

Level 3 Award in Adapting Exercise for Ante Natal and Post Natal Clients (600/5862/6)

Purpose Statement

Overview

Who is this qualification for?

- Those already employed as an exercise instructor who are seeking to be able to work unsupervised with antenatal and postnatal clients
- Those wishing to use the qualification as a platform for progression on to further learning (see 'Progression to further/higher level learning' below)

What prior qualifications/levels of attainment are needed to take this qualification? Are there any age restrictions?

This qualification is suitable for those who are 16-18 and 19+. A minimum of a Level 2 Certificate in Fitness Instructing or equivalent is required.

What does this qualification cover?

The YMCA Awards Level 3 Award in Adapting Exercise for Antenatal and Postnatal Clients is regulated by Ofqual and comprises of a total of 4 credits achieved through the completion of the following 2 mandatory units:

- Considerations for safe and effective exercise for ante natal and post natal clients (2 credits)
- Programme design for ante natal and post natal clients (2 credits)

Key topics/skills/knowledge covered:

- The physical changes which take place during the ante and post natal periods
- The benefits of exercise/physical activity for ante and post natal women
- How to support ante and post natal clients in exercise
- The contra-indications to exercise for ante and post natal clients
- How to manage risks in ante and post natal exercise sessions
- The nutritional requirements for the ante and post natal period
- The principles of collecting information to plan an exercise programme for ante and post natal clients
- How to screen ante and post natal clients prior to planning an exercise programme
- How to plan an exercise programme for ante and post natal clients
- Plan exercise programmes for ante and post natal clients

What could this qualification lead to?

Future employment possibilities

This qualification can lead to employment as an 'Ante/postnatal exerciser instructor' within the active leisure sector.

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Progression to further/higher level learning

This qualification provides a REPs ante/postnatal CPD category of registration on application and provides progression to other qualifications, for example:

- Level 3 Award in Adapting Exercise for Independently Active, Older People
- Level 3 Award in Programming and Supervising Exercise with Disabled Clients
- Level 3 Diploma in Exercise Referral

Who supports this qualification?

This qualification is supported by ukactive, a not-for-profit body comprised of members and partners from across the UK active lifestyle sector. It provides services and facilitates partnerships for a broad range of organisations, all of which support the vision of more people, more active, more often to improve the health of the nation. Ukactive exist to serve anyone with a benefit to be gained or a role to play in achieving that goal. Ukactive's membership, which stands at over 3,000 members, includes operators of fitness facilities of all sizes, as well as local authority leisure centres, leisure trusts, outdoor fitness providers, trainers, sports providers, education and training providers, lifestyle companies, equipment suppliers and charities. Read more about ukactive here: <http://www.ukactive.com/about-us>