



## University of Duhok

### Staff Curriculum Vitae 2022

|                     |  |
|---------------------|--|
| <b>Name</b>         | Warhel Asim Mohammed   |
| <b>College</b>      | College of Physical Education and Sport Sciences, University of Duhok, Duhok, Iraq   |
| <b>Title</b>        | Sport and Exercise Psychologist PhD  |
| <b>Current Role</b> | Deputy Dean, College of Physical Education and Sport Sciences, University of Duhok   |
| <b>Email</b>        | <a href="mailto:warhel@uod.ac">warhel@uod.ac</a>   |
| <b>Address</b>      | College of Physical Education & Sport Sciences<br>Zaxo Street 38, 1006, AJ, University of Duhok, Duhok City,<br>Kurdistan Region, Iraq |

## PERSONAL STATEMENT

---

My research interests are in psychological exercises and how they can be used in everyday life. Another area of research that interests me is the impact of mental training on attaining greater well-being. In addition, I worked as a mental trainer in a variety of psychological techniques, including Mindfulness, Yoga, and Hatha Yoga. In the United Kingdom, I recently received FA level A coaching football certification. I am particularly interested in conducting research on mindfulness meditation, specifically through the incorporation of meditation practice into sport therapy.

## EDUCATION

---

### **PhD – Sport and Exercise Science and Sports Therapy**

School of Sport and Exercise Sciences  
University of Kent, UK, November 2018

## **Master Degree - Physical Education**

College of Physical Education

Salahaddin University, Erbil, 2009, Kurdistan Region, Iraq

---

## **Bachelor Degree - Physical Education**

College of Physical Education, Salahaddin University

Erbil, Kurdistan Region, Iraq, 2000-2004

---

## **WORK EXPERIENCE**

---

- Teaching Sport Psychology and Football from (2019 -2020 .....)
- Teaching Sport Psychology and Sport Management to Master's Students (2020-2021)
- Lecturer, College of physical Education and Sport Sciences, University of Duhok, Iraq (2018....).
- PhD student at University of Kent, UK (2014-2018).
- Assistant Lecture, College of physical Education, University of Duhok, Iraq (2010-2011).
- Sport manager for the University football team, University of Duhok (2006-2007).
- Head of Sport Unit, faculty of Engineering, University of Duhok (2004-2009).
- Member of parapsychology committee, University of Salahadeen, Erbil, Iraq (2003-2004).

## **ADMINISTRATIVE EXPERIENCE**

---

- From 2009 to 2010, I served as a member of the Quality Assurance Committee at the College of Physical Education and Sport Sciences at the University of Duhok in the Kurdistan Region of Iraq.
- Head of the Quality Assurance Committee, College of Physical Education and Sport Sciences- University of Duhok, 2019.
- Deputy Dean, College of Physical Education and Sport Sciences- University of Duhok, Novmber 2019 .....

## **PROFESSIONAL AFFILIATIONS AND MEMBERSHIPS**

---

- Academic staff, College of Physical Education and Sport Sciences- University of Duhok, (2010...)
- Member of Editorial board, Journal of Psychological Research (2018-2020).

- Member of Editorial board, Psychology & Psychological Research International Journal (PPRIJ), (2020.....)
- PhD student, University of Kent, UK 2014-2018

## **ATTENDANCE AT CONFERENCES AND SEMINARS**

---

- Local keynote speeches on How to target your research at high impact journals in sport sciences, College of Physical Education and Sport Sciences, University of Duhok 17th May2022
- Local keynote speeches on Promoting Research Quality and Productivity at University of Duhok, 14th Nov2022.
- Local keynote speeches on Football and Education, Sport For Development Program, held by GIZ in 3rd Feb 2022 and 29th May 2022.
- Keynote speeches on How to approach mindfulness meditation to final year undergraduate sport students, Business School, University of Bournemouth, UK, 9th March 2022.
- Keynote speaker in a Body Building course training that held on 25 July 2021 at Duhok Olympic Federation.
- The Second International Scientific Conference, that held virtually on 8-9 May 2020. College of Physical Education and Sport Sciences, University of Duhok.
- Participating in a videoconferencing on Mindfulness in Mexico, 8-9, Oct, 2020
- Warhel, W, A., Pappous, A. and Sharma, D. (2017). The effect of mindfulness meditation in reducing pain and improving the mental health of injured athletes. In: 21st annual congress of the European College of Sport Science. Crossing Borders through Sport Science. Available at: <http://ecss-congress.eu/2016/16/>.
- Mohammed, W, A., Pappous, A., Muthumayandi, K. & Sharma, D. (2017). The effect of mindfulness meditation on therapists' body-awareness, and personal experiences in different forms of practice. In: Mindfulness in Health & Higher Education Conference 16-17th June 2017, in the University of Warwick, Coventry, UK.
- Leadership and Diversity in Organisations Interdisciplinary Conference, Keynes College, School of Psychology, University of Kent, UK, 2016
- Participating in Exploring Embodied Research In Sport and Movement Culture, Christ Church University, Kent, UK, November 2016.

