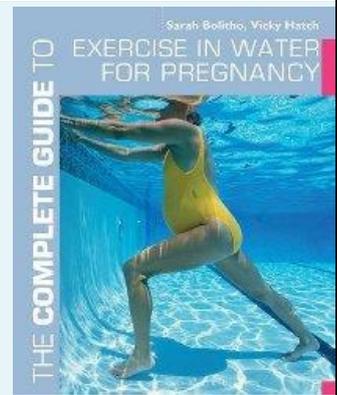


# Exact Training – Diploma in Aqua Exercise for Pre and Post Natal Women

Pregnant women are advised to be active throughout pregnancy to benefit both their physical and mental health. Aqua exercise is a popular session and is increasingly seen in pools throughout the UK.

Instructors and midwives working with this client group need to be aware of how the anatomical, physiological and psychological changes during and after pregnancy may affect safe participation in exercise.

This diploma is unique to Exact Training and has been written by the authors of the Complete Guide to Aqua Exercise for Pre and Post Natal Health. It includes the Level 2 Aqua and Level 3 Ante Post Natal qualifications, Post Natal Abdominal Training and the two Aqua Natal modules and is suitable for anyone who wants to teach aqua natal sessions.



## The modules

**CYQ** **CYQ Level 2 Certificate in Fitness Instructing – water based exercise**  
This course covers planning and preparing water-based exercise sessions for apparently healthy adults. It includes the Level 2 Mandatory Units online learning package required to gain the full qualification.



**CYQ** **CYQ Level 3 Award in Adapting Activity for Ante and Post Natal Women**  
This blended learning course covers the underpinning knowledge of the anatomical and physiological changes and considerations relating to ante and post natal women enabling you to plan, teach and evaluate an exercise session, either group or one to one. You will complete some home study and worksheets then attend for 2 classroom based days to learn the practical skills and do the post natal ab training workshop. You can be assessed in Aqua, Exercise to Music, Circuits, Gym or Pilates but must hold the relevant Level 2 or 3 qualifications.



### Post Natal Abdominal Training

This half day workshop looks at getting the post pregnancy core muscles back to their correct function and shape. It discusses how pregnancy affects the abdominal and pelvic floor muscles including diastasis recti, pelvic girdle problems and the implications and recommendations of exercise for these.



It also covers the crucial rec check that determines how and when to proceed safely with abdominal training with your client(s) together with the principles of safe progression of exercise.

### Aqua Natal 1 and 2 \* (6 REPs points each)

These one day practical workshops cover all you need to know about water based exercise sessions for pregnant and post natal women and helps you develop your practical skills for aqua sessions.



Aqua natal 1 reviews key anatomical and physiological changes commonly experienced during and after pregnancy and how they affect exercise. It covers the properties of water and considerations when working in the pool with pregnant women. You will also learn how to plan, deliver and evaluate water based exercise sessions for this client group.

Aqua natal 2 covers post natal aqua, additional choreography and using equipment in your sessions.

**Fees:** The cost of the full diploma is £850 which includes all resources, certification and support. If you already hold a Level 2 Certificate in Gym or Exercise to Music you are eligible for a discount of £100. If you hold a Level 2 qualification in Aqua you only need to complete the Level 3 Award and Aqua natal elements, cost: £575.

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