



**Level 3 Award in Supporting Pre and Postnatal Clients with  
Exercise and Nutrition  
Learner Record  
(RQF)**



# Level 3 Award in Supporting Pre and Postnatal Clients with Exercise and Nutrition

Assessment plan and record of achievement

Centre name: Body Aid Solutions Ltd

Learner Name:

Assessment Plan					Record of Achievement		
Units	Stage of assessment	Evidence	Assessment method	Planned assessment date	Pass/Refer	Assessor's signature or initials and date	IV initials (if sampled) and date
1	Physical activity, health and nutritional considerations for pre and postnatal clients		Written				
2	Programming safe and effective exercise sessions for pre and postnatal clients		Written				

Assessment planning and record of achievement

Declaration		Name	Signature	Date
Learner's agreement	I agree to be assessed according to the assessment plan and am happy that any additional support I require has been discussed and a separate plan put in place for this. I declare that all evidence (listed in the assessment plan) produced for this portfolio will be my own unaided work			
Assessor's agreement	I have discussed the planned assessments with the learner and any additional support required has been planned and recorded separately			

## Case Study – Physical activity, health and nutritional considerations for pre and postnatal clients. Programming safe and effective exercise sessions for pre and postnatal clients

Theoretical client – Hannah Jones

Hannah is a 30 year old woman, who is 8 weeks pregnant and wants to continue exercising throughout her pregnancy and into the postnatal period. Hannah has always been active, going to the gym 2-3 times per week and engaging in both resistance training and a range of classes. Hannah also walks and swims regularly so would like to know how to adapt her lifestyle and exercise throughout her pregnancy, gain some nutritional advice and be aware of any warning signs. Her two main concerns are the risk she may post to her baby and eating the right foods to stay safe, but also to avoid maternal weight gain.

Learner guidance:

Consultation

1. Review and interpret the information on Hannah's screening questionnaire to ensure that it is safe to programme exercise and there are no contra-indications. Describe how you would build up a rapport with Hannah and examples of information that need to be collected to ensure safe and effective exercise programming.

Information

2. Explain the benefits of exercise for both pre and postnatal clients. Whilst doing this, take into consideration Hannah's barriers and respond to them appropriately.

Changes throughout the trimesters

3. Describe 2 changes (physiological and biomechanical) that take place during each of the 3 trimesters and the post-natal period. Explain the implications they may have for the client when taking part in physical activity.

Trimester one:

Trimester two

Trimester three

Postnatal

#### Contraindications and warning signs

4. Identify 2 absolute and 2 relative contraindications for physical activity during and after pregnancy. List the warning signs that may indicate the pre or postnatal client should stop exercising and how you would respond to this. Explain the process of referral and the type of information you may need to pass onto a GP or health professional

#### Legal and ethical responsibilities

5. What are your legal and ethical responsibilities when working with Hannah? What credible sources of information and support services can be referred to when working with pre and postnatal clients?

#### Nutrition information

6. Explain the importance of a balanced diet in relation to maternal weight gain and caloric needs for both the pre and postnatal periods of pregnancy

#### Foods to avoid

7. Identify foods to avoid in pregnancy and provide reasons as to why Hannah should not consume them

#### Supplementation

8. What supplements could Hannah take (vitamins and minerals) before, during or after pregnancy? What are the benefits?

Guidance for a balanced diet

9. Taking into consideration the changes throughout the trimesters, and the additive effects of training, provide Hannah with recommendations for a balanced diet. This should include examples of what could be eaten for each meal and why, snacks, hydration and timing considerations.

Breakfast:

Lunch:

Dinner:

Snacks:

Hydration



Risk assessment

10. Complete a risk assessment for each trimester and the postnatal period.

<b>Step 1 Hazard</b> (list the specific issues or hazards related to each stage of pregnancy. This could be the type of exercise, equipment, environment, physiology and biomechanical changes)	<b>Step 2 Risk</b> (high, medium, low. What is the likelihood of this causing harm?)	<b>Step 3 Impact</b> (high, medium, low. What impact might this have in relation to the client health and safety?)	<b>Step 4 Control Measure</b> (what measures can you take to control the risk?)
<b>Trimester 1</b>			
<b>Trimester 2</b>			
<b>Trimester 3</b>			
<b>Postnatal Period</b>			

#### Pelvic Floor

11. Using simple language, explain the importance of pelvic floor exercises during the pre and postnatal period

#### Programme design

12. Using exercise guidance for prenatal clients, design a single 30-60 minute session of exercise for each of the 3 trimesters. The type of session you select depends on your area of specialism and you can only plan the content for a session in which you hold the relevant qualification. Whilst planning you should apply the following:
  - a. FITT principles
  - b. Appropriate exercise selection
  - c. Alternatives or adaptations
  - d. Appropriate methods of checking intensity
  - e. The inclusion of core and functional exercises
  - f. The importance of pelvic floor exercises
  - g. Recording and arranging each programme in a format that is easy for a client to understand
  - h. A rationale and justification for the main differences between each of the sessions and adaptations made

