

**Unit 1** K/600/2595 **Unit Title:** Physical activity and health considerations for the pre and post natal client  
**Level:** 3 **Credit Value:** 2

Learning outcomes	Assessment Criteria
<p><b>The learner will be able to:</b></p>	<p><b>The learner can:</b></p>
<p>1. Understand the benefits of physical activity for pre and post natal clients</p>	<p>1.1 Explain the value of physical activity for pre and post natal clients to include:-</p> <ul style="list-style-type: none"> <li>• Maintenance of fitness levels</li> <li>• Increased body awareness and improved posture</li> <li>• Prevention of low back pain</li> <li>• Weight control</li> <li>• Faster post natal recovery</li> <li>• Reported easier pregnancy and delivery</li> </ul>
<p>2. Know the physiological and biomechanical changes that take place during pregnancy</p>	<p>2.1 Summarise the three trimesters</p> <p>2.2 Describe the physiological and biomechanical changes associated with each trimester to include:</p> <ul style="list-style-type: none"> <li>• the circulatory system</li> <li>• the respiratory system</li> <li>• the musculoskeletal system</li> <li>• the metabolic and hormonal systems</li> </ul> <p>2.3 Explain the implications of these changes for the client taking part in physical activity</p>
<p>3. Understand the key considerations for pre and post natal clients participating in physical activity</p>	<p>3.1 List the contraindications to physical activity during and after pregnancy</p> <p>3.2 Explain the guidelines for referral</p> <p>3.3 Identify the warning signs that indicate the client should stop exercising</p> <p>3.4 Explain how to respond to these warning signs</p> <p>3.5 Describe the key considerations when developing an effective working relationship with pre and post natal clients</p> <p>3.6 List the types of real and perceived barriers that pre and post natal clients may have about participating in physical activity</p> <p>3.7 Describe ways in which these barriers can be overcome.</p>

<p>4. Know the nutritional requirements for pre and post natal clients</p>	<p>4.1 Explain the importance of a balanced diet for pre and post natal clients with particular reference to the importance of:</p> <ul style="list-style-type: none"> <li>• avoiding dramatic weight loss during pregnancy</li> <li>• increasing maternal caloric intake to support the breast feeding process</li> </ul> <p>4.2 List the sources of food which are important for pre and post natal clients</p> <p>4.3 List the foods which should be avoided during pregnancy and the reasons for these</p> <p>4.4 Explain the reasons why pre and post natal clients should keep hydrated and avoid hot and or humid conditions</p>
<p>Unit aim(s)</p>	<p>To demonstrate an understanding of:</p> <ul style="list-style-type: none"> <li>• The benefits of physical activity for pre and post natal clients</li> <li>• The physiological and biomechanical changes associated with pregnancy</li> <li>• The key considerations for pre and post natal clients taking part in physical activity</li> <li>• The nutritional requirements for pre and post natal clients</li> </ul>
<p>Details of the national occupational standards or other sources that have been used to inform unit development (if appropriate)</p>	<p>D443 Adapt a physical activity programme to the needs of pre and post natal clients</p> <p>K1, K2, K3, K4, K5, K6, K7, K8, K9, K13, K16, K18, K19, K20, K21, K22,</p>
<p>Assessment requirements specified by a sector or regulatory body (if appropriate)</p>	<p>Worksheet</p>

**Unit 2** M/600/2596 **Unit Title:** Design and implement exercise programmes for the pre and post natal client  
**Level:** 3 **Credit Value:** 3

Learning outcomes	Assessment Criteria
<p><b>The learner will be able to:</b></p> <p>1. Collect information and select appropriate activities with the pre or post natal client</p>	<p><b>The learner can:</b></p> <p>1.1 Explain the importance of pre activity screening for pre and post natal clients</p> <p>1.2 Identify information to be collected by a fitness professional to include:</p> <ul style="list-style-type: none"> <li>• lifestyle</li> <li>• medical and pregnancy history</li> <li>• physical activity history</li> <li>• attitude and motivation</li> <li>• exercise preferences</li> <li>• barriers to exercise (perceived or actual)</li> <li>• current level of fitness</li> </ul> <p>1.3 Collect information about the pre or post natal client selecting appropriate methods.</p> <p>1.4 Interpret the information gathered from the screening process and identify any reasons for referral.</p> <p>1.5 Record information in an effective manner with:</p> <ul style="list-style-type: none"> <li>• accuracy</li> <li>• appropriate to the interview and/ or questionnaire results</li> </ul> <p>1.6 Observe the legal and ethical responsibilities regarding screening, client records and confidentiality.</p> <p>1.7 Identify sources of information and advice when working with pre and post natal clients</p> <p>1.8 Select activities that are appropriate to the pre or post natal client taking into consideration the clients:</p> <ul style="list-style-type: none"> <li>• health status and any contraindications</li> <li>• injury status and any specific recommended adaptations if appropriate</li> <li>• any other precautions identified during client consultation</li> </ul>

<p>2. Design an individualised, safe and effective exercise programme for pre or post natal clients</p>	<p>2.1 Apply the principles of FITT (Frequency, Intensity, Time and Type) to the design of an exercise programme during the:</p> <ul style="list-style-type: none"> <li>• 1<sup>st</sup> trimester</li> <li>• 2<sup>nd</sup> trimester</li> <li>• 3<sup>rd</sup> trimester</li> <li>• Recovery from pregnancy</li> </ul> <p>2.2 Select appropriate types of activity for the client and the stage of pregnancy</p> <p>2.3 List the types of activity which should be avoided for:</p> <ul style="list-style-type: none"> <li>• Pre natal clients</li> <li>• Post natal clients</li> </ul> <p>and explain the reasons for avoiding these.</p> <p>2.4 Identify any alternatives or modifications specific to the individual client needs for:</p> <ul style="list-style-type: none"> <li>• individual exercises</li> <li>• equipment selection</li> <li>• programme content</li> </ul> <p>2.5 Describe the guidelines on stretching for:</p> <ul style="list-style-type: none"> <li>• Pre natal clients</li> <li>• Post natal clients</li> </ul> <p>2.6 Explain the importance of pelvic floor exercises</p> <p>2.7 Explain the importance of not exercising to exhaustion and how to avoid this.</p>
<p>3. Record the individualised exercise programme for the pre or post natal client</p>	<p>3.1 Record the programme in an appropriate format ensuring that the information is usable to the pre or post natal client</p>
<p>4. Identify and manage specific risks to the pre or post natal client when participating in physical activity</p>	<p>4.1 Identify any specific risks for the pre or post natal client when participating in physical activity related to :-</p> <ul style="list-style-type: none"> <li>• Stage of pregnancy</li> <li>• Type of activity</li> <li>• Equipment</li> <li>• Environment</li> </ul> <p>4.2 Describe ways to manage the identified risks</p>

<p>Unit aim(s)</p>	<p>To demonstrate an understanding and application of</p> <ul style="list-style-type: none"> <li>• Collecting information and agreeing appropriate activities for the pre or post natal client</li> <li>• Designing an individualised, safe and effective exercise programme for pre and post natal clients</li> <li>• Identifying and managing specific risks to the pre and post natal client when participating in physical activity</li> </ul>
<p>Details of the national occupational standards or other sources that have been used to inform unit development (if appropriate)</p>	<p>D443 Adapt a physical activity programme to the needs of pre and post natal clients</p> <p>K3, K4, K5, K6, K7, K8, K9, K10, K11, K12, K13, K14, K15, K16, K17, K20, K21,</p>
<p>Assessment requirements specified by a sector or regulatory body (if appropriate)</p>	<p>Externally set internally marked case study</p>