

CERTIFICATE OF EXPERIENCE

TRAINING ACADEMY OF SPORTS SCIENCE (**TASS ACADEMY**) TESTIFIES THAT :

Bigad Ahmed Rabie Mohamed

IS QUALIFIED AND POSSESSES SUFFICIENT EXPERIENCE TO WORK IN FITNESS CENTERS
AND SPORTS CLUBS.

HE/SHE HAS BEEN GRANTED THIS CERTIFICATE AS A RESULT OF PASSING A SERIES
OF THEORETICAL AND PRACTICAL TESTS, AND HAS ACHIEVED A GRADE OF [**A+**].

UKRLP. 10097792

EU. E10318506

UK. 14574459

S.N : X.C/36005



Chairman of board of Directors



SPORTS NUTRITION SPECIALIST

TRAINING ACADEMY OF SPORTS SCIENCE (TASS) CERTIFIES THAT :

BIGAD AHMED RABIE MOHAMED

HAS SUCCESSFULLY PASSED THE ACCREDITED PROGRAM AS A :
SPORTS NUTRITION SPECIALIST

23 MARCH 2026

CONTENTS :

- BASICS OF NUTRITION SCIENCE
- INTRODUCTION TO SPORTS NUTRITION (MACRONUTRIENTS & MICRONUTRIENTS)
- BODY COMPOSITION "INBODY ANALYSIS"
- METABOLIC EQUATIONS
- WEIGHT MANAGEMENT
- DIFFERENT TYPES OF NUTRITION PLANS SUPPLEMENTS
- NUTRITION MANAGEMENT FOR SPECIAL POPULATION
- NUTRITION PLAN
- PROGRAM DEVELOPMENT



Chairman of board of Directors

S.N : **X.N/36005**

ACCREDITED
HOURS :
50 H

SCAN TO VERIFY
STUDENT SERIAL



CERTIFIED PERSONAL TRAINER

TRAINING ACADEMY OF SPORTS SCIENCE (TASS) CERTIFIES THAT :

BIGAD AHMED RABIE MOHAMED

HAS SUCCESSFULLY PASSED THE ACCREDITED PROGRAM AS A :
CERTIFIED PERSONAL TRAINER

23 MARCH 2026

CONTENTS :

- INTRODUCTION TO EXERCISES PHYSIOLOGY
- BASICS OF FUNCTIONAL ANATOMY AND BIOMECHANICS | & ||
- STRETCHING AND FLEXIBILITY TRAINING
- PRINCIPLES OF STRENGTH TRAINING
- DESIGNING CARDIO TRAINING PROGRAMMES
- TRAINING PROGRAMS DESIGN
- INTRODUCTION TO CORRECTIVE EXERCISE
- INTRODUCTION TO HEALTH AND FITNESS ASSESSMENT
- PRACTICAL APPLICATIONS (MAIN EXERCISES OF THE FRONT MUSCLES OF THE BODY)
- PRACTICAL APPLICATIONS (MAIN EXERCISES OF THE BACK MUSCLES OF THE BODY)
- E.C.A.M. EXERCISE CLASSIFICATION AND ANALYSIS MODEL
- PRACTICAL APPLICATION OF HEALTH AND FITNESS ASSESSMENT, CARDIO, AND STRETCHING
- GENERAL REVIEW AND GRADUATION PROJECT DISCUSSION

ACCREDITED
HOURS :
80 H



Chairman of board of Directors

S.N : **X.C/36005**

SCAN TO VERIFY
STUDENT SERIAL





CERTIFICATE



This is to Certify That

Bigad Ahmed Rabie Mohamed

Has Attended and Passed Successfully

Sports Nutrition Specialist

From 1 January till 23 March 2026



Dr. Hazem EL Rouby
General Manager Sports Science
PBLS Academy

Dr. Ayman Ramzy
Chief Executive Officer
PBLS Academy



S.N: X.N/36005



CERTIFICATE



This is to Certify That

Bigad Ahmed Rabie Mohamed

Has Attended and Passed Successfully

Certified Fitness Trainer

From 1 January till 23 March 2026



Dr. Hazem EL Rouby
General Manager Sports Science
PBLS Academy

Dr. Ayman Ramzy
Chief Executive Officer
PBLS Academy



S.N: X.C/36005



CERTIFICATE

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Bigad Ahmed Rabie Mohamed

Has Attended and Passed Successfully
PBLs Academy Course in

Certified Fitness Trainer

From 1 January till 23 March 2026



Mr. Ashraf Mahmoud
President of the Egyptian
Federation of Sport Culture

Dr. Hazem EL Rouby
General Manager Sports Science
PBLs Academy

PBLs
Pure Balance for Life Sciences Academy

Dr. Ayman Ramzy
Chief Executive Officer
PBLs Academy

SN. X.C/36005



CERTIFICATE

This is to Certify That

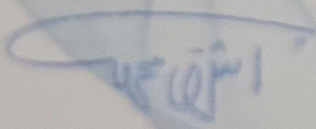
Bigad Ahmed Rabie Mohamed

Has Attended and Passed Successfully
PBLs Academy Course in

Sports Nutrition Specialist

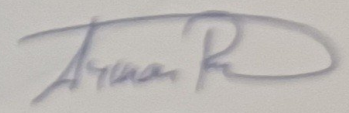
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