

### YMCA Award in Supporting Participation in Physical Activity: Perinatal Level 3



#### In a nutshell

The purpose of this qualification is to provide learners with the knowledge to support exercise, physical activity, health, and wellbeing during the perinatal period (pregnancy and postnatal), including when and how to signpost to other services (when necessary).

#### This course is for you if...

Completing this qualification will allow the learner to programme exercise and physical activity sessions appropriate for 'healthy' perinatal participants without complications.

#### What will I be doing?

To achieve the YMCA Level 3 Award in Supporting Participation in Physical Activity: Disability and Impairment, learners must complete the following:

Supporting perinatal physical activity, exercise, health, and wellbeing.



# COURSE INFORMATION LEAFLET

Programming exercise and physical activity for perinatal participants.

## What is expected of me?

This qualification has been designed for learners who:

are 16+ years old.

hold an appropriate sport/exercise or fitness qualification mapped to a CIMSPA occupational professional standard.

are able to communicate effectively with individuals and groups.

In order to have developed teaching skills and confidence, it is recommended that learners have at least 6 months experience planning and delivering exercise sessions before taking this qualification.

## What comes next?

This qualification can lead to further training at the same and/or higher levels in a range of qualifications. For example:

YMCA Level 2 Award in Delivering Chair-Based Exercise (600/5924/2)

YMCA Level 3 Award in Supporting Participation in Physical Activity: Disability and Impairment (610/1559/3)

YMCA Level 3 Award in Supporting Participation in Physical Activity: Older adults (610/1668/8)

YMCA Level 3 Award in Emergency First Aid at Work (603/1902/1)

YMCA Level 3 Award in First Aid at Work (603/1903/3)

YMCA Level 3 Diploma in Exercise Referral (603/3103/3)

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