

Date Issued: 08/01/2023

Certificate number: 143061

Learner number: 519262

Active IQ



This is to certify that

**Abhijith Chiraparambil Suresh**

has been awarded the

**Active IQ Level 3 Diploma in Gym Instructing and Personal Training**

Qualification Accreditation Number: 603/2693/1

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

- Encouraging positive health and fitness behaviours in clients (Y/615/4016)
- Conducting client consultations to support positive behaviour change (A/616/7504)
- Health and safety in the fitness environment (M/616/7502)
- Understanding lifestyle, health, wellbeing and common medical (R/615/4015)
- Planning and instructing gym-based exercise (F/616/7505)
- Principles of anatomy, physiology and fitness (A/616/7499)
- Applied anatomy and physiology for exercise, health and fitness (F/615/4012)
- The principles of nutrition and their application to exercise and health (J/615/4013)
- Professionalism and customer care for fitness instructors (K/616/7501)
- Programme design and delivery for personal training (H/615/4018)
- Professionalism and business acumen for personal trainers (D/615/4020)

Jenny Patrickson  
Managing Director



