

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

## Qualification Specification





YMCA Awards

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# Level 3 Award in Adapting Exercise for Ante Natal and Post Natal Clients

## Qualification Specification

Qualification number: 600/5862/6

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# Contents

Introduction .....	7
About YMCA Awards.....	7
Qualification overview .....	7
Qualification aim.....	7
Overview of knowledge, skills and understanding .....	7
Target group and age range.....	8
Qualification structure .....	8
Total Qualification Time (TQT).....	8
Guided Learning Hours (GLH) .....	8
Entry requirements.....	9
Opportunities for progression .....	9
Mapping to standards.....	9
Centre approval .....	9
Qualification approval.....	9
Tutor, assessor and IQA approval requirements .....	9
Registration.....	10
Qualification availability.....	10
Reasonable adjustments and special considerations .....	10
Enquiries and appeals procedures.....	10
Assessment and quality assurance .....	10
How the qualification is assessed .....	10
Internal assessment .....	11
External assessment.....	11
Assessors.....	11
Internal and external quality assurance .....	12
Qualification content .....	12
Unit specifications and recommended assessment methods .....	12
Considerations for safe and effective exercise for ante natal and post natal clients (D/504/0993)....	13
Unit aim.....	13
Unit content.....	13

Programme design for ante natal and post natal clients (H/504/0994).....	16
Unit aim.....	16
Unit content.....	16

# Introduction

## About YMCA Awards

At YMCA Awards, we are passionate about learner progress. Our qualifications support every learner, whether they are taking their first steps into fitness or simply wish to boost their skills. Our high quality resources and assessment materials have been created by industry experts in consultation with employers and training providers.

YMCA Awards are an internationally recognised organisation. We are highly respected in health and fitness circles, and most importantly of all, we have helped over 200,000 people launch and advance their careers.

## Qualification overview

This qualification is regulated by:

- Ofqual
- CCEA (Council for Curriculum, Examinations and Assessment)
- QW (Qualifications Wales)

## Qualification aim

The aim of this qualification is for the learner to be able to recognise the skills, knowledge and competence required to work with ante natal and post natal clients in an unsupervised manner. The focus is on the considerations for safe and effective exercise and how to plan and adapt exercise for these particular clients.

## Overview of knowledge, skills and understanding

### Knowledge and understanding relating to the qualification

- 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 contraindications 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 before planning an exercise programme
- How to plan an exercise programme for ante and post natal clients

### Skills relating to the qualification

- Plan exercise programmes for ante and post natal clients.

## Target group and age range

This qualification is aimed at a range of learners aged 16 and over.

## Qualification structure

To achieve the YMCA Level 3 Award in Adapting Exercise for Ante and Post Natal Clients, learners must complete 2 mandatory units.

Unit reference number	Unit title	Level	Credit
D/504/0993	Considerations for safe and effective exercise for ante natal and post natal clients	3	2
H/504/0994	Programme design for ante natal and post natal clients	3	2

The Total Qualification Time (TQT) for this qualification is 40. The Guided Learning Hours (GLH) assigned are 26 minimum.

## Total Qualification Time (TQT)

This is an estimate of the total amount of time, measured in hours, that a learner would reasonably need to be able to show the level of achievement necessary for the award of a qualification.

Total Qualification Time is made up of the following two elements:

- (a) the number of hours which an awarding organisation has assigned to a qualification for Guided Learning (see below), and
- (b) an estimate of the number of hours a learner will reasonably be likely to spend in preparation, study or any other form of participation in education or training, including assessment, which takes place as directed by – but not under the immediate guidance or supervision of – a lecturer, supervisor, tutor or other appropriate provider of education or training.

## Guided Learning Hours (GLH)

This is:

- Face-to-face delivery (learning delivered by a lecturer, supervisor, tutor or other appropriate member of the training team)
- E-learning with a lecturer, teacher or tutor present/available in real-time (the co-presence of learner and tutor can be either remote or in the same physical place)
- Invigilated assessment (external tests sat under controlled or open-book conditions)
- Internal assessment carried out by the learner with a lecturer, teacher or tutor present/available in real-time (the co-presence of learner and tutor can be either remote or in the same physical place).

