



Certificate

Pennsylvania British international College

IT IS HEREBY CERTIFY THAT

Kareem reda mohamed elzaablawy

Upon recommendation of the
and in recognition of fullfilment of the prescribed requirements

Professional Master in Therapeutic Nutrition

With all its right and Privileges in the witness whereof the seal of the Pennsylvania British international College hereunto affixed

Crt - Code : 100075421088

Grade : Excellent

graduation 2024

Issued on : 09544328043242

certificate her been given at she has request to be submitted to those who are interested in it



شهادة

كلية بنسلفانيا البريطانية الدولية

تشهد بأن

كريم رضا محمد الزعبلأوي

بناء على توصية من مجلس الكلية إقراراً منها باستيفائها المتطلبات المقررة

الماجستير المهني في التغذية العلاجية

ومراعاة لكامل حقوق وامتيازات الشهادة تم وضع ختم كلية بنسلفانيا البريطانية

الدولية في هذه الوثيقة

رقم التسجيل : 100075421088 -- التقدير - إمتياز

صدرت بتاريخ : 2024

وقد أُعطيت هذه الشهادة بناء على طلبها لتقديمها الى المهتمين بها

Dean Office

P.B.I.C
UK





Certificate

We hereby certify that the Master's degree,
after completing his professional studies,
It is an unfilled professional program.

Certified in the UK

Which measures the required skills
For postgraduate studies

College reference number I have the British government.
number 14554461

Therapeutic Nutrition (SIC)

85320 - Technical and vocational secondary education

85421 - First-degree level higher education

85422 - Post-graduate level higher education

85600 - Educational support services





Certificate

Master of therapeutic Nutrition

Certificate that Kareem reda mohamed elzaablawy
Registered in Professional Master in Therapeutic Nutrition
Registration No.: 100075421088 Under
the supervision of Dr. Abert Aron
He accepted and submitted
a master's degree at the end of his studies

Graduation project in

The nutritional supplements that enhance the performance of
athlete's

Accepted by:

Major Professor: Jon Edoar
Committee Member - Meshel Jon
Committee Member, Tsherl Couto,
External Reader Mariam Samon



Erasmus+

Erasmus+

#DiscoverEU



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Pennsylvania British International College

Name :Kareem reda mohamed elzaablawy

Nationality: Egyptian

Student ID: 100075421088

Graduation Date: 2024

Program: Master in therapeutic Nutrition



N	Subject	The Ratio Quality	Grade
1	altaahil 'iilaa ajtiaz burd altaghdhiat alakiliniakiati.	3.50	B
2	dirasat altaghim altaghdhiu lilmarbi wawade khutat altaghdhiati, altaghdhiat alwaribiati.	4.05	A
3	mutabaat altaghdhiat alakiliniakiati lilmarbaa waltaaruf ealaa kuli altaghdhiat bayn albaa' walghidha'i.	4.08	A+
4	muhakaat aleamal altatbiqii bialmustashfat walmarakiz altibiyati.	3.50	B
5	dirasat kuli ma pataealaq bialsimnat walnahafati.	4.07	A
6	maerifat kayfiat musharakat aleanasir alghidhayyat almukhtalifat fi bina' aljasma.	3.50	B
7	almashakil alati tuajih marid alsimnati, wakayfiat hilha	4.05	A
8	altaeamul alnafsiu mae almardaa, khasatan mardaa alsimnati.	4.08	A+

uation Criteria for
the Master's Programs

Study Duration = 2023 To - 2024

Total Courses = 8

Master's in therapeutic Nutrition

OFFICIAL TRANSCRIPT

GPA = 92.0





Graduation letter To whom it May concern

Based on the approval of Pennsylvania British international College
and the approval of the college president in accordance with the powers
delegated to him by the Council in accordance with Resolution No. (425)
We acknowledge granting the student Mr. Kareem reda mohamed elzaablawy
Master in therapeutic Nutrition with a grade of distinction with honors,
with the approval of the research that was submitted by the student in

The nutritional supplements that enhance the performance of
athlete's

Crt - Code : 100075421088





Name Kareem reda mohamed elzaablawy

Nationality: Egyptian
ID Student: 100075421088



Degree Program: Professional Master in Therapeutic Nutrition

Congratulations, it is a pleasure for Penn International College to accept you
as a student in therapeutic Nutrition Professional Master

We would like to welcome you to Pennsylvania British International College

We thank you for choosing us to help you build your future

Discussion of a Professional Master in therapeutic Nutrition

Therapeutic Nutrition Placement Exam

All Penn College International Program students are required to take
a therapeutic Nutrition proficiency test and the number of courses you will be required to
take before or during regular academic study. Courses at Pennsylvania British International College
Please see the competency standards in the field of communication, behavior modification,

and communication. With regard to the field of in therapeutic Nutrition

Guidance

Orientation

The Office of International Affairs will provide a new
student orientation (date TBD) to educate you about Penn International College.

International Student Issues and Immigration Matters, Fall 2022, 2024

Classes begin in 2022

Immigration Information

The International Affairs Office will provide you with all data and information
about the subjects to be studied, through your e-mail

For questions, please contact





The Research Presented

Thesis Title

Summary Of The Study

Research summary Lorem ipsum

Nutritional supplements have become a focal point in the athletic community, often being touted as enhancers of performance and facilitators of recovery. Athletes, ranging from elite competitors to recreational participants, increasingly rely on various supplements to gain a competitive edge, prevent injuries, and optimize post-exercise recovery. The underlying principles for the use of these supplements are to complement dietary intake and compensate for any deficiencies that may impact performance. One of the foundational pillars of sports nutrition is ensuring adequate intake of macronutrients—carbohydrates, proteins, and fats. Carbohydrate supplements such as energy gels and drinks are vital for sustaining endurance during prolonged activities. They help maintain glycogen stores, a primary energy source during high-intensity exercise. On the other hand, protein supplements, especially whey and plantbased proteins, are crucial for muscle repair and synthesis post-exercise. When ingested post-training, these protein supplements can accelerate muscle recovery, reduce soreness, and improve overall muscle adaptation. Micronutrients, including vitamins and minerals, play significant roles in supporting physiological processes essential for athletic performance. For instance, iron is critical for oxygen transport and energy metabolism, and its deficiency can lead to fatigue and reduced endurance.





**PENNSYLVANIA BRITISH
INTERNATIONAL- COLLEGE**

STU-ID : 100075421088

F-NAME: Kareem Reda Mohamed Elzaablawy

Program : Professional Master in Therapeutic Nutrition





PENNSYLVANIA BRITISH INTERNATIONAL COLLEGE



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