

Active iQ

**ACTIVE IQ LEVEL 3
AWARD IN SUPPORTING
PRE AND POSTNATAL
CLIENTS WITH EXERCISE
AND NUTRITION**

**SHAPE
YOUR FUTURE**

PRE AND POST
NATAL



www.revolutionisefitnesseducation.com



LEVEL 3 PRE AND POST NATAL



Introduction

The Active IQ Level 3 Award in Supporting Pre and Postnatal Clients with Exercise and Nutrition is at Level 3 on the regulated qualifications framework (RQF).

Entry requirements

Learners must hold one of the following, or equivalent:

- Level 2 Certificate in Gym Instructing.
- Level 2 Certificate in Group Training.
- Level 3 Diploma in Personal Training.
- Level 3 Diploma in Instructing Pilates Matwork.
- Level 3 Diploma in Teaching Yoga.

Qualification Outline

Target learners

- Learners aged 16+.
- Gym instructors.
- Group trainers.
- Personal trainers.
- Pilates instructors.
- Yoga teachers.

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Purpose

- The purpose of this qualification is to provide learners with the knowledge and skills needed to be able to programme safe and effective exercise for both pre and postnatal clients, taking into account the physiological and biomechanical changes associated with pregnancy and the key health and safety considerations for pre and postnatal clients taking part in physical activity

Progression

- This qualification provides progression onto further specialist qualifications at Level 3 and Level 4.

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Learner Journey

Once you have decided to enhance your career options by completing our Course the following will take place.

- Gain access to the online Classroom with resources at your finger tips and meet your fellow coaches to discuss and share ideas.
- A structured self led timetable for you to complete the qualifications at your own speed
- Course work to be completed and submitted to the tutor
- Some of our courses will require you to film practical sessions and submit to the tutor in a suitable environment

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