

Adapting Exercise for Ante Natal and Post Natal Clients

Summary

This course gives you the knowledge and skills to safely help pre and postnatal women to explore the benefits of fitness - a part of our population often underserved in the industry. You will learn about the conditions associated with pregnancy, health and safety considerations, nutrition, and anatomical and physiological changes. Using this knowledge, you will then plan a pre and postnatal exercise class.

Course Provider	Health and Fitness Education (HFE) 7 & 8 Roundhouse Court, Barnes Wallis Way, Buckshaw Business Centre, Chorley, Lancashire PR7 7JN 0800 612 4067 www.hfe.co.uk
Qualification Accreditation	Qualification awarded by YMCA Awards backed by CIMSPA Ofqual qualification number 600/5862/6
Academic/vocational level	Level 3
PET entry requirements	Level 2 English, plus an accredited Level 2 fitness instructor qualification
Format of course material	Paper- based and in a digital format (PDF or Word)
Structure of course	<p>The course covers the following topics:</p> <ul style="list-style-type: none"> • Understanding physical conditions associated with pregnancy • Critical health and safety considerations • Nutrition and pregnancy • Planning pre and postnatal exercise • Anatomical and physiological changes during pregnancy
Assignments	<p>There is a worksheet and a case study to be completed and submitted. They are sent at the start of the course. This involves planning an exercise programme for a pregnant client across three trimesters and beyond.</p> <p>The assignments can be submitted at the same time where possible but can be completed separately if preferred.</p> <p>Course work will be marked with 7-days of receipt by post/email.</p>
Exam	<p>One multiple choice exam. It takes 45-minutes and includes 30 questions.</p> <p>The exam can be sat all-year round. Exam fees are included.</p>

	Refer to 'Prison support requirements'
Estimated completion time	40 hours
Maximum course duration	The course needs to be completed within 12-months. In case an extension was needed, prison staff to contact HFE directly.
Prison support requirements	Support assessment submission (ideally scan to the tutor or post). It is recommended to make copies in case assignments get lost; Help facilitate and invigilate exam. Contact supplier for more info on assignment submission or exam facilitation and course extension. See contact details are above in the 'Course provider' section.
Supplier tutor's support	There is supplier tutor support available to mark assignments and also for learners' consultations. Tutors can be contacted via the prison staff and directly. See 'Contact provider' section for more details
Certificate	Yes, A certificate is provided upon successful completion.
Progress	Another HFE level 3 course To discuss any progression routes, call our free Advice Line on 0800 048 7520 on Tuesdays (10-12pm and 2-4pm) and Thursdays (10am-12pm and 2-6pm).