



Certificate in Teaching Mat Pilates

Level Three

This is to certify that

Heather Smith

Has demonstrated competence in Teaching Mat Pilates to a standard compatible with the relevant National Occupational Standards in Instructing Physical Activity and Exercise in the context of Active Leisure & Learning.

Areas of competence:

Exercise and Fitness Knowledge (Level 3)

Principles and Fundamentals of Mat Pilates

Plan and Prepare to Instruct a Progressive Mat Pilates Session

Instruct, Manage, Adapt and Evaluate a Mat Pilates Session

Date

10/11/2009

Certificate No.

539

Accreditation number

100/5884/9

Centre

Northern Fitness and Education Ltd

Signed

Jean-Anne Marnech, Executive Director
Central YMCA Qualifications



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