



Qualification
Specification

Active IQ Level 3 Technical Specialist in Adapting Physical Activity for Antenatal and Postnatal Clients (Award)

Qualification
Accreditation Number:

610/3923/8

Version AIQ006425

Active iQ

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Introduction

The Active IQ Level 3 Technical Specialist in Adapting Physical Activity for Antenatal and Postnatal Clients (Award) is at level 3 on the Regulated Qualifications Framework (RQF). This qualification has been approved by IfATE, Ofqual and DfE to be recognised as an **Additional Specialist Technical Qualification**. This qualification builds on the outcomes within an occupational standard and enables an individual to specialise in an occupation having achieved the specialist qualification in addition to their attainment of outcomes set out in the standard.

Guided learning hours:	45	Total qualification time:	70
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Entry requirements:

- A suitable Fitness Instructing or Personal Training qualification (including Group Training, Pilates and Yoga).
- The course requires physical exertion and individual participation is essential, therefore a degree of physical fitness is necessary.
- There is an element of communication (discussing, presenting, reading and writing) involved and learners should have basic skills in communication pitched at level 2.

Qualification outline

Target learners:

- Learners aged 16+.
- Qualified Exercise Professionals or Personal Trainers wishing to specialise in delivering physical activity to antenatal and postnatal clients.

Purpose

The purpose of this additional specialist technical qualification is to provide learners with the knowledge and skills to work with antenatal and postnatal clients in a physical activity setting specific to their individual occupational competency.

This qualification includes the essential knowledge and skills that are needed to meet the requirements of the physical activity sectors minimum standards for deployment.

This additional specialist qualification supports physical activity practitioners to work within their scope of competence with antenatal and postnatal individuals and groups:

- Population: antenatal clients with uncomplicated pregnancies and postnatal* clients

*Postnatal clients refer to those without indications of abdominal wall and/or pelvic floor dysfunctions.

Learners who achieve this qualification will:

Understand:

- The benefits, barriers and concerns to enable antenatal and postnatal clients to participate in physical activity.
- The physiological and biomechanical changes that take place during pregnancy and in the postnatal period.
- The nutritional requirements for antenatal and postnatal clients.
- The key considerations for antenatal and postnatal clients participating in physical activity.

Have demonstrated:

- How to collect information to ensure the health and safety of antenatal and postnatal clients.
- How to identify and manage specific risks to antenatal and postnatal clients when participating in physical activity.
- How to design individualised, safe and effective physical activity sessions/programmes for antenatal and postnatal clients.

Progression

This qualification provides progression on to:

- Active IQ Level 3 Technical Specialist in Sports Massage Therapy (Diploma).
- Active IQ Level 3 Technical Specialist in Optimising Training for the Ageing Client (Award).
- Apprenticeship in Personal Training.

Links to National Standards

The qualification is underpinned by the overarching professional standards for:

- The Personal Trainer Apprenticeship Trailblazer standard ST0302.
- The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) Learning and Development Requirements (LDR).

Occupational competence statements for tutors, assessors and internal verifiers

This section outlines the requirements for tutoring, assessing and internally verifying Active IQ qualifications.

Required criteria

All tutors, assessors and internal 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 continuing professional development during the last two years (this may be discipline-/context-specific or relevant to tutoring assessing or quality assurance).

Tutors and assessors

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

The following are acceptable:

- Level 3 Award in Education and Training.
- Level 4 Certificate in Education and Training.
- Level 5 Diploma in Education and Training.
- Certificate in Education (including professional and postgraduate).
- Qualified Teaching and Learning Skills.

Assessors

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

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

Internal verifiers

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.
- Level 4 Award in the Internal Quality Assurance of Assessment Processes and Practice.
- Level 4 Certificate in Leading the Internal Quality Assurance of Assessment Processes and Practice.
- 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) has been achieved.

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Qualification structure

Learners must complete the mandatory unit.

Unit	Unit accreditation number	Level	GLH	TQT
1 Adapting physical activity for antenatal and postnatal clients	R/650/7773	3	45	70

Assessment Design

The assessments for the Active IQ Level 3 Technical Specialist in Adapting Physical Activity for Antenatal and Postnatal Clients (Award) have been designed to ensure they are valid, fit for purpose and meet the requirements of a technical specialist qualification. We have focused on the reliability and validity of the assessments, to ensure that a learner who successfully completes this qualification is well placed to secure employment in roles related to this standard.

