

Address : 22 B, Fourth District, Fifth Settlement, New Cairo

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Date of birth: 19/4/1984.

Military Status: exempted.

MOB. Number: 01010397962



Career objective

- ✚ Seeking for a challenge opportunity as sports nutritionist. I am a highly organised and self- motivated person with a great passion for nutrition and people's welling.

Education

- ✚ BSC of pharmacy- Suez Canal uni. (2001- 2006). **Grade:** good.

Skills

- ✚ V. good at English writing, reading and speaking.
- ✚ Excellent interpersonal skills and building relations with staff and clients.
- ✚ Good with dealing Microsoft programs power point, word and excel.
- ✚ Specialised as a pharmacist in medication and chronic diseases.

Work experience

- ✚ Certified sports nutrition instructor at **EREPS**.
- ✚ Nutrition consultant for many young and elite athletes.
- ✚ Member of the Scientific board of the International Academy of Sport Science and Technology for (**IASST**) for 3 years (2019-2022).
- ✚ Nutrition instructor at **IASST** (International Academy of Sports Science and Technology) 8/2019 till 6/2022.
- ✚ Manager my own pharmacies from 7/2013 till now.
- ✚ Chief Pharmacist at Saudi Arabia At Al-Nahdi Medical Company (3/2008 to 7/2013).

Achievement

- ✚ I have lectured more than 800 hours of training in the field of sports nutrition, obesity and therapeutic nutrition.
- ✚ I have lectured for more than 200 trainees in the field of sports nutrition, obesity and therapeutic nutrition.
- ✚ Certified of appreciation for outstanding performance to the **9nd Nutrialex conference 2022**.
- ✚ Certified of appreciation for outstanding performance to the **Sports gate summit 2022**.
- ✚ Certified of appreciation from IASST for outstanding performance to the **2nd international fitness conference 2019**.
- ✚ Certified as the best achiever for goals of al-nahdi medical company at 2012.
- ✚ Certified as the best achiever for goals of al-nahdi medical company at 2011.

Certification

- ✚ Certified from **NASM** (**International Academy of Sports Medicine**) as sports nutrition coach.
- ✚ Certified from **WADA** (**World anti- doping agency**) as medical professional for anti doping.
- ✚ Certified from **Civilian Armed Forced Hospital** for completing the course of therapeutic nutrition from (1 feb 2020 to 1 aug 2020)
- ✚ Certified from **ACE** (**American council on exercise**) as fitness nutrition specialist.
- ✚ Certified from **ACSM** (**American Collage of Sport Medicine**) for completing the course of integrating nutrition into training.
- ✚ Certified from **IASST** (**International Academy of Sports Science and Technology**) for attending the alumni forum.
- ✚ Certified from **INTERNATIONAL OLYMBIC COMMITTEE** for completing the course of sport nutrition (Eat to Compete).
- ✚ Certified from **GCSS** (**Global Council of Sport Science**) for completing the course of basic nutrition course guide.
- ✚ Certified Obesity and Weight Management Specialist from **SCOPE** (**Strategic Centre for Obesity Professional Education**).
- ✚ Certified Health Coach from **MIFTC** (**Manhattan International Foundation Training & consulting**) (**20 training hours**).
- ✚ Certified Health Coach from **ABTC** (**Arab Board of Training & Consulting**) (**20 training hours**).
- ✚ Certified Sport Nutrition Specialist from **IASST** (**International Academy of Sports Science and Technology**).
- ✚ Certified diploma from **EGYCHAM** in HRM (**human resources management**).
- ✚ Certified Diabetic Educator from **NDC** (**National Diabetic Centre**).
- ✚ Certified from **SFDA** (**Saudi Food And drug Authority**) At Attendance the Workshop on Pharmacovigilance and Drug Safety.

References

- ✚ Are ready upon request.