



# Exercise and Fitness Knowledge

**Level 1**

This is to certify

**Frank Hogarth**

Has practically applied health related Exercise Knowledge to a standard compatible with the relevant Level 1 National Occupational Standards in coaching, teaching and instructing (Sport, Recreation and Allied Occupations). Contributing to the achievement of the Certificate in Assistant Fitness Instructing Level 1.

**Date**

11 April 2003

**Certificate No**

47712

**Approved Centre**

Seevic College

**Signed**

A handwritten signature in black ink, appearing to read 'A. Prescott', is written over a horizontal line.

(Director, Central YMCA Qualifications)