- Endurance Research Conference, School of Sport and Exercise Sciences, University of Kent, UK, (2015).

## **PUBLICATIONS**

---

1. Warhel Asim Mohammed, Athanasios (Sakis) Pappous, Karthikeyan Muthumayandi & Dinkar Sharma (2018) The effect of mindfulness meditation on therapists' body-awareness and burnout in different forms of practice, *European Journal of Physiotherapy*, 20:4, 213-224, DOI: 10.1080/21679169.2018.1452980.
2. Mohammed WA, Pappous A and Sharma D (2018) Effect of Mindfulness Based Stress Reduction (MBSR) in Increasing Pain Tolerance and Improving the Mental Health of Injured Athletes. *Front. Psychol.* 9:722. doi: 10.3389/fpsyg.2018.00722.
3. Mohammed, Warhel Asim Mohammed (2018) INTEGRATING MINDFULNESS MEDITATION INTO SPORT THERAPY. Doctor of Philosophy (PhD) thesis, University of Kent.
4. Athanasios (Sakis) Pappous, Warhel Asim Mohammed & Dinkar Sharma (2020) Physiotherapists' experiences with a four-week mindfulness-based stress reduction program, *European Journal of Physiotherapy*, DOI: 10.1080/21679169.2020.1745272
5. Pappous, A., Mohammed, W.A. and Sharma, D., 2021. Perceptions of Injured Athletes after Eight Weeks of Mindfulness Based Stress Reduction Program. *Journal of Psychological Research*, 3(2).
6. Mohammed, A.W. Poomsalood, S and Shroll-Lee, N., 2021. Addressing the Effect of Mindfulness Based Stress Reduction and Mindfulness Based Approaches in Sport Injury: A Systematic Review. *Al-Rafedain Journal for Sports Sciences*.No:1277.
7. Mohammed, W., 2022. A Qualitative Exploration of the Absence of Sport Psychologists in Sport Clubs: The Coaches' Perspective. *Humanities Journal of University of Zakho*, 10(1), pp.233-240.
8. Salih, B.A. Yousef, M.H., Mohammed, WA. Developing and Validating Standard Levels of Psychological Barriers in Football Players: *Journal of Physical Education and Sport Sciences*, 15,No.3, P 160-175.

9. Yousif, S. O., Mohammed, W. A. and Taher, H. A. (2022) “The Impact of Using the Competitive Learning Team Style with Homogeneous and Heterogeneous Groups on Some Types of Handball Shooting Skill Achievement and the Trend toward It”, *Journal of Physical Education*, 34(4), pp. 621–633. doi: 10.37359/JOPE.V34(4)2022.1386.

## **PARTICIPTION IN PEER-REVIWE**

---

Many local and international scientific journals have chosen me as a reviewer. It is worth noting that I reviewed a large number of scientific papers in my field for these journals.

### **Local Journals:**

- Humanities Journal of University of Zakho (HJUOZ)
- Academic Journal of Nawroz University (AJNU)

### **International Journals:**

- Frontiers in Psychology
- Journal of Sports Medicine and Physical Fitness
- Journal of Sport Rehabilitation
- Nutrition and Health
- Journal of Psychological Research

## **PROFESSIONAL DEVELOPMENT AND TRAININGS**

---

- Certificate of the conducting interviews workshop, University of Kent, 2018.
- Mindfulness meditation advice, Postgraduate Festival Day, University of Kent, 2017.
- Mindfulness (6 week course) workshop, University of Kent, 2017.

- Certificate of the FA Safeguarding Children workshop, Kent, UK 2015.
- Certificate of the emergency aid course FA, Kent UK, 2015
- Certificate of the Level 1 Award in Coaching Football (QCF), c number, 653525, 28 April, 2015.
- Research Development Assessment, 2014.

## **Project**

---

- I have been conducting research on Physical Education and curriculum in both Kurdistan and Finland with colleagues from Lund University and Tampere University since 2021, and the project is nearly complete.
- In 2022, I worked with GIZ on a project called "Sport for Development" that focused on psychological well-being and physical activity with refugee children. The project was completed with promising results, and we hope to publish the study soon.

## **LANGUAGES**

---

- **English**, (Excellent) written and spoken.
- **Kurdish**, (Native) written and spoken.
- **Arabic**, (Fluent) written and spoken.