



University of Duhok
Staff Curriculum Vitae

Dr. Warhel Asim Mohammed

Associate Professor | Sport and Exercise Psychologist

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Personal Statement

I am a sport and exercise psychologist with a research focus on the integration of psychological techniques, particularly mindfulness meditation into sports training and recovery. My academic and professional journey reflects a commitment to enhancing athletic performance, psychological well-being, and inclusive sport education through empirical research and international collaboration.

Education

Ph.D. in Sport and Exercise Sciences and Sports Therapy

University of Kent, UK – 2018

Master's in Physical Education

Salahaddin University, Erbil, Iraq – 2009

Bachelor's in Physical Education
Salahaddin University, Erbil, Iraq – 2004

Academic Positions & Teaching

- Deputy Dean, College of Physical Education and Sport Sciences, University of Duhok (2019–2024)
- Lecturer / Assistant Professor, College of Physical Education and Sport Sciences – University of Duhok (2010 – present)

Theoretical Teaching Experience:

- Teaching Sport Psychology (Bachelor's, Master's, and PhD levels)
- Teaching Sport Management and Organization (Master's level)
- Teaching Philosophy of Physical Education (Bachelor's level)
- Teaching Discussion and Debate in Education (Bachelor's level)

Practical Teaching Experience:

- Teaching Football (Bachelor's level)
- Teaching Physical Fitness (Bachelor's level)

Research & Collaborative Projects

1. Lead Researcher – “Physical Education and Climate Change” (2025–present), With Nord University (Norway), Tampere University (Finland), and University of Duhok.
2. Research on PE Curriculum in Kurdistan and Finland (2021–2024), Completed project with 4 studies (all published).
3. “Sport for Development” Project, GIZ (Germany), focusing on refugee children's mental health and well-being (2020–2022) with published study in Current issues in sport sciences journal 2025.

Editorial and Peer Review Roles

- Associate Editor, Zanin Journal of Science and Engineering, University of Duhok

- Editorial and Peer Review Roles

- Frontiers in Psychology
- Journal of Sports Medicine and Physical Fitness
- Journal of Sport Rehabilitation
- Nutrition and Health
- Journal of Psychological Research
- Local journals including ZJHS, HJUOZ, AJNU, KISSR

Administrative Experience

1. Member, International Relations Office, University of Duhok (2024–present)
2. Chair and Member, Quality Assurance and Scientific Committees (2009–2024)

Publications

1. Kalari, J., Mohammed, W. A., Makrooni, G., & Lagestad, P. (2025). The Role of Sport in Physical Education in Finland and the Kurdistan Region of Iraq—Primary School Teachers' Reflections. *Education Sciences*, *15*(7), 919.
<https://doi.org/10.3390/educsci15070919>
2. Lagestad, P., Makrooni, G., Mohammed, W. A., & Kalari, J. (2024, November). The use of autonomy among physical education teachers in Finland and Kurdistan region of Iraq. *Frontiers in Education*, *9*, Article 1425189.
<https://doi.org/10.3389/educ.2024.1425189>
3. Makrooni, G., Kalari, J., Mohammed, W. A., & Lagestad, P. (2025). Teachers' perceptions and experiences of gender in physical education across diverse cultural contexts. *Frontiers in Education*, *10*, Article 1566231.
<https://doi.org/10.3389/educ.2025.1566231>
4. Mohammed, A. Q., Mohammed, W. A., & Saleh, I. M. (2023). The influence of demographic factors on the attitudes dispositions of secondary school students

