



Qualification  
Guidance

# Active IQ Level 3 Award in Supporting Pre and Postnatal Clients with Exercise and Nutrition

This qualification is for delivery in Wales only.

Qualification  
Accreditation Number:  
**C00/4779/3**  
Version AIQ006312

**Active iQ**

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# Active IQ Level 3 Award in Supporting Pre and Postnatal Clients with Exercise and Nutrition

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## Introduction

The Active IQ Level 3 Award in Supporting Pre and Postnatal Clients with Exercise and Nutrition is at Level 3 in the QiW database which is owned and managed by Qualifications Wales, the regulator of non-degree qualifications and the qualifications system in Wales. **This qualification is for delivery in Wales only.**

<b>Guided learning hours:</b>	12	<b>Total qualification time:</b>	40
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<b>Credits:</b>	4
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## Entry requirements:

Learners must hold one of the following, or equivalent:

- Level 2 Certificate in Gym Instructing.
- Level 2 Certificate in Group Training.
- Level 3 Diploma in Personal Training.
- Level 3 Diploma in Instructing Pilates Matwork.
- Level 3 Diploma in Teaching Yoga.

## Qualification outline

### Target learners:

- Learners aged 16+.
- Gym instructors.
- Group trainers.
- Personal trainers.
- Pilates instructors.
- Yoga teachers.
- Learners who are enrolled on active leisure apprenticeships in Wales.

### Purpose

The purpose of this qualification is to provide learners with the knowledge and skills needed to be able to programme safe and effective exercise for both pre and postnatal clients, taking into account the physiological and biomechanical changes associated with pregnancy and the key health and safety considerations for pre and postnatal clients taking part in physical activity.

### Progression

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

### Links to National Occupational Standards

There are links to:

- The National Occupational Standard – D443 Adapt a physical activity programme to the needs of pre and postnatal clients.

# Occupational competence statements for tutoring, assessing and quality assurance

**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), which should be countersigned by an appropriately qualified individual until the qualification(s) are achieved.

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## Qualification structure

Learners must complete both mandatory units.

### Mandatory units

	Unit	Unit accreditation number	Level	Credits
1	Physical activity, health and nutritional considerations for pre and postnatal clients	A/650/6280	3	2
2	Programming safe and effective exercise sessions for pre and postnatal clients	D/650/6281	3	2

Learning outcomes The learner will:	Assessment criteria The learner can:
<p>1. Understand the benefits and barriers/concerns of physical activity for pre and postnatal clients</p>	<p>1.1 Explain the value of physical activity for prenatal clients, to include:</p> <ul style="list-style-type: none"> <li>• Maintenance of fitness levels</li> <li>• Increased body awareness</li> <li>• Improved posture and prevention of lower back pain</li> <li>• Weight control</li> <li>• Possible reduction in the risk of Caesarean delivery</li> <li>• Lower risk of gestational diabetes</li> <li>• Improved sleep</li> <li>• Reduced risk of pre-eclampsia</li> </ul> <p>1.2 Explain the value of physical activity for postnatal clients, to include:</p> <ul style="list-style-type: none"> <li>• Faster postnatal recovery</li> <li>• Reduction in the risk of postnatal depression</li> <li>• Helps to strengthen abdominal muscles</li> <li>• Relieves stress</li> </ul> <p>1.3 List the barriers/concerns that a prenatal client may have about participating in physical activity, and how to respond to these concerns, for example:</p> <ul style="list-style-type: none"> <li>• Fear of risk of miscarriage</li> <li>• Fear of harming the baby</li> <li>• A lack of knowledge about safe exercises</li> <li>• Peer pressure from family and friends</li> <li>• Physical barriers (fatigue, sickness)</li> </ul> <p>1.4 List the barriers/concerns that a postnatal client may have about participating in physical activity, and how to respond to these concerns, for example:</p> <ul style="list-style-type: none"> <li>• Lack of time</li> <li>• Lack of sleep</li> <li>• Lack of energy</li> <li>• Child care</li> <li>• A lack of knowledge about safe exercises</li> </ul>

<b>Learning outcomes</b> <b>The learner will:</b>	<b>Assessment criteria</b> <b>The learner can:</b>
2. Know the physiological and biomechanical changes that take place during pregnancy	2.1 Identify the duration of the three trimesters 2.2 Describe the physiological and biomechanical changes associated with each trimester, to include: <ul style="list-style-type: none"> <li>• The circulatory system</li> <li>• The respiratory system</li> <li>• The musculoskeletal system</li> <li>• The metabolic and hormonal system</li> </ul> 2.3 Explain the implications of these changes for the client taking part in physical activity
3. Know the physiological and biomechanical changes that take place during the postnatal period	3.1 Describe the physiological and biomechanical changes associated with the postnatal period, to include: <ul style="list-style-type: none"> <li>• The circulatory system</li> <li>• The respiratory system</li> <li>• The musculoskeletal system</li> <li>• The metabolic and hormonal system</li> </ul> 3.2 Explain the implications of these changes for the client taking part in physical activity
4. Understand the key considerations for pre and postnatal clients participating in physical activity	4.1 Describe the absolute and relative contraindications for physical activity during and after pregnancy 4.2 Identify the warning signs that indicate that the client should stop exercising 4.3 Explain how to respond to the warning signs that indicate the client should stop exercising

