



PRONatal Fitness Course Overview

Course Name

PRONatal Fitness Pre/Postnatal Performance Training Specialist Course

Website URL: <https://pronatalfitness.com/fitness-professionals/online-courses/>

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Course Overview

Each year, millions of women enter the “ultimate athletic event” of pregnancy – often unaware of the physical challenges that lay ahead. Conventional guidance tells them to “take it easy” to mitigate injury risk, but often this advice has the opposite effect, as it leaves women unprepared to manage the stresses placed on their bodies. You have the power to change this paradigm, and it begins with this course. Progress through the 15 self-paced learning modules at your own pace. You have access to the course *for life*. Through a combination of webinars, PDFs, videos, self-checks, and plenty of downloadable materials, you’ll come away with all the tools need to confidently coach women to be the very best pre and postnatal coach.

Learning Objectives

By the end of this course, participants should have a solid understanding of how to:

1. Design an effective Performance Training program for any pregnant or postpartum client -- tailored to her specific stage and needs -- that will enable her to successfully meet the demands ahead of her and come out stronger than ever.
2. Assess each client with goal-driven tasks to garner greater insight into her daily movement patterns and understand how to tailor your training accordingly to achieve a greater impact.
3. Recognize red flags that signal potential injuries and understand how to address – either within your scope or via referral to the necessary professional.
4. Coach women to achieve their personal best during the event of their lives.

Course Outline

- Course Introduction:
- Module 1: Evolution of Childbirth
- Module 2: Rationale for a “Performance Training” Approach
- Module 3: The Demands of Pregnancy (How the Body Changes)
- Module 4: The Demands of Childbirth and Motherhood
- Module 5: Prenatal Programming Framework: Overview and Stage 1
- Module 6: Prenatal Programming Framework: Stages 1 and 2
- Module 7: Assessing the Pregnant Client
- Module 8: Managing Pregnancy-Induced Pains and Injuries
- Module 9: Prenatal Programming Session Breakdown
- Module 10: Pregnancy Weight Gain and Nutrition
- Module 11: Pregnancy Psychological Changes and Effective Coaching
- Module 12: Initial Postpartum Recovery
- Module 13: Postpartum Programming Framework
- Module 14: Assessing the Postpartum Client
- Module 15: Postpartum Programming Session Breakdown

What’s Included

- Webinar, PDF, and self-check for each module
- Full Course PDF
- Video Exercise Library
- 12 Sample Workouts
- Programming Template
- New Client In-Take Forms
- Movement Assessment Checklist
- Physician Consent Form
- Client Handouts
- ACOG Guidelines and Key Opinion Papers

Completion Requirements

- The final exam is **2-hour** timed exam, comprised of **80 multiple choice questions**. Learners must score an **85% (68 questions correct)** to pass. Exam re-tests can be purchased for \$35.

Benefits Received Upon Completion

- Certificate as Pre/Postnatal Performance Training Specialist
- CECs
 - ACE: 2.8
 - ACSM 28
 - NASM 1.9
 - AAFA 15
 - CANFITPRO 4.0
- On-Going Support and Content via Private Facebook Group
- Optional endorsement as [PROnatal Certified Trainer](#) on website provided candidate holds nationally accredited Personal Training Certification and has at least 2 years of experience working as a CPT.