



Certificate Of Completion
Level 3 Gym Instructor & Personal Trainer Practitioner
Diploma

awarded to

Kathy Thornton

on the

12 October 2020



PD:Approval
Endorsed

Michael Betts

MICHAEL BETTS
DIRECTOR



AMERICAN COLLEGE
of SPORTS MEDICINE
LEADING THE WAY

This Level 3 Gym Instructor & Personal Trainer Practitioner Diploma issued to Kathy Thornton includes the following units:

- Gym Instructor
- Personal Trainer
- T3 Coach
- Circuit Instructor
- SKAEF1 - Health, safety and welfare promotion in active leisure and recreation
- SKAEF2 - Assist participants to develop and maintain the motivation to adhere to exercise and physical activity
- SKAEF3 - Plan and prepare gym-based exercise
- SKAEF4 - Instruct and supervise gym-based exercise
- SKAEF13 - Assist participants to maintain long term adherence to exercise and physical activity
- SKAEF14 - Evaluate exercise and physical activity programmes
- SKAEF15 - Design, manage and adapt a personal training programme with participants
- SKAEF16 - Deliver exercise and physical activity as part of a personal training programme
- SKAEF17 - Apply the principles of nutrition to support participant goals as part of an exercise and physical activity programme
- SKAEF18 - Plan, market and sell services in Active Leisure



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