



Certificate

Professional Wellness Award

Mr. Marcos Scotto Garcia

has been awarded the qualification of

Professional Fitnesscoach

A/B-License & Personal-Trainer (medical fitness)
- Course duration: 12 months -

**Fitness & Healthcare Exercises, Sports Medicine
Basic Sport Nutrition, Muscle Function Testing
Medical Training and other related techniques**

On **February 09, 2021** at the DAFMF® Training Centre in Berlin Germany. The participant successfully completed the seminar and passed a full examination on fitness and business-related topics.

Professional Wellness Award
PWA - Education since the year 2002
(c) Germany. Certification worldwide



**PWA-Professional Wellness Award. Official Signed By The Director
DAFMF® – Deutsche Akademie für Medical Fitness (Certification)**

CERTIFICATE

Marcos Scotto Garcia

Date of birth: 06.07.1997

Matriculation number: 989424



Mr. Marcos Scotto Garcia took part in the distance learning programme

Certified Fitness Coach (SGD) incl. A/B-Licence and Personal Trainer-Licence (Medical Fitness) for Fitness Coaches-

- Approved by the National Agency for Distance Education -

from 05.10.2019 to 09.02.2021 and successfully completed the course of studies and submitted work for assessment in the following areas:

- The job of a Fitness Coach
- Training of basic movements
- Check up, anamnesis and special testing procedures
- Training schedules
- Training of legs, lower and upper back, abdomen, breast, arms, shoulders etc.
- Cardio training, fasciae training
- Sports nutrition, Spa techniques
- Customer management, business start-up

The assessed work was awarded the final grade ----- **very good** -----

Seminars: Two 2-day workshops (in total 34 teaching units à 45 minutes) in cooperation with the Deutsche Akademie für Medical Fitness (DAFMF): The practice of training techniques, theoretical and practical exams.

The final examination in the seminar was passed.

Darmstadt, 10. Februar 2021

Maziar Arsalan
Managing Director



Andreas Vollmer
Director of Distance Education





Deutsche
Akademie für
MEDICAL FITNESS®



Zertifikat

Herr Marcos Scotto Garcia

hat am 09.02.2021 die Abschlussprüfung

Gepürfter FITNESSCOACH
inkl. Fitnesstrainer-A/B-Lizenz und
Personal-Trainer-Lizenz (medical fitness)
- Lehrgangsdauer: 12 Monate -

am DAFMF®-Schulungszentrum erfolgreich absolviert. Die
Prüfung beinhaltet einen umfangreichen schriftlichen und
praktischen Teil. Inhalte der Ausbildung waren u.a.

Kraft-/Dehnungstechniken (mit/ohne Geräte), Trainingsbiologie,
Trainingsplanerstellung, Periodisierung, Muskelfunktionsprüfungen (MFP),
Trainingslehre, Sportmedizin, Diagnostik, Befundung, Krankheitslehre,
Medizinische Trainingstechniken, Notfallmedizin (Erste-Hilfe-Techniken),
Grundlagen der Sporternährung, Berufsrecht, Versicherungen,
Existenzgründung, Marketing, Steuern

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DAFMF®-Akademie Berlin. Der Direktor.