

Active IQ Level 3 Technical Specialist in Adapting Physical Activity for Antenatal and Postnatal Clients (Award)

Qualification accreditation number: 610/3923/8

Introduction

The Active IQ Level 3 Technical Specialist in Adapting Physical Activity for Antenatal and Postnatal Clients (Award) is at level 3 on the Regulated Qualifications Framework (RQF). This qualification has been approved by IfATE, Ofqual and DfE to be recognised as an Additional Specialist Technical qualification. This qualification builds on the outcomes within an occupational standard and enables an individual to specialise in an occupation having achieved the specialist qualification in addition to their attainment of outcomes set out in the standard.

Guided learning hours	45	Total qualification time	70
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Entry Requirements:

- A suitable Fitness Instructing or Personal Training qualification (including Group Training, Pilates and Yoga).
- The course requires physical exertion and individual participation is essential, therefore a degree of physical fitness is necessary.
- There is an element of communication (discussing, presenting, reading and writing) involved and learners should have basic skills in communication pitched at level 2.

Qualification Outline

Target Learners:

- Learners aged 16+.
- Qualified Fitness Instructor or Personal Trainers wishing to specialise in delivering physical activity to ante and postnatal clients.

Purpose

The purpose of this additional specialist technical qualification is to provide learners with the knowledge and skills to work with antenatal and postnatal clients in a physical activity setting specific to their individual occupational competency.

This qualification includes the essential knowledge and skills that are needed to meet the requirements of the physical activity sectors minimum standards for deployment.

This additional specialist qualification supports physical activity practitioners to work within their scope of competence with antenatal and postnatal individuals and groups:

- Population: antenatal clients with uncomplicated pregnancies and postnatal* clients

*Postnatal clients refer to those without indications of abdominal wall and pelvic floor dysfunctions.

Learners who achieve this qualification will:

Understand:

- The benefits, barriers and concerns to enable antenatal and postnatal clients to participate in physical activity.
- The physiological and biomechanical changes that take place during pregnancy and in the postnatal period.
- The nutritional requirements for antenatal and postnatal clients.
- The key considerations for antenatal and postnatal clients participating in physical activity.

Have demonstrated:

- How to collect information to ensure the health and safety of antenatal and postnatal clients.
- How to identify and manage specific risks to antenatal and postnatal clients when participating in physical activity.
- How to design individualised, safe and effective physical activity sessions / programmes for antenatal and postnatal clients.

Progression

This qualification provides progression to:

- Active IQ Level 3 Technical Specialist in Sports Massage Therapy (Diploma)
- Active IQ Level 3 Technical Specialist in Optimising Training for the Ageing Client (Award)
- Apprenticeship in Personal Training.

Links to National Standards

There are links to:

- The Personal Trainer Apprenticeship Trailblazer standard ST0302.
- The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) Learning and Development Requirements (LDR).

Qualification Structure

Learners must complete the mandatory unit.

Unit	Unit accreditation number	Level	GLH	TQT
1. Adapting physical activity for antenatal and postnatal clients	R/650/7773	3	45	70

Assessment Design

The assessments for the Active IQ Level 3 Technical Specialist in Adapting Physical Activity for Antenatal and Postnatal Clients (Award) have been designed to ensure they are valid, fit for purpose and meet the requirements of a technical occupational entry qualification. We have focused on the reliability and validity of the assessments, to ensure that a learner who successfully completes this qualification is well placed to secure employment in roles related to this standard.

The assessments for this Additional Specialist Qualification consist of the following:

Assessment component title	Assessment method	Unit
<ul style="list-style-type: none"> Assessment 1- Benefits, barriers and concerns for antenatal and postnatal clients Assessment 2- Physiological and biomechanical changes Assessment 3- Key considerations for antenatal and postnatal clients Assessment 4- Collecting information to ensure the health and safety of antenatal and postnatal clients Assessment 5- The role that health care professionals play in supporting antenatal and postnatal clients Assessment 6- The nutritional requirements for antenatal and postnatal clients 	Knowledge assessment	Unit 1 - Adapting physical activity for antenatal and postnatal clients
<ul style="list-style-type: none"> Assessment 7- Identify and manage risk to the antenatal and postnatal client when 	Knowledge assessment	

participating in physical activity		
<ul style="list-style-type: none"> Assessment 8- Design an individualised, safe and effective physical activity programme for an antenatal and postnatal client 	Case study	

Assessment Methods

The following lists the assessment methods used in this qualification, with a description of how they are intended to work.

- **Knowledge assessment**

The knowledge assessments use a range of different question types to assess the learner's cognitive abilities; retention of knowledge and factual recall. The different types of questions include multiple choice, short essays, drag and drop into text and scenario-/video-based questions and answers. The different question types give learners an opportunity to demonstrate achievement in a range of different contexts, allowing learners to apply their knowledge in real life scenarios linked to the qualification's purpose. Each knowledge assessment has a minimum pass mark of 70%.

- **Case study**

This assessment uses a clearly constructed case study briefs and associated marking scheme to allow learners to demonstrate application of knowledge and skills in a specific context. This assessment method allows for synoptic assessment of target proficiency utilising real life scenarios and problems. These assessments allow learners to demonstrate problem solving, analytical, research and planning skills. Alongside application and transfer of knowledge and use of initiative in response to complex concepts. Case study assessments are either pass or refer against set criteria.

Grading

To achieve this qualification, learners must achieve a pass in all of the assessments.

The overall grade for this qualification is **Pass / Refer**.