



# QAIS CHYAD KHALAF ABDULLAH ALWILADI

PROFESSOR

## CONTACT



### ADDRESS

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+9647735930600

### DATE OF BIRTH

15/07/1972

## AREAS OF RESEARCH:

Sport Training Physiology.  
Special Needs.  
Tennis.

## PUBLICATIONS

- (150) Scientific Research Papers  
and books were published in 24 Countries.

## ACADEMIC QUALIFICATIONS :

- Bachelor's Degree of Physical Education, Baghdad University  
Faculty of Physical Education, on 30-06-1998.
- Master's Degree of Physical Education, Baghdad University  
Faculty of Physical Education, Academic Decree No. 15139 on 10-08-2002.
- PhD of Physical Education, Baghdad University  
Faculty of Physical Education, Academic Decree No. 15141 on 13-05-2008.

## ACADEMIC TEACHING / INSTRUCTOR :

1. From 2002 to 2004: Teaching Tennis in Faculty of Physical Education & Sport Science, Diala – Iraq.
2. From 2002 to 2003: Teaching Physiology in Faculty of Open Education, Diala – Iraq.
3. From 2002 to 2004: Teaching Anatomy in Faculty of Physical Education & Sport Science  
Diala – Iraq.
4. From 2008 till present: Teaching Physiology in Faculty of Physical Education & Sport Science  
Diala University – Iraq.
5. From 2013 to 2015: Teaching sport properties in the course of fourth stage
6. Teaching Physiology for Post-graduate students (Master's Degree) in the  
Faculty of Basic Education, Diala University for the academic year 2013 0 2013.
7. Teaching Physiology of Sport Training for Post-graduate students (Master's Degree) in the  
Faculty of Physical Education & Sport Science, Diala University from 2013 till present.

## PROFESSIONAL AFFILIATIONS :

1. Head of the Scientific Group for Anatomy for the academic year 2009 – 2010.
2. Head of the Supervising Committee on Field Application for the academic year 2009 – 2010  
pursuant to academic decree No. 324 on 15-02-2010.
3. A permanent member in the Medical Committee supervising acceptance tests  
of students' admission in the Faculty of Physical Education & Sport Science, Diala University.
4. Head of Absence Committee in the Faculty of Physical Education & Sport Science,  
Diala University for the academic year 2009-2010.
5. Head of Registration at the Faculty of Physical Education & Sport Science,  
Diala University for the academic year 2002-2003.
6. Vice Dean of Students' Affairs, Morning, Faculty of Physical Education & Sport Science,  
Diala University pursuant to the academic decree No. 7040 on 13-08-2008.
7. Member of Admission Committee in Higher Studies, Faculty of Physical Education  
& Sport Science, Diala University pursuant to the academic decree No. 1727 on 18-08-2008.
8. Member of the Scientific Committee in Faculty of Physical Education & Sport Science,  
Diala University, Iraq and as its secretary pursuant to the administrative decree  
No. 4619 on 31-10-2010.
9. Head of the Scientific Committee for Accepting Primary Studies' students  
in the Faculty of Physical Education & Sport Science, Diala University.
10. Member of Editorial Committee of Sport Science, Issued from Faculty  
of Physical Education & Sport Science, Diala University for the academic year 2014 – 2015.

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## WORKING EXPERIENCE:

- 1- Head of Bani Saad Youth Committee from 1997 to 2000.
  - 2- Secretary of Bani Saad Sports Club from 2002 to 2004 at book No: 39 on 06/08/2004.
  - 3- Coach of Diala University Tennis Team from 2002 to 2003.
  - 4- Secretary of the Central Tennis Association, Diala Branch from 2006 to 2007.
  - 5- Coach of the National Team of Wheelchair Tennis for the sport season 2008 – 2009.
  - 6- Regional Manager of the World Council in the Arab World [www.gcss.se](http://www.gcss.se).
  - 7- Secretary General of the World Council of Sport Science [www.gcss.se](http://www.gcss.se).
  - 8- Editing Manager of the Swedish Journal for Scientific Research [www.sjsr.se](http://www.sjsr.se).
  - 9- Supervisor of the International Sport Medicine Course held by the World Council for Sport Sciences from 21 to 28/03/2015 in Antalya, Turkey.
  - 10- Editorial Director at the Swedish Journal of Scientific Research [www.sjsr.se](http://www.sjsr.se).
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## LIST OF PUBLICATIONS:

