

YMCA Level 3 Award in Adapting Exercise for Ante Natal and Post Natal Clients



Subject Type
Exercise & Fitness

Course Location
Newcastle

Level
Level 3

Course Information

This qualification will enable you to develop 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.

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

If you are 19-23, it is your first Level 3, and are studying an SFA approved Level 3 programme you may be eligible for full fee remission.

You can apply for an Advanced Learner Loan or Higher Education Loan to help with the costs of your course if you are 19 or older and the course you are studying is an eligible Level 3, 4, 5 or 6 course.

*This is at the Colleges discretion. If you have any queries with regards to the funding of your course, please contact Charlotte Robertson on 01782 254141 or email charlotte.robertson@nscg.ac.uk

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

What else do I need to know?

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 or call on 01782 254205