

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



Course Level: Level 3

Campus: Newcastle

Subject Type: Exercise & Fitness

## Course Overview:

Enhance your existing portfolio of skills in exercise and fitness with this weekend short course. This is an informative qualification for all fitness instructors, PTs, Pilates instructors and Yoga who want to teach fitness sessions to pre and post natal clients.

## What's Covered:

Learn the knowledge and skills required to design and deliver safe and effective fitness training sessions to pre and post natal clients. You will gain all the knowledge required to ensure a safe and effective workout.

### 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 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

### Entry Requirements:

YMCA Level 2 Certificate in Fitness Instructing or equivalent

### Assessment Information:

The YMCA Level 3 Award in Adapting Exercise for Ante Natal and Post Natal Clients is comprised of two mandatory units and is assessed via coursework completion and multiple choice exam.

### Fees and Financial Support:

**This course is free for anyone aged 16 – 18.**

If you are outside this age group, please contact Charlotte Robertson on 01782 254141 or email [charlotte.robertson@nscg.ac.uk](mailto:charlotte.robertson@nscg.ac.uk).

### College Maintenance Allowance (CMA):

Anyone with a household income under £26,000 can receive up to £20 per week financial support to help pay for travel and meals and meet the costs of essential trips, books, stationery and equipment. The payments will be subject to full attendance on your course. A range of other financial support is available, depending on your personal circumstances. [For more details visit nscg.ac.uk/finance](https://www.nscg.ac.uk/finance)

### Progression:

Learners may choose further same-level qualifications, for example:

- YMCA Level 3 Award in Adapting Exercise for Independently Active, Older People
- YMCA Level 3 Award in Programming and Supervising Exercise with Disabled Clients
- YMCA Level 3 Diploma in Exercise Referral

## How do I find out more?

Apply online for the college to contact you for further information. Any queries please email [becky.whiston@nscg.ac.uk](mailto:becky.whiston@nscg.ac.uk) or call on 01782 254205