- 1- Qais Chyad Khalaf, The Relation between Determining the Most Important Special Physical Characteristics and some Functional Variables for Tennis Players, Unpublished Master's Thesis, Faculty of Physical Education & Sport Science, Baghdad University, 2002.
  - 2- Qais Chyad Khalaf, The Effect of a Training Course using Training Methods on Developing Motor Response Speed, Performance Accuracy and Coverage for Wheelchair Tennis Players "Advanced", Unpublished PhD Thesis, Faculty of Physical Education & Sport Science, Baghdad University, 2008.
  - 3- Qais Chyad et al, A Comparative Study on the Level of some Fitness Elements for a Group of Faculties Team Players, Published Research, Faculty of Physical Education & Sport Science, Diala University, Sports Sciences Journal, Vol No. 1, Issue No. 4, 2004.
  - 4- Qais Chyad et al, The Effect of using Teaching Methods in Developing Motor Response Speed & Performance Accuracy with Time Significance and some Indications of Nervous System for Wheelchair Tennis Players, Published Research, Faculty of Physical Education & Sport Science, Al Emar University, Vol No. 1, Issue No. 1, 2009.
  - 5- Qais Chyad et al, The Effect of Resistance Training on Developing some Special Physical Abilities for Young Volleyball Players, Published Research, Faculty of Physical Education & Sport Science, Tekrit University, Vol No. , Issue No. 2010.
  - 6- Qais Chyad and Nebras Ali Lateef, The Effect of some Anthropometric & Physical Variables in Selecting the 100 m Dash Players Compared with Rural & Urban Setting, Published Research, Faculty of Physical Education & Sport Science, Diala University, Sport Science Journal, Vol., Issue., 2010.
  - 7- Qais Chyad, The Relation between three Methods of Muscular Strength with Straight and Blocking Serve in Tennis, Unpublished Research, Faculty of Physical Education & Sport Science, 2004.
  - 8- The Effect of Sport Training in Two Different Settings on some Physiological, Biochemical and Physical Variables of Wheelchair Tennis Players: A Comparative between Training in Shade and Training Outdoors.
  - 9- A Comparative Study of some Physiological Variables and Fist Power for Wheelchair Tennis Players in the Open Championship 2009 – 2010.
  - 10- The Effect of Practicing Sport Activity on some Physiological and Biochemical Variables: A Comparative Study between Events of Special Needs based on Various Energy Systems.
  - 11- The Effect of Changing Lifestyle on some Blood Indications of Wheelchair Tennis Players: A Comparative Study between a Sample of Athletes and Non-Athletes.
  - 12- The Effect of High Intensity Training on Level of Free Electrolytes with Significance of some Chemical Indications like Glutathione and Malondialdehyde Enzymes for Players of Iraqi National Wheelchair Tennis Team.
  - 13- Effects of Resistance Training with Different Nutrient Supplementation on Muscle Strength (Ali Faleh Salman and Qays Chyad Khalaf, International Journal of Scientific and Research Publications, Volume 4, Issue 1, January 2014 1 ISSN 2250-3153.
  - 14- The effect of using aerobic exercise training in some blood fats of the Overweight people (Qays Chyad khalaf and Ahmed Mahmoud Hassan) the Swedish Journal of Scientific Research, [sjsr.se](http://sjsr.se), Volume 1 Issue 2, July 2014 Edition. ISSN: 2001-9211.
  - 15- Effect of Polyometric training in the development of some types of muscle strength and achievement of the effectiveness of the long jump for the disabled (deaf and dumb) (Qays Chyad Khalaf, Alaa Khalaf Haider and Safaa Abdul Wahab Ismail) The Swedish Journal of Scientific Research, [sjsr.se](http://sjsr.se), Volume 1 Issue 2, July 2014 Edition. ISSN: 2001-9211.
  - 16- The effect of eating different concentrations of sodium and calcium on the level of achievement of certain events of track and field according to the different energy systems The Swedish Journal of Scientific Research, [sjsr.se](http://sjsr.se), Volume 7 Issue 2, January 2014 Edition. ISSN: 2001-9211.
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## AUTHORSHIP & TRANSLATION:

