



Level 3 NVQ Diploma in Personal Training (QCF)

This is to certify that

Victoria Hukin

Has achieved the above qualification

Date Awarded:

26/01/2016

Certificate Number:

361429

Qualification Number:

501/0158/4

Level:

3 (EQF 4)

Centre:

Envisage

Validation Number:

00149022-01-ZWJX

A handwritten signature in black ink, appearing to read "Rob May".

Rob May
Director of YMCA Awards

Regulated by



Llywodraeth Cymru
Welsh Government



00470438

Certificate of Credit

Name: **Victoria Hukin**

Date Issued: 26/01/2016

Learner Number : 371007


Qualification Number: 501/0158/4

Certificate Number: 361429

Validation Number: 00149022-01-ZWJX

Has been awarded the following credit.

| <i>Title</i> | <i>Level</i> | <i>Credit</i> | <i>Unit Number</i> |
|--|--------------|---------------|--------------------|
| Reflect on and Develop Own Practice in Providing Exercise and Physical Activity (QCF) | 2 | 4 | F/601/7362 |
| Principles of Exercise, Fitness and Health (QCF) | 2 | 4 | A/600/9017 |
| Promote Health, Safety and Welfare in Active Leisure and Recreation (QCF) | 2 | 4 | D/601/4484 |
| Anatomy and Physiology for Exercise and Health (QCF) | 3 | 6 | A/600/9051 |
| Motivate Clients to Maintain Long Term Adherence to Exercise and Physical Activity (QCF) | 3 | 4 | K/601/7758 |
| Evaluate Exercise and Physical Activity Programmes (QCF) | 3 | 3 | M/601/7759 |
| Design, Manage and Adapt a Personal Training Programme with Clients (QCF) | 3 | 6 | H/601/7760 |
| Deliver Exercise and Physical Activity as Part of a Personal Training Programme (QCF) | 3 | 10 | K/601/7761 |
| Apply the Principles of Nutrition to Support Client Goals as Part of an Exercise and Physical Activity Programme (QCF) | 3 | 7 | M/601/7762 |



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