



Qualification
Guidance

Level 3 Award in Designing Pre and Post-Natal Exercise Programmes

Qualification
Accreditation Number:
500/6776/X
Version AIQ004541

Active iQ

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Active IQ Level 3 Award in Designing Pre and Post-Natal Exercise Programmes

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Introduction

The Active IQ Award in Designing Pre and Post Natal Exercise Programmes is at level 3 on the Regulated Qualifications Framework.

Guided learning hours: 12 Total Qualification Time: 30 Credit: 5

Minimum credit to be achieved at or above the level of the qualification	5
Requirements other than the award of credit which needs to be met before the qualification is awarded:	None
Exemptions:	None

Entry Requirements

Learners must hold either a Level 2 Certificate in Fitness Instructing (Gym/ Exercise to Music or Aqua) or equivalent (including qualifications which give entry to the REPs Physical activity Advisor category) or one of the following:

- Level 3 Certificate in Personal Training
- Level 3 Diploma in Instructing Pilates Matwork
- Level 3 Diploma in Teaching Yoga

Qualification Outline

Target Learners:

- Instructors wishing to further their career in the health and fitness sector as a specialist instructor who can address the needs of pre and or post natal clients

Aim:

- To train learners to a professionally competent level, enabling them to design an individualised programme for pre and post natal clients

Objectives:

- To develop an understanding of the physiological and biomechanical changes that take place during pregnancy
- To apply appropriate training approaches to plan and design programmes for pre and post natal clients

Progression:

- This qualification provides progression to further specialist qualifications at Level 3 and Level 4.

Links to National Occupational Standards

This qualification has direct links to unit D443 Adapt a physical activity programme to the needs of pre and post natal clients.

Tutors, Assessors and Internal Verifiers

Required Criteria

All Tutors, Assessors and Verifiers must:

- Possess a discipline specific qualification equivalent to the qualification being taught
- Have relevant industry experience
- Demonstrate active involvement in a process of industry relevant Continued Professional Development during the last two years

Tutors

Tutors must hold, or be working towards a teaching qualification.

The following are acceptable:

- Level 3 Award in Preparing to Teach in the Lifelong Learning Sector (PTTLS)
- Level 3 Award in Education and Training
- Level 4 Award in Preparing to Teach in the Lifelong Learning Sector (PTTLS)
- Level 4 Certificate in Teaching in the Lifelong Learning Sector (CTTLS)
- Level 4 Certificate in Education and Training
- Level 5 Diploma in Teaching in the Lifelong Learning Sector (DTTLS)
- Level 5 Diploma in Education and Training
- Certificate in Education

Assessor

Assessors must hold or be working towards any of the following:

- Level 3 Award in Understanding the Principles and Practices of Assessment or
- Level 3 Award in Assessing Vocationally Related Achievement or
- Level 3 Award in Assessing Competence in the Work Environment or
- Level 3 Certificate in Assessing Vocational Achievement, or
- A1 (previously D32, D33)

Internal Verifier

Internal verifiers must hold or be working towards any of the following:

- Level 4 Award in Understanding the Internal Quality Assurance of Assessment Processes and Practice or
- Level 4 Award in the Internal Quality Assurance of Assessment Processes and Practice or
- Level 4 Certificate in Leading the Internal Quality Assurance of Assessment Processes and Practice or
- V1 (previously D34)

All new assessors and quality assurance staff must be given a clear action plan for achieving the appropriate qualification(s) and should be countersigned by an appropriately qualified individual until the qualification(s) are achieved.

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Qualification Structure

This qualification comprises of two mandatory units.

Mandatory Units

	Unit	Unit accreditation number	Level	Credits
1	Physical activity and health considerations for the pre and post-natal client	K/600/2595	3	2
2	Design and implement exercise programmes for the pre and post-natal client	M/600/2596	3	3

Successful achievement of both mandatory units must be achieved for the full qualification.

