

Pregnancy Aquatics, Nutrition and Health

Pregnancy Aquatics, Nutrition and Health is an innovative and dynamic module of study that is currently not being offered at any other university in the UK. It was created in response to the government's agenda for managing maternal obesity and for promoting childbirth normality.

The module brings together professional knowledge about diet and exercise and links this to the scientific evidence relating to the benefits of water based exercise in pregnancy.

Overview

Water is a powerful medium which can be both a relaxant and an invigorator. Its properties of buoyancy and hydro-static pressure are examined to highlight their benefits for pregnant mothers.

The Pregnancy Aquatics, Nutrition and Health course is endorsed by the UK Register of Exercise Professionals, and successful completion leads to certification as an aquanatal coach. Practitioners can then offer their own sessions of aquanatal either as part of their formal working roles with the support of their manager's or they can work as freelance coaches for community pool providers.

Students are assessed on the final day by a 45 minute multiple choice paper and a 15 minute practical pool-based demonstration to course peers. An external examiner formally evaluates the module.

There is a plethora of scientific evidence to support the use of water-based exercise in pregnancy, and its benefits are physiological, social, emotional and educational. The course leader has published a handbook for health and leisure industry professionals and she herself is an advanced specialist aquanatal coach with the R.E.P. and a freelance instructor. She is currently regarded as an expert in the field and regularly presents on the benefits of water based exercise.

Delegates and Agenda

This course is ideal for:

- Qualified Midwives
- Qualified Nurses
- Qualified Health Visitors
- Qualified Physiotherapists
- Leisure industry personnel - swimming instructors, personal trainers (with their National qualifications such as RAP or ASA)

Learning Outcomes

"To equip the practitioner with the knowledge and skills to safely and effectively plan, implement and evaluate programmes of aquanatal exercise in the community setting."

- To review the physiological adaptations to pregnancy and childbirth.
- To analyse how muscles, bones and joints work in the water.
- To examine the properties of water.
- To discuss what is meant by a nutritionally balanced diet during pregnancy and the energy requirements for physical exercise during the child birthing continuum.
- To critically explore and practically demonstrate safe and effective exercises for use in the pool.
- To critically analyse the pelvic floor and urinary incontinence issues.
- To critically explore professional issues such as health and safety and the law.

If you are interested in learning more about this Pregnancy aquatics, nutrition and health course, or other courses available, please contact us on 0161 295 3000 or cpd@salford.ac.uk