This is **not**:

Unsupervised learning such as:

- E-learning that the learner carries out unsupervised and with no real-time support from a lecturer, teacher or tutor
- Assessment internally carried out by the learner without a lecturer, teacher or tutor present/available in real-time (for example, completing a Learner Assessment Record (LAR) at home)



- Any additional further study, revision and training activities that the learner does unsupervised to support their learning.

#### Recommended Guided Learning Hours – our ongoing review

Your External Quality Assurer (EQA) will ask you to offer feedback on GLH annually as part of the quality assurance visit. You should base your feedback on a typical learner taking this qualification and the time spent on supervised learning (GLH). If you feel the GLH is different from the above and you wish to offer feedback before your next EQA visit, please email us: [awards.products@ymca.co.uk](mailto:awards.products@ymca.co.uk).

### Entry requirements

A minimum of a Level 2 Certificate in Fitness Instructing or equivalent is required.

### Opportunities for progression

#### Future employment possibilities

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

#### Progression to further/higher level learning

This qualification provides a REPs ante/post natal 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.

### Mapping to standards

There are no national occupational standards directly relating to this qualification at the present time.

### Centre approval

This qualification can only be offered by centres approved by YMCA Awards to deliver it. Details of YMCA Awards approvals processes can be found on our website: [www.ymcaawards.co.uk/centres/become-a-ymca-awards-centre](http://www.ymcaawards.co.uk/centres/become-a-ymca-awards-centre).

### Qualification approval

If your centre is already approved, you should only need to complete and submit a qualification approval form to deliver this qualification. However, you may also need to complete an additional staff approval form if the qualification is going to be delivered by staff who are not currently approved by YMCA Awards. Details of additional approvals can be found on our website: [www.ymcaawards.co.uk/approvals](http://www.ymcaawards.co.uk/approvals).

### Tutor, assessor and IQA approval requirements

To make sure you meet the most up-to-date requirements please see the YMCA Awards staff approval requirement document. This can be found on our website: [www.ymcaawards.co.uk/centres/centre-guidance](http://www.ymcaawards.co.uk/centres/centre-guidance).

## Registration

All learners must be registered within the first 10% of the duration of their course (e.g., for a course that lasts 10 days, learners should be registered on the first day of their course at the latest). For further details on registration please go to our website: [www.ymcaawards.co.uk/registration](http://www.ymcaawards.co.uk/registration).

## Qualification availability

This qualification is available in:

- England and regulated by Ofqual
- Northern Ireland and regulated by CCEA (Council for Curriculum, Examinations and Assessment)
- Wales and regulated by QW (Qualifications Wales).

## Reasonable adjustments and special considerations

In making this qualification available, YMCA Awards have made every attempt to make sure that there are no unnecessary barriers to achievement. You can find full details of our reasonable adjustment and special considerations policy on our website: [www.ymcaawards.co.uk/centres/policies-and-procedures](http://www.ymcaawards.co.uk/centres/policies-and-procedures).

## Enquiries and appeals procedures

YMCA Awards have an appeals procedure in accordance with the regulatory arrangements in the General Conditions of Recognition. Full details of these procedures are available on our website: [www.ymcaawards.co.uk/centres/policies-and-procedures](http://www.ymcaawards.co.uk/centres/policies-and-procedures).

## Assessment and quality assurance

### How the qualification is assessed

Assessment is the process of measuring a learner's skills, knowledge and understanding against the standards set in the qualification.

This qualification is a unit-based qualification and each unit contains learning outcomes and assessment criteria. Learning outcomes set out what the learner is expected to know, understand or be able to do as a result of the learning process. Assessment criteria detail the standards a learner is expected to meet and are broken down into what the learner 'can' do as a result of successfully achieving the unit.

The learner can be assessed holistically or individually as long as they show that the learning outcomes have been achieved.

Competency-based learning outcomes (e.g., be able to) are typically assessed through direct observation and these will take place in a real work environment. Where a real work environment is not stipulated the observation can be simulated and be internally assessed.

Knowledge-based learning outcomes (e.g., know or understand) can be assessed in a number of different ways such as worksheets, projects, professional discussion etc. The assessment method chosen should reflect the content of the unit.

This qualification must be assessed in line with YMCA Awards assessment policies and procedures [www.ymcaawards.co.uk/centres/centre-guidance](http://www.ymcaawards.co.uk/centres/centre-guidance)

The YMCA Awards Level 3 Award in Adapting Exercise for Ante Natal and Post Natal Clients is assessed through a combination of internal and external assessment.