Learning outcomes The learner will:	Assessment criteria The learner can:
1. Understand the benefits of physical activity for pre and post natal clients	1.1 Explain the value of physical activity for pre and post natal clients to include:- <ul style="list-style-type: none"> • Maintenance of fitness levels • Increased body awareness and improved posture • Prevention of low back pain • Weight control • Faster post natal recovery • Reported easier pregnancy and delivery
2. Know the physiological and biomechanical changes that take place during pregnancy	2.1 Summarise the three trimesters 2.2 Describe the physiological and biomechanical changes associated with each trimester to include: <ul style="list-style-type: none"> • the circulatory system • the respiratory system • the musculoskeletal system • the metabolic and hormonal systems 2.3 Explain the implications of these changes for the client taking part in physical activity
3. Understand the key considerations for pre and post natal clients participating in physical activity	3.1 List the contraindications to physical activity during and after pregnancy 3.2 Explain the guidelines for referral 3.3 Identify the warning signs that indicate the client should stop exercising 3.4 Explain how to respond to these warning signs 3.5 Describe the key considerations when developing an effective working relationship with pre and post natal clients 3.6 List the types of real and perceived barriers that pre and post natal clients may have about participating in physical activity 3.7 Describe ways in which these barriers can be overcome.
4. Know the nutritional requirements for pre and post natal clients	4.1 Explain the importance of a balanced diet for pre and post natal clients with particular reference to the importance of: <ul style="list-style-type: none"> • avoiding dramatic weight loss during pregnancy • increasing maternal caloric intake to support the breast feeding process 4.2 List the sources of food which are important for pre and post natal clients 4.3 List the foods which should be avoided during pregnancy and the reasons for these 4.4 Explain the reasons why pre and post natal clients should keep hydrated and avoid hot and or humid conditions
Unit aim(s)	To demonstrate an understanding of: <ul style="list-style-type: none"> • The benefits of physical activity for pre and post natal clients • The physiological and biomechanical changes associated with pregnancy • The key considerations for pre and post natal clients taking part in physical activity • The nutritional requirements for pre and post natal clients
Details of the national occupational standards or other sources that have been used to inform unit development (if appropriate)	D443 Adapt a physical activity programme to the needs of pre and post natal clients K1, K2, K3, K4, K5, K6, K7, K8, K9, K13, K16, K18, K19, K20, K21, K22,
Assessment requirements specified by a sector or regulatory body (if appropriate)	Worksheet

Learning outcomes The learner will:	Assessment criteria The learner can:
1. Collect information and select appropriate activities with the pre or post natal client	1.1 Explain the importance of pre activity screening for pre and post natal clients 1.2 Identify information to be collected by a fitness professional to include: <ul style="list-style-type: none"> • lifestyle • medical and pregnancy history • physical activity history • attitude and motivation • exercise preferences • barriers to exercise (perceived or actual) • current level of fitness 1.3 Collect information about the pre or post natal client selecting appropriate methods. 1.4 Interpret the information gathered from the screening process and identify any reasons for referral. 1.5 Record information in an effective manner with: <ul style="list-style-type: none"> • accuracy • appropriate to the interview and/ or questionnaire results 1.6 Observe the legal and ethical responsibilities regarding screening, client records and confidentiality. 1.7 Identify sources of information and advice when working with pre and post natal clients 1.8 Select activities that are appropriate to the pre or post natal client taking into consideration the clients: <ul style="list-style-type: none"> • health status and any contraindications • injury status and any specific recommended adaptations if appropriate • any other precautions identified during client consultation
2. Design an individualised, safe and effective exercise programme for pre or post natal clients	2.1 Apply the principles of FITT (Frequency, Intensity, Time and Type) to the design of an exercise programme during the: <ul style="list-style-type: none"> • 1st trimester • 2nd trimester • 3rd trimester • Recovery from pregnancy 2.2 Select appropriate types of activity for the client and the stage of pregnancy 2.3 List the types of activity which should be avoided for: <ul style="list-style-type: none"> • Pre natal clients • Post natal clients • and explain the reasons for avoiding these. 2.4 Identify any alternatives or modifications specific to the individual client needs for: <ul style="list-style-type: none"> • individual exercises • equipment selection • programme content 2.5 Describe the guidelines on stretching for: <ul style="list-style-type: none"> • Pre natal clients • Post natal clients 2.6 Explain the importance of pelvic floor exercises 2.7 Explain the importance of not exercising to exhaustion and how to avoid this.
3. Record the individualised exercise programme for the pre or post natal client	3.1 Record the programme in an appropriate format ensuring that the information is usable to the pre or post natal client
4. Identify and manage specific risks to the pre or post natal client when participating in physical activity	4.1 Identify any specific risks for the pre or post natal client when participating in physical activity related to :- <ul style="list-style-type: none"> • Stage of pregnancy • Type of activity • Equipment • Environment 4.2 Describe ways to manage the identified risks

