



THIS IS TO CERTIFY THAT

Sasupalli Prasad

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: 18TH SEPTEMBER 2021

VALID TILL: 17TH SEPTEMBER 2023

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/18092105

Gurnit Singh Dua
CEO & FOUNDER



Dr. (MPT) Ankita Malhotra
HEAD - TRAINING & ASSESSMENT