Qualification Factsheet

Qualification overview

Qualification title	NCFE Active IQ Level 3 Award in Adapting Physical Activity for Antenatal and Postnatal Clients		
Qualification number (QN)	610/5187/1		
Total qualification time (TQT)	50	**Guided learning hours (GLH)**	35
Entry requirements	Learners must be aged 16 or over. This qualification is designed for qualified exercise professionals or personal trainers wishing to specialise in delivering physical activity to antenatal and postnatal clients. Learners wishing to undertake this qualification should have achieved a suitable level 2 qualification including fitness instructing/coaching, group training or a suitable level 3 qualification including personal training qualifications or Pilates. There is an element of communication (discussing, presenting, reading and writing) involved and learners should have basic skills in communication pitched at level 2.		

About this qualification

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 sector's minimum standards for deployment.

This 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.

Qualification structure

To be awarded this qualification, learners are required to successfully achieve 1 mandatory unit.

Mandatory units

Unit 01 Adapting physical activity for antenatal and postnatal clients (D/651/4039)

Assessment

Internally assessed and externally quality assured portfolio of evidence.

Progression opportunities

Learners who achieve this qualification could progress to the following:

- further education:
  - specialist level 3 qualifications (for example, training for ageing populations)
- apprenticeship in personal training.

Endorsement

This qualification is endorsed by CIMSPA (Chartered Institute for the Management of Sport and Physical Activity) and is fully mapped to the Working with Antenatal and Postnatal Clients (Population) professional standard.

Learners successfully completing this qualification will have met the requirements of the CIMSPA Working with Antenatal and Postnatal Clients (Population) professional standards and can use the qualification as evidence when applying for the relevant CIMSPA professional status.

Contact us

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