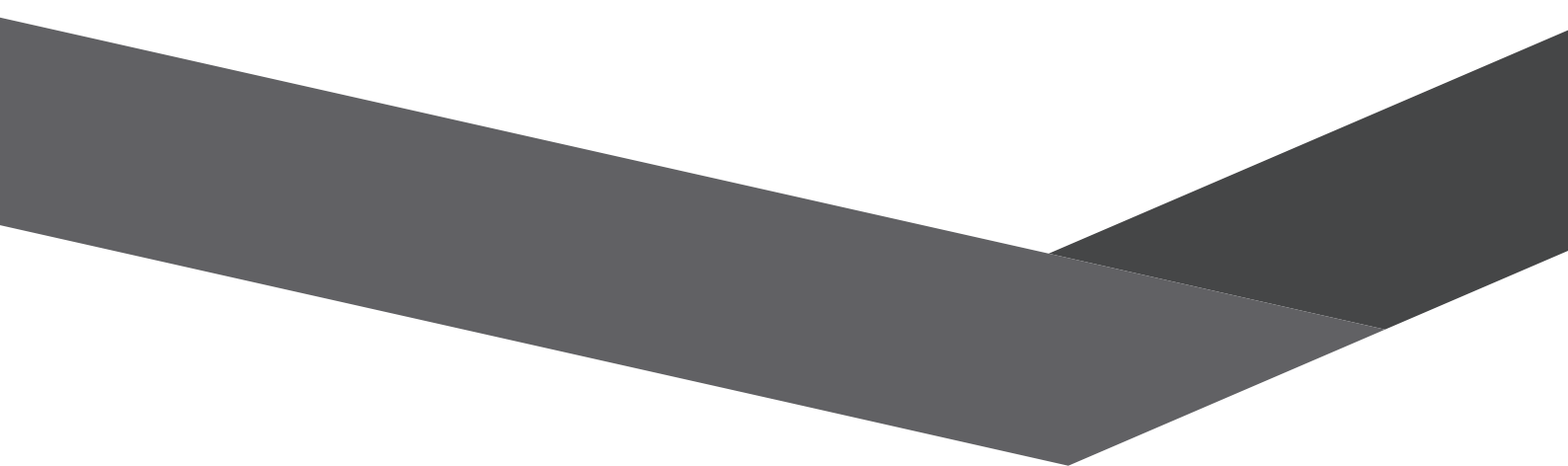
Unit aim(s)	<p>To demonstrate an understanding and application of</p> <ul style="list-style-type: none"> • Collecting information and agreeing appropriate activities for the pre or post natal client • Designing an individualised, safe and effective exercise programme for pre and post natal clients • Identifying and managing specific risks to the pre and post natal client when participating in physical activity
Details of the national occupational standards or other sources that have been used to inform unit development (if appropriate)	<p>D443 Adapt a physical activity programme to the needs of pre and post natal clients</p> <p>K3, K4, K5, K6, K7, K8, K9, K10, K11, K12, K13, K14, K15, K16, K17, K20, K21,</p>
Assessment requirements specified by a sector or regulatory body (if appropriate)	<p>Case study</p>

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