- 1- Preparation and authorship of a book entitled: "Techniques of Devices and Physiological Tests", Diala University Press, 2013.
- 2- Preparation and authorship of a book entitled: "Special Needs Sports – Methodological Basics", Diala University Press, 2013.
- 3- Preparation and authorship of a book entitled: "Properties Sport", Diala University Press, 2015.

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## ACKNOWLEDGEMENTS:

- 1- Acknowledgement from Iraqi Minister of Higher Education for tasks of Dean Assistant and as a Board member of Faculty of Physical Education – Diala, Issue 1523, on 19/01/2009.
- 2- Acknowledgement from Head of Diala University for tasks of examination committee, Issue 8012, on 16/08/2008.
- 3- Acknowledgement from Head of Diala University for tasks of examination committee, Issue 8458, on 27/09/2009.
- 4- Acknowledgement from Head of University for Completing Commission of Dean Assistant, issue 1550 on 30/06/2010.
- 5- Acknowledgement from Head of University, issue 322 on 02/02/2010.
- 6- Acknowledgement from Dean of Physical Education for Running the Faculty, issue 1511 on 27/07/2009.
- 7- Acknowledgement from Dean for participation in directing the 13th Scientific Conference for Faculties of Physical Education from 05 to 06 March, 2002, Issue. 307 on 30/04/2002.
- 8- Acknowledgement from Dean of Physical Education for completing registration manager tasks, issue 3114 on 14/12/2003.
- 9- Acknowledgement from the Dean for master sheet auditing membership, issue 743 on 25/04/2009.
- 10- Acknowledgement from Dean of Faculty of Science, Diala University for providing some devices, issue 1885 on 14/10/2009.
- 11- Acknowledgement & appreciation from the Dean for completing commission of Dean Assistant Position, issue 79 on 14/01/2010.
- 12- Acknowledgement & appreciation from the Dean for having the first place in the Ramadan Tennis Championship – Diala University, issue 112 on 18/06/2004.
- 13- Acknowledgement & appreciation from the Syrian Arab Republic – Teshreen University, Faculty of Physical Education for effective participation in the discussion session for the period 21-25/02/2010.
- 14- Acknowledgement & appreciation from Assistant of University Head for Academic Affairs for organizing and running the Physical & Technical Education Directorate, Issue. 7144 on 18/05/2011.
- 15- Acknowledgement & appreciation from the University Head for efforts in performing works, Issue. 13605 on 20/09/2011.
- 16- Acknowledgement & appreciation from the Dean of Faculty of Physical Education for efforts in publishing two methodological and assisting books for the academic year 2013 – 2014.
- 17- Acknowledgement & appreciation from the Dean of Faculty of Physical Education for winning the University Masters Championship, Issue. 1187 on 07/05/2014.
- 18- Acknowledgement & appreciation from the University Head for directing and successful final exams of the academic year 2013 – 2014 on 04/06/2014.
- 19- Acknowledgement & appreciation from the University Head for successful acceptance tests of primary studies' students for the academic year 2014 – 2015.
- 20- Acknowledgement & appreciation from the University Head for my management to the Swedish Journal for Scientific Research and Secretariat of the World Council for Sport Sciences, Issue. 11553 on 02/09/2014.
- 21- Acknowledgement & appreciation from the Dean of Faculty of Physical Education, Girls for giving an introductory lecture about how to publish in the Swedish Journal for Scientific Research, Issue. 2952/14 on 14/10/2014.
- 22- Acknowledgement & appreciation from the Dean of Faculty of Physical Education, Babylon University, about contributing to success of courses of the International Conference of the faculty and for my participation in the qualitative lecture of academic publishing in scientific journals with effect factor on 22/10/2014.
- 23- Acknowledgement & appreciation from the Dean of Faculty of Physical Education, Salah El Din University, Erbil for giving an introductory lecture about how to publish in the Swedish Journal for Scientific Research on 09/12/2014.
- 24- Acknowledgement & appreciation from the Dean of Faculty of Basic Education, Diala University for giving an introductory lecture about how to publish in the Swedish Journal for Scientific Research on 09/01/2015.
- 25- Acknowledgement & appreciation from the Dean of Faculty of Basic Science Education for giving a lecture about sports medicine on 01/03/2016.
- 26- Acknowledgement & appreciation with issue. 569 on 02/03/2016 from the Dean of Faculty of Physical Education & Sports Sciences, Kufa University for giving a book entitled: "Sports of Properties".