- toward physical activity. *Journal of Physical Education*, 35(2), 503–516.
<https://jcope.uobaghdad.edu.iq/index.php/jcope/article/view/1410>
5. Mohammed, A. W., Poomsalood, S., & 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.
 6. Mohammed, W. A. (2018). *Integrating mindfulness meditation into sport therapy* (Doctoral dissertation). University of Kent.
 7. Mohammed, W. A. (2022). A qualitative exploration of the absence of sport psychologists in sport clubs: The coaches' perspective. *Humanities Journal of University of Zakho*, 10(1), 233–240. <https://doi.org/10.26436/hjuoz.2022.10.1.829>
 8. Mohammed, W. A., Amin, C. K., Salih, B. A., & Saleh, H. M. (2024). The impact of PE teachers' attitudes on high school students' motivation and lesson engagement. *Koya University Journal of Humanities and Social Sciences*, 7(2), 498–505. <https://doi.org/10.14500/kujhss.v7n2y2024.pp498-505>
 9. Mohammed, W. A., Kalari, J., Makrooni, G., & Lagestad, P. (2025). Teachers' perceptions related to structural influences in physical education: A comparative study of Finland and the Kurdistan Region of Iraq. *Frontiers in Education*, 10, Article 1476290. <https://doi.org/10.3389/feduc.2025.1476290>
 10. Mohammed, W. A., Pappous, A., & Sharma, D. (2018). Effect of mindfulness-based stress reduction (MBSR) in increasing pain tolerance and improving the mental health of injured athletes. *Frontiers in Psychology*, 9, 722. <https://doi.org/10.3389/fpsyg.2018.00722>
 11. Mohammed, W. A., Pappous, A., Muthumayandi, K., & Sharma, D. (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. <https://doi.org/10.1080/21679169.2018.1452980>
 12. Mohammed, W., & Asmer, M. (2011). Effect of Learning Program by Using Mental Imaginary in Learning and Retention Some Skills for Female- Futsal in sport Institute. *Al-Rafidain Journal For Sport Sciences*, 17(56), 165–184. <https://doi.org/10.33899/rajsport.2011.6134>

13. Moustakas, L., Raub, V., Petry, K., Wagner, J., Broermann, M., Alfindi, J., Al-Barwari, S., Mohammed, T., Qafisheh, B., Mohammed, W. A., & Aldoski, D. (2025). Sport for development and psychosocial wellbeing in displacement settings: A quasi-experimental study from the Kurdistan Region of Iraq. *Current Issues in Sport Science*, 10(1), 002. <https://doi.org/10.36950/2025.10ciss002>
14. Pappous, A., Mohammed, W. A., & Sharma, D. (2020). Physiotherapists' experiences with a four-week mindfulness-based stress reduction program. *European Journal of Physiotherapy*. <https://doi.org/10.1080/21679169.2020.1745272>
15. Pappous, A., Mohammed, W. A., & Sharma, D. (2021). Perceptions of injured athletes after eight weeks of mindfulness-based stress reduction program. *Journal of Psychological Research*, 3(2). <https://dx.doi.org/10.30564/jpr.v3i2.3130>
16. Salih, B. A., Yousef, M. H., & Mohammed, W. A. (n.d.). Developing and validating standard levels of psychological barriers in football players. *Journal of Physical Education and Sport Sciences*, 15(3), 160–175.
17. Yousif, S. O., Mohammed, W. A., & 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), 621–633. [https://doi.org/10.37359/JOPE.V34\(4\)2022.1386](https://doi.org/10.37359/JOPE.V34(4)2022.1386)

Conferences & Keynotes

1. Keynote: Scientific Research & Community Service, University of Duhok (May 2025)
2. Keynote: 1st Psychological Symposium, University of Duhok (May 2025)
3. Annual Teaching and Well-being Debate, Duhok (2023)
4. ECSS Congress (2017); University of Warwick Conference (2017); Kent Embodied Research (2016)

Professional Certifications & Training

- FA Level 1 Coaching in Football, UK (2015)
- FA Safeguarding Children, UK (2015)
- Emergency Aid Certification (FA), UK (2015)
- Interviewing Techniques & Mindfulness Courses, University of Kent (2017–2018)
- Mountaineering Training, Duhok (2022)

Languages

Kurdish (Native), Arabic (Fluent), English (Excellent)