

Date issued: 28/05/2021

Certificate number: 1216402

Learner number: 304954

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8A4B-4E4DA02DEC2F
AuthentiQual.com

This is to certify that

Sophie Sowerby

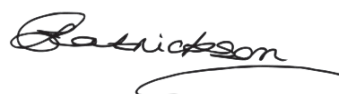
has been awarded the

Active IQ Level 3 Extended Diploma in Personal Training

Qualification Accreditation Number: 603/4113/0

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

- Applied anatomy and physiology for exercise, health and fitness (F/615/4012)
- Conducting client consultations to support positive behaviour change (A/616/7504)
- Delivering client consultations and health and fitness assessments (L/617/3999)
- Health and safety in the fitness environment (M/616/7502)
- Nutrition for sport and exercise performance (T/508/4367)
- Personal training for individuals and groups in a range of environments (M/617/4000)
- Planning and instructing gym-based exercise (F/616/7505)
- Principles of anatomy, physiology and fitness (A/616/7499)
- Professionalism and business acumen for personal trainers (D/615/4020)
- Professionalism and customer care for fitness instructors (K/616/7501)
- The principles of nutrition and their application to exercise and health (J/615/4013)
- Understanding lifestyle, health, wellbeing and common medical (R/615/4015)



Jenny Patrickson
Managing Director