

CERTIFICATE

This is to certify
that

Ewa Ferenc
has successfully
completed the course

PFI Personal Trainer®

PFI Professional Personal Trainer

UE8009/PT/2010

- Functional Anatomy
- Movement Biomechanics
- Exercise Physiology
- Methodology of Training
- The Structure of Special Training Preparation as a Crucial Factor for Physical, Technical, Tactical and Theoretical Determinants of Teaching Process
- The Structure of Training
- The Improvement of Special Physical Efficiency with Biological Renewal
- The Rules and Technology of Training Planning
- The Rules and Methods of Training with Fitness Workload Structure
- The Classification of Physical Exercises
- Physical Activity, Efficiency and Competence in Training Programming
- Supplementation and Diet in support of training
- Course was 35 theory hours and 65 practice hours



Łukasz Plewnia
PFS Szkoleniowiec



mgr Izabela Gmitrowicz

Lecturer


Poland/Gdańsk 12.VIII.2010- 27.VIII.2010

Profi Fitness School Dr. Otw. Nr. UN028369/07

