

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)



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

ADVANCED 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 Advanced Level Instructor Standards

UNDERPINNING KNOWLEDGE

Functional kinesiology and biomechanics

Muscles

Energy systems

Cardio respiratory system

Components of fitness

Nervous and endocrine system

Psycho-social aspects of health and fitness

Collecting and analysing information

Exercise programming

Environment and resources

Nutrition

EHFA Advanced Level Instructor Competencies

AREAS OF COMPETENCE

Client assessment

Program design

Health and safety

Planning and delivering sessions to individuals and groups

Motivating clients to develop and maintain fitness

Monitoring, assessing and reviewing client progress

Working in co-operation with other associated professionals

END REPORT

IN COMPLETION OF EHFA ADVANCED INSTRUCTOR AWARD



af Francis

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