



This is to certify

Jayne Smith

**Has achieved the Leisure Industry Academy Certificate in
Exercise for Pre & Post Natal**

November 2014

16 REPs Points

This qualification consists of;

- 1 -Benefits of physical activity for pre and post natal clients
- 2 -Physiological and biomechanical changes that take place during pregnancy
- 3 -Key considerations for pre and post natal clients participating in physical activity
- 4 -Nutritional requirements for pre and post natal clients
- 5 -Collecting information and selecting appropriate activities with the pre or post natal client
- 6 -Designing and recording an individualised, safe and effective exercise programme for pre or post natal clients
- 7 -Identify and manage specific risks to the pre or post natal client when participating in physical activity

A handwritten signature in black ink, appearing to read 'Mark Ho'.

Leisure Industry Academy

