THIS IS TO CERTIFY THAT

DANIEL MASON

HAS BEEN AWARDED

Focus Awards Level 3 Certificate in
Planning and Delivering Personal Training (RQF)

This achievement included the successful completion of the units detailed on the Unit Summary

QRN:	603/5232/2
Centre Name:	PT ACADEMY
Date Awarded:	18/01/24
Candidate Number:	17412
Certificate Number:	RQF74048

Joshua Cole CEO

Mr. Joshua Cole
Chief Executive

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Focus Awards, Silicon House, Farfield Park, Manvers, Rotherham, South Yorkshire, S63 5DB

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Verify Authenticity via QR Code on the Unit Summary

UNIT SUMMARY

DANIEL MASON

Has achieved the following units for the

Focus Awards Level 3 Certificate in
Planning and Delivering Personal Training (RQF)

UNITS ACHIEVED

		Level	Credits
K/617/8594	Anatomy Physiology And Kinesiology For Exercise And Health	3	6
M/617/8595	Applying Nutritional Principles To Personal Training	3	6
T/617/8596	Planning Exercise Programme Design For Personal Training Clients	3	7
A/617/8597	Delivering Exercise Programmes For Personal Training Sessions	3	9
F/617/8598	Business Acumen And The Use Of Information Technology For A Personal Trainer	3	5
Y/617/8588	Principles Of Health And Wellbeing For Exercise, Fitness And Health	2	4
Y/617/8591	Principles Of Professional Practice And Health And Safety In A Fitness Environment	2	2
R/617/8590	Know How To Support Clients Lifestyle Management And Enhance Client Motivation For Exercise And Physical Activity	2	2

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