







**Lifestyle, attitudes and barriers consultation  
Case Study**

|  |
| --- |
| **Give a brief overview of the client’s current lifestyle.** |
|  |

**Client’s physical activity levels**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Prior to pregnancy** | **Currently (before recommended programme)** | **Post-natal recommendations** |
| Frequency |  |  |  |
| Intensity |  |  |  |
| Time |  |  |  |
| Type |  |  |  |

**Client’s activity preferences**

|  |  |
| --- | --- |
| **Likes** | **Dislikes** |
|  |  |

|  |
| --- |
| **Summarise the client’s attitude and motivation to exercise** |
|  |

**Summarise the client’s barriers to exercise**

|  |  |
| --- | --- |
| **Perceived barriers** | **Actual barriers** |
|  |  |

**Medical History and pregnancy history**

*See pregnancy PAR-Q*  
Based on the analysis of the client’s pregnancy PAR-Q and the details given in the scenario, list any special recommendations or adaptations that may need to be considered when developing the client’s programme.

|  |  |
| --- | --- |
| **PAR-Q analysis** | **Considerations for programme design** |
|  |  |

**Goal and needs**

Based on the information given in the lifestyle and medical sections above, list the client’s overall needs and set realistic goals for the client.

|  |
| --- |
| **Client’s needs** |
|  |

|  |  |
| --- | --- |
| **Client’s SMART goals** | |
| During pregnancy: |  |
| Post pregnancy: |  |

|  |  |  |  |
| --- | --- | --- | --- |
| Learner’s signature: |  | Date: |  |
| Assessor’s signature: |  | Date: |  |
| IQA’s signature: |  | Date: |  |

**Ante natal and post-natal programme: Warm-up**

|  |  |
| --- | --- |
| Component duration: |  |
| Resources Requires: |  |

This session is based on the client in the case study and covers the first trimester of pregnancy and highlights the changes that would be made during the second and third trimesters and the post-natal period after the 6 to 8 week check.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **First trimester exercise, intensity and duration** | **Pregnancy-specific teaching points** | **Adaptations for second trimester** | **Adaptations for third trimester** | **Post-natal adaptations** |
|  |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **First trimester exercise, intensity and duration** | **Pregnancy-specific teaching points** | **Adaptations for second trimester** | **Adaptations for third trimester** | **Post-natal adaptations** |
|  |  |  |  |  |

**Ante natal and post-natal programme: CV component**

|  |  |
| --- | --- |
| Component duration: |  |
| Resources Requires: |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **First trimester exercise, intensity and duration** | **Pregnancy-specific teaching points** | **Adaptations for second trimester** | **Adaptations for third trimester** | **Post-natal adaptations** |
|  |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **First trimester exercise, intensity and duration** | **Pregnancy-specific teaching points** | **Adaptations for second trimester** | **Adaptations for third trimester** | **Post-natal adaptations** |
|  |  |  |  |  |

**Ante natal and post-natal programme: muscular fitness component**

|  |  |
| --- | --- |
| Component duration: |  |
| Resources Requires: |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **First trimester exercise, intensity and duration** | **Pregnancy-specific teaching points** | **Adaptations for second trimester** | **Adaptations for third trimester** | **Post natal adaptations** |
|  |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **First trimester exercise, intensity and duration** | **Pregnancy-specific teaching points** | **Adaptations for second trimester** | **Adaptations for third trimester** | **Post natal adaptations** |
|  |  |  |  |  |

**Ante natal and post-natal programme: pelvic floor, stretch and relaxation component**

|  |  |
| --- | --- |
| Component duration: |  |
| Resources Requires: |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **First trimester exercise, intensity and duration** | **Pregnancy-specific teaching points** | **Adaptations for second trimester** | **Adaptations for third trimester** | **Post natal adaptations** |
|  |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **First trimester exercise, intensity and duration** | **Pregnancy-specific teaching points** | **Adaptations for second trimester** | **Adaptations for third trimester** | **Post natal adaptations** |
|  |  |  |  |  |

**Ante natal and post-natal programme: activities of daily living (ADLs)**

|  |  |  |  |
| --- | --- | --- | --- |
| **First trimester exercise, intensity and duration** | **Adaptations for second trimester** | **Adaptations for third trimester** | **Post-natal adaptations** |
|  |  |  |  |

**Post-natal only: give details of appropriate activities for the following stages:**

|  |
| --- |
| **Immediately after birth (first 6 weeks)** |
|  |
| **Post-natal progression (activity advice for eight weeks onwards)** |
|  |

CYQ Level 3 Award in Adapting Exercise for Ante Natal and Post Natal Clients  
Case study and programme design: checklist

The learner requires a tick or a C in every box to achieve a pass. Questioning can be used and should be indicated by Q and then a ✓R, depending on the outcome.

