



## C.V

**Name:** Zainab Q. Abdul Mohsen al – Hashme

**Date of Birth:** 1982

**Religion:** Muslim

**Martial statues:** Married

**No. of children:** 1

**Specialization ;** Sport Science

**Position: :** College instructor

**Scientific Degree:** PhD

**Work Address:** College of Physical Education and Sport Science for Women


**Work Phone:**

**Mobile:** 07716799841

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### **First: Scientific Certification:**

Degree	University	College	Date
Bachelor degree	Baghdad	College of Physical Education and Sport Science for Women	2004--2003



<b>Master degree</b>	Baghdad	College of Physical Education and Sport Science for Women	2008
<b>PhD</b>	Baghdad	College of Physical Education and Sport Science for Women	2015
<b>others</b>			

## Second: career progression

<b>No.</b>	<b>Career</b>	<b>Workplace</b>	<b>From -To</b>
1	Coach	College of Physical Education and Sport Science for Women	2005-2006
2	Assistant Lecturer	College of Physical Education and Sport Science for Women	2008-2016
3	Lecturer	College of Physical Education and Sport Science for Women	till-2016 now





**Third: University Teaching.**

No.	University	The (Institute / College)	From -To
1	University of Baghdad	College of Physical Education and Sport Science for Women	/ 2005 now till

**Fourth: Courses Which You Teach:**

No.	Department	Subject	Year
1	Individual Games	Fencing	2008
2	Individual Games	Track-and-Field sports	2008
3	Individual Games	Track-and-Field sports	2016
4	Individual Games	Track-and-Field sports	2017
5	Individual Games	Track-and-Field sports	2018
6	Individual Games	Track-and-Field sports	2019

**Fifth: Thesis which was supervised by :**

No.	Thesis Title	Department	Year
1			

**Sixth, Conferences which you participated:**

No.	Conference s Title	Year	Place	Type of Participatio n
1	Strategic Analysis	2016	College of Physical Education and Sport Science for Women	Participant
2	Video lecture on fake magazines	2016	continuous education / UOB	Participant

3	Lecture on modern laboratory equipment used	2016	College of Physical Education	Participant
4	Conference on the Union of Physical Culture	2016	College of Physical Education and Sports Sciences for Girls	Participant
5	A seminar on breast and cervical cancer	2017	College of Physical Education and Sports Sciences for Girls	Attend

6	<p>Fourth International Scientific Conference of Sports Science / University of Babylon</p>	2017	<p>College of Physical Education and Sports Sciences for Girls</p>	Participant
7	<p>The first international scientific conference of the Faculty of Physical Education for Girls</p>	2019	<p>College of Physical Education and Sports Sciences for Girls</p>	Participant
8	<p>Read in a book</p>	24\12\ 2021	<p>E-learning platform physical education</p>	Attend



9	Third International Scientific Conference for Humanities and Social Sciences	18-19/4/2022	College of Education for Girls/ University of Al-Qadisiyah	Attend
10	Life pressures and coping strategies for university students	27/4/2022	College of Education for Girls / Kufa, e-learning platform	Attend
11	Sports tourism between reality and ambition	18/4/2022	International Arab Association for Sports Management	Attend

