



Date issued: 10/05/2017

Certificate number: 767886

Learner number: 184153

This is to certify that

Christopher Tinsley

has been awarded the

Active IQ Level 3 Diploma In Fitness Instructing and Personal Training

(Qualification Accreditation Number 600/4941/8)

In successfully achieving this qualification the learner has been awarded the following unit(s) and credits(s)

- Anatomy and physiology for exercise (H/600/9013) 6 Credits at Level 2
- Anatomy and physiology for exercise and health (A/600/9051) 6 Credits at Level 3
- Applying the principles of nutrition to a physical activity programme (L/600/9054) 6 Credits at Level 3
- Delivering personal training sessions (J/600/9053) 9 Credits at Level 3
- Health, safety and welfare in a fitness environment (T/600/9016) 2 Credits at Level 2
- Instructing gym-based exercise (A/600/9020) 6 Credits at Level 2
- Know how to support clients who take part in exercise and physical activity (M/600/9015) 2 Credits at Level 2
- Planning gym-based exercise (F/600/9018) 4 Credits at Level 2
- Principles of exercise, fitness and health (A/600/9017) 4 Credits at Level 2
- Programming personal training with clients (F/600/9052) 7 Credits at Level 3

24 Credits at Level 2

28 Credits at Level 3

Regulated by

Ofqual

For more information see <http://register.ofqual.gov.uk>



Jenny Patrickson

Jenny Patrickson
Managing Director

