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
- 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.