

Curriculum Vitae



Full name: Ndhum Ahmed Akab Ahmed

Date of Birth: 12/29/1960

-Certificate: PhD / Date of obtaining it: (26/8/2014(

**General specialty: Physical education / Subspecialty:
Kinesiology / Gymnastics**

**Academic Title: Assistant Professor / Date of Obtaining:
(22/3/2008(**

Number of years of service in higher education: (3 years.(

**Number of years of service outside higher education: (36
years(**

Email: sportqqq53@gmail.com

**Publishing body for the bachelor's degree: University of
Baghdad**

Acquired Date: (1983-1984(

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

Date obtained: (2008(

Academic body for the doctoral degree: University of Diyala

... علوم ال ...
The Thesis contains five chapters:

Chapter One: The Introduction And Research

Importance

The researcher deals with the importance of the movemental fitness of the first class in primary schools and what this stage means for Gymnastic game.

Through these exercises we can show the individual differences and identify the distinct (special) students and get benefit of that by preparing the players . It also helps to develop the movemental fitness for students to fit with the age stage as this stage needs movemental exercise specialized in Gymnastic game.

The Research Problem:

The specialists teachers do not pay attention to the movemental fitness of this age stage to suit with its importance by preparing movemental exercise especially in the Gymnastic game , because this stage has great effect in movemental build which may has great benefit.

The research goals:

- Preparing exercises in Gymnastic to develop the movemental fitness of the first primary class .
- Knowing the effect of the exercise in developing the movemental fitness of the first primary class in Gymnastic game.
- Knowing the best exercises to develop the movemental fitness in Gymnastic.

The Research Suppositions:

- There must be an effect with statistic means in the Gymnastic exercises to develop the movemental fitness of the first primary class
- There is an advantage for the Gymnastic exercises to develop the movemental fitness more than the classical exercise.

The Research Fields:

- **Human field :** The first year primary school students of new Baquba primary school (54 students).
- **Time Fields :** From January-25-2007 till Nov.-23-2007.
- **Place Field :** The yard of new Baquba Primary School for boys.

Chapter Two: Theoretical And Similar Studies

The theoretical studies consists of the movemental fitness , movemental characteristics for age stage (6) years K gymnastic

equipments K the specialization and Characteristics of Gymnastic players.

The Similar studies are :

- The study Safwat Mohammed Yousif and Ghanim Mohammed Morsi ,1987.
- The study of Yarob Khaion , 1994.
- The study of Majeda Hammed , 2002.
- Discussing the differences between the study and the former studies.

Chapter Three: The research program and the field procedures

The researcher used the exercises in Gymnastic , and the sample consists of (40) students divided into two groups (standard and experimental groups) , the exercises in Gymnastic has been applied on the sample ,the researcher uses basic exercises to develop the movemental fitness by preparing a field contains these practice as stations that the student should carry out these practice with the supervision of the teacher. Then the researcher performs a pre and post -test concluding a test for some of the movemental fitness elements such as (fitness balance, flexibility, speed, strength) and then a post test for same elements.

Chapter Four: The presentation of the results analyzing and discussion

This chapter contains the displaying , analyzing and discussing the results.

Chapter Five: Conclusions , recommendations and Suggestions

The Conclusions : According to the results the researcher reached the following conclusions :

1. There is a moral effect for the exercises with statistic means in developing the movemental fitness.
2. Using the exercises leads to develop the movemental fitness more than using the traditional style.
3. The traditional plans used in the primary stage now do not achieve the desired goals in developing the Gymnastic game in country because it depends on developing the movemental fitness only.
4. Using different tools make impetus in development.
5. The right repetitions of exercises give positive indication in developing the movemental fitness.
6. The elements of movemental fitness developed in related rates due to applying the exercises in same rate.

The Recommendations : According to the Conclusions the researcher reached, he recommend the following:

1. Using the exercises in primary schools to develop the movemental fitness in sports lessons at this stage to develop Gymnastic game .
2. Doing similar studies for the same stage to other games for two next stages of students (second and third primary) and prepare more developed programs.
3. Gymnastic coachs should use the benefit of the lessons which the proposed program are applied to choose the good pupils in Gymnastic game.

The Suggestions

- Securing the stadiums which contain the equipments and tools in the primary schools to use them in sport lessons at this stage to develop Gymnastic game.

