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PhD in Sport & Exercise Sciences and Sports Therapy, University of Kent, United Kingdom

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# TEACHING/ADMINISTRATION EXPERIENCE

**2017-2019 Lecturer – Physiotherapy and Rehabilitation, Cihan University-Erbil, Iraqi Kurdistan**

* **Teaching the module of Introduction to Physiotherapy:**
* The module aims to provide students with a basic knowledge of physiotherapy, including an introduction to principles of physiotherapy, reviewing the different types of clinics, exploring the concept of physiotherapy prescription for the prevention and management of diseases and disorders, reviewing muscle physiology. This module also contains specific conditions do physiotherapists treat, rehabilitate disabilities, improve or restore physical function, improve overall health and fitness, reduce risk factors, fundamental fitness and rehabilitation.
* **Teaching the module of Fundamental of Physiotherapy:**
* The module aims to provide the vital approach and understanding of fundamental of physiotherapy, including an introduction and definition muscle spasm and contraction of a muscle: the motor unit, containing how to treat different muscle conditions, (including; spasm, trigger points, myofascial pain, orthopaedic conditions, frozen shoulders, joint stiffness, trapped nerve – (e.g.) sciatica, arthritis – (e.g.) osteoarthritis, rheumatoid arthritis, ligament sprains and tears – (e.g.) knee/ankle, post-surgical conditions – (e.g.) ligament, stroke, spinal cord injuries, Parkinson’s disease and sports injuries.
* **Teaching the module of Therapeutic Exercise:**
* This aims to provide the vital approach and understanding of physiotherapeutic exercise as a science and technique. This includes an introduction to principles of physiotherapeutic exercise, princeling of training, reviewing the different types of exercise, exploring the concept of exercise prescription for the prevention and management of diseases and disorders, reviewing muscle physiology. This course also contains muscle contraction, movement analysis, manual therapy, electrotherapy, exercise therapy – exercise prescription (ACPET), exercise for the prevention of disease, prevent or rehabilitate disabilities, improve or restore physical function, improve overall health and fitness, reduce risk factors. This course reviews patients’ groups benefit from therapeutic exercise. for example, cardiac patients, orthopaedic patients, general surgical, neurological, elderly, learning disabilities, mobilise joints, improve circulation, improve respiratory capacity, decrease stiffness. This course also aims improve muscle strength, improve endurance, improve co-ordination, promote confidence and wellbeing, improve balance, promote relaxation.
* **Teaching the module of Movement Science:**
* This module aims to provide the vital approach and understanding of movement science, including an introduction to biomechanical and mechanics of movement (containing kinematics, kinetics, muscle force, work, energy and power).
* **Teaching the module of Kinesiology:**
* This module aims to provide the vital approach and understanding of Kinesiology, including an introduction to kinesiology, explanation of its importance to the student of human motion, description the major components of a kinesiology analysis, describing a selected motor skill; breaking it down into component phases. identifying starting and ending points, determining simultaneous-sequential nature of movement skills., classifying motor skills, stating the mechanical purpose of movement skills.

**2017-2019 Lecturer – Sport, Shaqlawa, Salahaddin University-Erbil, Iraqi Kurdistan**

* **Teaching the module of Anatomy and Physiology**
* The module aims to provide students with a basic knowledge of anatomy, including introduction to anatomy and physiology, Skeletal and Muscular system, joints, main movements, and the muscular system.
* **Teaching Basketball Skills**
* The module aims to provide students with a basic skill of basketball, including dribbling (change-of-pace, crossover dribble, behind the back, pull back dribble, low dribble, basic dribble, between the legs dribble), passing (overhead pass chest pass, push pass, baseball pass, off-the-dribble pass bounce pass, shooting (jump shot, free throw, layup, three-point shot, hook shot, rebounding

**2014-2016 Graduate Teaching Assistant – University of Kent, UK**

* **Teaching the module of Introduction to Professional Skills**
  + The module aims to provide students with a basic knowledge of professional skills, including employability skills, and research methods. This includes an introduction to academic writing style, referencing, plagiarism, quantitative research, qualitative research, history of science, critical thinking, and statistics.
* **Teaching laboratories for Applied Sport and Exercise Physiology**
  + Supporting staff on several sessions on laboratory techniques in exercise physiology and leading a session on laboratory techniques to measure pain threshold and tolerance.
* **Supervision of data collection for BSc and MSc dissertation students**

* **School visit lead**
  + Leading school group visits to the department and introducing/supervising laboratory practical
* **Group lead for under 16 visits**
* Leading school group visits to the Schools

**2010-2012 Assistant Lecturer – Salahaddin University, Iraqi Kurdistan**

* **Teaching the module of Exercise Physiology**
  + The model aims to provide student with a basic knowledge of exercise and physiology, including anatomy, sport medicine, exercise science, and training.
* **Teaching laboratories for Applied Sport and Exercise Physiology**
  + Supporting staff on several sessions on laboratory techniques in exercise physiology and leading a session on laboratory techniques to measure VO2max test, blood lactate analysis.
* **Supervising Research Projects**
  + This included an introduction to academic writing style, referencing, plagiarism, quantitative research, qualitative research, critical thinking, and statistics.

