

Download Anatomy And Physiology Mock Exam Personal Trainers

SIGN UP TODAY! A canfitpro certified Personal Training Specialist is qualified to: Evaluate client needs in physical activity and nutrition based on the counseling foundations in the Personal Training Specialist program and provide the client with a safe and effective exercise plan based on their needs, abilities and goals. What are the Pre-Requisites for the Course? Ideally, you will have a level 3 fitness qualification, having passed your Level 3 Nutrition for Physical Activity Exam and your Level 3 Anatomy and Physiology Exam. In order to enrol on the Level 3 Certificate in Personal Training, you first need to have the Level 2 Gym Instructor Certificate. Don't worry if you don't have one at the moment because we offer great packages that combine both Level 2 and Level 3. Ideally, you'll hold a recognised Level 3 Certificate in Personal Training. This will allow you to focus on the medical and exercise referral elements of the course, as the non-specific material will have already been completed.