



THIS IS TO CERTIFY THAT

Neomarks J

HAS COMPLETED EDUCATION PROGRAMME,
PASSED EXAM ON KNOWLEDGE AND SKILLS, COMMITTED TO ETHICAL CODE OF CONDUCT
AND THEREBY HAS EARNED THE DESIGNATION OF

CERTIFIED PERSONAL TRAINER

AWARDED: 21ST OCTOBER 2024

VALID TILL: 20TH OCTOBER 2026

MODULES COVERED:

- CARRY OUT CLIENT FITNESS ASSESSMENTS
- PLAN AND DELIVER PERSONAL TRAINING SESSIONS
- DESIGN PERSONAL TRAINING PROGRAMMES
- MANAGE, REVIEW, ADAPT AND EVALUATE PERSONAL TRAINING PROGRAMMES
- APPLY THE PRINCIPLES OF NUTRITION AND WEIGHT MANAGEMENT TO EXERCISE PROGRAMME DESIGN
- APPLY THE PRINCIPLES OF EXERCISE SCIENCE TO PROGRAMME DESIGN
- SUPPORT LONG TERM BEHAVIOUR CHANGE BY MONITORING CLIENT EXERCISE ADHERENCE AND APPLYING MOTIVATIONAL TECHNIQUES
- UNDERTAKE SMALL BUSINESS PLANNING



CERTIFICATE NO. CPT/P/21102401

Authorized Signatory

