



Sportbildungsverein IASST Wien - Republik Österreich

CERTIFIED STRENGTH & CONDITIONING SPECIALIST

International Academy of Sports Science and Technology Hereby Certifies That

OMAR MOHAMED THARWAT ADEL

Successfully Passed

Certified Strength and Conditioning Course

Introduction in strength and conditioning
Training load and principles
Health and skill physical fitness components "theory & practice"
Injury prevention – Muscular & energy training
Periodization – Case studies

February 2022
50 Credit Hours
Certificate No. 2270003

Associate Professor
Islam Mahmoud, PhD

Technical and Scientific Director



CDC Coach
Development
Center

CERTIFICATE OF ATTENDANCE

Is Presented To

Omar Mohamed Tharwat Adel

For Attending The Workshop Entitled

Plyometric training and power exe.

PRESENTED BY

Founder and owner of CDC

C/ Hossam Enaya

CSCS, SSC, CFT, PE

Given on this date

June 10th 2022



CERTIFICATE OF ATTENDANCE

Is Presented To

Omar Mohamed Tharwat Adel

For Attending The Workshop Entitled
Speed and Agility

PRESENTED BY

by C/ Abdelrhman refay
PE, XPS, CPT HMB

Given on this date

June 17th 2022



CERTIFICATE OF ATTENDANCE

Is Presented To

Omar Mohamed Tharwat Abdel

For Attending The Workshop Entitled
Performance Testing

PRESENTED BY

C/ kamal Elazab
PE, XPS, BMS, CFT

Given on this date

June 24th 2022




يسر المركز العام منح عمر محمد ثروت

شهادة إتمام دورة تدريبية فى مجال دعم أساسيات الحياة والإسعافات الأولية

خلال الفترة من ١٢ - ١٤ يوليو ٢٠١٥

الأمين العام


أ. د. مؤمنة كامل



٢٠١٥ / ٧ / ١٤

شهادة صالحة لمدة عامين