The assessments for this Additional Specialist Technical Qualification consist of the following:

Assessment	Assessment component title	Assessment method	Unit
1	Benefits, barriers and concerns and the role health care professional play in supporting antenatal and postnatal clients	Knowledge assessment	Unit 1: Adapting physical activity for antenatal and postnatal clients
2	Physiological and biomechanical changes		
3	Key considerations and collecting information for antenatal and postnatal clients		
4	The nutritional requirements for antenatal and postnatal clients		
5	Design an individualised, safe and effective physical activity programme for an antenatal and postnatal client	Case study	

Assessment methods

The following lists the assessment methods used in this qualification, with a description of how they are intended to work.

- **Knowledge assessment**

The knowledge assessments use a range of different question types to assess the learner's cognitive abilities, retention of knowledge and factual recall. The different types of questions include multiple choice, short answer, drag and drop into text and scenario-/video-based questions and answers. The different question types give learners an opportunity to demonstrate achievement in a range of different contexts, allowing learners to apply their knowledge in real life scenarios linked to the qualification's purpose. Each knowledge assessment has a minimum pass mark of 70%.

- **Case Study**

This assessment uses a clearly constructed case study brief and associated marking scheme to allow learners to demonstrate application of knowledge and skills in a specific context. This assessment method allows for synoptic assessment of target proficiency utilising real life scenarios and problems. These assessments allow learners to demonstrate problem solving, analytical, research and planning skills, alongside application and transfer of knowledge and use of initiative in response to complex concepts. Case study assessments are either pass or refer against set criteria.

Grading

To achieve this qualification, learners must achieve a pass in all of the assessments.

The overall grade for this qualification is **Pass/Refer**.

Learning outcomes <i>The learner will:</i>	Assessment criteria <i>The learner can:</i>	Indicative content <i>This is provided as a guide for delivery, learners may not be assessed against all of the indicative content.</i>
1. Understand the benefits, barriers and concerns for antenatal and postnatal clients to participate in physical activity	1.1 Explain the benefits of physical activity for antenatal clients 1.2 Explain the benefits of physical activity for postnatal clients 1.3 List the barriers and concerns that an antenatal client may have in relation to participating in physical activity and how to respond to these concerns 1.4 List the barriers and concerns that a postnatal client may have in relation to participating in physical activity and how to respond to these concerns 1.5 List the appropriate and relevant initiatives and campaigns to promote physical activity for antenatal and postnatal clients	Benefits of physical activity for antenatal may include: <ul style="list-style-type: none"> • Reduction in hypertensive disorders • Improved cardiorespiratory fitness • Maintenance of fitness levels • Increased body awareness • Improved posture and prevention of lower back pain • Weight control • Reduce risk of caesarean delivery • Lower risk of gestational diabetes • Improved sleep • Improved mood • Reduced risk of preeclampsia Benefits of physical activity for postnatal may include: <ul style="list-style-type: none"> • Faster postnatal recovery • Controls weight and return to pre-pregnancy weight • Reduces risk of postnatal depression • Helps to strengthen abdominal muscles • Relieves stress • Improves sleep • Improves mood

Learning outcomes <i>The learner will:</i>	Assessment criteria <i>The learner can:</i>	Indicative content <i>This is provided as a guide for delivery, learners may not be assessed against all of the indicative content.</i>
		<p>Barriers and concerns of an antenatal client may include:</p> <ul style="list-style-type: none"> • Fear of risk of miscarriage • Fear of harming the baby • A lack of knowledge about safe exercises • Peer pressure from family and friends • Physical barriers (fatigue, sickness) <p>Barriers and concerns of a postnatal client may include:</p> <ul style="list-style-type: none"> • Lack of time • Lack of sleep • Lack of energy • Child care • A lack of knowledge about safe exercises <p>Initiatives and campaigns may include:</p> <ul style="list-style-type: none"> • This Mum Moves • The Active Pregnancy Foundation - Find your Active • Couch to Fitness - Pre-natal Programme

Learning outcomes <i>The learner will:</i>	Assessment criteria <i>The learner can:</i>	Indicative content <i>This is provided as a guide for delivery, learners may not be assessed against all of the indicative content.</i>
<p>2. Know the physiological and biomechanical changes that take place during pregnancy and the postnatal period</p>	<p>2.1 Define the specific terms that are used when working with antenatal and postnatal clients</p> <p>2.2 Identify the duration of the three trimesters</p> <p>2.3 Describe the different types of birth that can occur</p> <p>2.4 Describe the impact of birth on postnatal recovery</p> <p>2.5 Explain how to respond to a client who has experienced fertility problems and baby loss</p> <p>2.6 Describe the physiological and biomechanical changes associated with each trimester</p> <p>2.7 Explain the implications of these changes for the client taking part in physical activity</p> <p>2.8 Describe why safe functional transitions between activities are important</p>	<p>Terms that are used may include:</p> <ul style="list-style-type: none"> • Perinatal • Prenatal • Antenatal • Breech • Preterm birth • Vaginal birth after caesarean <p>Types of birth may include:</p> <ul style="list-style-type: none"> • Vaginal birth • Assisted vaginal birth • Caesarean section <p>Impact of the birth may include:</p> <ul style="list-style-type: none"> • Birth trauma • Pelvic floor issues • Abdominal wall dysfunction <p>Problems may include:</p> <ul style="list-style-type: none"> • Miscarriage • Fertility problems • Stillbirth • Infant death <p>Physiological and biomechanical changes may include:</p> <ul style="list-style-type: none"> • The circulatory system • The respiratory system • The musculoskeletal system • The metabolic and hormonal system

