



Curriculum Vitae :

Full name: Omar Abdulelah Salama

Date of birth: 11/11/1984

- **Certificate:** PhD / **Date of obtaining it:** (2019)

-**General specialty:** physical education and sports sciences .

subspecialty: biomechanics

- **Academic title: Doctor teacher / date of obtaining it:** (2019)

- **Number of years of service in higher education:** (14 years)

- **Number of years of service outside higher education:** none

- **Email:** omar.abdulelah@uodiyala.edu.iq

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

- **Acquired Date:** (2005-2006)

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

- **Date obtained:** (2013)

- **The awarding body for the doctoral degree:** University of Diyala

- +Date obtained: (2019)

Master's thesis title:

The effect of special exercises according to the variables of mass and speed in the development of some physical abilities and biomechanical variables and the achievement of discus throwing for young people
researcher

Omar Abdel Ilah Salama

:admin: admin

Prof. Dr. Abdel-Sattar Jassim
AH 2013

Prof. Sareeh Abdel-Karim
AD 1334

The letter contains five chapters:

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

The discus throw event is one of the activities that require the study of physical abilities and the relationship of their training with new mechanical variables such as mass and speed, which are included in many mechanical laws that must be harnessed in the service of athletic achievement for this event, which requires a careful study on motor performance and the resulting mechanical conditions and laws. In order to reach the technical position associated with the correct mechanical position. The problem of the research is that most of the trainers did not take into account the mass and speed in training, as the current exercises depended on the development of physical abilities and the accompanying mechanical conditions, which are effective exercises to certain limits, but he can add training using mechanical indicators depending on the mass and speed of each part of the body. According to the mechanical laws associated with these variables that have clear effects on the level of physical abilities and biomechanical variables in this activity, if these variables were used in a scientific manner linked to reconcile the foundations of sports training, as training in this way can give an effective and influential role in the integration and achievement of this activity and thus can be. The results extracted from this study contribute to the development of some scientific solutions that are effective in integrating the scientific, physical and mechanical levels of young disc players in Iraq.

Our research objectives are:

Identifying some of the physical abilities and biomechanical variables of the research sample and preparing exercises according to the mass and speed of the body and its parts for the young discus players and identifying the impact of these exercises on some physical abilities and biomechanical variables and the achievement of the young discus players.

The researcher hypothesized that there are statistically significant differences between the pre and posttests in the variables of explosive and rapid force of the trunk, arms and legs, and their linear speed and angle for the two research groups. Statistical significance between the post-tests in the variables under consideration between the two groups. Theoretical studies have dealt with explaining the vocabulary of the title, the most important of which are muscular strength and physical abilities, as well as explaining the skill in terms of biomechanics and the mechanical foundations that depend on it, as well as explaining training using added weights. In similar studies, the researcher touched on the aspects Similarities and differences and benefiting from them in terms of methodology, number and type of sample, and the calculated variables in order to develop a different and complementary approach from the above. As for the third chapter, the researcher used the experimental method for its suitability and the nature of the problem, as the sample included (12) players from clubs in Baghdad and Diyala and from the youth category and the tools used represented by the type of camera and its dimensions, the power platform and the kinetic analysis program, as well as a description of the exploratory experience that was used to modify the test for young players And the variables that numbered (10) were defined, as well as the statistical means, and through these means, the research variables were described with (10) tables that included the values of the arithmetic means, standard deviations, error values, and the value of the two research groups in the pre and post tests.

Through these results, the conclusions were drawn, the most important of which were:

- The special exercises using weights (added weights for the legs) in addition to the various jumping exercises have had a clear impact on the development of some quick strength for the legs.
- The development of physical and skill capabilities as a result of the exercises used with weight has greatly affected the development of achievement. Among them came the most important recommendations:
 - Use of special strength training for different age groups to develop physical abilities and skills for the effectiveness of discus throw.
 - Emphasis on the trainers that physical training and the development of special technical aspects be based on the required mechanical requirements and the use of exercises, tools and devices that achieve this with the least effort on the athlete.
 - Conducting other studies for athletics activities such as jumping or quick activities.

