

**THIS IS TO CERTIFY THAT**

**PATRICIA CIBULOVA**

**HAS BEEN AWARDED**

Focus Awards Level 3 Certificate in  
Planning and Delivering Personal Training (RQF)

**This achievement included the successful completion of  
the units detailed on the Unit Summary**

*QRN:* 603/5232/2

*Centre Name:* BODYCORE

*Date Awarded:* 11/02/22

*Candidate Number:* 462

*Certificate Number:* RQF37083



Chief Executive  
Focus Awards



Chair  
Focus Awards





## UNIT SUMMARY

PATRICIA CIBULOVA

Has achieved the following units for the

Focus Awards Level 3 Certificate in  
Planning and Delivering Personal Training (RQF)

## UNITS ACHIEVED

		Level	Credits
K/617/8594	Anatomy Physiology And Kinesiology For Exercise And Health	3	6
M/617/8595	Applying Nutritional Principles To Personal Training	3	6
T/617/8596	Planning Exercise Programme Design For Personal Training Clients	3	7
A/617/8597	Delivering Exercise Programmes For Personal Training Sessions	3	9
F/617/8598	Business Acumen And The Use Of Information Technology For A Personal Trainer	3	5
Y/617/8588	Principles Of Health And Wellbeing For Exercise, Fitness And Health	2	4
Y/617/8591	Principles Of Professional Practice And Health And Safety In A Fitness Environment	2	2
R/617/8590	Know How To Support Clients Lifestyle Management And Enhance Client Motivation For Exercise And Physical Activity	2	2

Focus Awards, Silicon House, Farfield Park, Manvers, Rotherham, South Yorkshire, S63 5DB



0333 344 7388

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info@focusawards.org.uk



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