



Qualification
Guidance

Active IQ Level 3 Award in Adapting Physical Activity for Antenatal and Postnatal Clients

Qualification
Accreditation Number:
610/5187/1
Version AIQ006803

Active iQ

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Introduction

The Active IQ Level 3 Award in Adapting Physical Activity for Antenatal and Postnatal Clients is at level 3 on the Regulated Qualifications Framework (RQF).

Guided learning hours:	16	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 Exercise Professionals or Personal Trainers wishing to specialise in delivering physical activity to antenatal and postnatal clients.

Purpose

The purpose of this 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/or 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 on to:

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

Links to National Standards

The qualification is underpinned by the overarching professional standards for:

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

Occupational competence statements for tutors, assessors and internal verifiers

This section outlines the requirements for tutoring, assessing and internally verifying Active IQ qualifications.

Required criteria

All tutors, assessors and internal verifiers must:

- Possess a discipline-specific qualification equivalent to the qualification being taught.
- Have relevant industry experience.
- Demonstrate active involvement in a process of industry-relevant continuing professional development during the last two years (this may be discipline-/context-specific or relevant to tutoring assessing or quality assurance).

Tutors and assessors

Tutors must hold, or be working towards, a teaching qualification.

The following are acceptable:

- Level 3 Award in Education and Training.
- Level 4 Certificate in Education and Training.
- Level 5 Diploma in Education and Training.
- Certificate in Education (including professional and postgraduate).
- Qualified Teaching and Learning Skills.

Assessors

Assessors must hold, or be working towards, any of the following:

- Level 3 Award in Understanding the Principles and Practices of Assessment.
- Level 3 Award in Assessing Vocationally Related Achievement.
- Level 3 Award in Assessing Competence in the Work Environment.
- Level 3 Certificate in Assessing Vocational Achievement.
- A1 (previously D32, D33).

Internal verifiers

Internal verifiers must hold, or be working towards, any of the following:

- Level 4 Award in Understanding the Internal Quality Assurance of Assessment Processes and Practice.
- Level 4 Award in the Internal Quality Assurance of Assessment Processes and Practice.
- Level 4 Certificate in Leading the Internal Quality Assurance of Assessment Processes and Practice.
- V1 (previously D34).

All new assessors and quality assurance staff must be given a clear action plan for achieving the appropriate qualification(s) and should be countersigned by an appropriately qualified individual until the qualification(s) has been achieved.

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Qualification structure

Learners must complete the mandatory unit.

Unit		Unit accreditation number	Level	GLH	TQT
1	Adapting physical activity for antenatal and postnatal clients	D/651/4039	3	16	70

Learning outcomes <i>The learner will:</i>	Assessment criteria <i>The learner can:</i>	Indicative content <i>This is provided as a guide for delivery, learners may not be assessed against all of the indicative content.</i>
1. Understand the benefits, barriers and concerns for antenatal and postnatal clients to participate in physical activity	1.1 Explain the benefits of physical activity for antenatal and postnatal clients 1.2 List the barriers and concerns that an antenatal client may have in relation to participating in physical activity and how to respond to these concerns 1.3 List the barriers and concerns that a postnatal client may have in relation to participating in physical activity and how to respond to these concerns 1.4 List the appropriate and relevant initiatives and campaigns to promote physical activity for antenatal and postnatal clients	Benefits of physical activity for antenatal: • Reduction in hypertensive disorders • Improves maternal cardiorespiratory health • Maintenance of fitness levels • Increases body awareness • Improves posture and prevention of lower back pain • Weight control • Reduces risk of caesarean delivery • Reduces risk of preterm birth • Lower risk of gestational diabetes • Improves sleep • Improves mood and mental health • Reduces risk of preeclampsia Benefits of physical activity for postnatal: • Faster postnatal recovery • Controls weight and return to pre-pregnancy weight • Reduces risk of postnatal depression • Assists with diastasis recti recovery • Enhances pelvic floor function • Relieves stress • Improves sleep • Improves mood and mental health

