



Mr./Ms. Javier Barreiro Abalo

has completed his/her studies, organised by DDF's E-learning Educational Programme, and passed the following course with merit:

"Fitness: Physical Conditioning"

The length of this course was 150 hours and the next page outlines the course programme.

The present certificate was digitally signed in Seville on 06/07/2018 in order to validate the present document issued to the aforementioned person.

ENTITY DIVULGACIÓN DINÁMICA S.L. CIF: B91048181	Digitally Signed by Divulgación Dinámica S.L. Distinguished Name (DN): c=ES, o=FNMT, ou=FNMT Clase 2 CA, ou=500052901, cn=ENTIDAD DIVULGACIÓN DINÁMICA S.L.
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Any person, institution or company can verify this certificate with the code BJ20180706065018 at the following web address: <http://certificados.divulgaciondinamica.es>

This document includes an electronic signature recognised by Spanish Law 59/2003, of 19 December, on electronic signatures.



Content of the completed course:

MODULE 1. PHYSICAL ACTIVITY FOR HEALTH PROMOTION
MODULE 2. ASSESSMENT OF PHYSICAL CONDITION IN THE CONTEXT OF FITNESS
MODULE 3. PRINCIPLES OF TRAINING AND PHYSICAL CONDITIONING
MODULE 4. FOUNDATIONS OF FITNESS TRAINING
MODULE 5. NUTRITION AND FITNESS

General skills:

Duration: 150 hours.

Acquire and develop the necessary knowledge to properly carry out sports and beneficial practices for a healthy lifestyle.

Skill units:

1. Understand the different concepts related to physical activity for health promotion.
2. Understand the principles of training and the assessment of physical condition and development of exercise.
3. Develop guidelines and factors to consider in terms of fitness training.
4. Develop the necessary knowledge related to diet, supplements and correct nutrition.

Private education under registration number 8117918 , dated 06/07/2018
Asociación Nacional de Centros de e-Learning y Distancia (National Association of e-Learning and Distance Learning Centers)

Registered in the ANCED General Registry
Under the number 110429/18
Madrid, 06/07/2018