Learning outcomes <i>The learner will:</i>	Assessment criteria <i>The learner can:</i>	Indicative content <i>This is provided as a guide for delivery, learners may not be assessed against all of the indicative content.</i>
<p>3. Understand the key considerations for antenatal and postnatal clients participating in physical activity</p>	<p>3.1 Describe the absolute and relative contraindications to physical activity during and after pregnancy</p> <p>3.2 Identify the warning signs that indicate the client should stop exercising</p> <p>3.3 Explain how to respond to the warning signs that indicate the client should stop exercising</p> <p>3.4 Describe the appropriate professionals and/or support services to signpost or refer to when contraindications occur</p> <p>3.5 Describe the signs and symptoms of pelvic floor and abdominal wall dysfunction and how these can affect physical activity</p> <p>3.6 Explain the types of activities or positions that should be avoided during pregnancy. Considering:</p> <ul style="list-style-type: none"> • each stage of pregnancy • the postnatal period <p>3.7 Describe the importance of engaging with regular CPD activities relevant to the scope of practice and where to source specific information to enhance practice</p>	<p>Absolute contraindications may include:</p> <ul style="list-style-type: none"> • Hemodynamically significant heart disease • Restrictive lung disease • Incompetent cervix or cerclage • Multiple gestation at risk of premature labour • Persistent second or third trimester bleeding • Placenta previa after 26 weeks of gestation • Premature labour during the current pregnancy • Ruptured membranes • Preeclampsia or pregnancy induced hypertension • Severe anaemia <p>Relative contraindications may include:</p> <ul style="list-style-type: none"> • Anaemia • Unelevated maternal cardiac arrhythmia • Chronic bronchitis • Poorly controlled type 1 diabetes • Extreme morbid obesity • Extreme underweight (BMI less than 12) • History of extremely sedentary lifestyle • Intrauterine growth restriction (IUGR) in current pregnancy • Poorly controlled hypertension • Orthostatic hypertension • Poorly controlled seizure disorder • Poorly controlled hyperthyroidism • Heavy smoker

Learning outcomes <i>The learner will:</i>	Assessment criteria <i>The learner can:</i>	Indicative content <i>This is provided as a guide for delivery, learners may not be assessed against all of the indicative content.</i>
<p>4. Understand how to collect information to ensure the health and safety of an antenatal or postnatal client</p>	<p>4.1 Explain the process of pre-activity screening and informed consent for antenatal and postnatal clients</p> <p>4.2 Describe how to develop an effective working relationship with an antenatal and postnatal client</p> <p>4.3 Identify the information to be collected from an antenatal and postnatal client by a physical activity practitioner</p> <p>4.4 Describe how to interpret and respond to information gathered</p> <p>4.5 Explain the process of referral and when it is necessary to signpost/refer to a healthcare professional</p> <p>4.6 Describe the legal and ethical responsibilities regarding screening, recording information, record keeping and client confidentiality</p> <p>4.7 Identify credible sources of information and support services available for antenatal and postnatal clients</p>	<p>Warning signs may include:</p> <ul style="list-style-type: none"> • Vaginal bleeding • Feeling dizzy or faint • Shortness of breath before exercising • Chest pain • Headache • Muscle weakness • Calf pain or swelling • Regular, painful contractions of the uterus • Fluid leaking from the vagina <p>Information to be collected for an antenatal client may include:</p> <ul style="list-style-type: none"> • Lifestyle • Medical and pregnancy history • Medical concerns/contraindications • Psychological concerns • Exercise preferences • Barriers to exercise (perceived or actual) • Current level of fitness • Estimated date of birth <p>Information to be collected for a postnatal client may include:</p> <ul style="list-style-type: none"> • 6–8-week post-natal check with a health care professional • Type of birth • Birth trauma and complications • Post-natal bleeding

