













Certificate

Pennsylvania British international College

IT IS HEREBY CERTIFY THAT

Kareem reda mohamed elzaablawy

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

Professional Master in Therapeutic Nutrition

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

Crt - Code: 100075421088

Issued on: 09544328043242

Grade : Excellent

graduation 2024

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

































































كلية بنسلفانيا البريطانية الدولية

تشهد بأن

كريم رضا محمد الزعبلاوي

بناء على توصية من مجلس الكلية إقراراً منها باستيفائها المتطلبات المقررة

الماجستير المهني في التغذية العلاجية

ومراعاة لكامل حقوق وامتيازات الشهاده تم وضع ختم كلية بنسلفانيا البريطانية

الدولية فى هذه الوثيقة

-- التقدير - إمتياز

100075421088

رقم التسجيل :

صدرت بتاريخ : 2024

وقد اُعطيت هذه الشهادة بناء على طلبها لتقديمها الى المهتمين بها

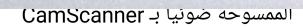


























Certificate

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

a master's degree at the end of his studies

He accepted and submitted

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



























#DiscoverEU

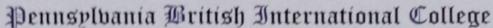






Copyright By Kareem reda mohamed elzaablawy
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Name: Kareem reda mohamed elzaablawy

Nationality: Egyptian Student ID: 100075421088

Graduation Date: 2024

Program: Master in therapeutic Nutrition











Grade

B

A

A+

B

A

B

A+



















N	Subject
1	altaahil 'iilaa ajtiaz burd altaghdhiat alakilinikiati.
2	dirasat altaqvim altaghadhuin lilmardi wawade khutat altaghdhiati, altaghdhiat alwaridiati.
3	mutabaeat altaghdhiat alakilinikiat lilmar <mark>daa</mark> waltaearuf ealaa kuli altadakhulat bayn al <mark>dawa'</mark> walghidha'i,
4	muhakaat aleamal altatbigii bialmustashfayat walmarakiz altibiyati.
5	dirasat kuli ma yataealaq bialsimnat walnahafati.
6	maerifat kapfiat musharakat alegnasir alahidhapipat almukhtalifat fi bina' aliasma.

almashakil alati tuajih marid alsimnati, wakavfiat hilha

altaeamul alnafsiu mae almardaa, khasatan mardaa alsimnati.



8

Juation Criteria for the Master's Programs Study Duration = 2023 To - 2024 Total Courses = 8

Master's in therapeutic Nutrition OFFICIAL TRANSCRIPT

The Ratio

Quality

3.50

4.05 4.08

3.50

4.07

3.50

4.05

4.08

GPA = 92.0























Braduation 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



























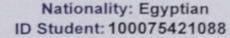








Name Kareem reda mohamed elzaablawy



















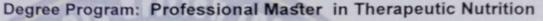












Congratulations, it is a pleasure for Penn International College to accept you as a student in therapeutic Nutrition Professional Master
We would like to welcome you to Pennsylvania British International College
We thank you for choosing us to help you build your future
Discussion of a Professional Master in therapeutic Nutrition

Therapeutic Autrition 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 summaryLorem 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 olycogen 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



































STU-ID: 100075421088

F-NAME: Kareem Reda Mohamed Elzaablawy

Program: ProfessionalMaster in Therapeutic Nutrition