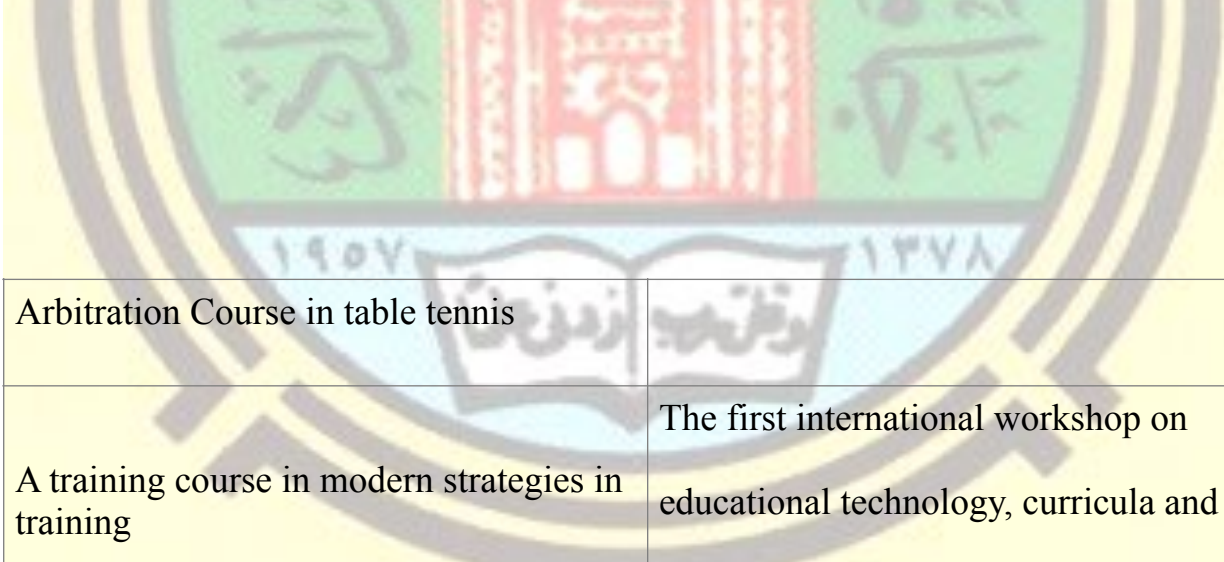
12	The first international scientific conference for postgraduate research	7/3/2022	Physical Education, Al-Mustansiriya University, electronic	Attend
13	The second virtual scientific conference on recent developments in sports applications in light of the Corona pandemic	30-31/3/2022	Physical Education/ University of Diyala	Attend



14	International Scientific Conference Childhood Psychology and Creativity	22-23/2/2022	Basic Education / University of Kufa	Attend
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### **Seventh: Scientific Activities**

<b>Within the College</b>	<b>Outside the College</b>
A course on human values by the International Association of Human Values as a participant	Video lecture on fake magazines
Basic Arbitration Course in Basketball	Marathon Secretariat of the Council of Ministers / Iraqi Women Empowerment Department within the 16- day campaign against violence against women.
Lecture on Anger and Anxiety Management	Course on Virtual Library in the Continuing Education Unit / University of Baghdad
A lecture on the diet of the Zone	course on Google Classroom
Handball training course	



Arbitration Course in table tennis	
A training course in modern strategies in training	The first international workshop on educational technology, curricula and teaching methods
Arbitration course for athletics	
Lecturer on sports adaptation	
A member of the seminars	
Discussion of the doctoral student, Ishraq, 7/17/2022	
committee to approve the title of the research of a doctoral student, Esraa	
A member of the seminar	

### **Eighth: Research Projects in The Field of Specialization to**

### **The Environment and Society or the Development of Education**

<b>No.</b>	<b>Research Title</b>	<b>Place of Publication</b>	<b>Year</b>
1	The effect of a training load in the single direction and the combined direction in developing the accuracy and speed of skillful performance in fencing	Faculty of Physical Education for Men - Zagazig University	2009

2	The effect of self-control exercises on the level of performance of ladder scoring basketball	College of Physical Education for women - contemporary magazine	2009
3	The effect of different rest periods on the development of bearing speed of the fencing players	Al Basra university	2010
4	The impact of hypoxic exercises using a means to develop some functional indicators of fencing players	Al Basra university	2010
5	Effect of warm-up exercises according to the pulse index (120 z / d) to develop the transition speed in fencing		2011
6	Self-control and its relation to the level of counter-reaction in fencing		2012

