



**This is to certify**

**Jayne Smith**

**Has achieved the Leisure Industry Academy Certificate in  
Personal Training Instructor - Online (10 days Face to Face)**

**August 2014**

**20 REPs Points**

**This qualification consists of;**

- 1 - Know how to support clients who take part in exercise and physical activity
- 2 - Health, safety and welfare in a fitness environment
- 3 - Principles of exercise, fitness and health
- 4 - Anatomy and physiology for exercise and health
- 5 - Programming personal training with clients
- 6 - Delivering personal training sessions
- 7 - Applying the principles of nutrition to a physical activity programme

A handwritten signature in black ink, appearing to read 'Mark Ho'.

Leisure Industry Academy

