



NVQ in Instructing Exercise and Fitness (Gym)

This is to certify that

Martina Nova

Has demonstrated competence in the above discipline

Units achieved:

- Evaluate and Develop Own Practice in Instructing Exercise and Fitness
- Motivate and Support Clients to Develop and Maintain their Fitness
- Deal with Accidents and Emergencies
- Plan and Prepare a Gym-Based Exercise Session
- Instruct a Gym-Based Exercise Session

Date Awarded:

18/11/2010

Accreditation Number:

500/3157/0

Certificate Number:

198908

Centre:

Skills Partnership

Signed

Jenny Patrickson
Executive Director
Central YMCA Qualifications

Lori Randall
Executive Director
Central YMCA Qualifications

Ofqual



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