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## SUPERVISING STUDENTS OF HIGHER STUDIES:

- 1- Supervising the Master's degree student, Walid Attallah for his thesis entitled: "The Effect of High Intensity Training in Various Settings on Melatonin and Anti-Oxidants for the 100-200 m Runners".
- 2- Supervising the Master's degree student, Maysam Wasim Wadea for her thesis entitled: "The Effect of Having some Mineral Salts on some Physiological Variables and Performance with Step Frequency's Significance and Spent Energy for Players of Futsal".
- 3- Supervising the Master's degree student, Taghalub Sallam for her thesis entitled: "The Effect of Training Duration on Albumin & Blood Lactate Level in Relation with Concentration of Serotonin Level in Blood for Long Distance Athletes".
- 4- Supervising the Master's degree student, Abdulkarim Abdullah Abdulkarim for his thesis entitled: "A Rehabilitation Program to Develop Nervous Connection Speed and Pushing Speed for Knee Joint Muscles to Limit Injury for Volleyball Players", Alexandria University, Arab Republic of Egypt, Book Issue. 53, on 21/01/2015.
- 5- Supervising the Master's degree student, Hussein Ali Faqir for his thesis entitled: "The Effect of Using some Devices & Equipment on Developing some Physical, Functional Abilities and Basic Skills of Boxers".
- 6- Supervising the Master's degree student, Walid Attallah for his thesis entitled: "Functional Response and Free Electrolytes Level in the Body after Performing High Intensity Physical Training".
- 7- Supervising the Master's degree student, Maysam Wesam Saba' for her thesis entitled: "The Effect of a training Program for Overweight Females on the Level of Immune Proteins and Blood Fats for Women with ages 45- 50 Years Old".

## CONFERENCES:

1. Participated in the 1st scientific conference for Physical Education disciplines held in the Faculty of Physical Education & Sport Science, Diala University in the period from 22nd to 23rd April, 2008 with the research entitled: "The Effect of using Training Methods in Developing Motor Response Speed & Performance Accuracy with Time Significance and some Indications of Nervous System for Wheelchair Tennis Players".
  2. Participated in the 8th international scientific conference for Physical Education disciplines held in the Faculty of Physical Education & Sport Science, Al Mosel University in the period from 6th to 08th May, 2012 with the research entitled: "The Effect of High Intensity Training on the Level of Free Electrolytes with Significance of some Chemical Indications like Glutathione and Malondialdehyde Enzymes for Players of Iraqi National Wheelchair Tennis Team".
  3. Participated in the scientific conference in Khaneqin University from 19 to 20/05/2014 with the research entitled: "The Effect of Having Different Concentrations of Sodium and Calcium on Achievement Level for some Track and Field Events based on Different Energy Systems".
  4. Participation in a qualitative lecture about Mechanism of Scientific Publishing of Researches in Scientific Fields with Effect Factor, among courses of the international conference at Babylon University, Faculty of Physical Education & Sport Science.
  5. Participated in the international conference at Baghdad University, Faculty of Physical Education & Sport Science for the period 17-19/04/2015 with a research entitled: "The Effect of High Intensity Training in Various Settings on Melatonin and Anti-Oxidants for the 100-200 m Runners".
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## WORKSHOPS & ACADEMIC SESSIONS:

- 1- Preparing & giving a qualitative lecture entitled: "Cells and Water Toxicity for Athletes"; Teshreen University, Syrian Arab Republic on 25/02/2010.
  - 2- Preparing & giving a qualitative lecture about techniques of modern appliances used in Faculties of Physical Education & Sport Science, Diala University about sport training and cells on 22/04/2010.
  - 3- Preparing & giving a qualitative lecture about techniques of modern appliances used in the Faculty of Physical Education & Sport Science on 15/03/2011 with participation of a group of physiology professors, Diala University.
  - 4- Preparing & giving a lecture about supplements in the Ministry of Youth & Sports, Diala Branch on 25/11/2012.
  - 5- Preparing & giving a lecture about Negative Effects of Smoking in the Faculty of Physical Education & Sport Science, Diala University on 02/04/2013.
  - 6- Preparing & giving a lecture about Negative Effects of Drugs in the annual Scouting Campus in the Faculty of Physical Education & Sport Science, Diala University on 02/06/2013.
  - 7- Preparing & giving a qualitative lecture about academic publishing in academic journals and Swedish journal with effect factor in the Faculty of Physical Education & Sport Science, Diala University on 21/10/2014.
  - 8- Preparing & giving a qualitative lecture about academic publishing in academic journals and Swedish journal with effect factor in the Faculty of Physical Education for Girls, Baghdad University on 14/10/2014.
  - 9- Preparing & giving a qualitative lecture about academic publishing in academic journals and Swedish journal with effect factor in Salah El Din University, Erbil on 09/12/2014.
  - 10- Preparing & giving a qualitative lecture about academic publishing in academic journals and Swedish journal with effect factor in the Faculty of Basic Education, Diala University on 22/12/2014.
  - 11- Preparing & giving a qualitative lecture about (Nutrition & Athletes' Foods) in the Asian Training Course, Class C for the period 07-19/12/2015.
  - 12- Preparing & giving a qualitative lecture about (Treatment & Prevention from Sport Injuries in Sport Medicine), Faculty of Education for Human Science on 01/03/2016.
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## TRAINING COURSES / TESTS:

- 1- Teaching Methods Course in Faculty of Teachers, Al Mustanseriya University, Issue 4291 on 31/08/2002.
- 2- Computer Efficiency Course for the period from 01/07/2001 till 31/07/2001.
- 3- Passed in teaching validity test from Diala University pursuant to book No. 1060 S on 28/09/2002.
- 4- Passed in teaching validity & correct language test pursuant to book No. 1032 on 19/01/2011 issued from Legal and Administrative Affairs / Teaching Staff in Diala University.
- 5- Holds the "Distinct Teacher" title for the academic year 2010 – 2011.
- 6- Holds the Diploma certificate in sport medicine, issued from the World Council for Sport Science, Sweden, in its intensive course for the period from 21 to 28/03/2015 in Antalya, Turkey.
- 7- Holds a certificate from the Swedish Sport Medicine Association in its course held in Antalya, Turkey from 21 to 28/03/2015 sponsored by the American Professor Dell Reiss.
- 8- Holds the Diploma certificate in fitness, issued from the World Council for Sport Science and in cooperation with the Swedish Athletics Association from 21 to 27/05/2015 with attendance of Professor ROLF.