(The Effectiveness of Playing Field in Developing Some Physical and Motor Attributes and Acquiring Basic Skills in Gymnastic for First Grade at Elementary Schools.

The researcher :Nadhim Ahmed Igab

Supervised. **Prof. Majida Hamid Kambash, Ph.D.**

College of Basic Education - University of Diyala

2014 A.D.

1435 A.H.

The dissertation includes five chapters, which are:

An introduction of the research and its significance

The first chapter contains an introduction of the research and its significance , which lies in designing a playing field to know its effect in the development of physical and motor attributes and to acquiring basic skills for first grade at elementary schools . To afford this age group of privacy in motor learning of the fact that basic movements become automatic , where the pupil starts to derive movements from it . So, the researcher intended to find a suitable environment that helps physical growth and motor accuracy through the gymnastics game, and for the privacy of it. Also to learn some skills and the importance of this age group.

Research Problem

The lessons of physical education for this age carry public prescription. In the sense that the movements practiced by the pupil are performed randomly through the practice of some small games and traditional exercises which are used by the

teacher. As well as, the stories of the motor , which are often limited movement with the lack of focus on individual performance which is often influenced by performance of the teamwork to achieve the goal . The specialization of physical , kinetic and skills for this age group did not take sufficient attention to the exact shape as well as the lack of schools to the specific fields of play can make the pupil a distinct player in some sports. Generally, that lack led to the weakness in the physical attributes and motor skills development. It was also affected by long sitting in front of electronic devices in houses. As well as , the difficulty or disability in learning the skills of gymnastics in particular.

Research Objectives

1. Designing playing field for first grade at elementary schools.
2. Identifying the effect of playing field in developing physical and motor attributes and acquiring basic skills to the research sample.
3. Identifying the preference of groups in post- tests in physical and motor attributes and acquiring of the some basic skills in gymnastic .

Research Hypotheses

1. There are statistically significant differences in pre and post- tests concerned with physical attributes and motor skills as well some basic skills in gymnastic for both experimental and control group

2. There are statistically significant differences in post- tests concerned with physical attributes and motor skills as well some basic skills in gymnastic for both experimental and control groups .

The fields Areas of Research:

- The field : The schools of boys in Baqubah downtown, and the number of pupils (4595)
- The time field : From 9 /2 / 2013 and till 27 / 2 / 2014.
- Spatial field : The Yard of Al- Khamael Elementary school and the interior hall of Al-Toor Elementary school for boys.

Theoretical Studies and similar Studies

This chapter includes theoretical studies about the subject of research. The researcher has taken in consideration the gymnastics and special devices used in this sport. Besides, the assistive devices and tools used in learning the movements as far as the physical and kinetic development. Furthermore, the privacy of the age group of the current study and physical attributes and motor skills as well. In addition to some of basic skills in gymnastic . Two of related previous studies are concerned.

Research Methodology and Procedures

In this part , the researcher dealt with how to choose the research methodology and field procedures of the current study. The researcher used the experimental design of the two groups with a pre and post- tests on a sample of 40 pupils at the first grade in Al- Khamael primary school . The experimental group is complied with a curriculum designed by the

researcher for two months and by (2) units per week . While, the control group is submitted to the conventional method of teaching.

Pre- tests are conducted before applying the curriculum which are designed for physical education lesson. The experiment study was conducted in the framework of daily lesson plan prepared by the researcher . Physical attributes and motor skills were identified depending on scientific sources, experts' opinions and researcher's experience in the game's field. As well as, the basic skills of gymnastic in accordance with the curriculum of the Ministry of Education and then the post tests were conducted for the research sample .

The results are processed statistically by the use of the SPSS statistical system and the use of appropriate statistical means to extract the results.

The Conclusions

In light of research findings, the researcher has reached the following conclusions

1. The dynamic nature of the work on the field especially for this age group during the process of learning and performing in physical education classes gives speed and ease through the motor programs which are stored in memory.
2. The balance in motor development is achieved through practicing on the field designed and gymnastics in particular for the age group.
- 3 . The nature of the design feature invested motor performance for this age group and are not time-bound , as many observed that the child's movement and the change

in performance gives the opportunity to invest in the construction and motor learning variation.

