

THIS IS TO CERTIFY THAT

TREVOR NORTHCOTT

HAS BEEN AWARDED

Focus Awards Level 4 Diploma
Master Practitioner in Personal Training (RQF)

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

QRN: 603/5235/8
Centre Name: Diverse Trainers
Date Awarded: 13/02/24
Candidate Number: TN310124
Certificate Number: RQF75621



Joshua Cole . CEO

Mr. Joshua Cole
Chief Executive



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

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☑ Verify Authenticity via QR Code on the Unit Summary

UNIT SUMMARY

TREVOR NORTHCOTT

Has achieved the following units for the

Focus Awards Level 4 Diploma
Master Practitioner in Personal Training (RQF)

UNITS ACHIEVED

		Level	Credits
Y/617/8588	Principles Of Health And Wellbeing For Exercise, Fitness And Health	2	4
D/617/8589	Anatomy Physiology And Kinesiology For Exercise And Health	2	6
R/617/8590	Know How To Support Clients Lifestyle Management And Enhance Client Motivation For Exercise And Physical Activity	2	2
Y/617/8591	Principles Of Professional Practice And Health And Safety In A Fitness Environment	2	2
D/617/8592	Planning Professional Practice With Effective Consultations And Assessments For Gym-based Exercise Sessions	2	4
H/617/8593	Instructing Professional Practice And Effective Exercise Supervision In Gym-based Exercise Sessions	2	6
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
J/617/8599	Planning Exercise To Support Diabetic Clients	4	3
M/617/8600	Delivering Exercise To Support Diabetic Clients	4	4
T/617/8601	Understanding Diabetes In Relation To Exercise	4	3
M/617/6300	Planning Exercise To Support Obese Clients	4	3
T/617/6301	Delivering Exercise To Support Obese Clients	4	4
A/617/6302	Behavioural Strategies For Managing Obesity	4	5
F/617/6303	Classification Of Obesity	4	4
D/617/6289	Classification Of Low Back Pain	4	4
A/617/6297	Behavioural Strategies For Managing Low Back Pain	4	3
F/617/6298	Planning Exercise For Clients With Low Back Pain	4	4
J/617/6299	Delivering Exercise For Clients With Low Back Pain	4	4

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✓ Verify authenticity at
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