

# **Download Anatomy And Physiology Mock Exam Personal Trainers**

**SIGN UP TODAY!** A canfitpro certified Personal Training Specialist is qualified to: Evaluate client needs in physical activity and nutrition based on the counseling foundations in the Personal Training Specialist program and provide the client with a safe and effective exercise plan based on their needs, abilities and goals. What are the Pre-Requisites for the Course? Ideally, you will have a level 3 fitness qualification, having passed your Level 3 Nutrition for Physical Activity Exam and your Level 3 Anatomy and Physiology Exam. To give you maximum choice and flexibility when it comes to your studies, we deliver our gym instructor and personal training courses nationwide and we use some of the country's best-equipped health and fitness facilities including David Lloyd, Bannatyne and Village Hotels. Ideally, you'll hold a recognised Level 3 Certificate in Personal Training. This will allow you to focus on the medical and exercise referral elements of the course, as the non-specific material will have already been completed.