4. The use of the field and its organs may develop pupil's confidence through self- reliance and achieve the overall cooperation between the pupils through the assistance provided by the pupils among them.

Recommendations:

In light of the research's findings, the following recommendations are stated :

- 1- The use of such designs help pupil's in performance without the need to the teacher's assistance by controlling the variables of performance and the accuracy of assistance to complete the practicing according to bio-mechanic basis in the design.
- 2- Directing physical education lesson of this age to exercise a kind of sports to take advantage of the information stored in the memory in the future .
- 3- Adapting of Gymnastics for this age group to achieve a balanced growth of the motor.
- 4- Adoption of the Ministry of Education to the field for being designed according to the curriculum Headquarters by them.
- 5- More concentrating on physical education lessons through using the field on the upper part of body because the nature performance of daily practicing for child concerned with the lower part which more used in his / her movements.
- 6- Depending on the body weight in designing to develop the power quality for the privacy of the age group.

. Jobs he held

the period from - to	workplace	The job	ت
1988 - 1990	Diyala Education / Al-Intisar Intermediate School for Boys	Physical Education teacher	1
1990-1997	Diyala Education / Quraish Intermediate School for Boys	Physical Education teacher	2
1997-2009	Diyala Education / Al Shuhada Intermediate School for Boys	Physical Education teacher	3
2009-2018	Diyala Teachers Training Institute	Gymnastics teacher	4
2018 - 2019	Diyala Education / Knowledge Preparatory School for Boys	Physical Education teacher	5
1990-1994	Diyala Education / Sports Activity	Supervisor of the gymnastics training center	6
1988-2017	Diyala Education / Sports Activity	Gymnastics coach	7
1989-1996	training center	Diyala gymnastics coach	8
2019- 2020	Diyala University - College of Physical Education and Sports Sciences	Gymnastics teacher	9
1993-1995	The Iraqi Central Union for your gymnastics	Gymnastics training center coach	10
1989-1994	youth organization	Youth organization member responsible for administration and organization	11
2016- until	Association of Arab	Assistant General	12

now	Academics for Sports Sciences	Administrative Secretary of the Association of Arab Academics for Physical Education and Sports Sciences	
2016- until now	Association of Arab Academics for Sports Sciences	Secretary of the Editorial Board of the Sports Academy Journal	13
2017-2018	Association of Arab Academics for Sports Sciences	Editor-in-chief of the Journal of the Scientific Article	14
2002- 2007	Iraqi Gymnastics Federation	Secretary of the President of the Sub-Union of Gymnastics, Diyala Governorate	

Universities or institutes in which he taught

	period from - to	Entity (university / college / (institute	ت
gymnastics	2011	Diyala Faculty Education	1
gymnastics	2014-2010	University of keman	2
motring Learning	2021-2020	University of Diyala faculty of physiction and sport sciences	3
gymnastics	2021-2019	University of Diyala faculty of physiction and sport sciences	4

❖ Courses Taught ❖

academic year	Subject	Department	College	University	t
2020-2021	Theoretical Science Motor Learning	Theoretical sciences	Physical Education	Diyala	١
2019-2021	gymnastics	single games	Physical Education	Diyala	٣

❖ Supervising letters and theses ❖

academic year	Department	College	University	t
2019-2021	single games	Physical Education and Sports Science	Diyala	1
The proportion of the contribution of indicators of mechanical strength of the limbs according to an electronic system for some biokinetic variables for the skill of the front hand jump followed by a forward			Thesis title	

pneumatic flip on the jump platform device for young people				
Academic year	Department	College t	University	t
2016 - 2017	Physical Education and Sports Science	basic education	Diyala	2
The effect of the motor field control method using a manufactured device in learning the skill of the human wheel on the balance beam device for third-year students			Thesis title	

