

CEC TRAINING SERIES BY PTONTHENET

# CERTIFICATE OF COMPLETION

## Core Training

<b>Participant Name :</b>	Sneha Desu
<b>Course Provider :</b>	CEC Training Series by PTontheNet
<b>Course Provider Number :</b>	
<b>Course Name :</b>	Core Training
<b>Author(s) :</b>	Michael Boyle, Anthony Carey, Paul Chek, Gary Gray, Mel Siff, Matt Wallden
<b>Result :</b>	PASSED (70.00%)
<b>Date of Completion :</b>	23 Sep 2017
<b>CEC Points Awarded :</b>	2.00
<b>Course Objectives:</b>	<ul style="list-style-type: none"><li>• To acquaint fitness professionals with some of the primary principles and varied approaches of core training.</li><li>• To provide fitness professionals with some of the scientific understanding and practical application tools needed for designing safe and effective programs for their clients.</li><li>• To help fitness professionals to think and act functionally in their assessment and design of programs for clients and athletes of all levels.</li></ul>