



PRE/POSTNATAL PERFORMANCE TRAINING SPECIALIST

COURSE OUTLINE

MODULE 1: Evolution of Childbirth

Explore how childbirth has evolved since the days of our ancestors. Understand the practices of early peoples to learn strategies for how you can best prepare and support your clients through this most complex and taxing journey.

MODULE 2: Rationale for a "Performance Training" Approach

Learn how applying the evidence-based principles of performance-based program design can help your clients better manage the specific stresses placed on their bodies and emerge *even stronger*.

MODULE 3: The Demands of Pregnancy (How the Body Changes)

Understand the stresses and demands placed on the body during pregnancy so you know how to prepare your clients to manage them. Learn about 8 key changes that have the greatest implications for your work with your clients.

MODULE 4: The Demands of Childbirth and Early Parenthood

Discover what happens during childbirth, including the factors that influence success and implications for your prenatal program design. Then, explore the (very physical) demands of new parenthood and why it is so important to begin training for these demands during pregnancy.

MODULE 5: Prenatal Programming Framework (Overview and Stage 1)

With the information you learned in modules 3 and 4 (exploring the demands of pregnancy, childbirth, and parenthood), you will see how this all comes together into a 3-Stage Prenatal Performance Training Framework. This module introduces you to the framework at a high level, then covers Stage 1 (Foundation) in detail.

MODULE 6: Prenatal Programming Framework (Stages 2 and 3)

After building a solid foundation of alignment, deep core activation, and movement mechanics in Stage 1, now learn how to progress your clients through Stages 2 and 3 (Strength and Birth Prep). Discover how to help your clients safely and effectively build strength to mitigate pains and injuries, then prepare for birth and early postpartum recovery.

MODULE 7: Assessing the Pregnant Client Part 1: Overview & Key Questions

Learn a 3-step process to *comprehensively* assess your new client while providing value and setting the stage for a long-lasting relationship. This module provides an overview of the 3-step process, then discusses the key questions to ask in detail (with an intake form included for you to use with your clients).

MODULE 8: Assessing the Pregnant Client Part 2: Movement Assessment

One component of the 3-step assessment process is the Movement Assessment. Discover a unique and powerful goal-based assessment strategy that will give you deeper insight into how your clients move *outside the gym*. You will also learn how to observe clients in a more accurate way, and how to interpret your findings in a manner that focuses less on correcting "problems" and more on teaching to your client's body, abilities, and experience.

MODULE 9: Managing Pregnancy Pains & Injuries

Understand the key causes of most pregnancy pains and injuries, then dive into 8 of the most common ones -- low back pain, diastasis recti, pelvic floor dysfunction, sacroiliac (SI) joint dysfunction, sciatica, symphysis pubis dysfunction, round ligament pain, and carpal tunnel. Understand what causes them, how to prevent them, and how to spot and manage them.

MODULE 10: Prenatal Program Design

Modules 5 and 6 provided an overview of our Prenatal Programming Framework. Now, learn how to take that framework and design a comprehensive training program for different client types – from the big picture training plan (macrocycle), to the smaller skill-based stages (mesocycles), and the individual sessions (microcycles). You will also learn movements to avoid or regress by trimester.

MODULE 11: Pregnancy Weight Gain & Nutrition

Gain foundational knowledge on pregnancy weight gain, caloric needs by trimester, and nutrition. Learn how to support your clients in a manner that fits within your scope of practice. You'll also receive a client handout with guidance on micronutrient needs during pregnancy, and how to select a prenatal vitamin.

MODULE 12: Pregnancy Psychological Changes and Coaching Strategies

While no two people experience pregnancy the same, there are some general psychological changes by trimester that are somewhat universal. Learn how to support your clients in the best way as they navigate this major life transition, and how to manage the difficult situation of a pregnancy loss.

MODULE 13: Postpartum Recovery: Physical Considerations

Learn about the physical considerations of the body after birth – from the implications of various labor experiences (vaginal and cesarean), to weight loss, and skin and fascia healing. Then, learn tips to help support your clients in the early days of their recovery – including alignment work, core recovery exercises, C-section scar massage, stretches, and a perspective on when (and when not) to use a “belly wrap.”

MODULE 14: Postpartum Recovery: Psychological Considerations

While a new baby brings many wonderful changes, it also brings challenges – a massive life transition, immense physical changes, a potential loss of self, and more. Learn effective coaching strategies for working with postpartum clients and get tips for managing some of the common challenges you might encounter. This module also includes an overview on Perinatal Mood & Anxiety Disorders (PMADs), including how to spot and manage them.

MODULE 15: Postpartum Programming Framework: Overview & Stage 1

Similar to prenatal, in this module you will learn the 3-Stage *Postpartum* Programming Framework, then dive into Stage 1 (Foundation) in detail. The primary focus will be on learning the Core Recovery Protocol that you will take all postpartum clients through to help rebuild the core after birth and heal from diastasis recti and/or a cesarean birth.

MODULE 16: Postpartum Programming Framework: Stages 2 and 3

With a solid foundation of alignment, core strength, and movement mechanics built, learn how to progress your clients through Stages 2 and 3 (Strength and Performance) – from core progressions, to increasing strength, to a step-by-step process to safely introduce impact and other higher intensity work.

MODULE 17: Assessing the Postpartum Client

The postpartum assessment process is nearly identical to prenatal, but adds in one additional assessment -- the *Diastasis Recti (DR) check*. Learn how to check for DR in a manner that improves your testing accuracy and gives you a clearer understanding of your clients' core integrity.

MODULE 18: Postpartum Program Design

Just like module 10, learn how to take the postpartum framework and design a comprehensive training program for different client types (macro, meso, and microcycles). You will also learn where to use caution as clients are still healing, and how to spot when a movement is not appropriate for your client.

WHAT'S INCLUDED WITH YOUR COURSE

The Pre/Postnatal Performance Training Specialist Course is comprised of 18 learning modules that you progress through at your own pace. You have **1-year access** to our state-of-the-art online learning platform (mobile-friendly) to complete the course, but the materials are available for you to download, so you have **lifetime access to your course materials**. The course is estimated to take *approximately* 30 – 35 hours. Your course enrollment includes:

- 1-year access to the online learning platform
- 18 self-Paced Learning Modules
- Webinar, PDF, and Self-Check for Each Module
- Full Course Electronic Textbook
- Movement & Instructional Videos
- Fillable Forms & Programing Templates
- Sample Workouts & Case Studies
- Handouts & Resources for Your Clients
- Pre/Postnatal Performance Training Specialist Certificate (upon completion)
- CECs (upon completion). *Approved agencies listed below, but you can petition for CECs if your agency is not listed.*
 - NASM 1.9
 - ACE 3.6
 - ACSM 28
 - ISSA 20
 - AFAA 15
 - CANFITPRO 4

If you bundle your course purchase with enrollment in the **PROnatal Professional Network**, you also receive access to:

- Private Members-Only Community
- Direct Support from PROnatal Leadership
- Video Exercise Library
- Workout Builder + Pre-Made Workouts
- Ability to Send Workouts to Clients
- Featured Listing on PROnatal Website
- Exclusive Monthly Webinars
- Video Resource Library
- Access to Latest Course Materials (including all updates)
- Exclusive Discounts from PROnatal and partners

Your PPN membership renews annually at \$150 per year, but you can set it to not auto-renew.

If you have any questions at all, please contact us at info@pronatafitness.com or **516-778-9468**.