdel Sattar

Researcher: Firas Abdel Moneim Abdel Razzaq

:The thesis consisted of five chapters

:Chapter One: Introduction to the Research

Introduction and importance of the research: The researcher found that skills are the basis for learning any game, and it became necessary to think about preparing some of the proposed exercises to learn some motor and basic skills in boxing and to know their impact. The basic movement to follow the correct steps in terms of starting with the easy and gradual to the difficult, which facilitates the process of performance, as the gradation in performance is easy to the difficult and building each training on the previous training, and that the teacher remembers that teaching the correct motor skills means gaining experiences, and in order to work on employing these The exercises and their application to the sample surprised the method of intensive integration, which employed the positive specifications in the scheduling method (intensive random sequential) and its intervention in one method, working to increase the learning of the skill through practice, determine the amount of rest and organize it during the educational units, since time management is one of the important factors in the educational process. Intensive fusion method The examination for learning does not permeate the mind with breaks between attempts, but there are small pauses .This method allows learning from the transition between skills

And that the general objective of studying personal patterns is to reach accurate results that give opportunities and possibilities to explain human behavior, if possible, so the matter does not differ much when studying the personality of an athlete, which can be determined through personal patterns in sports performance, and most studies confirmed that the psychological, skill and physical aspects They come together, especially the personality, which is the important factor in linking these aspects. Therefore, personal patterns have an impact on sports and an applied value, especially for coaches and those involved in developing sports performance, as it contributes to knowing the remaining factors affecting performance, and then it can be taken care of, whether in the process of selecting athletes or when Develop training programs or educational units. Some researchers in the field of personality in the sports field believe that excellence in a particular sport depends to a large extent on the suitability of the individual's personal characteristics to the nature of the requirements and distinctive characteristics of the type of sport, and thus it is possible to determine the personality and player style and identify his strengths and weaknesses and then evaluate them in proportion to that game to achieve the best Performance, and hence the importance of the research through the use of research variables, as the proposed exercises were prepared in a method of intensive merging of personality patterns (AB-AB) in learning some basic skills in boxing and to use them in the need to produce them, in order to help in the process of .learning the basic skills of boxing

:Research problem

Through the researcher's modest experience and through his repeated applications in the progress of the process of learning basic skills, he found that there is difficulty for students to learn these skills because there is some kind of difficulty in performing these skills. The primary and final within the curriculum, so the researcher decided to use one of the methods of exercise scheduling (intensive merging) and to employ the exercises proposed by the researcher according to the "personal patterns of students (AB-AB) because they contain the elements and vocabulary of this theory related to the game of boxing, so the researcher decided to study the problem And moving .away from the previously familiar and beaten ways of learning the basic skills of boxing

-: research aims

1. Preparing suggested exercises for learning some basic boxing skills

2. Know the personality types (A-B-AB) of the research sample members and classify them

.accordingly

3. Know the effect of the proposed exercises using (intensive fusion) personal styles (A-B-AB) in learning some basic boxing skills

:Research hypotheses

- 1. There are significant differences between the pre and post tests in learning the basic skills of boxing in question for the control and experimental groups in favor of the post test**
- 2. There are significant differences between the two post tests in learning the basic skills of boxing in question for the control and experimental groups and in favor of the experimental group**
- 3. There are significant differences in learning the basic skills of boxing according to personality patterns**

.A-B-AB⁹ and in favor of A

:Research areas

- 1. The human field: Diyala University / College of Physical Education / second-year students**
- 2. Time range: From 13/12/2011 to 1/4/2013**
- 3. Spatial domain: Diyala University/College of Physical Education/Boxing Hall**

:Chapter Two Theoretical and Similar Studies

This chapter included theoretical studies and similar studies related to the subject of the research. Theoretical studies included four axes. In the first axis, the researcher touched on the nature of exercises, classification of exercises, conditions for practicing the exercise, the influencing factors of the exercise and the principles of exercise success. As for the second axis, the researcher dealt with the mechanism of motor learning and the stages of learning. Kinetic and exercise scheduling designs and how they are intertwined. As for the third axis, it deals with sports psychology and the concept of personality, theories of personality patterns and two personality types (AB) and their relationship to the sports field, and a discussion of the theory of two types (AB). As for the fourth axis, it deals with the game of boxing and the division of skills in terms of their importance, types and methods of

Jobs he held

The job, the place of work, the period from - to

- 1. Head of the Boxing Scientific Group, University of Diyala / College of Physical Education 2008-2013**
- 2. Chairman of the Educational Guidance Committee, Diyala University / College of Physical Education 2012-2013**
- 3. Assistant Dean for Administrative and Financial Affairs, University of Diyala / College of Physical Education 2014- until 9/8/2016**
- 4. Head of the scientific group for boxing, Diyala University / College of Physical Education 2013 - until now**
- 5. Secretary of the Board of Diyala University College / College of Physical Education 2018 - so far**

Universities or institutes in which he taught

Diyala University/College of Physical Education and Sports Sciences 2006-till now

Mesopotamia University College 7/12/2017 until 10/1/2018

Courses Taught

1. Diyala Physical Education Theoretical Science Physical Education 2007-2008
2. Diyala Physical Education Individual Games Boxing 2006 - so far
3. Diyala Physical Education Theoretical Sciences Sports Psychology 2016 - so far

