



Menopause Movement POGP Badge Course – Frequently Asked Questions (FAQ)

1. What is the Menopause Movement POGP badge course?

POGP is delighted to collaborate with **Menopause Movement** to offer two e-learning pathways designed to enhance knowledge and confidence in supporting individuals through menopause. These high-quality online courses provide evidence-based education for health professionals.

2. What course options are available?

Option 1: Menopause Practitioner Certificate – Full CPD Pathway

- **Duration:** Approximately 2.5 days of online vision learning
- **POGP Member Fee:** £495 (exc VAT)
- **Non-Member Fee:** £550 (exc VAT)

Modules include:

1. Menopause Overview
 2. Medical Perspective
 3. The Pelvic Floor and Menopause
 4. Menopause and Movement
 5. Exercise Physiology
 6. Exercise and Menopause Health
 7. Nutrition to Manage Menopause
 8. Diet, Weight Management, Behaviour, Bone and Hearts
 9. Sports Nutrition
 10. Menopause in the Workplace
 11. The Menopause Mind
-

Option 2: Menopause Essentials – Core Training and Certification

- **Duration:** Approximately 1.5 days of online vision learning
- **POGP Member Fee:** £330 (exc VAT)
- **Non-Member Fee:** £370 (exc VAT)



Modules include:

1. Menopause Overview
 2. Medical Perspective
 3. The Pelvic Floor and Menopause
 4. Menopause and Movement
 5. Exercise Physiology
-

3. Who are these courses suitable for?

These courses are ideal for **health professionals**, including physiotherapists, pelvic health clinicians, exercise professionals, and others supporting patients through menopause.

4. How are the courses delivered?

Both options are **fully online** and delivered in a flexible modular format.

5. Is there an assessment?

Yes. Each module concludes with an assessment to consolidate learning and evidence competence.

6. What certificate will I receive?

Learners receive formal certification from **Menopause Movement** and **The POGP** upon completing all modules and assessments.

7. What are the benefits of completing the Menopause Movement training?

Participants gain:



- A deeper, evidence-based understanding of menopause across physical, psychological, and lifestyle dimensions
- Enhanced confidence supporting patients in midlife and menopause
- Specific expertise in pelvic health, exercise, nutrition, and workplace support
- Recognition through a POGP-endorsed training pathway

More detail is available via the Menopause Movement website.

8. How do I enrol?

All course information and sign-up links can be found at:

<https://www.menopausemovement.co/pogp-courses-from-menopause-movement>

9. Do I need to be a POGP member?

No, but **POGP members receive discounted rates.**

10. Can these courses count toward my CPD?

Yes. Both pathways provide verifiable CPD hours, with the Full CPD Pathway offering comprehensive CPD accreditation.

11. If I have already completed the Foundation Course, what is the best next step for me?

If you have already begun the Foundation Course, please email hello@menopausemovement.co to add the additional module required to match the POGP course content.

12. What can I call myself once I complete the course?



For health care professionals, it is recommended that you refer to yourself as a **Menopause Practitioner** or **Menopause Specialist**, depending on your professional scope and regulatory guidance.

13. Can I use the MPM (Menopause Movement) logo after completing the course?

Yes. You are encouraged to use the logo. You will also receive access to **weekly social media posts** that you can edit and share to promote your work.

14. What about membership and community access?

Participants receive **three months of free membership**. After this, membership is **£3.99 per month**, which includes:

- Entry into the Menopause Movement directory
 - Access to all masterclasses
 - Regular research updates
 - Additional professional resources
-

15. How can I access Menopause MOT once launched?

Once the **Menopause MOT** is released, it will be available as an optional addition for POGP members and will also integrate with advanced course offerings.

16. Who can I contact for further information?

For course content, technical queries, or pathway guidance, please visit the link above or contact:

hello@menopausemovement.co