KEY: ✓= Pass R = Refer Q = Question C = Pass with comment

|  |  |
| --- | --- |
| The learner: | Outcome |
| 1. Gave exercise/physical activities for all the components of physical fitness |  |
| 1. Gave exercise/physical for the components: warm up, main session and cool down |  |
| 1. Gave exercises/physical activities that were appropriate to the client’s needs |  |
| 1. Gave exercise/physical activities that were appropriate for the ante natal period |  |
| 1. Gave exercise/physical activities that were appropriate for the post-natal period |  |
| 1. Gave exercise/physical activities that were consistent with accepted good practice |  |
| 1. Described a range of safe and effective exercises/physical activities for each component of the session |  |
| 1. Applied the principles of training to the programme design for the ante natal period |  |
| 1. Applied the principles of training to the programme design for the post-natal period |  |
| 1. Identified the resources needed for the programmes |  |
| 1. Recorded the programmes in an appropriate format |  |
| Overall Result |  |

|  |  |  |  |
| --- | --- | --- | --- |
| Learner’s signature: |  | Date: |  |
| Assessor’s signature: |  | Date: |  |
| IQA’s signature: |  | Date: |  |

**Assessor feedback sheet**

|  |  |
| --- | --- |
| Learner’s name: |  |
| Assessor’s name: |  |

|  |  |
| --- | --- |
| **Criterion number** | **Feedback** |
|  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| Learner’s signature: |  | Date: |  |
| Assessor’s signature: |  | Date: |  |
| IQA’s signature: |  | Date: |  |

**Assessor question and response sheet**

|  |  |
| --- | --- |
| Learner’s name: |  |
| Assessor’s name: |  |

|  |  |
| --- | --- |
| **Assessor’s question** | **Learner’s response** |
|  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| Learner’s signature: |  | Date: |  |
| Assessor’s signature: |  | Date: |  |
| IQA’s signature: |  | Date: |  |

Summary of achievement CYQ Level 3 Award in Adapting Exercise for Ante Natal and Post Natal Clients

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Learner name: |  | Date: |  | | | Centre Name: |  |
| Assessor name: |  | | | IQA’s name: |  | | |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Assessment element** | **Assessment outcome %** | **Assessor’s signature and date** | **Action plan for achievement and evidence produced for exemption** | **Reassessment outcome** | **Assessor’s signature and date** | **Assessor’s signature for sign-off** | **IQA’s signature (if samples)** | **EQA’s signature (if sampled)** |
| 1 Theory paper:   Considerations for safe and effective exercise ante natal and post-natal clients | Pass %  Refer %  Exemption |  |  |  |  |  |  |  |
| 2 Worksheet:  Programme design for ante natal and post-natal clients | Pass  Refer |  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Assessment element** | **Assessment outcome %** | **Assessor’s signature and date** | **Action plan for achievement and evidence produced for exemption** | **Reassessment outcome** | **Assessor’s signature and date** | **Assessor’s signature for sign-off** | **IQA’s signature (if samples)** | **EQA’s signature (if sampled)** |
| 3 Case study and programme design:  Programme design for ante natal and post -natal clients | Pass  Refer |  |  |  |  |  |  |  |

**Learner authenticity statement**

I can confirm that the evidence provided for this qualification is entirely my own work:

|  |  |  |  |
| --- | --- | --- | --- |
| Learner’s signature: |  | Date: |  |

**Assessor’s sign-off statement**

I confirm I am satisfied that the learner named above had provided evidence that is valid, authentic, reliable, current and sufficient to demonstrate the required knowledge, understanding and/or skills for the units signed off here.

|  |  |  |  |
| --- | --- | --- | --- |
| Assessor’s signature: |  | Date: |  |