Supervising letters and theses

1. Building and codifying a measure of despair among the pole players for students of the College of Physical Education and Sports Sciences College of Physical Education and Sports Sciences Postgraduate Studies 2017-2018
2. The trait beyond mood and its relationship to skill performance from the trainers' point of view for young boxers College of Physical Education and Sports Sciences Postgraduate Studies 2017-2018

Conferences, seminars and workshops in which he participated

1. Babylon International Conference on Physical Education Joint Research 2013-2014
2. Kufa International Conference on Physical Education Joint Research 2016-2017
3. Sulaymaniyah International Conference on Physical Education Joint Research 2017
4. Babel International Conference on Physical Education Joint Research 11-30-29/11/2017
5. Diyala International Conference on Physical Education Joint Research 4-5/4/2018
6. Kufa International Conference on Physical Education Joint Research 14-15/11/2018
7. Diyala Virtual Conference Physical Education Joint Research 11/24-25 2020

The courses he participated in and conducted

1. International Basketball Arbitration Course College of Physical Education and Sports Sciences 2014
2. Arbitration training course in physical strength College of Physical Education and Sports Sciences 2016
3. A lecture on the psychological emotions of coaches National Olympic Committee representative / Babylon 2017
4. A course in human resources development, Presidency of Diyala University 2016
5. Rehabilitation course for knee joint injury College of Physical Education and Sports Sciences 2017
6. The integrative program course, College of Human Medicine, University of Diyala 2017
7. Indoor Basketball Arbitration Course, College of Physical Education and Sports Sciences Hall 2017
8. Training course in negotiation skills, College of Medicine, University of Diyala 2017
9. Workshop on Academics Elections for the Presidency of Diyala University 2017

Research projects in the field of specialization to serve the environment and society or to develop education

- 1.The effect of special exercises in the method of intensive merging in learning the skill of straight punches in boxing Journal of Sports Science / College of Physical Education 2012 Assistant teacher**
- 2.My Personality Patterns (A-B) and their Relationship to Learning Some Basic Skills in Boxing Al-Fath Magazine / College of Basic Education 2012 Assistant Teacher**
- 3.Psychological frequency and emotional response and their relationship to the (left and right) .4 straight punch among advanced boxing players. Swedish Journal 2014 Teacher Doctor**
- 5.Psychosomatic symptoms and their relationship to athletic achievement among advanced boxers. Journal of the College of Physical Education/for girls/Baghdad 2016 Doctor teacher**
- 6.The effect of the concept maps strategy among the group members on the level of learning to lift the net and the time invested during the weightlifting lesson. Malaysian Asr Magazine 2015 Doctor Teacher**
- 7.Analytical study of internal and external control for students of the third stage in technical gymnastics Karbala University Journal 2016 Doctor teacher**
- 8.Analytical study of psychosomatic symptoms of advanced boxers, University of Kufa Journal 2016 Lecturer Doctor**
- 9.A comparative study of aggressiveness as a trait between boxing and wrestling team players in the College of Physical Education and Sports Sciences. College of Physical Education and Sports Sciences, Basra 2016 Doctor teacher**
- 10.Moral commitment and its relationship to coping with stress among the boxing coaches of Diyala clubs. Diyala Science Magazine 2016 Doctor Teacher**
- 11.A comparative study of the level of psychological hardness of athletes in some individual and team games, published in the conference volume of the University of Babylon 2017, Assistant .Professor Dr**
- 12.Physical-kinetic intelligence and its relationship to the skill performance of advanced boxers Published in the conference volume of the University of Sulaymaniyah 2017 Assistant Professor .Dr**
- 13.Some anthropometric measurements and their relationship to the level of performance of the skill of the accuracy of the backstroke in tennis Published in the conference volume of Diyala .University 2018 Assistant Professor Dr**
- 14.The effect of skill exercises using the multi-punching device in developing motor speed and some basic skills for juniors in boxing .¹ Published in the volume of Al-Mustansiriya University 2020 Assistant Professor Dr**
- The Volatile Personality and its Relationship to Job Satisfaction for Workers in Some Iraqi**
- 16.Universities Published in Al-Turath Al-Ahliyyah University Volume 2019 Assistant Professor .Dr**

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

1. got the international badge in the International Arbitration Course, International and Asian Boxing Federation Arbitration Course 2012
2. Mathematical Psychology between theory and practice) written by the National Library and) Documentation House, Baghdad (2118) for the year 2015 2015
3. qualitative lectures in sports psychology, lecture of the Iraqi Federation of Physical Strength 2017
4. The Ten Psychological and Training Commandments Written by Diyala University Presidency Press 2019

Contributions to community service

1. Visiting the students of the internal departments
2. Quality lectures at the Olympic Committee / Babylon

Other activities

1. The establishment of the Republic Championship for boxing
2. Establishing the university's boxing championship
3. Refereeing local championships at the country level
4. Friendly partnerships between the team of Diyala University and the team of the University of Baghdad
5. President of the Sub-Federation of Boxing / Diyala