## Pre-screening for the pre/postnatal exerciser

Name	Hannah Brown	Occupation	Teacher
DOB	10.07.90	Due Date	02.07.2020
Address	20 Peterborough road, Farcet	Postcode	PE7 3AE
Contact no.	01733762218	Email	<a href="mailto:h.brown@gmail.co.uk">h.brown@gmail.co.uk</a>
Partner's name	David Brown	Contact no.	07949367594
Doctor	Dr Smith	GP Practice	Lakeside Health
Contact no.	01733800600	Midwife	Naomi Johnson
Previous preg.	0	No. of children	0

Area of interest (mark Y or N)

Y	Nutrition	Y	Weight gain	Y	Exercise
Y	Breastfeeding	Y	Pregnancy body changes	Y	Support groups

Previous exercise history:

Attend spin classes, weight training in the gym, bodypump, walking swimming

Have you ever experienced any of the following, past or present? (mark Y or N)

N	Shortness of breath	N	Heart disease	N	Diabetes
N	Chest pains	N	Hypoglycaemia	N	Multiple births
N	Miscarriage	N	Pelvic/ abdominal cramps	N	High blood pressure
N	Eating disorder	N	Vaginal bleeding	N	Knee problems or pain
N	Seizures	N	Arthritis	N	Back problems or pain
N	Vaginal disorder	N	Incompetent cervix	N	Neck problems or pain
N	Blood disorder	N	Multiple gestation		

If yes please provide more information:

Is there anything in your medical history that you feel could affect your ability to exercise? Delete ~~YES~~ or NO:

If yes, please specify:

Are you taking any medication? Delete ~~YES~~ or NO:

If yes, please specify:

Is there anything about your pregnancy or birth you may feel is relevant to your participation in an exercise programme?

If yes, please specify:

I am worried about putting my baby at risk and I'm unsure how to adapt exercise in pregnancy

What concerns you most about pregnancy, birth or the postnatal period?

Putting weight on and not getting my pre-pregnancy shape back



What are your goals for participating in physical activity?

To retain my fitness and manage weight gain

For postnatal use only

Date baby was born:	20.06.2020	Type of delivery:	Natural birth
Episiotomy?	No	Breastfeeding?	Yes
Are you getting up at night?	Yes	Are you napping in the day?	Yes
Signed:	Hannah Brown	Date:	22.07.2020

After Review and interpretation of the information gathered from the client, I can confirm that there are no contraindications present.

Trainer/ instructor name:

Signed:

Date:

Programme design and adaptation rationale

Session Plan – Trimester 1

Week\_\_\_\_\_ to \_\_\_\_\_

Warm Up	Adaptations/ alternatives
Main Session	Adaptations/ alternatives
Cool Down	Adaptations/ alternatives

# Session Plan – Trimester 2

Week\_\_\_\_\_ to \_\_\_\_\_

Warm Up	Adaptations/ alternatives
Main Session	Adaptations/ alternatives
Cool Down	Adaptations/ alternatives



# Session Plan – Trimester 3

Week\_\_\_\_\_ to \_\_\_\_\_

Warm Up	Adaptations/ alternatives
Main Session	Adaptations/ alternatives
Cool Down	Adaptations/ alternatives

## Session Plan – Postnatal

Warm Up	Adaptations/ alternatives
Main Session	Adaptations/ alternatives
Cool Down	Adaptations/ alternatives

## Summative case study mark scheme

Did the learner:	Pass	Refer
Explain the benefits of physical activity for the pre and postnatal client		
Identify barriers and concerns and how to respond to them		
Describe the physiological and biomechanical changes that take place in each trimester and the postnatal period and explain the implications on physical activity		
Describe contraindications to physical activity during and after pregnancy		
Identify the warning signs that indicate exercise should be stopped		
Explain legal and ethical responsibilities when working with pre and postnatal clients		
Explain the importance of a balanced diet		
Identify foods to avoid in pregnancy and provide reasons		
Identify suitable supplementation during and after pregnancy		
Provide recommendations for a balanced diet		
Complete a risk assessment for Trimester 1		
Complete a risk assessment for Trimester 2		
Complete a risk assessment for Trimester 3		
Complete a risk assessment for the postnatal period		
Explain the importance of pelvic floor exercises during the pre and postnatal period		
Design a safe and effective warm up for Trimester 1		
Design a safe and effective main session for Trimester 1		
Design a safe and effective cool down for Trimester 1		
Design a safe and effective warm up for Trimester 2		
Design a safe and effective main session for Trimester 2		
Design a safe and effective cool down for Trimester 2		
Design a safe and effective warm up for Trimester 3		
Design a safe and effective main session for Trimester 3		
Design a safe and effective cool down for Trimester 3		
Design a safe and effective warm up for the postnatal period		
Design a safe and effective main session for postnatal period		
Design a safe and effective cool down for postnatal period		
Identify the main differences between the sessions and explain the rationale behind the adaptations for each		



Assessor's feedback:





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