

THIS IS TO CERTIFY THAT

Sarah Kent

HAS BEEN AWARDED THE

IAO Level 3 Diploma in Fitness Instructing and Personal Training

601/3866/X



Charlotte Bosworth
Managing Director
Innovate Awarding

IAO Level 3 Diploma in Fitness Instructing and Personal Training

Certificate of Unit Credit

Name: Sarah Kent
Learner Number: 225501

Date	Title	Level	Credit Value	Unit Number
22/03/20	Principles of exercise, fitness and health (eAssessment)	2	4	A/600/9017
23/11/20	Anatomy and Physiology for exercise and health (eAssessment)	3	6	A/600/9051
26/01/20	Anatomy and Physiology for exercise (eAssessment)	2	6	H/600/9013
30/11/20	Delivering personal training sessions	3	9	J/600/9053
30/11/20	Health, safety and welfare in a fitness environment	2	2	T/600/9016
30/11/20	Instructing gym-based exercise	2	6	A/600/9020
30/11/20	Know how to support clients who take part in exercise and physical activity	2	2	M/600/9015
30/11/20	Planning gym-based exercise	2	4	F/600/9018
30/11/20	Programming personal training with clients	3	7	F/600/9052
30/11/20	Applying the principles of nutrition to a physical activity programme (case study)	3	6	L/600/9054



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