7	<p>The effect of the exercises hypoxic using a means to help develop some functional variants of the 800 m. runners.</p>		2014
8	<p>The impact of ballistic exercises on the development of the special power to pass the barrier among students of the second stage.</p>	JORNAL OF ANBAR	2015
9	<p>The effect of special exercises to develop some motor abilities and accomplish the effectiveness ran 100-meter hurdles for women</p>	<p>College of Physical Education for women - contemporary magazine</p>	2015
10	<p>Musical accompaniment and its impact on some functional variables and achievement in the effectiveness of running 1500 m</p>	<p>College of Physical Education for women - contemporary magazine</p>	2016

11	<p>The Effect of Cardio Exercises in Developing Some Special Abilities, Physiological Indicators, Skill Dimensions, and Badminton</p>	<p>College of Physical Education and Sports Sciences - Karbala Journal of Sports Sciences</p>	2017
12	<p>Comparative Study of the Effect of Reciprocal Strength Exercises for feet in Developing Some Special Physical and moving Abilities for Long Jump Effectiveness and its relationship to achievement</p>	<p>Faculty - Education Physical of Helwan University</p>	2017
13	<p>The Effect of Cooperative Learning Strategy on Learning the Effect of Discus throwing in the Field Games for Second Stage Students.</p>	<p>College of Physical Education and Sports Sciences - Al-Mustansiriya University Journal</p>	2017
14	<p>The effect of a proposed program of camping games on the development of moving ability of the third primary students.</p>	<p>College of Physical Education and Sports Sciences - University Journal, Babylon</p>	2018



15	The effect of exercises using rubber bands in the development of special forces and electrical to some of the	College of Physical Education and Sports Science for women -	2018
	upper limb muscles and performance transmitter skill in the game of tennis	University Journal Baghdad	
16	The effect of maximum speed repetition exercises and anaerobic work efficiency in the 100 and 200m running events.	College of Physical Education and Sports Sciences for Girls - University Journal, Baghdad	2018
17	The effect ballistic training exercises according to the anaerobic energy production system in the development of certain strength forms for the arms and the execution of disc throwing to players	The American magazine	2018
18	A comparative study of psychological emotions in some sports	College of physical education and sports sciences for girls- college conference Baghdad	



19	The effect of using multimedia in learning the skill of passing from the bottom in volleyball	International Sports Science Journal	2022
20	Psychological disorder, random thinking, and their relationship to violent behavior among fourth-stage female students	International Sports Science Journal/ Conference	2022

**Ninth: Membership in local and international scientific bodies.**

- Member of 2 Examination Committee (Member of Record Committee + Member of Coordination Committee)
- Member of the bathroom receiving committee in our college
- Member of the Scientific Clearing Committee
- Member of the Absence Records Audit Committee
- Member of the Educational Guidance Committee
- Member of the Examinations and Admission Committee for the first stage



**Tenth: Awards and Certificates of Appreciation**

No.	Name of Awards and Certificates	Donor	Year
1	A letter of thanks and appreciation for the organization and arrangement of the library and Division Internet the	College of Physical Education and Sport Science for Women	2006
2	A letter of thanks and appreciation for the organization and arrangement of the library	College of Physical Education and Sport Science for Women	2006
3	Book of thanks and appreciation for the organization and the arrangement of the library arrangement of books and theses	College of Physical Education and Sport Science for Women	2008
4	A letter of appreciation and appreciation for the efforts made in the service of 2008-2007 the scientific process	College of Physical Education and Sport Science for Women	2008
5	A letter of thanks and appreciation for outstanding performance and great effort to get the best results Open Championship for Women	College of Physical Education and Sport Science for Women	2009
6	A letter of thanks and appreciation for the works which the ,and paragraphs of the annual festival college set up to celebrate the University Day	College of Physical Education and Sport Science for Women	2009
7	A letter of thanks and appreciation for the success of the seminar on the exam committees	College of Physical Education and Sport Science for Women	