**Conferences, seminars and workshops in which ❖
he's participated**

The First International Conference, University of Baghdad / College of Physical Education				Address
academic year	Post Type (search - attend)	Section	Place	NS
2013	<input type="checkbox"/> <input checked="" type="checkbox"/>	Physical Education	University of Baghdad	1
The first international conference, Diyala / College of Basic				Add

				ress
2017	<input type="checkbox"/> <input checked="" type="checkbox"/>	basic education		2
International Conference on Physical Education				Add ress
academic year	Post type (search - attend)	University of Sulaymaniy ah	Place	
2015	<input type="checkbox"/> <input checked="" type="checkbox"/>		Diyala	3
The second international conference				Add ress
academic year	Post type (search - attend)	University of Sulaymaniy ah	Place	
2014	<input type="checkbox"/> <input checked="" type="checkbox"/>	Kasdi Merbah University - Ouargla - Institute of Science and Technology of Physical Activities and Sports	Algeria	4
The first virtual conference (physical preparation and high-level sports performance analysis technology)				Add ress

academic year	Post type (search - attend)	University of Sulaymaniyah	Place	
2021	<input type="checkbox"/> <input checked="" type="checkbox"/>	Institute of Science and Technology of Physical Activities	Algeria/University Larbi Bou Mhidi	5
" "Sports Education and Training Technology "Reality and Challenges				Add ress
academic year	Post type (search - attend)	University of Sulaymaniyah	Place	
2021	<input type="checkbox"/>	Mohammed bin Sharif University - - Souk Ahras	Algeria	6
The reality of using modern teaching methods in institutes of science and technology of physical activities and sports through remote education under the current conditions _ Covid 19				Add ress
academic year	Post type (search - attend)	University of Sulaymaniyah	Place	

2021	<input type="text"/>			7
(Sports and health under the current circumstances (Covid 19				Add ress
academic year	Post type (search - attend)	University of Sulaymaniy ah	Place	
2021	<input type="text"/>	University of Mohammed bin Sharif wedding market assistant	Algeria	8
The third international general conference				Add ress
academic year	Post type (search - attend)	University of Sulaymaniy ah	Place	
2021	<input type="text"/> <input type="text"/>	physical education	Mesopotamia College	9
Student activities in the light of global developments and the role of universities in community service				Add ress
academic year	Post type (search - attend)	University of Sulaymaniy ah	Place	

2021	<div></div> <div></div>	Student Activities	University of Delhi	10
Fourth International Conference on Sports Training				Add ress
academic year	Post type (search - attend)	University of Sulaymaniy ah	Place	
2021	<div></div> <div></div>	College of Physical Education and Sports Sciences -	Wasit University	11

The courses he participated in and held

Course title Gymnastics training course		Course title	
			1
1982	Gymnastics Federation	The venue of the Central	

Teaching methods course		Course title	2
2008	Diyala University	Place	
Sports medicine course		Course title	2
2015	Mustansiriya University	Place	
Mustansiriya University		Course title	3
1981	Mustansiriya University	Place	
Arbitration course in handball, the course held by the Rise Organization for Education		Course title	4
	Iraq - Ministry of Education	Place	

99

The development courses held by the Ministry of Education, a lecturer and a participant (every year (there are 18 development courses		Course title	5
2018 -1991		Place	
Gymnastics training course		Course title	6
1	Central Federation of Gymnastics	Place	
archery training course		Course title	7
1981	youth organization	Place	
Training course for supervisors of training centers in gymnastics		Course title	8
1992	Ministry of Education	Place	

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

International Journal of Psychosocial Rehabilitation		magazine name	
Prepare a variation according to the control of the movement field and its effect on learning the skill of the front hands jump and some Kinetic abilities on the mat of ground movements.		Research Title	
2020	United kingdom	/ Country	
International Journal of Psychosocial Rehabilitation		magazine name	
The effect of a proposed device on learning the skill of handstand on the parallel device for men		Research Title	
2020	United kingdom	/ Country	

European Journal of Molecular & Clinical Medicine		magazine name	
The Effect Of Kinetic Exercises Using The Analogous Method To Improve The Performance Of The Motor Chain On The Ground Movement Mat For Fifth Grade Students		Research Title	
2020	United kingdom	/ Country	
Secret of Ray magazine		magazine name	
Preparing exercises using rubber pieces and its impact on learning the skill of forward rolling for		Research	

first primary pupils		Title
2018	Iraq	/ Country

Al-Fath magazine		magazine name	
The effect of special exercises using an aid in learning the position of the inverted attachment on the throat apparatus for first graders of primary school		Research Title	
2016	iraq	/ Country	
Special issue of the conference / University of Baghdad		magazine name	
The effect of kinetic exercises with gymnastics obstacles on some harmonic abilities and technical performance of some standing grips for Romanian wrestlers, ages (16-17) years old, and (weighed (56-50		Research Title	
2015	iraq	/ Country	