Learning outcomes <i>The learner will:</i>	Assessment criteria <i>The learner can:</i>	Indicative content <i>This is provided as a guide for delivery, learners may not be assessed against all of the indicative content.</i>
		Barriers and concerns of an antenatal client: • Fear of risk of miscarriage • Fear of harming the baby • A lack of knowledge about safe exercises • Peer pressure from family and friends • Physical factors (fatigue, sickness) Barriers and concerns of a postnatal client: • Lack of time • Lack of sleep • Lack of energy • Social factors (child care access, social support, financial constraints, cultural beliefs) • A lack of knowledge about safe exercises

Learning outcomes <i>The learner will:</i>	Assessment criteria <i>The learner can:</i>	Indicative content <i>This is provided as a guide for delivery, learners may not be assessed against all of the indicative content.</i>
2. Know the physiological and biomechanical changes that take place during pregnancy and the postnatal period	2.1 Define the specific terms that are used when working with antenatal and postnatal clients 2.2 Describe the different types of birth that can occur 2.3 Describe the impact of birth on postnatal recovery 2.4 Identify psychological considerations when dealing with antenatal and postnatal clients 2.5 Describe the physiological and biomechanical changes associated across each trimester 2.6 Explain the implications of these changes for the client taking part in physical activity	Terms that are used: • Perinatal • Prenatal • Antenatal • Breech • Preterm birth • Vaginal birth after caesarean (VBAC) • Diastasis recti • Pelvic organ prolapse Types of birth: • Vaginal birth • Assisted vaginal birth • Caesarean section Psychological considerations: • Perinatal mental health • Post natal depression • Anxiety Impact of the birth: • Postnatal fatigue • Birth trauma • Pelvic floor dysfunction • Abdominal wall separation

Learning outcomes <i>The learner will:</i>	Assessment criteria <i>The learner can:</i>	Indicative content <i>This is provided as a guide for delivery, learners may not be assessed against all of the indicative content.</i>
		Physiological and biomechanical changes: • The circulatory system • The respiratory system • The musculoskeletal system • The metabolic and hormonal system

Learning outcomes <i>The learner will:</i>	Assessment criteria <i>The learner can:</i>	Indicative content <i>This is provided as a guide for delivery, learners may not be assessed against all of the indicative content.</i>
3. Understand the key considerations for antenatal and postnatal clients participating in physical activity	3.1 Describe the absolute and relative contraindications to physical activity during and after pregnancy 3.2 Identify the warning signs that indicate the client should stop exercising 3.3 Explain how to respond to the warning signs that indicate the client should stop exercising 3.4 Describe the appropriate professionals and/or support services to signpost or refer to when contraindications occur 3.5 Describe the role of pelvic floor function in pregnancy and postpartum 3.6 Describe the signs and symptoms of pelvic floor and abdominal wall dysfunction and the importance of rehabilitation and appropriate referral pathways 3.7 Explain the types of activities or positions that should be avoided during pregnancy. Considering: • each stage of pregnancy • the postnatal period 3.8 Describe the importance of engaging with regular CPD activities relevant to the scope of practice and where to source specific information to enhance practice	Absolute contraindications: • Hemodynamically significant heart disease • Restrictive lung disease • Incompetent cervix or cerclage • Multiple gestation at risk of premature labour • Persistent second or third trimester bleeding • Placenta previa after 26 weeks of gestation • Premature labour during the current pregnancy • Ruptured membranes • Preeclampsia or pregnancy induced hypertension • Severe anaemia Relative contraindications: • Anaemia • Unelevated maternal cardiac arrhythmia • Chronic bronchitis • Poorly controlled type 1 diabetes • Extreme morbid obesity • Extreme underweight (BMI less than 12) • History of extremely sedentary lifestyle • Intrauterine growth restriction (IUGR) in current pregnancy • Poorly controlled hypertension • Orthostatic hypertension • Poorly controlled seizure disorder • Poorly controlled hyperthyroidism • Heavy smoker

