

01|12|07

This is to certify that

*Michael Harvey*

has met the standards of the  
European Institute of Fitness for the award of

**MASTER TRAINER**

and hereby qualifies with a

**DIPLOMA IN PERSONAL TRAINING**

This certificate enables Level 3 PT registration with REPs UK  
and the European Health and Fitness Association (EHFA)



**eIf**  
EUROPEAN  
INSTITUTE  
of FITNESS

**Certified Master Trainer including accreditation in:**

Gym Instruction  
Circuits  
Personal Training

**Specialist PT Certification in:**

Nutrition & Weight Management  
Clinical Exercise / Exercise Referral  
Strength & Sports Conditioning  
Lifestyle Management  
Functional Training and Core Stability  
PT Business (including separate EHFA/REPs registration in Sales and Marketing)



On behalf of  
EHFA  
**Jean Ann Marnoch**  
Executive Director, CYQ



On behalf of  
European Institute of Fitness  
**Angela Francis**  
Director/iManager



be**more**



# BASIC INSTRUCTOR

01/12/07

## European Institute of Fitness Record of Achievement for

*Michael Harvey*

The above-mentioned candidate has achieved the following competence and underpinning knowledge:

### **EHFA Basic Level Instructor Standards**

#### UNDERPINNING KNOWLEDGE

Components of fitness  
Bones & joints  
Muscles and muscle actions  
Heart, lungs, circulation and energy systems  
Warm up theory  
Cool down theory  
Muscular strength and endurance theory  
Aerobic theory  
Stretch theory  
Body composition  
Safe and effective exercise  
Monitoring exercise intensity  
Progression, alternatives and adaptations

### **EHFA Basic Level Instructor Competencies – Gym**

#### AREAS OF COMPETENCE

Planning gym-based exercise sessions  
Instructing gym-based exercise sessions  
Evaluating gym-based exercise sessions  
Health and safety  
Customer service  
Promoting activity for health

END REPORT



*af Francis*

On behalf of  
European Institute of Fitness  
**Angela Francis**  
Director/iManager