

Certificate Number: **AC-1358-31122129**

This is to certify that the management of Alison awarded Vincent Kriele the certificate of completion in Diploma in Physical Fitness under the category Health on 29th May 2023.

Validation: You can check authenticity of this certificate by visiting the following link:

<https://alison.com/certification/check/%242y%2410%24xRedkFt4SYGZhDdILxQFCeUranHbBuqKnCPMFHdCUSTjT2E5TuwTa>

Name: **Vincent Kriele**



Email: **vincentkriele@gmail.com**

Country: **Netherlands**

Certificate Details



Diploma in Physical Fitness

[Score: 86]

Course Details

Running, swimming, and strength training are the three main forms of physical activity that can help you develop physical fitness and core strength. This course will discuss these activities and teach you how to remain injury-free while doing them. You will learn professional techniques for warming up, stretching, and using equipment correctly. The course will also cover the most common injuries experienced by those who engage in regular physical activities, as well as how to prevent and treat these injuries. To help you develop muscular strength, speed, and power, this course will cover essential flexibility techniques, calisthenics, and plyometrics. You will also learn about the proper exercise techniques when training in challenging environments such as extreme heat, extreme cold, and high altitude. The necessary precautions that must be taken to ensure that you train safely in each environment will also be discussed. Finally, you will learn about the most important aspects of performance-enhancing substances.

Maewe Richardson

Director of Certification



Modules Studied

Exercise Physiology

Cardiovascular Training

Running Safely

Swimming for Fitness

Strength Training

Diploma in Physical Fitness - First Assessment

Health and Flexibility

Calisthenics

Plyometrics

Training in Challenging Environments

Preventing & Treating Injuries

Performance-Enhancing Substances

Diploma in Physical Fitness - Second Assessment

Course assessment

Maewie Richardson
Director of Certification

