

This is to certify that

Isabel Rance

has been awarded the

Active IQ Level 3 Diploma In Fitness Instructing and Personal Training (QCF)

Qualification Number: 600/4941/8

24 Credits at Level 2

28 Credits at Level 3



Suzy Gunn
Operations Director
Active IQ

Regulated by

Ofqual

For more information see <http://register.ofqual.gov.uk>



Llywodraeth Cymru
Welsh Government

Isabel Rance

The following units form part of the Active IQ Level 3 Diploma In Fitness Instructing and Personal Training (QCF)

- Anatomy and physiology for exercise (H/600/9013) 6 Credits at Level 2
- 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
- Planning gym-based exercise (F/600/9018) 4 Credits at Level 2
- Instructing gym-based exercise (A/600/9020) 6 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

Regulated by

Ofqual

For more information see <http://register.ofqual.gov.uk>



Llywodraeth Cymru
Welsh Government



Suzy Gunn
Operations Director
Active IQ