



## PRONatal Fitness Course Overview

### Course Name

PRONatal Fitness Pre/Postnatal Education for Group Fitness Instructors

### Course Overview

About 86% of women will have a baby at some point, and when it comes to group fitness, this can often mean losing even your most loyal members. We want to help you change that. This course arms you with the tools you need as an instructor to keep your members safely moving with you longer into their pregnancies and returning faster afterward. All tips are designed to be easily applied in a group fitness setting – even in a packed class with tons of other things to manage. You’ll be surprised by how the simplest ideas can make the BIGGEST impact, and many of the tips benefit ALL participants. Applicable for all non-aquatic formats (including HIIT, barre, boxing, Pilates, cardio, cycling, rowing, strength training, and more).

Progress through the 5 learning modules at your own pace (you have access to the course *for life*). Through a combination of webinars, downloadable text, self-checks and videos, you’ll come away with the tools you need to provide a safer and more effective experience for your pre/postnatal participants AND the rest of your class too.

### Learning Objectives

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

1. Understand the key ways her body changes during pregnancy that have the greatest implications for you
2. Know how to adjust your cues and coaching to benefit ALL participants (*especially pre/postnatal*)
3. Know the key moves to avoid/regress by trimester, and how they apply postpartum
4. Learn how to spot and manage “red flags” that may warrant more significant modifications or pause in class

### Course Timing and Question Breakdown

*Note: There are 56 self-check questions. These are not graded (only for learning). There are 30 graded questions.*

Module	Webinar Time (min)	PDF Word Count	# of self-check questions
Intro	13	1083	N/A
Module 1	27	3157	14
Module 2	45	5149	18
Module 3	26	2385	8
Module 4	29	3243	8
Module 5	25	2736	8
Module 6	8	809	N/A
<b>FINAL EXAM</b>			<b>30</b>
<b>TOTAL</b>	<b>173</b>	<b>18562</b>	<b>86</b>

## **Course Developers**

### **Brittany Citron, PROnatal Fitness Founder**

After nearly 12 years in the corporate world, Brittany Citron took her career in an entirely different direction after an eye-opening experience during her first pregnancy alerted her to the critical need for better education and resources to support women during the pregnancy and postpartum period. Brittany launched PROnatal Fitness in 2015 – recruiting a team of experts to bring her vision of offering the Gold Standard in pre and post natal resources and education to life. Brittany holds a BBA from the University of Michigan, a Personal Training Certification from the National Academy of Sports Medicine (NASM), a Group Fitness Certification from the American Council on Exercise (ACE), and several pre and post natal specializations, including Program Design, Corrective Exercise, and Diastasis and Pelvic Floor rehabilitation. When she's not working or working out, she enjoys spending time with the three people who originally inspired the idea for PROnatal Fitness – her supportive husband and two children, Liam and Isla.

### **Carolyn Appel, PROnatal Fitness Director of Education**

With a background in competitive, collegiate-level tennis, Carolyn Appel has built a career on her passion for fitness, athletics, and skill development. She received her master's degree in Motor Learning and Control from Columbia University and is a Certified Strength and Conditioning Specialist (CSCS) through the NSCA. She spent several years on the faculty of the Equinox Fitness Training Institute and is a frequent presenter at the National Strength & Conditioning Association (NSCA) Personal Trainers Conference, the American College of Sports Medicine (ACSM) NY Chapter meeting, and the annual Fitness Education Institute's Eclipse Summit. Of all her accomplishments, Carolyn is most proud of her role as mom to her son, Julian.

## **Completion Requirements**

- After progressing through the entire course, participants must complete a final exam to earn their certificate and CEUs. The final exam is **45 min** timed exam, comprised of **30 multiple choice and true/false questions**. Participant must achieve a score of **83%** (at least 25 questions correct) to pass.