

Certificate

AYS

AYS

No 6329/AMS/2019

Vladyslav Matvieiev

born 01-07-1997

RECEIVED A TITLE OF

PERSONAL TRAINER

Wroctaw, 18-08-2019



PRESIDENT

Dziekan
Sławomir Szymczak

This certificate is proof of possession of professional qualifications as a Personal Trainer. The owner of the certificate has completed 63 hours of stationary training lectures, exercises and practice of the following subjects: skeletal system, muscular system and muscle action, cardio-respiratory system, advanced anatomy and physiology, energy systems, nutrition, biological renewal, theory of sports, principles of training, role of the exercises, communication, teaching and instructor skills, business skills, promoting physical activity for a healthier lifestyle, health and safety in the workplace, screening and risk factor identification, pedagogical and psychological aspects of training, defects in body posture, CPR and first aid, principles of warm up / cool down, theory and methodology of teaching exercises and training, basic and advanced exercises, rules of discipline, refereeing, instructor practice. The course ended with a state instructor exam. The certificate is valid only with a photo ID card with the same number as the number of the certificate.