

# **Download Anatomy And Physiology Mock Exam Personal Trainers**

What are the Pre-Requisites for the Course? Ideally, you will have a level 3 fitness qualification, having passed your Level 3 Nutrition for Physical Activity Exam and your Level 3 Anatomy and Physiology Exam. In order to enrol on the Level 3 Certificate in Personal Training, you first need to have the Level 2 Gym Instructor Certificate. Don't worry if you don't have one at the moment because we offer great packages that combine both Level 2 and Level 3. Trip Leaders lead a group of 5 to 10 participants on an Adventure Leadership trip. Working in pairs, Trip Leaders are responsible for running pre-trip meetings for the participants, selecting appropriate group gear from the rental center, helping with food shopping, driving vans, and creating a welcoming and positive environment for the group. In 2012, life expectancy in the UK reached 81 years of age. As things stand, the NHS predicts this will rise to the late 80s by 2030. Similarly, there are currently 21 million people aged 50 and over currently living in the UK, a figure that's increased by almost 20% between 1985-2010.