

Certificate

No 8018/PAS/2011

Michał Białduga born *09.07.1985*

RECEIVED A TITLE OF

BODYBUILDING INSTRUCTOR

Polish Sports Academy

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Warsaw, 29.05.2011

PRESIDENT

**PREZES ZARZĄDU
Polskiej Akademii Sportu**
mgr Magdalena Wojcikajda

This certificate is proof of possession of professional qualifications as a BODYBUILDING instructor at the international level 3. The owner of the certificate completed 218 hours of stationary training (lectures, exercises and practice) of the following subjects: skeletal system, muscular system and muscle action, cardio-respiratory system, advanced anatomy and physiology, energy systems, nutrition, biological renewal, theory of sports, principles of training, role of the exercises, communication, teaching and instructor skills, business skills, promoting physical activity for a healthier lifestyle, health & safety in the workplace, screening and risk factor identification, pedagogical and psychological aspects of training, defects in body posture, CPR and first aid, principles of warm up / cool down, theory and methodology of teaching exercises and training, basic and advanced exercises, rules of discipline, refereeing, instructor practice. The course ended with an instructor exam. The certificate is valid only with a photo ID card with the same number as the number of the certificate.