

Award in Chair Based Exercise for the Frailer, Older Person

Level Two

This is to certify that

Jo Knowles

Has demonstrated competence in Chair Based Exercise for the Frailer, Older Person to a standard compatible with the relevant Level Two National Occupational Standards in Instructing Exercise and Fitness.

Areas of competence:

Principles of Chair Based Exercise
Practical Chair Based Exercise

Date
11/12/2007

Certificate No.
1292

Accreditation number
100/4391/3

Centre
Leicester College

Signed



**Jean-Ann Marnoch, Executive Director
Central YMCA Qualifications**