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## ACADEMIC DISCUSSIONS:

- 1- Academic Discussion of the Master's Degree Student, Wesam Jalil Saba', for his thesis entitled: "The Relation between Ball Possession Time with Lactic Acid Accumulation in the football Elite Tournament Matches".
  - 2- Academic Discussion of the Master's Degree Student, Heba Qasim Hamady, for her thesis entitled: "The Effect of Special Training on some Functional Variables and Lipid and Non-lipid Components for Pregnant Women".
  - 3- Discussion of the Master's Degree Student, Rafah Rashid Khalifa, for her thesis entitled: "A Comparative Study between Daily Biological Rhythm of the Most Important Physical Abilities & Functional Indications for Athletes with Advanced Properties in some Individual & Team Games".
  - 4- Academic Discussion of the PhD Degree Student, Omar Sardah, for his thesis entitled: "The Effect of a Training Program with Significance of some Physical Variables and Spent Energy for Weight Lifting Players".
  - 5- Academic Discussion of the PhD Degree Student, Amal Sobih Soliman, for her thesis entitled: "The Effect of a Special Training on Developing some Physiological Indications and Flexibility of Performing High Spiking in Volleyball".
  - 6- Academic Discussion of the Master's Degree Student, Rashed Hussein Ayed, for his thesis entitled: "Evaluating some Training Courses with Significance of some Functional and Biochemical Variables of 100 m and 200 m Dash Players".
  - 7- Academic Discussion of the PhD Degree Student, Ahmed Shaker, for his thesis entitled: "Proposed Training Based on some Physiological and Biochemical Variables to Develop Aerobic Energy of Diabetes Patients".
  - 8- Academic Discussion of the Master's Degree Student, Ahmed Mahmoud Hassan, for his thesis entitled: "The Effect of Having Creatine with Aerobic Training on Reducing Lipid Components and Blood Fats for Overweight People".
  - 9- Academic Discussion of the Master's Degree Student, Mohamed Jalal Fayd Allah, for his thesis entitled: "The Relation between Nervous Connection Speed and performing some Tennis Game Skills for Sulaimanyah Governorate's Team Players".
  - 10- Academic Discussion of the Master's Degree Student, Alaa Ahmed Zidan, for his thesis entitled: "The Relation between Nervous Activity Speed and some Indications of Electric Activity of some Functioning Muscles of Hands, Speed and Accuracy of Scoring in Handball".
  - 11- Academic Discussion of the PhD Degree Student Aqil Hamid Awda, for his thesis entitled: "The Effect of Legalizing Training Loads Based on Percentages on Developing the Achievement of Weight Lifters for Properties Class".
  - 12- Academic Discussion of the PhD Degree Student, Ahmed Al Kufi, for his thesis entitled: "The Effect of using Training Program on developing some Physical & Functional Abilities of Fencing Players".
  - 13- Academic Discussion of the Master's Degree Student, Isra'a Fadel Abbas, for her thesis entitled: "The Relation between some Physiological Variables with Flexibility of Hitting Arm and Accuracy of Serving from Above for Volleyball Players with 13 – 14 Years Old".
  - 14- Academic Discussion of the Master's Degree Student, Amad Abdulrahman, for thesis entitled: "Using the International Questionnaire Form to Determine Functional and Physical Abilities in the Iraqi Society".
  - 15- Academic Discussion of the PhD Degree Student, Mohamed Ahmed Farhan, for his thesis entitled: "The Effect of Special Training on developing some Physical & Functional Variables and Achievement for 200 m free Swimming for the Youth".
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## ACADEMIC REFERENCES:

- 1- Prof. Dr. Hussein Ali Al-Ali, Professor of Sport Training Physiology, Faculty of Physical Education, Baghdad University – Iraq.
  - 2- Prof. Dr. Fatma Naser, Professor of Teaching Methods, Faculty of Physical Education, Baghdad University – Iraq.
  - 3- Prof. Dr. Mohamed Shawki Keshk, Professor of Sport Training, Faculty of Physical Education, Mansoura University – Egypt.
  - 4- Prof. Dr. Abdulsattar Jasim, Professor of Biomechanics, Faculty of Physical Education, Diala University – Iraq.
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