<b>8</b>	A letter of thanks and appreciation	College of Physical Education and Sport Science for Women	
<b>9</b>	A letter of thanks and appreciation for the completion of tests first grade student	College of Physical Education and Sport Science for Women	2013
<b>10</b>	A letter of thanks and appreciation s Day'on the occasion of Teacher	College of Physical Education and Sport Science for Women	2016
<b>11</b>	A letter of thanks and appreciation	College of Physical Education and Sport Science for Women	2016
<b>12</b>	A letter of thanks and appreciation for the completion of tests first grade student	College of Physical Education and Sport Science for Women	2016
<b>13</b>	A letter of thanks and appreciation for the completion of the performance evaluation audit	College of Physical Education and Sport Science for Women	2016
<b>14</b>	A letter of thanks and appreciation to accomplish the requirements of the lesson of the arena and the field	College of Physical Education and Sport Science for Women	2017
<b>15</b>	A letter of thanks and appreciation gift of a doctoral thesis for the /	College of Physical Education and Sport Science for Women	2017

16	A letter of thanks and appreciation for the / gift of a phd thesis	Dean of the Faculty of Physical Education and Sports Muthanna / Science University	2017
17	A letter of thanks and appreciation for the efforts made in the Continuing Education Unit	Dean of the Faculty of Physical Education and Sports University / Science of Basra	2017
18	A letter of thanks and appreciation to the to complete the celebration / Committee of Events s birthday'of the Prophet	Dean of the Faculty of Physical Education and Sports University / Science of Baghdad	2017
19	A letter of thanks and appreciation s Day'on the day of Women	Dean of the Faculty of Physical Education and Sports University / Science of Baghdad	2017
20	A letter of thanks and appreciation for the committees of tests and admission	Dean of the Faculty of Physical Education and Sports University / Science of Baghdad	2017
21	A letter of thanks and appreciation s birthday'for the Prophet	Dean of the Faculty of Physical Education and Sports University / Science of Baghdad	2017

<b>22</b>	A letter of thanks and appreciation for the student management program	Dean of the Faculty of Physical Education and Sports University / Science of Baghdad	2018
<b>23</b>	A letter of thanks and appreciation for the first international conference of the Faculty of Physical Education and Sports Sciences for Girls	Dean of the College of Physical Education and Sports Sciences / University of Baghdad	2019
<b>24</b>	A book of thanks and appreciation for Women's Day and Teacher's Day	Dean of the College of Physical Education and Sports Sciences / University of Baghdad	2019
<b>25</b>	Thanks and appreciation for giving a lecture on drugs and their effects on society	The College of Physical Education and Sports Sciences / University of Baghdad	<b>10/11/2021</b>
<b>26</b>	Thanks and appreciation on the occasion of Women's Day	The College of Physical Education and Sports Sciences / University of Baghdad	<b>1/3/2022</b>
<b>27</b>	Acknowledgment and appreciation for creating a guide for undergraduate and postgraduate computer laboratories	The College of Physical Education and Sports Sciences / University of Baghdad	<b>21/10/2021</b>
<b>28</b>	Thanks and appreciation for arranging, organizing and preparing computer laboratories for undergraduate and postgraduate studies	The College of Physical Education and Sports Sciences / University of Baghdad	<b>13/10/2021</b>

<b>29</b>	Thanks and appreciation for participating in the decision-making workshop and creativity in taking it	Al-Nahrain Foundation for Youth and Sustainable Development	<b>15/3/2022</b>
<b>30</b>	Thanks and appreciation for the efforts made in the educational process	The minister	<b>30/6/2022</b>

**Eleventh, Scientific literature:**

<b>No.</b>	<b>Scientific Literature Title</b>	<b>Year of The Publication</b>
1	<b>A book of methods of teaching and training</b>	2021
2		
3		


**Twelfth, languages:**

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✓

**Thirteenth: Committees**

1. Member of the Examination Committee.



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- 2 - Member of the Committee on Continuing Education  
3 - Member of the Committee on Events  
4 - Member of the Committee of tests and admission  
5 - Member of the Council of the branch on individual games  
6- Member of the Civil Defense Committee  
7- Assigned sub-committees

**\*Note: - Make a copy on CD.**