



YMCA Level 3 Diploma in Personal Training (Practitioner)

603/2438/7

This is to certify that

Benjamin Crayston

achieved the above qualification on 24/03/2022, following a programme of study at

Muse Fitness Qualifications

The following components were completed:

Title	Level	Credit(s)	UN
Applied anatomy and physiology	3	5	A/616/4747
Promoting wellness through client motivation and interaction	3	5	J/616/4749
Bespoke exercise programme design	3	8	F/616/4751
Customised exercise programme instruction and communication techniques	4	9	J/616/4752
Nutrition to support physical activity	3	9	L/616/4753
Business acumen for a successful personal training practice	3	5	Y/616/4755

Arvinda Gohil

Arvinda Gohil
Group Chief Executive, Central YMCA

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Learner Number: L00025373
Validation Number: 00262127-01-FFN3

Certificate Number: 5859979
Issued:

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