1. **-2010 Assistant Lecturer – University of Duhok, Iraqi Kurdistan**

* **Teaching the module of Fundamental Basketball Skills**
  + The model aims to provide students with a basic knowledge of Basketball Skills, including dribbling, shooting, passing, defencing, jumping while taking shots, and running (transitions between offense and defence).
* **The management of sport and physical activity**
  + This module aims to manage the team of different sports and physical activities (e.g., basketball, handball, volleyball, football, etc).

**EDUCATION**

**2013-Present PhD ‘The effect of exercise-induced pain on endurance performance, and strategies to mitigate its impact’**

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

Supervisor: Dr. Lex Mauger

**2012- 2013** Language Qualification

**2013 KITE** Kent International Test of English = 6.5

**2012 IELTS** International English Language Test System = 5.5

**2007-2009 MSc ‘The effect of aerobic training on anaerobic capacity and physiological demands for basketball players’**

Salahaddin University, Iraqi Kurdistan, Physical Education, Exercise Physiology Modules taken included: Research project (thesis), sport medicine, methods of teaching, scientific research, motor learning, scouting, weight lifting, exercise science, scientific research, administration & organisation in PE, philosophy & history, computer, biomechanics, exercise physiology, statistics, sport psychology, tests & measurements and English language.

**2002-2006 BSc ‘Immune system alteration in response to different athletes in variety of games’**

Salahaddin University, Iraqi Kurdistan, Physical Education, Exercise Physiology

Modules taken included: Research project sport psychology, education, administration & organisation, society, racket games, application, statistics, fencing, sport medicine, methods of teaching, scientific research, motor learning, scouting, weight lifting, physiology, test & measurement, principle of PE training, biomechanics, volleyball, handball, gymnastic, boxing, wrestling, philosophy, anatomy, fitness of body, track & field game, soccer, swimming, basketball, Kurdish language, English language, computer.

**RESEARCH**

My principal research interests are in the role of exercise-induced pain as a cause of fatigue and how this may affect decisions to change work-rate during exercise performance. My PhD is focusing on the effect of exercise-induced pain on endurance performance, and strategies to mitigate its impact. This has involved the use of a variety of equipment, and consequently I am proficient in the use of; Vectra Genisys multi-waveform stimulator (Chattanooga Group, Hixon, TN, USA), high performance treadmills, cycle ergometers (Lode, Corival, Monark and Velotron), electromyography (EMG), online gas analysis systems (Cortex) and blood lactate/glucose analyses. I am also proficient with various IT packages, including Microsoft Office and SPSS.

I have regularly presented my research at the School research seminar series.

**PUBLICATIONS**

* Astokorki, A.H.Y., Mauger A.R. (2016). Tolerance of exercise‐induced pain at a fixed rating of perceived exertion predicts time trial cycling performance. *Scandinavian journal of medicine & science in sports*, In Press, doi: 10.1111/sms.12659. **Cited by 57**
* Astokorki, A.H.Y., Mauger A.R. (2017). Transcutaneous electrical nerve stimulation reduces exercise-induced perceived muscle pain and improves endurance exercise performance. *European Journal of Applied Physiology*. doi: 10.1007/s00421-016-3532-6. **Cited by 25**
* Astokorki, A., Flood, A. and Mauger, A., 2020. Images depicting human pain increase exercise-induced pain and impair endurance cycling performance. Journal of Sports Sciences, pp.1-9. **Cited by 1**
* علي حسين يوسف، تأثير تناول الحامض الدهني اوميگا-٣ على البروتينات الدهنية لدى عدائي ٨٠٠ م، جامعة دهوك، ٢٠١٠.
* علي حسين يوسف وديار مغديد وبژار جوكل، تأثير تناول الحامض الدهني اوميگا-٣ على سكر الكلوكوز ومعدل ضربا القلب لدى عدائي ٨٠٠ م، جامعة صلاح الدين، ٢٠١٠.

**MANUSCRIPTS UNDER REVIEW**

* Astokorki, A.H.Y., Mauger A.R. (2016). Task deception using a mirror box can influence the time-to-exhaustion of an isometric voluntary contraction.
* Astokorki, A.H.Y., Andrew Food, Mauger A.R. (2016). Compassional hyperalgesia increases exercise-induced pain and impair endurance cycling performance. Manuscripts under submission.

