



## Course Overview: A Simple Guide to Program Design

### **Course Name**

A Simple Guide to Program Design

Website URL: <https://pronatalfitness.com/programming-course/>

Contact: [Education@pronatalfitness.com](mailto:Education@pronatalfitness.com)

### **Course Overview**

This course was developed based on one of the key struggles our professional community voiced to us – needing help with personal training program design. This course deconstructs the (often complex) process of designing personal training programs in a user-friendly way. Participants learn a simple, step-by-step process for designing cohesive personal training programs that will enable their clients to consistently progress, stay motivated, and achieve their goals.

We analogize a training program to a novel (macrocycle = story arc, mesocycles = chapters, microcycles = paragraphs within each chapter, programming variables = the descriptive details that keep the reader engaged). Like a good novel, a well thought-through training plan ensures that training sessions build on one another in a cohesive way.

The course is geared toward personal trainers. Whether new to the field or deep in their career, they will learn valuable tools to help them improve the effectiveness of their programs and the efficiency of their process.

This course is not specific to the pre & postnatal population, but the programming principles can certainly be applied to it. We show how to apply the programming structure to pre & postnatal clients, as well as an athlete, senior, and “fitness enthusiast” with no specific training goals.

### **Learning Objectives**

By the end of this course, participants should be able to:

- Create a big picture plan (macrocycle) for *any* client based on the client’s goal, timeframe, and assessment results
- Segment your macrocycle into smaller, skill-based stages (mesocycles)
- Construct individual sessions (microcycles) that link together in a cohesive way to avoid session “whiplash”
- Arrange programming variables in a systematic way to pique client engagement and ensure consistent learning

### **Course Structure**

This course is divided into 7 self-paced learning modules that participants progress through at their own pace in numerical order. Each module contains a webinar and slide handouts for taking notes on. In addition, modules 3-5 contain a worksheet that participants are encouraged to fill in as they watch the webinar. The course also contains several downloadable templates and summaries. At the end of the course, there is a 35-question timed exam. Participants are given 50 minutes to complete the exam and must receive a score of 85% (30 questions correct) to pass.

## **Course Outline**

- Course Introduction
- Module 1: A “Novel” Perspective on Program Design
- Module 2: The Assessment
- Module 3: The Macrocycle
- Module 4: The Mesocycle
- Module 5: The Microcycle
- Module 6: Programming Variables
- Module 7: Case Studies

## **CEC Approvals:**

Currently, this course is approved for the following CECs:

1. ACE 0.4
2. NASM 0.4
3. AFAA 4.0

## **Course Developers**

### 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.

### 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 postnatal 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 postnatal specializations, including Program Design, Corrective Exercise, and Diastasis and Pelvic Floor rehabilitation. In her role in creating PROnatal courses, Brittany brings her years of corporate experience presenting complex information to colleagues and senior management in a simple and systematic way so that the listener truly comprehends the information presented.