



## YMCA Fit – Ante and Post Natal Exercise Case Study Guidance

### Case Study Scenario:

- You have been provided with a case study scenario which is included within your LAR on page 14 – please ensure you use this client for your case study and programming.
- Your case study should be completed electronically and submitted online via the eLearning website: [elearning.ymca.co.uk/ymcafit](http://elearning.ymca.co.uk/ymcafit)
- The helpful information document found on your course confirmation email contains further information on how to access the eLearning website and who to contact for further support.

### Lifestyle, Attitudes and Barriers Consultation:

- Your answers within this section should relate to the ante and post-natal period.
- Include SMART goals for both pre and post-natal period, make these specific to the client.

### Programme:

- You need to design a single session for the case study client who is currently in the first trimester of the pregnancy.
- You will also need to include adaptations for the second and third trimester and post-natal period. These adaptations should include changes in duration and intensity of exercise.
- You must design a session that is reflective of a discipline that you are appropriately qualified in.
- Design your session so that another trainer could deliver it. A template can be found within your LAR.
- Please ensure you provide teaching points for all components.
- *Warm up*
  - Mobility, pulse raising section relevant to your discipline, preparatory stretches, covering a whole body approach
- *CV*
  - Select exercises/approaches specific to the client
  - Use the RPE scale
  - Include exercises relevant to the first, second, third trimester and post-natal
  - Ensure you show an understanding of the FITT principles
  - Postnatal adaptations – use relevant exercises, include FITT principles
- *MSE*
  - Include 3-4 exercises
  - Must be based on a whole body approach and be relevant to the pregnancy needs of the client
  - Use functional exercises and consider muscle imbalances



- *Pelvic floor, stretch and relaxation*
  - Give clear teaching points on exercises including pelvic floor exercises. Ensure you reference every point, including relaxation
  - Be aware of the changes throughout the pregnancy, first, second, third trimester and postnatal
  - Include core work relevant to the client and discipline you deliver
  - Ensure you link stretches to the muscles used in the session and those related to the pregnant body.
- *ADL's*
  - This should be based on your clients daily activities and their lifestyle, refer to the client scenario
  - Consider day to day chores, using stairs instead of lift, parking further away from office/shops, include posture and pelvic floor.
  - In the post-natal period consider activities with the baby.

Worksheet:

- All questions must be answered.
- Complete within 4 weeks after the course finishes.

**Give explanations for any changes made throughout the programme and if you haven't made any adaptations between the different stages include why**

**Ensure you read the questions and answer the questions fully**

**Make sure you read over the assessment criteria (Pages 30-31) to ensure you have provided the assessor with the appropriate information.**

**Use the manual for guidance and creditable resources to enable you to complete the work**

**Your work must be your own. Do not share your work or copy from other students.**