Learning outcomes <i>The learner will:</i>	Assessment criteria <i>The learner can:</i>	Indicative content <i>This is provided as a guide for delivery, learners may not be assessed against all of the indicative content.</i>
		Warning signs: • Vaginal bleeding • Feeling dizzy or faint • Shortness of breath before exercising • Severe pelvic pain • Reduced foetal movement • Chest pain • Headache • Muscle weakness • Calf pain or swelling • Regular, painful contractions of the uterus • Amniotic fluid leakage

Learning outcomes <i>The learner will:</i>	Assessment criteria <i>The learner can:</i>	Indicative content <i>This is provided as a guide for delivery, learners may not be assessed against all of the indicative content.</i>
4. Understand how to collect information to ensure the health and safety of an antenatal or postnatal client	4.1 Explain the process of pre-activity screening and informed consent for antenatal and postnatal clients 4.2 Describe how to develop an effective working relationship with an antenatal and postnatal client 4.3 Identify the information to be collected from an antenatal and postnatal client by a physical activity practitioner 4.4 Describe how to interpret and respond to information gathered 4.5 Explain the process of referral and when it is necessary to signpost/refer to a healthcare professional 4.6 Describe the legal and ethical responsibilities regarding screening, recording information, record keeping and client confidentiality 4.7 Identify credible sources of information and support services available for antenatal and postnatal clients 4.8 Explain the personal insurance requirements of working with antenatal and postnatal clients 4.9 Describe the legal guidelines, scope of practice and professional responsibilities of working with antenatal and postnatal clients 4.10 Describe the socioeconomic and cultural barriers to physical activity for antenatal and postnatal clients	Information to be collected for an antenatal client: • Lifestyle • Medical and pregnancy history • Medical concerns/contraindications • Psychological concerns • Exercise preferences • Barriers to exercise (perceived or actual) • Current level of fitness • Estimated date of birth Information to be collected for a postnatal client: • 6–8-week post-natal check with a health care professional • Type of birth • Birth trauma and complications • Post-natal bleeding • Signs and symptoms of abdominal wall and/or pelvic floor dysfunction • Lactation • Pelvic girdle and/or back pain • General well-being Legal and ethical responsibilities: • Screening • Recording information • Record-keeping • Client confidentiality

Learning outcomes <i>The learner will:</i>	Assessment criteria <i>The learner can:</i>	Indicative content <i>This is provided as a guide for delivery, learners may not be assessed against all of the indicative content.</i>
5. Know the role that health care professionals play in supporting antenatal and postnatal clients	5.1 Summarise the care package offered to antenatal and postnatal clients 5.2 Explain the guidance provided by medical professionals throughout the antenatal and postnatal periods 5.3 Describe a range of antenatal classes available to pregnant clients	Care package offered: • Midwife and or Dr appointments • Blood tests • Scans • Postnatal and new baby checks Antenatal classes: • NHS antenatal classes • NCT antenatal classes • Hypnobirthing classes • Pregnancy yoga
6. Know the nutritional requirements for antenatal and postnatal clients	6.1 Explain the importance of a balanced diet for antenatal and postnatal clients 6.2 Identify important food sources and explain their value to antenatal and postnatal clients. 6.3 Identify foods to be avoided during pregnancy and explain the reasons why they should not be consumed 6.4 List the vitamins and minerals supplements recommended in pregnancy and explain the benefits of each 6.5 Explain the importance of hydration for antenatal and postnatal clients	Balanced diet for antenatal and postnatal clients: • The Eatwell guide • Weight management during pregnancy • Maternal caloric needs in each trimester and during the breast feeding phase
7. Be able to identify and manage specific risks to the antenatal and postnatal client when participating in physical activity	7.1 Identify any specific risks for the antenatal and postnatal client when participating in physical activity 7.2 Provide general nutrition advice for antenatal and postnatal clients participating in physical activity	Risks for antenatal and postnatal clients when participating in physical activity: • Client information, barriers and goals • Stage of pregnancy and associated risks • Type of activity • Equipment • Environment

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