**ABSTRACTS AND CONFERENCES**

* Astokorki, A.H.Y., Mauger A.R. (2015). An investigation into the analgesic effects of transcutaneous electrical nerve stimulation and interferential current on exercise-induced pain and performance. *Endurance Research Conference, Kent 2015*
* Astokorki, A.H.Y., Mauger A.R. (2016). The effect of compassional hyperalgesia on exercise-induced pain during endurance cycling performance. *European College of Sports Science Conference*, Vienna, Austria.
* Astokorki, A.H.Y., Mauger A.R. (2017). ‎Transcutaneous electrical nerve stimulation inhibits central pain transmission and limits the development of peripheral muscle pain during cycling time trial performance. *The British Association of Sport and Exercise Sciences Student Conference*, Plymouth, UK.

**WORK EXPERIENCE**

**2018-Present Physiotherapy Clinic, American Medicine Group, Erbil, Iraq**

* Diagnostic and treatment
* Musculoskeletal problems (muscles and joint problems including sport injuries)
* Neurological problems (conditions affecting the brain or spinal cord)
* Rehabilitation area of musculoskeletal physiotherapy
* Rehabilitation, from the early stages of injury or pre- and post-surgery, right the way through to achieving full recovery
* Assessing the nature and extent of injuries
* Utilising a combination of intensive hands-on physiotherapy, as well as gym-based strengthening and mobilisation programmes
* limiting the risk of complications or re-occurrence of injury

**2017-Present Erbil Sport Centre, Erbil, Iraq**

* Working on correcting posture that reduces stress and strain on the body, stand taller, move better, and feel less fatigue.
* Working on mobility that allows the body to move the way it is designed to move – pain free and with a good range of motion.
* Working on core that is part of almost every move make, strong core muscles act as a stabiliser, making moving safer and more efficient.
* Working on strength training that helps to develop strong bones, manages weight and help people do everyday activities better and easier.
* Working on cardio that improves cardio for strengthen the stamina and endurance so people can work harder for long and burn more calories.
* Showing people and athletes how to stretch, and activate their muscles
* Showing people and athletes how to cool down after a workout and how to use a foam roller to work any muscle soreness you might have
* Showing people and athletes how to use their body’s natural movements to work their core, up your strength and improve your cardio.
* Showing new exercises for people and athletes that can incorporate into their workout
* Providing a good dietary for bodybuilding
* Providing a good dietary for losing weight
* Making an exercise training programme for bodybuilding
* Making an exercise training programme for losing weight
* Making an exercise training programme for fitting body

**2018-2019 Lecturer – Physiotherapy and Rehabilitation, Cihan University-Erbil, Iraqi Kurdistan**

**2017-2019 Lecturer – Sport, Shaqlawa, Salahaddin University-Erbil, Iraqi Kurdistan**

**2015-2016 Graduate Teaching Assistant – University of Kent**

**2015-2016 Coach 1st team Medway Basketball (University of Kent & Greenwich)**

* Developed game plans and adjusted them according to various game situations.
* Built strong rapport with athletes and assistants before, during and after coaching seasons.
* Taught a range of sport-specific skills in a clear, safe manner.
* Acted as a positive role model for team participants and in the community.
* Recruited student-athletes of the highest calibre to elevate team performance.
* Maintained thorough knowledge of all rules, game procedures, coaching techniques and current trends in Basketball.
* Developed guidelines for injury prevention.
* Demonstrated a high level of respect for opponents, officials and facilities.
* Worked closely with the athletics director in scheduling interscholastic contests.
* Drilled student-athletes in run, jump, turn, and switching man-to-man defences.
* Accepted coaching, constructive criticism and recognition with humility and composure.
* Exhibited sound judgment while executing coaching responsibilities and functions.
* Supervised practices and contests, prioritising safety at all times.
* Worked with basketball coaching staff regarding game scouting reports and game strategies for opponents.
* Maintained high academic standards for all student athletes and enforced academic discipline.
  1. **Assistant Lecturer – Salahaddin University, Iraqi Kurdistan**

**2009-2010 Assistant Lecturer – University of Dohuk, Iraqi Kurdistan**

**OTHER INTERESTS**

* Coach 1st team Medway Basketball (University of Kent & Greenwich)
* Official England Basketball referee (Level 3)
* I am a keen sportsman and very into health and fitness as well as physiotherapy.
* I played basketball (1st Team Medway Basketball for two years, and play a number of other sports recreationally.
* I love to travel and take the opportunity to visit as many countries and cultures as possible.
* I can speak Arabic and English to advantage level.
* I am a keen amateur cook.

**REFERENCES**

Dr. Lex Mauger

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