

## L3 Ante Natal and Post Natal Instructor (Active IQ)



### Entry Requirements

Over 18

You 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

### Course Overview

This course will enable you to recognise the skills, knowledge and competence required in order to work with ante and post natal clients in an unsupervised manner. There will be focus on the considerations for safe and effective exercise and how to plan and adapt exercise for these particular clients.

### Course Content

- 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

## Recognised Qualification

- QCF qualification awarded by Active IQ
- SkillsActive recognised

## Accreditations

Active iQ



SkillsActive  
More People, Better Skilled, Better Qualified

## Format Options



15-25 hrs

## eLearning

This is an elearning course using Active IQs online learning platform. There is the option to purchase a hard-copy manual too. You will be required to completed the assessment portfolio and submit via post or email. Students will have access to one-to-one course support from a Specialist Tutor. This will be via telephone, email or skype for help with learning and assessment.

## In-house

This course requires two days attendance when you will be given a comprehensive training manual. If you are interested in making a group booking we can provide this qualification as an in-house course and create a bespoke delivery and assessment format to meet your needs.

## Assessment

- Worksheet
- Case study

## Certification

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

Active iQ

## What next?

- L3 Personal Trainer
- L3 Older Adult