

This is to certify that

**Isabel Rance**

has been awarded the

**Active IQ Level 3 Certificate in Personal Training (QCF)**

Qualification Number: 500/8820/8

8 Credits at Level 2

28 Credits at Level 3

A handwritten signature in black ink, appearing to read "Suzy Gunn".

Suzy Gunn  
Operations Director  
Active IQ



## Isabel Rance

The following units form part of the Active IQ Level 3 Certificate in Personal Training (QCF)

- Know how to support clients who take part in exercise and physical activity (M/600/9015) 2 Credits at Level 2
- Health, safety and welfare in a fitness environment (T/600/9016) 2 Credits at Level 2
- Principles of exercise, fitness and health (A/600/9017) 4 Credits at Level 2
- Anatomy and physiology for exercise and health (A/600/9051) 6 Credits at Level 3
- Applying the principles of nutrition to a physical activity programme (L/600/9054) 6 Credits at Level 3
- Programming personal training with clients (F/600/9052) 7 Credits at Level 3
- Delivering personal training sessions (J/600/9053) 9 Credits at Level 3



Suzy Gunn  
Operations Director  
Active IQ

