



**Active IQ Level 3 Award in
Designing Pre and Post Natal
Exercise Programmes**



With Choreographytogo



Active IQ Level 3 Award in Designing Pre and Post Natal Exercise Programmes

Ofqual Accreditation Number 500/6776/X

Choreography To Go Fitness Education Training Provider.

Choreography To Go is owned by Rachel Holmes and has been providing Fitness Education workshops, training, events and courses since 2002.

In 2007 Choreography To Go became endorsed by Active IQ as an official provider to deliver Level 2 and Level 3 Fitness Qualifications.

Please read through our brochure for more information.

Why train with Choreography To Go?

The aim of this qualification is to train learners to a professionally competent level, enabling them to design an individualised programme for pre and post natal clients.



We pride ourselves on educating our learners to the highest standard and maintain a 98% pass rate across our nationwide courses.



We guarantee your success and will do everything possible to provide a fabulous learning experience.



Choreographytogo is an Active IQ Training Provider and Endorsed By CIMSPA. We advocate and work closely with CIMSPA in furthering educational standards in the fitness industry.

CIMSPA
ENDORSED

Active iQ

Rachel Holmes



Choreographytogo Director and Founder.

Rachel Holmes has 33 years experience as a Fitness Educator and International Presenter and has written additional training lectures and modules supporting your Pilates learning journey.



Rachel@choreographytogo.com



@rachellholmes

Kelly Reed-Banks



Head Course Tutor.

International Presenter Kelly Reed-Banks delivers the course and works with you from the moment you book, providing ongoing support and guidance to well after you have passed and are teaching.



Kelly@choreographytogo.com



@kellyreedfitness

Entry Requirements

Any level 2 instructor can do it as long as they have ETM, GYM, AQUA or they can have level 3 PT Yoga or Pilates.

You have 2 years to complete the qualification.



What does this course entail?

- Unit 1 Physical Activity and Health Considerations for the Pre and Post Natal Client (F/600/2568)
- Unit 2 Design and Implement Exercise Programmes for the Pre and Post Natal Client (M/600/2596)



This course is assessed by

Coursework/Project, Portfolio of Evidence.



FAQ

1. How long will this qualification take?

The study time is a minimum of 51 hours.

2. Where do I do my assessment?

All the course and course assessment is online.

3. Do I have to do a DVD for assessment?

There is no practical DVD to be sent in.

4. Do I need to have face to face contact with my client for my case study?

Not essential but at least one contact would be good practice.

5. Is this course suitable for Pilates Instructors?

Yes will definitely be beneficial if you want to add Post Natal Pilates classes to your timetable.

6. Is the course only for groups?

It can work for groups and 1 to 1.

7. If I cant find a PPN client can I still do the course?

You can do it without but again would be advantageous to understand pregnancy and exercise

Questions?

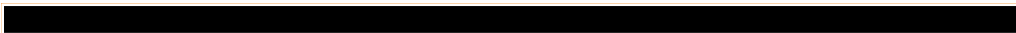
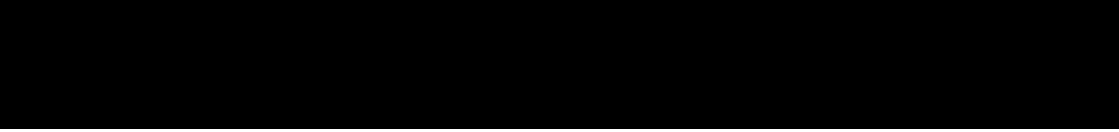
For more information on our training please contact:
Kelly@Choreographytogo.com

Sign up to our Newsletters for updates:

Fitness Pilates: <https://www.choreographytogo.com/fitness-pilates-newsletter/>

Choreographytogo: <https://www.choreographytogo.com/c2go-newsletter/>





Other Courses from C2GO

Active IQ Level 2 Certificate in Fitness Instructing (ETM)

Ofqual Accreditation Number 500/8756/3

Active IQ Level 2 Certificate in Fitness Instructing (Gym)

Ofqual Accreditation Number 500/8756/3

Active IQ Level 2 NVQ Diploma in Instructing Exercise and Fitness (Aqua)

Ofqual Accreditation Number 500/9640/0

Active IQ Level 2 Award in Adapting Fitness Instruction for Adolescents

Ofqual Accreditation Number 500/7244/4

Active IQ Level 2 NVQ Diploma in Instructing Exercise and Fitness (Children)

Ofqual Accreditation Number 500/9640/0

Active IQ Level 3 Award in Designing Pre and Post Natal Exercise Programmes

Ofqual Accreditation Number 500/6776/X

Active IQ Level 3 Diploma in Personal Training

Ofqual Accreditation Number 603/0895/3

Active IQ Level 3 Diploma in Instructing Pilates Matwork

Ofqual Accreditation Number 501/1778/6

Active IQ Level 2 Award In Instructing Kettlebells

Ofqual Accreditation Number 600/4089/0

Active IQ Level 3 Award in Nutrition for Exercise and Health

Ofqual Accreditation Number 603/2784/4



**Thank you for choosing your learning provider
choreographytogo.com**

