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20	تأثير تمارينات خاصة بأسلوب التدريب الفترى عالي الكثافة HIIT في الهجوم السريع بأنواعه بكرة السلة (فئة المتقدمين). <i>The Effect of High-Intensity Interval Training (HIIT) Exercises on Fast Attacks in Basketball (Professional Level)</i> م. د هارت مبشر محمد⁽¹⁾، أ.م. د سعيد احمد سعيد⁽²⁾ ^{1,2}كلية التربية البدنية وعلوم الرياضة/ جامعة بغداد.	269-280
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