Learning outcomes The learner will:	Assessment criteria The learner can:
<p>5. Understand how to collect information to ensure health and safety when working with a pre or postnatal client</p>	<p>5.1 Explain the process of pre-activity screening and informed consent for pre and postnatal clients</p> <p>5.2 Describe how to develop an effective working relationship with a pre or postnatal client</p> <p>5.3 Identify the information to be collected by a fitness professional, to include:</p> <ul style="list-style-type: none"> <li>• Lifestyle</li> <li>• Medical and pregnancy history</li> <li>• Psychological concerns</li> <li>• Exercise preferences</li> <li>• Barriers to exercise (perceived or actual)</li> <li>• Current level of fitness</li> </ul> <p>5.4 Describe how to interpret the information gathered, and how to respond</p> <p>5.5 Explain the process of referral</p> <p>5.6 Describe the legal and ethical responsibilities regarding screening, recording information, record-keeping and client confidentiality</p> <p>5.7 List credible sources of information when working with pre and postnatal clients</p> <p>5.8 Identify support services that are available to pre and postnatal women, including:</p> <ul style="list-style-type: none"> <li>• NHS services</li> <li>• BLISS</li> <li>• SANDS</li> <li>• Kicks Count</li> <li>• Children’s centres</li> </ul>
<p>6. Know the role that health care professionals play in supporting pre and postnatal clients</p>	<p>6.1 Summarise the care package offered to pre and postnatal women, to include:</p> <ul style="list-style-type: none"> <li>• Midwife and/or Dr appointments</li> <li>• Blood tests</li> <li>• Scans</li> <li>• Postnatal and new baby checks</li> </ul> <p>6.2 Explain the guidance provided by medical professionals throughout the pre and postnatal period</p> <p>6.3 Describe a range of prenatal classes available to pregnant women, to include:</p> <ul style="list-style-type: none"> <li>• NHS antenatal classes</li> <li>• NCT antenatal classes</li> <li>• Hypnobirthing classes</li> <li>• Pregnancy yoga</li> </ul>



Learning outcomes The learner will:	Assessment criteria The learner can:
7. Know the nutritional requirements for pre and postnatal clients	<p>7.1 Explain the importance of a balanced diet for pre and postnatal clients with reference to:</p> <ul style="list-style-type: none"> <li>• <i>The Eatwell Guide</i></li> <li>• Weight management during pregnancy</li> <li>• Maternal caloric needs in each trimester and during the breastfeeding phase</li> </ul> <p>7.2 Identify important food sources and explain their value to pre and postnatal clients</p> <p>7.3 Identify foods to be avoided during pregnancy, and explain the reasons why they should not be consumed</p> <p>7.4 List the vitamin and mineral supplements recommended in pregnancy, and explain the benefits of each</p> <p>7.5 Explain the importance of hydration for pre and postnatal clients</p>
<b>Assessment</b>	Worksheet

<b>Learning outcomes</b> <b>The learner will:</b>	<b>Assessment criteria</b> <b>The learner can:</b>
<p>1. Be able to design an individualised, safe and effective exercise programme for a pre or postnatal client</p>	<p>1.1 Interpret information gathered from a pre or postnatal client</p> <p>1.2 Apply the principles of FITT (frequency, intensity, time, type) to the design of an exercise session for each trimester and the postnatal period. These must include:</p> <ul style="list-style-type: none"> <li>• A safe and effective warm-up</li> <li>• A safe and effective main component</li> <li>• A safe and effective cool-down</li> </ul> <p>1.3 Select appropriate types of activity for the client and their stage of pregnancy</p> <p>1.4 List the types of activity or positions that should be avoided, and explain the reasons for this. Consider:</p> <ul style="list-style-type: none"> <li>• Each stage of pregnancy</li> <li>• The postnatal period</li> </ul> <p>1.5 Identify any alternatives or adaptations that are specific to the individual needs and physiological and biomechanical changes related to:</p> <ul style="list-style-type: none"> <li>• Exercise selection</li> <li>• Equipment selection</li> <li>• Programme content and timings</li> </ul> <p>1.6 Apply the guidelines for stretching for:</p> <ul style="list-style-type: none"> <li>• Prenatal clients</li> <li>• Postnatal clients</li> </ul> <p>1.7 Explain the importance of pelvic floor exercises, and factor this into the programme</p> <p>1.8 Illustrate the importance of both core and functional training for a pre or postnatal client, and include appropriate exercises in the programme design for the:</p> <ul style="list-style-type: none"> <li>• First trimester</li> <li>• Second trimester</li> <li>• Third trimester</li> <li>• Postnatal period</li> </ul> <p>1.9 Explain the importance of monitoring intensity and avoiding overheating, including:</p> <ul style="list-style-type: none"> <li>• Methods of monitoring intensity</li> <li>• Frequency and duration</li> </ul>

<b>Learning outcomes</b> <b>The learner will:</b>	<b>Assessment criteria</b> <b>The learner can:</b>
2. Be able to record an individualised, safe and effective exercise programme for a pre or postnatal client	2.1 Record the programme for each trimester and the postnatal period 2.2 Arrange the programme so that it is in a format that is easy for a pre or postnatal client to use and understand
3. Be able to identify and manage specific risks to the pre or postnatal client when participating in physical activity	3.1 Identify any specific risks for the pre or postnatal client when participating in physical activity related to: <ul style="list-style-type: none"> <li>• Client information, barriers and goals</li> <li>• Stage of pregnancy and associated risks</li> <li>• Type of activity</li> <li>• Equipment</li> <li>• Environment</li> </ul> 3.2 Provide general nutrition advice for pre or postnatal clients participating in physical activity
<b>Assessment</b>	Case study

Active IQ

Q6, Quorum Park  
Benton Ln  
Newcastle upon Tyne  
NE12 8BT

T 01480 467 950  
F 01480 456 283  
info@activeiq.co.uk  
www.activeiq.co.uk

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