



This is to certify

Jayne Smith

**Has achieved the Leisure Industry Academy Certificate in
Fitness Instructing Gym - Online option with 4 consecutive days in the classroom**

May 2014

20 REPs Points

This qualification consists of;

- Unit 1 – Anatomy and physiology for exercise
- Unit 2 – Know how to support clients who take part in exercise and physical activity
- Unit 3 – Health, safety and welfare in a fitness environment
- Unit 4 – Principles of exercise, fitness and health
- Unit 5 – Planning gym-based exercise
- Unit 6 – Instructing gym-based exercise

A handwritten signature in black ink, appearing to read 'Mark Ho', with a long horizontal flourish extending to the right.

Leisure Industry Academy

