



University of AL Hamdaniya

Academic and Curriculum Vitae



First: Personal Information

Full Name	Zana hashem Ismael muhammadamen
Gender	male
Date of Birth	21/8/1990
Place of Birth	
Nationality	iraqi
Social Status	Married
No. of Children	2
Years of Working	3

Second: Academic Degrees

Certificate	General Specialization	Specific Specialization	Graduation date	College	University	country
PH.D.	Athlete Training	Foot training	28.10.2017	Physical Education for Girls	Alexandria	Egypt
Master	Athlete Training	Foot training	24.11.2015	Physical Education for Girls	Alexandria	Egypt
Bachelor	Physical Education	General	2013	Physical Education	Salah al-Din	Iraq
Academic Titles and their Acquiring Dates				Lecturer Doctor 5.5.2021		

Third: Teaching and Working Tasks

- Member of the expatriate sports club in Alexandria, Egypt, 2015.
- Where I published my first book under the title (Stretching and flexibility exercises for female football players) Halls), 2016.

Lecturer at the Faculty of Physical Education and Sports Sciences, Al-Kitab University previously.

Lecturer at the Sports Institute Baytakht Al-Ahli in Erbil Governorate in the Kurdistan Region of Iraq previously.

Fourth: Academic Activities

Where she participated in children's games, the effect of quarantine and the effect of home quarantine, an electronic seminar held by the College of Education for Girls, Department of Physical Education and Sports Sciences, University of Kufa.

The limits of human capacity for sports achievement, a symposium held by the College of Physical Education and Sports Sciences, University of Basra.

Applications of Positive Psychology in the Sports Field, an electronic workshop held by the Iraqi Sports Association, Sports Psychology Branch in cooperation with Al-Qasim University.

Training courses and their role in preparing a successful professional coach coach, the workshop held by the Iraqi Scientific Sports Association, branch (tests and measurement).

Preparing electronic questions, the workshop was held under the supervision of (academic body).

The creative player and the Model S in football, the workshop held by the College of Physical Education and Sports Sciences, University of Basra.

Sports Feed ... How to start training after the break during the Corona pandemic period, July 6, 2020. Under the supervision of Excellence Sports Consulting in the State of Kuwait.

Fifth: Published research in Iraqi and International Scientific Journals

Local scientific journals	Journal of Studies and Research Physical Education, College of Physical Education and Sports Sciences, University of Basra
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	<p>(The effect of performing a special warm-up in improving some basic skills for the game of football, accepting your research above and publishing it in Volume (33) Issue (1) for the year 2023.</p> <p>-Anbar University Journal of Physical and Sports Sciences, the challenges facing female students of the faculties of physical education and sports sciences when playing futsal and its relationship to refraining from participating in the arbitration of its match.</p> <p>- Wasit Journal of Mathematical Sciences: Professional players in the Iraqi Football League: the conditions and challenges that accompanied their performance during the first professional football season (2023 - 2024) and ways to overcome them. Issue No. 1 _ Volume 23.</p> <p>- University of Dhi Qar Journal of Physical Education Sciences: "The Effect of a Training Program with a Good Sleep System on Improving Some Physical Abilities of Futsal Female Players" Volume 2, Issue 3, Year 2025.</p>
International Scientific Journals	
Published Books, Patents and Other Activities	She published a book entitled (Stretching and flexibility exercises for futsal players), in 2016.

Sixth: Appreciation Certificates and Thank Letters

Issued by	Appreciation certificates	Acknowledgments letters
Ministry		٢

President of the University		1
Vice Presidents for Scientific & Administrative Affairs		
College		1
Others		

- I Certify That All the Above Information in My Cv are Documented by Official Letters

Signature