:PhD thesis title

The predictive value of achievement in terms of the most important kinematic determinants of some throwing stages for advanced javelin throwers

Researcher under the supervision of

Omar Abdulelah Salama

a. Dr.. Firdaws Majid Amin

AH 2019

AD 1440

-The importance of the research came from two aspects: the first is to determine the correlation between the biomechanical determinants of some stages of performance in the effectiveness of javelin throwing, and the second is to prepare a formula and put it for the ideal throwing model for Iraqi archers through the determinants chosen by the researcher, so the researcher believes that this study may give solutions, clarifications and confirmation of the most important Distinguished biomechanical determinants of Iraqi javelin throwers in mechanical terms and the importance of each variable to predict the achievement of javelin throwers.

The research aims to:

- Identifying the values of mechanical determinants characteristic of some performance stages for the effectiveness of javelin throwing (the five rhythmic steps, the last intersection steps, the throwing and throwing phase)
- Identifying the nature of the correlation between these determinants and the achievement of javelin throwing.
- Identifying the predictive value of the most important biokinematics determinants.

-The researcher used the descriptive method in the survey method and the method of correlative relations due to its relevance to the phenomenon to be studied.

-The researcher chose the research community in the intentional way represented by the players of Iraq clubs to throw the javelin, the category of applicants participating in the Iraq Clubs Championship for Athletics, which was held on the field of the athletics stadium at the National Center for the Care of Sports Talent of the Ministry of Youth and Sports. 8) Players who represent the first eight positions, and the sample represents (53.33%) of the research community.

-As for the field research procedures, they included conducting reconnaissance experiments, tests and the main experiment, as it included the biokinetic variables (angles, distances, times, speed and starting variables) related to some stages of javelin throwing. This experiment took place on the arena of the Arena and Field Games Stadium located in the Specialized Center for the Care of Sports Talent / Baghdad at exactly nine o'clock in the morning, and the camera speed was fixed at (210 r / s) considering that this speed corresponds to the speed of the player's performance and the speed of the spear at launch, and after performing the treatments Statistical research variables, the researcher concluded several results, including:

-The variable angles of inclination of the body and trunk did not rise to the ideal in performance, which benefits the performance of the members of the research sample through the results that appeared.

-The angles of other parts of the body that represent the position that the archer is supposed to maintain his speed without exaggerating the movement, as the correlations were weak for these angles, which indicates a weakness in the physical level or in the muscles working on these angles.

-The angles of the elbow for the members of the research sample and the achievement achieved through the results obtained did not match, whether they were through the preparatory position, in the extreme position of the bend, or in the final throw position.

The angle between the two legs is the angle that expresses the final throwing position, as it was at a level that does not serve performance and achievement because there is no significant correlation relationship.

The percentage of contributions to the angles variables did not indicate the effectiveness of these variables in achievement.

The recommendations of the research were:

-Using periodic kinetic analysis and interpreting the results of the analysis in a manner consistent with the development of ideal performance.

-Using kinetic analysis programs during the training units to give immediate feedback and correct errors to reach the correct mechanical position.

-Benefiting from the results of the analysis in the periodic, instantaneous review of the player to be able to detect weaknesses, strengths and the correct mechanical situation.

-Conducting research similar to other throwing activities, because the digital level of these events does not rise to the global digital level.

The sporting achievements he obtained at the university.

- One of the university team players during the initial study for four years
- Participated in the annual university festival in 2008, 2009, 2010

- Participated as a games coach to represent the university in the Universities Championship that was held in Al-Muthanna Governorate and obtained good results during the participation.

Sports achievements obtained as a player outside the country:

- In 2005, he represented the Iraqi training team, which was held in the Syrian capital, Damascus.
- In 2006, he participated in the twelfth Arab Athletics Championships and won the second place and the silver medal, which was held in Cairo.