Learning outcomes <i>The learner will:</i>	Assessment criteria <i>The learner can:</i>	Indicative content <i>This is provided as a guide for delivery, learners may not be assessed against all of the indicative content.</i>
5. Know the role that health care professionals play in supporting antenatal and postnatal clients	5.1 Summarise the care package offered to antenatal and postnatal clients 5.2 Explain the guidance provided by medical professionals throughout the antenatal and postnatal periods 5.3 Describe a range of antenatal classes available to pregnant clients	<ul style="list-style-type: none"> • Signs and symptoms of abdominal wall and/or pelvic floor dysfunction • Lactation • Pelvic girdle and/or back pain • General well-being <p>Credible sources of information and support services may include:</p> <ul style="list-style-type: none"> • NHS services • BLISS • SANDS • Kicks Count • Children's centres
5. Know the role that health care professionals play in supporting antenatal and postnatal clients	5.1 Summarise the care package offered to antenatal and postnatal clients 5.2 Explain the guidance provided by medical professionals throughout the antenatal and postnatal periods 5.3 Describe a range of antenatal classes available to pregnant clients	<p>Care package offered may include:</p> <ul style="list-style-type: none"> • Midwife and or Dr appointments • Blood tests • Scans • Postnatal and new baby checks <p>Antenatal classes may include:</p> <ul style="list-style-type: none"> • NHS antenatal classes • NCT antenatal classes • Hypnobirthing classes • Pregnancy yoga

Learning outcomes <i>The learner will:</i>	Assessment criteria <i>The learner can:</i>	Indicative content <i>This is provided as a guide for delivery, learners may not be assessed against all of the indicative content.</i>
6. Know the nutritional requirements for antenatal and postnatal clients	6.1 Explain the importance of a balanced diet for antenatal and postnatal clients 6.2 Identify important food sources and explain their value to antenatal and postnatal clients. 6.3 Identify foods to be avoided during pregnancy and explain the reasons why they should not be consumed 6.4 List the vitamins and minerals supplements recommended in pregnancy and explain the benefits of each 6.5 Explain the importance of hydration for antenatal and postnatal clients	Balanced diet for antenatal and postnatal clients may include: <ul style="list-style-type: none"> • The Eatwell guide • Weight management during pregnancy • Maternal caloric needs in each trimester and during the breast feeding phase
7. Be able to identify and manage specific risks to the antenatal and postnatal client when participating in physical activity	7.1 Identify any specific risks for the antenatal and postnatal client when participating in physical activity 7.2 Provide general nutrition advice for antenatal and postnatal clients participating in physical activity	Risks for antenatal and postnatal clients when participating in physical activity may include: <ul style="list-style-type: none"> • Client information, barriers and goals • Stage of pregnancy and associated risks • Type of activity • Equipment • Environment
8. Be able to design an individualised, safe and effective physical activity programme for an antenatal and postnatal client	8.1 Interpret information gathered from an antenatal and postnatal client 8.2 Apply the principles of FITT (Frequency, Intensity, Time, Type) to the design of a physical activity session for each trimester and the postnatal period. These must include: <ul style="list-style-type: none"> • a safe and effective warm up • a safe and effective main component • a safe and effective cool down 	Alternatives and adaptations specific to the individual may relate to: <ul style="list-style-type: none"> • Activity selection • Equipment selection • Programme content and timings Monitoring intensity may include: <ul style="list-style-type: none"> • Methods of monitoring intensity • Frequency and duration

Learning outcomes <i>The learner will:</i>	Assessment criteria <i>The learner can:</i>	Indicative content <i>This is provided as a guide for delivery, learners may not be assessed against all of the indicative content.</i>
	<p>8.3 Select appropriate types of activity for the client and their stage of pregnancy</p> <p>8.4 Identify any alternatives or adaptations specific to individual needs and physiological and biomechanical changes</p> <p>8.5 Apply the guidelines for stretching for:</p> <ul style="list-style-type: none"> • antenatal clients • postnatal clients <p>8.6 Explain the importance of pelvic floor exercises and factor this into the programme</p> <p>8.7 Illustrate the importance of both core and functional training for an antenatal and postnatal client and include appropriate exercises in the programme design for:</p> <ul style="list-style-type: none"> • 1st trimester • 2nd trimester • 3rd trimester • postnatal period <p>8.8 Explain the importance of monitoring intensity and avoiding overheating</p> <p>8.9 Record the programme for each trimester and the postnatal period</p> <p>8.10 Arrange the programme so that it is in a format that is easy for an antenatal and postnatal client to use and understand</p> <p>8.11 Explain the importance of reviewing the analysis of a client's needs and motivation</p> <p>8.12 Explain the importance of reflecting on own practice to improve future sessions</p>	
Assessment	Knowledge assessments Case study	

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