

DS

*Personal Training School*

*Diploma*

*DS Personal Training School certifies*

**Marcus Strågefors**

*after the completed course*

**1 – 14/4 – 2013**

*as a*

**Certified Personal Trainer**



Examinator David Samuyiwa  
Director of DS Personal Training School

2013-04-14 Uppsala/Sweden

date & city/country

# Course matriculation certificate

for **Marcus Strågefors 871002-7494**

who has accomplished an education to be a Personal Trainer.

This received license has an international standard.

Course details	Maximum Score	Student Score
	100 %	%
Anatomy and Physiology	100%	85%
Stretching	100%	100%
Capacity to motivate	100%	100%
Sports injuries	100%	95%
Planning of training programs	100%	100%
Messurement of blodpressure	100%	100%
Caliper Test	100%	90%
Fitness-evaluation	100%	100%
Behaviour for personal trainers	100%	100%
Sales/Marketing	100%	94%
Body strength	100%	100%
Cardio	100%	100%
Coretraining	100%	100%
Leadership and mental training	100%	100%
Behaviour in group	A	A
Teamwork	A	A
Olympic lift	A	A
Ability to work outside comfort zone	A	A
Time management	A	A
Concentration and focus	A	A
Mental attitude	A	A
Homework assignment	A	A
Ability to handle stress	A	A
<b>Total</b>	<b>100%</b>	<b>97%</b>

This course has been completed with an approved examination in following parts

- 1) 90 min theory test
- 2) 2 hours of practical examination
- 3) 60 min oral examination in group – Sales/Marketing and Leadership

Grade key: A= Excellent B=Good C=Pass