## Internal assessment

YMCA Awards suggest the following approaches to internal assessment:

### Using a Learner Assessment Record (LAR)

This document typically contains assessment guidance and paperwork developed by YMCA Awards to support the assessment of a qualification.

To check if a Learner Assessment Record is available for this qualification, please make sure you are logged in to the centre home on the website and follow this link: [www.ymcaawards.co.uk/download-resources/lars](http://www.ymcaawards.co.uk/download-resources/lars).

### Creating a portfolio of evidence

If a YMCA Awards Learner Assessment Record (LAR) is not used to show evidence of internal assessment then the learner must create a portfolio of evidence. Centres must work with learners to create this portfolio and need to make sure that the learner's portfolio shows coverage of the learning outcomes and/or assessment criteria where required.

A typical portfolio of evidence could include:

- Evidence index
- Assessor observation – completed observational checklists and related action plans
- Witness testimony
- Candidate's proof of work
- Worksheets
- Assignments/projects/reports/presentations
- Record of professional discussion
- Record of oral and written questioning
- Candidate and peer reports
- Recognition of prior learning (RPL)
- Summary of achievement.

Centres need to ensure assessment specifications and paperwork are signed off by the EQA before delivery.

As a guide to selecting appropriate assessments methods see the suggested example in the 'Qualification content' section of this specification.

## External assessment

There is an externally set multiple choice theory paper available for 'Considerations for safe and effective exercise for ante natal and post natal clients' (D/504/0993). A link to a mock paper can be found by visiting the centre home page and viewing this link: <http://www.ymcaawards.co.uk/download-resources/mock-papers>.

## Assessors

The role of the assessor is to make an informed judgement about the evidence a learner should provide to show they can meet the assessment criteria. For further guidance please see the 'Role of the assessor' document on the website: [www.ymcaawards.co.uk/centres/centre-guidance](http://www.ymcaawards.co.uk/centres/centre-guidance).

## Internal and external quality assurance

The role of the Internal Quality Assurer (IQA) is to make an informed judgement regarding the practice of and decisions made by the assessment team to maintain standards. They are a vital link between the assessors and the External Quality Assurer (EQA). For further information on the role of the IQA and the EQA go to the website: [www.ymcaawards.co.uk/centres/centre-guidance](http://www.ymcaawards.co.uk/centres/centre-guidance).

## Qualification content

### Unit specifications and recommended assessment methods

# Considerations for safe and effective exercise for ante natal and post natal clients (D/504/0993)

## Unit aim

The aim of this unit is to help learners to develop an understanding of the underpinning biomechanical, physiological and anatomical changes that occur during and after pregnancy to them to prescribe safe and effective exercise to ante natal and post natal clients. It will also help learners to develop knowledge of the necessary and advised nutritional changes for ensuring wellbeing both during and after pregnancy.

## Unit content

The learner will:

### 1. Understand the physical changes which take place during the ante natal and post natal periods

The learner can:

#### 1.1 Identify the stages of the ante/post natal period:

- First trimester
- Second trimester
- Third trimester
- Childbirth
- Post natal

#### 1.2 Describe the anatomical changes associated with each of the stages:

- Each trimester
- Labour
- Childbirth
- Post natal

#### 1.3 Describe the physiological changes associated with each of the stages:

- Each trimester
- Labour
- Childbirth
- Post natal

1.4 Describe the biomechanical changes associated with each of the stages:

- Each trimester
- Labour
- Childbirth
- Post natal

1.5 Explain the implications of these changes for the client taking part in physical activity

The learner will:

## 2. Understand the benefits of exercise/physical activity for ante natal and post natal women

The learner can:

2.1 Explain the benefits of exercise/physical activity for each of the stages:

- Each trimester of pregnancy
- Labour
- Childbirth
- Post natal

2.2 Explain the benefits of pelvic floor exercises for each of the stages:

- Ante natal
- Labour/childbirth
- Post natal

The learner will:

## 3. Understand how to support ante natal and post natal clients exercise

The learner can:

3.1 Describe key considerations when developing an effective working relationship with ante and post natal clients

3.2 List possible real and perceived barriers to physical activity that ante natal and post natal clients may have

3.3 Describe ways in which these barriers can be overcome

The learner will:

