



YMCA Level 3 Diploma in Exercise Referral

600/4731/8

This is to certify that

Benjamin Pryke

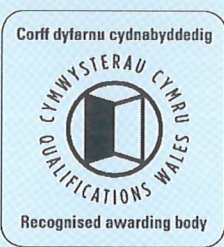
achieved the above qualification on 26/09/2018, following a programme of study at

Train Fitness International Ltd

The following components were completed:

Title	Level	Credit(s)	UN
Planning Exercise Referral Programmes with Patients	3	8	D/503/7494
Understanding Medical Conditions for Exercise Referral	4	7	R/503/7492
Professional Practice for Exercise Referral Instructors	3	2	Y/503/7493
Instructing Exercise with Referred Patients	3	9	L/503/7491
Anatomy and Physiology for Exercise and Health	3	6	A/600/9051
Applying the Principles of Nutrition to a Physical Activity Programme	3	6	L/600/9054

Rosi Prescott
Group Chief Executive, Central YMCA



Learner Number: 440047 Certificate Number: 411079
Validation Number: 00218226-01-MYK9



04866307



YMCA Level 3 Certificate in Personal Training

500/8259/0

This is to certify that

Benjamin Pryke

achieved the above qualification on 26/09/2018, following a programme of study at

Train Fitness International Ltd

The following components were completed:

Title	Level	Credit(s)	UN
Know How To Support Clients Who Take Part in Exercise and Physical Activity	2	2	M/600/9015
Anatomy and Physiology for Exercise and Health	3	6	A/600/9051
Applying the Principles of Nutrition to a Physical Activity Programme	3	6	L/600/9054
Delivering Personal Training Sessions	3	9	J/600/9053
Programming Personal Training with Clients	3	7	F/600/9052
Health, Safety and Welfare in a Fitness Environment	2	2	T/600/9016
Principles of Exercise, Fitness and Health	2	4	A/600/9017

Rosi Prescott
Group Chief Executive, Central YMCA



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



Learner Number: 440047
Validation Number: 00218227-01-4MKK

Certificate Number: 411081



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