

Personal Information

Name : Azad Ahmed Khalid
Birth Date : 17.2.1971
Gender : Male
Marital Status : Married
Email : azad.khalid@uod.ac
Mobile number: 009647504740828
Address : Duhok / Malta
Scientific surname: Assistant Professor
Certification : Phd
Specialist : Sport training sciences
Years of Service: 30 years



Educational Background

- BA in Physical Education/ University of Musol 1992
- MSc in Physical Education/ University of Salahadeen 2000
- Phd in Physical Education/ University of Musol 2007

Work Experiences

- Teaching track and field for first year student university of Duhok.
- Teaching sport medicine for third year student university of Duhok.
- Teaching exercise physiology for fourth year university of Duhok.
- Teaching training science for Second year university of Duhok.
- Teaching training science for Post graduate studies Master student university of Duhok.
- Teaching physiology for Post graduate studies Master student university of Duhok.
- supervised for PhD student.
- Supervised for Master student.
- Supervisor for PhD student until now.
- Evaluation of many researches.
- Supervisor for many graduated project for BA student Duhok University Physical Education College.
- Evaluate a lot of scientific research.
- • Participated in (7) discussions of doctoral dissertations.
- • Participated in (12) master's theses discussions.

Languages

	Writing	Reading	Listening	Speaking
Kurdish	Excellent	Excellent	Excellent	Excellent
Arabic	Excellent	Excellent	Excellent	Excellent
English	good	Very good	Very good	Very good

Computer Skills

Microsoft Word 2010, Excel, power point and SPSS.

Administrative positions

- Director of university sport 2015
- The head of department of physical education college Duhok University from 2009 to 2010.
- The head of Sport games department of physical education college Duhok University 2017 - 2021
- Participated in many scientific, administrative, sport and examination committees in Physical Education College Duhok University
- - The college's representative on the Scientific Promotions Committee.
- - The head of the college's Scientific Committee.

Participating in other courses

- Participate in many training courses for example track and field, training.
- Participate in many referring courses for track and field.
- Participate in English course in CeS Brighton University in UK 2012.
- Participated in the arbitration training course for arena and field games held by the Iraqi Central Athletics Federation in Dohuk Governorate in the fifth month of the year 2021.
- Participated in the training course (Personal Trainer - Rehabilitation Course) held by the Iraqi Central Athletics Federation at the University of Zakho in the seventh month of 2021.
- Participated as (lecturer) in one lecture entitled (How to develop energy production systems) in the development training course held by the Iraqi Central Athletics Federation in Sulaymaniyah in the eighth month of the year 2021.
- Participated as a (lecturer) (with four lectures) in the developmental training course for athletics for children, which was held by the Iraqi Ministry of Education in coordination with the Central Athletics Federation, and which was held in the College of Physical Education and Sports Sciences, University of Duhok in the fifth month of the year 2022.
- Participated in the international training course, the first level, which was held by the Iraqi Central Federation in coordination with the Regional Development Center in Cairo of the International Association of Athletics Federations, which was held in the College of Physical Education and Sports Sciences, University of Duhok (19-6-2022 to 30-6-2022), (This course lasted for 12 days, at a rate of 7 hours per day, and included theoretical and practical lectures, After taking the practical and theoretical final exams, I won the first place in the course and thus qualified for the second level.
- - I participated in the (ITEC) program presented by the Indian Embassy in the Kurdistan Region by participating in the training course for (Yoka) trainers, which was held in the Indian city of (Bangkoloru) from 2.7.2024 until 2.3.2024, with intensive daily lectures that started from six in the morning until seven and a half in the evening daily, and through it I was able to obtain two training certificates.

- [تأثير تمارين باستخدام أدوات مساعدة تخصصية لأطراف السفلى في عدد من المتغيرات البدنية بلعبة التنس لفئة الناشئات](#)
- ازاد احمد خالد، زيار سعيد خليل
- Sciences Journal Of Physical Education 18 (Issue 6), 757-787
-
- The effect of defect phosphogen on activation of CK enzyme and achievement of 50 meters' dash and some anthropometrics measurements. Alrafidan, 2000
- Set scale and standard levels of physical fitness according categories age for students who apply for Duhok sport institution, Duhok, 2013
- The physiological responses of kidney for long distance runners during the rest and aerobic effort, Diyala 2013
- The effect of using rubber ropes to improve speed-strength for upper limbs and the achievement of javelin throw, SJSR 2015
- The effect of plyometric trainings on ratio of hop, step and jump and achievement of triple jump, Zakho, 2015
- The effect of a training program by using the first part of the first zone of the interval training according to basketball players' positions in some physiological variables
- The effect of using plyometric exercises to developing the explosive power of upper lamps and achievement in shut pot for handicaps athletes class 54
- The effect of a training curriculum according to the anaerobic threshold in the level of lactate in the blood of 5000-meter runners
- Aldoski, Dilshad, Khalid, Azad (2020). The effect of using plyometric exercises in developing the explosive power of the upper extremities and the achievement of the effectiveness of pushing the weight of athletes with special needs category 54. Proceedings of the first joint international scientific conference between the College of Physical Education and Sports Sciences / University of Duhok and Noon Center for Research and Specialized Studies, Volume III
- Al-Naemi, R., Khalid, A., Al-Doski, D., (2021) Effect of Eight Weeks Sports Programs on Blood Irisin Level in Healthy Male Sport Practitioners. Humanities Journal of University of Zakho, VOL. 9 NO. 2.
- Al-Naemi, R., Khalid, A., Aldoski, D., (2021). Effect of aerobic, anaerobic, and resistance exercises on oxidative stress status in healthy sport practitioners. the academic journal of Nawroz university.
- Effect of a functional training program based on anaerobic energy systems on several functional variables and body composition in health-conscious individuals with and without intermittent fasting.
- The effect of a functional training program according to the anaerobic energy systems with and without intermittent fasting on a number of physical variables for public health practitioners