Journal of Sports Sciences / University of Diyala		magazine name	
Journal of Sports Sciences / University of Diyala		Research Title	
2013	iraq	/ Country	
Journal of Sports Sciences / University of Diyala		magazine name	
Journal of Sports Sciences / University of Diyala		Research Title	
2012	iraq	/ Country	

Journal of Physical Education Sciences / University of Babylon		magazine name	
The explosive ability and its relationship to the performance of the front hands jump skill on the floor movements in gymnastics		Research Title	
2011	iraq	/ Country	
Journal of Sports Sciences / University of Diyala		magazine name	
The proportion of the contribution of some biomechanical variables for the legs to the performance stages at the level of difficulty of the front hands jump followed by a ball of air		Research Title	

gloved on the jumping platform		
2021	iraq	/ Country







Journal of Sports Sciences / University of Diyala		magazine name	
The effect of special exercises for the design of auxiliary tools according to the control of kinetic money in learning the dexterity of the human wheel on the balance beam device in artistic gymnastics for third-year students		/ Country	
2021	iraq	/ Country	
		magazine name	
		/ Country	
		/ Country	

Membership of scientific, local and international bodies

			Authority name	
the year	Still a Member / Membership Expires	affiliation date	local international	
	<input style="width: 30px; height: 20px; border: 1px solid black;" type="text"/> <input style="width: 30px; height: 20px; border: 1px solid black;" type="text"/>	2013	<input style="width: 30px; height: 20px; border: 1px solid black;" type="text"/>	<input style="width: 30px; height: 20px; border: 1px solid black;" type="text"/>

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

Advance the scientific career		type of creativity or activity	1
Lectures		The title of the activity or creativity	
the year	Donor	what he got award / certificate of) appreciation / thank you (letter	
2019	Diyala Education	<input style="width: 30px; height: 20px; border: 1px solid black;" type="text"/> <input style="width: 30px; height: 20px; border: 1px solid black;" type="text"/> <input style="width: 30px; height: 20px; border: 1px solid black;" type="text"/>	
Discussion of a master's thesis		type of creativity or activity	2
Supervisor		The title of the activity or	

		creativity	
the year	Donor	what he got award / certificate of) appreciation / thank you (letter	
2019	Faculty of physical education and sciences Sports/ Diyala	  	
type of creativity or activity		type of creativity or activity	3
		The title of the activity or creativity	
the year	Donor	what he got award / certificate of) appreciation / thank you (letter	
2012	Ministry of Education	  	
Lectures		type of creativity or activity	4
evolutionary cycles		The title of the activity or creativity	
the year	Donor	what he got award / certificate of) appreciation / thank you	

		(letter	
-1990 2016	Directorate of Sports and School Activities	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
the year	Donor	what he got award / certificate of) appreciation / thank you (letter	
the year	what he got award / certificate of) appreciation / thank you (letter	what he got award / certificate of) appreciation / thank you (letter	
2021	College of Physical Education and Sports Sciences / Karbala	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

Authorship and translation

describes and evaluates the skill performance of the basic movements in the artistic gymnastics for men			The title of the book	
Dar Al Rafah for Printing and Publishing			Publishing house name	
Systematic - Not Systematic	number of / editions	Publication year/ 2021		

The languages he speaks

1- Arabia

Contributions to community service

1-A member and founder of the Association of Arab Academics for Sports Sciences

2-Member of the Central Environment Committee, Diyala Youth Organization

3- A member of the local council of Al-Mustafa neighborhood.

4- Member of the General Authority of the Iraqi Gymnastics Federation.

5- Member of the General Assembly of Diyala Club.

6- Lecturer in the development courses for teachers and teachers in the Ministry of Education

7-Publishing scientific articles

8-Member of the Central Research Teams 1991

Ministry of Education **نشاطات أخرى**

Design two modes of kinesthetic learning

1-The method of learning in the kinetic field

2-Learning style by analogy

Heart-based learning is a type of kinesthetic learning

He holds a patent for designing a playground for the first three grades of the primary stage, focusing on the kinetic aspect while learning the basic skills included in the Ministry of Education curriculum

The stadium was developed for the fourth, fifth and sixth grades

