

Curriculum Vitae



Personal Information

Name: Saif Rashid Ghanem Al-Samarrai

Nationality: Iraqi

Date of Birth: 09/19/1989

Nationality: Iraqi

Place of Birth: Tikrit - Salahalddin

Marital Status: Single

Phone number: 07701874281

Email: Saif.r.g.89@gmail.com

Scientific Data:

Certificate	University/College	Graduation Year	General specialty	Specialization
Bachelor	University of Tikrit / College of Physical Education and Sports Sciences	2012	Physical Education	Physical Education
Master	University of Tikrit / College of Physical Education and Sports Sciences	2015	Physical Education	The science of sports training / handball.
PhD	University of Tikrit / College of Physical Education and Sports Sciences	2019	Physical Education	Physiology of Athletic Training/Athletics,

Languages:

ITP TOEFL Certificate	Tikrit Language Development Center
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Skills:

Computer skill	Holds the IC3 International Certificate from the Computer and Informatics Center at University of Tikrit.
	Holds a Computer Proficiency Certificate from the Continuous Research and Development Center at University of Tikrit.
Teaching skill	Holds a Teaching Methods Certificate from the Continuous Research and Development Center at University of Tikrit.

Work experience:

External lecturer 2015-2016	University of Tikrit / College of Physical Education and Sports Sciences
External lecturer 2017-2018	University of Samarra / College of Physical Education and Sports Sciences
Ministerial contract 2019-2020	University of Samarra / College of Physical Education and Sports Sciences

Scientific title:

Scientific title	Asst. Lect	Lecturer	Asst. Prof	Prof
Date of obtaining the scientific title	2000	2004	2010	2015

Courses I taught:

Track and field	practical	theoretical	First stage / University of Tikrit / College of Physical Education and Sports Sciences
Handball	practical	theoretical	Second stage / University of Tikrit / College of Physical Education and Sports Sciences
Handball Law	practical	theoretical	Second stage / University of Tikrit / College of Physical Education and Sports Sciences
Physiology	theoretical		Third stage / University of Samarra / College of Physical Education and Sports Sciences
Anatomy	theoretical		First stage / University of Samarra / College of Physical Education and Sports Sciences
Qualification	theoretical		Third stage / University of Samarra / College of Physical Education and Sports Sciences
Public Health	theoretical		First stage / University of Samarra / College of

			Physical Education and Sports Sciences
Athletics	practical	theoretical	Second stage / University of Samarra / College of Physical Education and Sports Sciences
Handball	practical	theoretical	All stages / University of Samarra / College of Physical Education and Sports Sciences

The most important scientific activities:

2019	Holds a certificate of participation in the Training of Trainers in the Field of Human Development (TOT) course, which was held at the Al-Araqah Foundation for Culture and Development, the International Accreditation Organization, and the German Board of Training and Consulting.
2019	Holds a certificate of participation in the fitness and aerobic training course awarded by the International Academy for Training and Development (IATD), which was held at the University of Tikrit, College of Physical Education and Sports Sciences.
2019	Holds a certificate of participation in a course of sports medicine and injuries, which was awarded by the Scientific Academy of Research Training - London

Published Research:

Seq	Search Name and place of publication	Date of publication
1.	I hold the third place in the Scientific Conference for Graduation Research for Humanities in the research tagged (The relationship of sensory-kinesthetic perception to the accuracy of the performance of some basic skills in volleyball).	2012
2.	Research published in the Journal of the University of Kirkuk for Human Studies, issued by the University of Kirkuk, for the tagged research (The effect of cross-training on a number of physical variables for youth handball players).	2015
3.	Research published in the International Scientific Research Conference on Health and Physical Education Sciences, which was held at Al-Israa University College, in the tagged research (The effect of cross-training on a number of skill variables for youth handball players)	2016
4.	Research published in the Journal of Sports Culture, issued by the College of Physical Education and Sports Sciences at the University of Tikrit, for the tagged research (The effect of polymorphism of the (ACE) gene on the maximum oxygen consumption as an indicator of player selection, endurance activities in athletics).	2019
5.	Research published in the Journal of Sports Culture issued by the College of Physical Education and Sports Sciences at the University of Tikrit for the tagged research (the effect of polymorphism of the (MCT1) gene on the maximum oxygen consumption as an indicator of the selection of endurance players in athletics).	2019
6.	Research published in the Second / First Joint International Scientific	2019

	Conference, College of Physical Education and Sports Sciences / University of Dohuk, Noon Center for Research and Specialized Studies for the period from 21-22 April 2020 for the tagged research (selection of short-distance runners for athletics according to the polymorphism of the ACE gene).	
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Membership of scientific societies and professional activities:

Seq	Occupation	Date
1	Member of the Iraqi Virtual Scientific Library	2013
2	Member of the Iraqi Scientific Sports Association Testing and Measurement Branch	2019
3	Member of the International Association of Scientific Researcher	2019
4	Member of Pioneers of Sports Science	2019
5	Member of Badn Academic	2019
6	Member of the Egyptian Society for Physical Education and Sports Sciences	2020

Training courses and technical skills:

Seq	Training course title	Place	Date
1.	Strategies for building muscle strength according to the analysis of the performance of the practiced sport	Internet	2019
2.	Visual vision in the field of sports psychology	Internet	2019
3.	Sports activity and women's physiological adaptations	Internet	2019
4.	Sports injury care and prevention	Internet	2019
5.	Weight training	Internet	2019
6.	The technical development of imaging and the basics of analysis using the Kinovea application	Internet	2019
7.	Therapeutic exercises	Internet	2019
8.	Nutritional counseling and communication with athletes in order to control the ideal weight	Internet	2019
9.	Blood lipids and physical activity	Internet	2019
10.	DNA applications in sports	Internet	2019
11.	Nanotechnology applications in sports physiology	Internet	2019
12.	Homeostatic stability - body fluids and physical performance	Internet	2019
13.	Recovery in the sports field	Internet	2020
14.	Genetics and athletic performance	Internet	2020
15.	Sports medicine	Internet	2020
16.	Genetic handling and the making of a sports champion/	University of Samarra/ Center for Development and	2020

		Continuing Education	
17.	Physical activity during the corona pandemic	University of Samarra/ Center for Development and Continuing Education	2020
18.	Physical activity and immunity in light of the spread of the COVID-19 pandemic	University of Baghdad/ Center for Development and Continuing Education	2020
19.	Sobriety of education and efficiency of outputs	University of Mosul /College of Education for Girls	2020
20.	Treatment of Infectious Disease and Patient	Internet	2020
21.	Lessons Learned from Around the World in Dealing with COVID-19	Internet	2020
22.	Energy expended during rest and physical activity	University of Al-Qadisiyah /Development and Education Center continuous	2020
23.	E-learning breaking time, Space, and Pandemic	University of Kufa/ Development and Education Center Continuous	2020
24.	The use of the physio flow enduro device in researches of Sports Science	University of Samarra/ Center for Development and Continuing Education	2020
25.	Co2 o2 gas analyzer Tanita segmental body composition	University of Samarra/ Center for Development and Continuing Education	2020
26.	Monark 894E Fitmate Pro	University of Samarra/ Center for Development and Continuing Education	2020
27.	Hypoxic Chamber Spirometer	University of Samarra/ Center for Development and Continuing Education	2020
28.	K.5 Lactic acid	University of Samarra/ Center for Development and Continuing Education	2020

29.	Mental processes and behavior modification	University of Samarra/ Center for Development and Continuing Education	2020
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