

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 or one of the following:

- 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

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

- understand the benefits and barriers/concerns of physical activity for pre and postnatal clients
- know the physiological and biomechanical changes that take place during pregnancy
- know the physiological and biomechanical changes that take place during the postnatal period
- understand the key considerations for pre and postnatal clients participating in physical activity
- understand how to collect information to ensure health and safety when working with a pre or postnatal client

- know the role that health care professionals play in supporting pre and postnatal clients
- know the nutritional requirements for pre and postnatal clients
- be able to design an individualised, safe and effective exercise programme for a pre or postnatal client
- be able to record an individualised, safe and effective exercise programme for a pre or postnatal client
- be able to identify and manage specific risks to the pre or postnatal client when participating in physical activity

Recognised Qualification

- Certificate awarded by Active IQ
- CIMSPA and REPs recognised

Accreditations

Active iQ



Format Options



15-25 hrs

eLearning

This is an elearning course using Active IQ's online learning platform. You will also receive a hard-copy manual too. You will be required to complete 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 Supporting Pre and Postnatal Clients with Exercise and Nutrition

What next?

- L3 Personal Trainer
- L3 Older Adult
- L3 Exercise Referral