



THIS IS TO CERTIFY THAT

**EVELYN OLIVARES**

HAS FULLFILLED THE REQUIREMENTS FOR

**Certificate IV in Pilates (91313NSW)**

THE QUALIFICATION CERTIFIED HEREIN IS RECOGNISED  
WITHIN THE AUSTRALIAN QUALIFICATIONS FRAMEWORK  
Issued under authority of the NSW Vocational Education and Training Act 2005

A handwritten signature in black ink that reads "Nicol Champion".

Director



12 November 2010

Date



**Australian Fitness Network**

ABN: 61003 325 424

Provider number 90497

47 Hume Street, Crows Nest, NSW, 2065

[www.fitnessnetwork.com.au](http://www.fitnessnetwork.com.au)

Certificate No. 129

Student No. 165389

Evelyn Olivares 0418 403 227

[Evelyn@evelyn.net.au](mailto:Evelyn@evelyn.net.au)

# TESTAMUR



This Testamur is recognised within the Australian Qualifications Framework  
Issued under authority of the NSW Vocational Education and Training Act 2005

## Evelyn Olivares

has been assessed as having fulfilled the following requirements

### CERTIFICATE IV IN PILATES (91313NSW)

- SRFFIT001B Provide orientation to clients prior to undertaking a fitness program
- SRFFIT003B Undertake client induction and screening
- SRFFIT004B Develop basic fitness programs
- SRFFIT005B Apply basic exercise science to exercise instruction
- SRFFIT014A Provide advice to clients on the application of basic anatomy and physiology to fitness programs
- SRFFIT015A Provide nutrition advice to clients in accordance with recommended guidelines
- SRFSP002A Develop and apply an awareness of specific populations to exercise delivery
- SRXGCSO01A Address client needs
- SRXGRCO01A Create client relationship
- SRXRGRO001A Facilitate a group
- SRXRIK001A Undertake risk analysis of activities
- SRXOHS001B Follow defined Occupational Health and Safety policies and procedures

### PILATES COMPETENCIES

- NET001 Fundamental matwork
- NET002 Intermediate matwork
- NET003 Individual / small group Pilates
- NET004 Pilates on the ball
- NET005 Remedial Pilates
- NET006 Pilates and pregnancy

in completion of the following qualification  
CERTIFICATE IV in FITNESS PILATES 91313NSW

A handwritten signature in black ink that reads "Nicol Champion".

Chief Executive Officer  
Australian Institute Pty Ltd  
National Registration Code 90497  
ABN 61 003 325 424

Testamur No.: 129  
Student No.: 165399  
Date issued: 12/11/2010



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