

PD:Approval
quality recognition

Certificate of Achievement

This is to certify that

GIGIN P S

has successfully achieved the
following qualification

Diploma in Personal Training

which covered the units listed overleaf

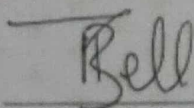
Certificate No: 00004438

Learner No: LFA283

Awarded on: 05/05/2022

Delivered by: Leaders Fitness Academy

Accrediting Body: PD:Approval



CEO PD:Approval



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

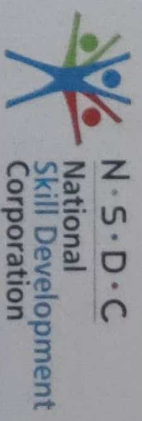
- A1 Conduct health screening and assess client exercise preferences, barriers and goals
- A2 Carry out client fitness assessments
- B1 Apply principles of anatomy and physiology in a fitness context
- D1 Provide motivation and support as part of exercise instruction
- D2 Support long term behaviour change by monitoring client exercise adherence and applying motivational techniques
- D3 Promote healthy eating and physical activity
- C3 Apply the principles of nutrition and weight management to programme design
- G1 Promote health and safety in a fitness environment
- H1 Provide customer service in health and fitness
- I1/J1 Develop professional practice and personal career in the health and fitness industry
- B3/C1 Plan exercise training programmes
- C4 Apply the principles of exercise science to programme design
- B3/B8 Instruct, supervise and deliver training programmes
- C2 Manage, review, adapt and evaluate personal training programmes



Skill India
कौशल भारत - कुशल भारत



सत्यमेव जयते
MINISTRY OF SKILL DEVELOPMENT
& ENTREPRENEURSHIP
GOVERNMENT OF INDIA



N · S · D · C
National Skill Development Corporation
Transforming the skill landscape


Certificate

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Gigin P S

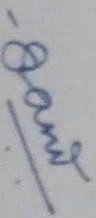
has successfully cleared the assessment for the role of
Fitness Trainer (SPF/Q1102)
conforming to National Skills Qualifications Framework Level - 4

Issued by **Dr. Harshad A.K**

Institution Name **Leaders Fitness Academy**

Signature 





Mr. Jaleq Darri
Chairperson
Sports, Physical Education, Fitness and Leisure Sector Skill Council



LEADERS FITNESS
ACADEMY
Leads to Fitness Leader

Date of Issuance: 06/05/2022
System Identification Number
NSDC/2022-2023/11P0126337C136760/0209224/CAN_10162006



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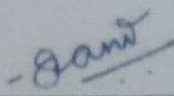
MARKSHEET

Name : Gigin P S
QP Name : Fitness Trainer
QP Code : SPF/Q1102
NSQF Level : 4
Sector : Sports
Type : Candidate

6th May 2022

NSQF CODE	NSQF NAME	NSQF TYPE	MAXIMUM MARKS	MARKS OBTAINED
1. SPF/N1105	Prepare for physical training of trainees	Core	100	78
2. SPF/N1106	Perform physical training of trainee	Core	100	72
3. SPF/N1107	Monitor progress of trainees and deal with injuries	Core	100	80
4. SPF/N1113	Maintain Health and Safety Measures	Core	100	78

CORE NOS TOTAL MARKS = 308 NON CORE NOS TOTAL MARKS = NA OVERALL SCORE = 308 PASS
(77 % of Core + NA % of Non Core)


Mr. Jalaj Dani
Chairperson
Sports, Physical Education,
Fitness and Leisure Sector Skill
Council



**LEADERS FITNESS
ACADEMY**

Leads to Fitness Leader



NOWW037QGR98W6US



CERTIFICATE OF REGISTRATION

Gigin P S

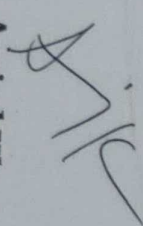


is confirmed as a registered exercise professional
This individual meets the standards of the Register For Exercise Professionals India
Foundation (REPS India) and is registered as the following:

Category A: Personal Trainer

Member ID: REPSIN003856

Valid Till: May 19, 2023


Amjad Khan

Founder & Director, REPS India



All registered exercise professionals are bound by the REPS India code of ethics. To confirm an individual's registration status visit www.repsindia.org or
Phone +91 124 4047918. The Register for Exercise Professionals India Foundation (REPS India) is a member of the International Confederation of
Registers for Exercise Professionals (ICREPS).



AUSTRALIAN LIFESAVING
ACADEMY
NEW SOUTH WALES

CERTIFICATE OF TRAINING



I/A/03797

This is to certify that

Gigin Ps

has successfully qualified in

Cardiopulmonary Resuscitation (CPR) certified by

Australian Life Saving Academy, NSW

on date 24-02-2022

valid till date 23-02-2023

Dhatru

Trainer/ Assessor

Sebangshu Das

Director (Training)
Indian Rescue Academy

Delivered by



Endorsed by



Affiliated to





AUSTRALIAN LIFESAVING
ACADEMY
NEW SOUTH WALES

CERTIFICATE OF TRAINING



I/A/03796

This is to certify that

Gigin Ps

has successfully qualified in

Automated External Defibrillator (AED) certified by
Australian Life Saving Academy, NSW

on date 24-02-2022

valid till date 23-02-2023

Dhanraj

Trainer/ Assessor

Sebangshu Das

Director (Training)
Indian Rescue Academy

Delivered by



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