

PD:Approval
quality recognition

Certificate of Achievement

This is to certify that

Botla Sravan Kumar .

**has successfully achieved the
following qualification**

Diploma in Personal Training

which covered the units listed overleaf

Certificate No: PDA00011986

Learner No: 13822454

Awarded on: 16/10/2025

Delivered by: K11 School of Fitness Sciences

Accrediting body: PD:Approval



A handwritten signature in black ink that reads 'Bell'.

CEO PD:Approval



The Diploma in Personal Training maps to the following ICREPs Global Standards.

- D1/A3 Conduct health screening and assess client exercise preferences, barriers and goals including special populations
- D1/B2 Carry out client fitness assessments and gym inductions
- A2/D2 Apply principles of anatomy and physiology in a fitness context
- A5 Provide motivation and support as part of exercise instruction
- D6 Support long term behaviour change by monitoring client exercise adherence and applying motivational techniques
- B1 Promote healthy eating and physical activity
- D3 Apply the principles of nutrition and weight management to programme design
- A1 Promote health and safety in a fitness environment
- A4 Provide customer service in health and fitness
- A6 Develop professional practice and personal career in the health and fitness industry
- B3/D4/D5 Plan exercise training programmes
- D2 Apply the principles of exercise science to programme design
- B3/D5 Instruct, supervise and deliver training programmes
- D7 Manage, review, adapt and evaluate personal training programmes