

# MANHAL BOYA B.Sc., M.Sc., Ph.D

Ankawa. Erbil, Iraq ▪ +964 750 453 3745.

[manhal.boyas@su.edu.krd](mailto:manhal.boyas@su.edu.krd),



## EDUCATION

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### Ph.D. Sport and Exercise Medicine

Essex University, Colchester, UK

Feb 2018

### Master of Science in Physical Education

Salahaddin University, Erbil, Iraq

Sept 2005 - Feb 2008

### Honours Bachelor of Science in Physical Education

Salahaddin University, Erbil, Iraq

Oct1998 - Jun 2003

## SKILLS & Languages

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- Digital and e-Learning teaching
- Instructional & curriculum design
- Classroom management skills
- Preparing reports, lesson plans, presentations, etc.
- Excellent computer skills in E-mail and documentation, MS Word, Power Point, Excel, Google Drive, and search engine.
- Highly proficient in use of Microsoft Office programs (Word, Excel, PowerPoint)
- Fluent in Arabic and Chaldean
- Highly proficient in English (oral, written)
- Highly proficient in Kurdish (oral, written).

## PROFESSIONAL HISTORY

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Head of Quality Assurance at Physical Education  
& Sport Sciences College – Salahaddin University

Sept 2021

PE Curriculum Expert

Lecturer at College of Physical Education and Sport Sciences  
Salahadden University – Erbil

May 2018

Invigilator and student assistant,  
Mohawk College, Hamilton, Canada

Mar 2017 – Apr 2018

Sport Scientist - Human Performance Unit  
University of Essex, Colchester, U.K.

Oct 2015 - June 2016

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[manhal.boya@su.edu.krd](mailto:manhal.boya@su.edu.krd),

Laboratory Assistant - Sport Science School University of Essex, Colchester, U.K.	Oct 2014 - June 2016
Assistant Head of Department of Physical Education University of Salahaddin, Erbil, Iraq	Oct 2009 – Dec 2012
Lecturer at Physical Education College University of Salahaddin, Erbil, Iraq	Mar 2008 - Dec 2012
Salahadden University Sport Unit	Sept 2008 – 2012
Assistant lecturer at Physical Education College University of Salahaddin, Erbil, Iraq.	Oct 2003 - March 2008
Administration member of Ankawa Social Youth Club Head of sport activities Ankawa, Erbil, Iraq	Aug 2005 - Mar 2008
Tennis Player and Referee	Feb 2000 - Oct 2010
Badminton coach and Player at Akad Ankawa Sport Club Ankawa, Erbil, Iraq	Jul 2004 - Nov 2011

More than 15 years of experience in Sport Management and Physical education teaching in multi disciplines, including Fitness, Physiology, Football, Volleyball, Tennis, Badminton, and Futsal. I also have experience in conducting sport tournaments at University level, Sport Clubs, and Social Clubs.

## **CONFERENCES**

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American College of Sport Medicine Annual Conference (Oral presentation) Boston, U.S.A.	Jun 2016
Essex University Annual Conference (Poster) Colchester, U.K.	Feb 2016
Sport and Cycling Conference (Oral presentation)	Jul 2015

Utrecht University, Netherlands

Serious Sport Conference-Psychology of coaching (Poster)  
London South Bank University, U.K.

Oct 2014

Sport Tourism Conference (Poster)  
Yarmouk, Jordan

May 2009

## **PUBLICATIONS**

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*Cardiovascular Perceived Exertion and Blood Lactate Response after Badminton Matches*  
*Journal of Research in Physical Education, 2021*

تأثير تمارين هوائية بايقاع الزومبا في تحسين نسبة هورمون السعادة والحد الاقصى لاستهلاك الاوكسجين  
والحالة الوظيفية للقلب لدى ممارسي النشاط الرياضي  
*Journal of Physical Education Sciences, 2021*

*Information Acquisition Differences between Experienced and Novice Time Trial Cyclists*  
*Medicine & Science in Sports & Exercise, 2017*

*Feedback Restricted to a Single Source of Preferred Performance Information Improves Cycling Time  
Trial Pacing and Performance*  
*Medicine & Science in Sports & Exercise, 2016, Conference Paper*

*Somatic Symptoms and Functional Variations of Tennis Players*  
*Zanko Academic Journal, (March) 2011.*

*Impact of Repeated Games on Some Functional Indicators and the Rapidity of Motion Response for  
Badminton Players*  
*Al-Rafidain Journal for Sport Sciences, (April, 2010)*

*Effect of Aerobic Effort in Response to Some of the Variables Protein and Enzyme (GPT & GOT) in  
Football Players' Serum*  
*Iraq Academic Scientific Journal, (October, 2009)*

*The Effect of Highland Training On Maximum Speed and Speed Endurance time in Short Distance  
Sprinters*  
*Al-Rafidain Journal for Sport Sciences, (May, 2009)*

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*Functional and Physiological Responses of Kidney After Table Tennis Match Effort*  
Al-Rafidain Journal for Sport Sciences, (April, 2008)

## **AWARDS**

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Poster Presentation Award October 2013  
London South Bank University, London UK.

## **THANKS, AND APPRECIATION**

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Quality Assurance / "President" Salahaddin University	2018, 2019, 2020
Physical Education and Sport Sciences Conference Committee Salahadden University	2019
High committee for Graduation Ceremony (Minster of higher education) Salahaddin University	2006, 2007, 2008 2009 2010, 2011, 2018, 2019
Essex University- Biological department Conference Committee	Jul 2016
Salahadden University Conference Committee Member	2011
First year student Camping – College of physical Education Salahaddin University, Erbil, Iraq.	(June) 2007, 2008, 2009

## **TRAINING**

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Expertise in Management Catholic University in Erbil	Sept 2021
Bologna Process & The European Higher Education Knowledge University	April 2021
Active planning in Sport Science Drassa Academy	Jan 2021

Sport Injuries Swedish Academy	Sept 2020
Basics of Pregnant Training Swedish Academy	June 2020
Basics Fitness Course Swedish Academy	May 2020
Moodle Platform Catholic University in Erbil	Dec 2018
Sexual Assault and Sexual Violence Policy Module (6 hours) Online course at Mohawk College, Hamilton, Canada	July 2017
Equality and Diversity Essentials (6 hours) Workshop at Essex University, Colchester, U.K.	January 2016
Planning and Managing Your Project (6 hours) Workshop at Essex University, Colchester, U.K.	October 2014
How to Present (3 hours) Workshop at Essex University, Colchester, U.K.	October 2014
Equality and Diversity Polices (2.5 hours) Workshop at Essex University, Colchester, U.K.	Sept 2014
Dealing With Difficult Situations (3 hours) Workshop at Essex University, Colchester, U.K.	Sept 2014
Youth and Community Issues (3 days) Ministry of Culture and Youth, Shaklawa, Erbil	Jul 2007

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## **INTERESTS**

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- Physical Education
- Administration
- Sports medicine, and Sport Psychophysiology
- Youth engagement
- Coaching
- International relations
- Community development