

FOCUSAWARDS

This is to certify that

KATE OAKLEY

Has been awarded

Focus Awards Level 3 Diploma In
Fitness Instructing and Personal Training (RQF)

This achievement included the successful completion of
the units detailed on the Unit Summary

Centre Name: No1 Fitness Education Ltd



Chief Executive
Focus Awards



Chair
Focus Awards

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Qualifications
Framework

QRN: 601/5840/2

Certificate Number: QCF24077

Date Awarded: 08/04/21

Focus Awards, Silicon House, Farfield Park, Manvers, Rotherham, South Yorkshire, S63 5DB

Phone : 0333 3447 388 | E-mail : info@focusawards.org.uk

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Unit Summary

KATE OAKLEY

Has achieved the following units for the

**Focus Awards Level 3 Diploma In
Fitness Instructing and Personal Training (RQF)**

Anatomy And Physiology For Exercise And Health
Applying The Principles Of Nutrition To A Physical Activity Programme
Programming Personal Training With Clients
Delivering Personal Training Sessions
Principles Of Exercise, Fitness And Health
Know How To Support Clients Who Take Part In Exercise And Physical Activity
Anatomy And Physiology For Exercise
Health, Safety And Welfare In A Fitness Environment
Planning Gym-based Exercise
Instructing Gym-based Exercise

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A handwritten signature in black ink, likely belonging to the Chief Executive of Focus Awards.

Chief Executive
Focus Awards

Date Awarded: **08/04/21**

QRN: **601/5840/2**

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