Sports achievements obtained inside the country:

- In 2002, he won the first place in the discus throw event in the Iraqi Clubs Championship for Athletics, which was held in the capital, Baghdad.
 - In 2005, he participated in the championship of Iraqi clubs and institutions, which were set up in the holy governorate of Karbala.
 - In 2008, he participated in the Iraqi Clubs Athletics Championships for applicants, and got second place, and contracted as a player with Al-Shorta Sports Club.
 - In 2009, he participated in the Iraqi Clubs and Institutions Championship for Athletics, and won the first place and the second place for the applicants.
- In 2010, he participated in the Iraqi Clubs and Institutions Championship for Athletics, which was held in Al-Muthanna Governorate and won second place.

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

International journal of psychosocial Rehabilitation		magazine name	t
Analytical study of some of the achieved angles of the final throwing stage and their relationship to achievement in the effectiveness of the advanced javelin throw		Research Title	
Vol.24,Issue02,2020		Country	/
International journal of psychosocial Rehabilitation		magazine name	t
Analytical study of the curve(force-time)and the relationship of the level of completion of the effectiveness of the timed applicants.		Research Title	
Vol.24,Issue04,2020		country	

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

Design of a device for measuring trunk flexibility	type of creativity or activity	ت
		١

Patented		The title of the activity or creativity	
year	The concerned party	what he got (award / certificate of appreciation / thank you letter)	
2019	Ministry of Planning / Supervision and Quality Control Authority		
Design of an electronic device to measure the accuracy of volleyball shooting		type of creativity or activity	١
			٢
Patented		The title of the activity or creativity	
Year	The concerned party	what he got (award / certificate of appreciation / thank you letter)	
2020	Ministry of Planning / Supervision and Quality Control Authority		
get work done		type of creativity or activity	١
			٢
		The title of the activity or creativity	

Year	The concerned party	what he got (award / certificate of appreciation / thank you letter)	
2009	College of physical education and sports sciences / Diyala	  	
Exam Committees		type of creativity or activity	ت
			٤
		The title of the activity or creativity	
Year	The concerned party	what he got (award / certificate of appreciation / thank you letter)	
2011	College of physical education and sports sciences / Diyala	  	
Volunteer works		type of creativity or activity	ت
			٥
		The title of the activity or creativity	
Year	The concerned party	what he got (award / certificate of appreciation / thank you letter)	

2013	College of physical education and sports sciences / Diyala	<input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/>	
Exam Committees		type of creativity or activity	٦
Member of the Commission		The title of the activity or creativity	
Year	The concerned party	what he got (award / certificate of appreciation / thank you letter)	
2014	College of physical education and sports sciences / Diyala	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
assign tasks		type of creativity or activity	٧
		The title of the activity or creativity	
Year	The concerned party	what he got (award / certificate of appreciation / thank you letter)	
2014	Ministry of Higher Education and Scientific Research	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

Grading Committee		type of creativity or activity	ت
			٨
		The title of the activity or creativity	
Year	The concerned party	what he got (award / certificate of appreciation / thank you letter)	
2014	Diyala University Presidency	  	
3rd place in the Universiade Athletics Championships		type of creativity or activity	ت
			٩
Trainer		The title of the activity or creativity	
Year	The concerned party	what he got (award / certificate of appreciation / thank you letter)	
2015	Diyala University Presidency	  	
Grading Committee		type of creativity or activity	ت
			١٠
		The title of the activity or creativity	

year	The concerned party	what he got (award / certificate of appreciation / thank you letter)
2018	Diyala University Presidency	

- Obtained 27 letters of thanks during his scientific career at Diyala University / College of Physical Education and Sports Sciences, including:
 - 4 letters of thanks from the Minister of Higher Education and Scientific Research.
 - 8 letters of thanks from the President of Diyala University.
 - 15 letters of thanks from the Dean of the College.

The languages he speaks

- 1 . Arabia
- 2 . English

Contributions to community service

- 1 -Certified trainer for athletics in the Paralympic Committee /
Diyala branch
- 2 -Member of the Association of Arab Academics for Sports
Sciences.