## 4. Know contraindications to exercise for ante natal and post natal clients

The learner can:

4.1 Identify the relative and absolute contraindications to exercise for:

- Ante natal clients
- Post natal clients

4.2 Identify the types of exercise which should be avoided for each of the stages:

- Each trimester
- Post natal

The learner will:

## 5. Understand how to manage risks in ante natal and post natal exercise sessions

The learner can:

5.1 Identify specific risks for the ante natal or post natal clients, relating to:

- Stage of pregnancy
- Type of activity
- Equipment
- Environment

5.2 Describe ways to manage the identified risks

5.3 Identify the warning signs that indicate that the client should stop exercising

5.4 Identify how to respond to these warning signs

5.5 Explain the importance of not exercising to exhaustion

5.6 Explain how to avoid exercising to exhaustion

The learner will:

## 6. Understand the nutritional requirements for the ante natal and post natal period

The learner can:

6.1 Describe the importance of a balanced diet for clients:

- Ante natal
- Post natal

6.2 List the sources of food which are important during pregnancy

6.3 List the foods which should be avoided during pregnancy

6.4 Explain why these foods should be avoided during pregnancy

Assessment specification

- Externally set multiple choice theory paper

# Programme design for ante natal and post natal clients (H/504/0994)

## Unit aim

The purpose of this unit is to assess the learner's knowledge and skills in planning and adapting exercise for ante natal and post natal clients. Learners will be able to analyse information to plan exercise programmes for both ante natal and post natal clients.

## Unit content

The learner will:

### 1. Understand the principles of collecting information to plan an exercise programme for ante natal and post natal clients

The learner can:

#### 1.1 Explain the principles of informed consent

#### 1.2 Summarise the client information that should be obtained

#### 1.3 Describe methods of collecting client information:

- Physical activity readiness questionnaire (PAR-Q)
- Consultation

#### 1.4 Explain the legal and ethical implications of collecting client information

#### 1.5 Explain how to treat confidential information

The learner will:

### 2. Understand how to screen ante natal and post natal clients prior to planning an exercise programme

The learner can:

#### 2.1 Explain how to interpret information collected from the client in order to identify client:

- Needs
- Goals

#### 2.2 Explain how to analyse client responses to the Physical Activity Readiness Questionnaire (PAR-Q)



2.3 State the types of medical conditions that will prevent instructors from working with clients:

- Ante natal
- Post natal

2.4 State guidelines for safe commencement of general exercise after pregnancy

2.5 Explain how and when instructors should refer clients to another professional

The learner will:

### 3. Understand how to plan an exercise programme for ante natal and post natal clients

The learner can:

3.1 Identify credible sources of guidelines on programme design and safe exercise for the target group

3.2 Describe a range of safe and effective exercises/physical activities for:

- Cardiovascular fitness
- Muscular fitness
- Flexibility
- Core stability
- Relaxation

3.3 Describe ways to incorporate pelvic floor exercises

3.4 Explain how to include physical activities as part of clients' lifestyle to complement exercise sessions

The learner will:

### 4. Be able to plan exercise programmes for ante natal and post natal clients

The learner can:

4.1 Give exercises/physical activities for all the components of physical fitness

4.2 Give exercises/physical activities for the components:

- Warm up
- Main session
- Cool down

4.3 Give exercises/physical activities that are:

- Appropriate to client(s) needs
- Appropriate for the ante natal period
- Appropriate for the post natal period

- Consistent with accepted good practice

#### 4.4 Apply the principles of training to programme design for:

- The ante natal period
- The post natal period

#### 4.5 Identify the resources needed for the programmes

#### 4.6 Record the programmes in an appropriate format

Assessment specification

- Worksheet
- Case study









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*YMCA Awards is one of the UK's leading health, fitness and wellbeing specific awarding organisations. It offers training centres and learners across the world a diverse suite of qualifications, from introductory (Level 1) to advanced levels (Level 4).*

*YMCA Awards issues over 30,500 qualification certificates a year, helping learners in the UK and overseas to launch and progress their careers in the active leisure sector.*

*To view YMCA Awards' full range of qualifications please visit  
[www.ymcaawards.co.uk](http://www.ymcaawards.co.uk).*

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