



## PRONatal Fitness Pre/Postnatal Performance Training Specialist

### COURSE OVERVIEW

#### Course Name & Location

PRONatal Fitness Pre/Postnatal Performance Training Specialist Course

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

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

#### Course Overview

Each year, millions of people enter the *ultimate athletic event* of pregnancy. It is a journey that taxes the human body in an unparalleled way, and those navigating it deserve the best possible coaching. *This course is designed to develop those coaches.*

Through the 18 self-paced online learning modules, participants will learn how to utilize an evidence-based **Performance Training Approach** to prepare their clients to successfully manage the high-stress demands of pregnancy and childbirth, and not only recover, but *emerge even stronger*. Through a combination of webinars, PDFs, videos, self-checks, and case study practice, participants will come away with all the tools they need to confidently coach their clients to achieve their “personal best” during what is truly *the event of a lifetime*.

#### Learning Objectives

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

1. Design an effective performance training program for **pregnant** and **postpartum** clients of all stages and fitness levels that will enable them to successfully manage the stresses of their journey and emerge *even stronger*.
2. Assess each client with key questions and goal-driven tasks that provide deeper insight into each client’s true movement habits so that participants know how to progress them most effectively.
3. Make programming choices that help clients prevent (or recover from) pregnancy-induced pains and injuries, including diastasis recti, pelvic floor dysfunction, pelvic girdle pain, and more.
4. Be the best coach for clients as they navigate the physical and mental hurdles of the “event of their lives” to help them achieve their *personal best*.

## Course Structure

The course contains 18 self-paced learning modules that participants progress through at their own pace. Each module contains a:

- **Webinar** to walk participants through the learning material step-by-step with examples and practice
- **PDF** with detailed information and links to several videos and additional resources
- **Self-Check** (and answer sheet) to gauge comprehension of the most important concepts

At the end of the course, there is a **2-hour timed exam**. The exam consists of **80 multiple choice questions**. Participants must receive an 85% (**68 questions correct**) to pass and receive their certificate.

## 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 Parenthood
- Module 5: Prenatal Programming Framework: Overview and Stage 1
- Module 6: Prenatal Programming Framework: Stages 1 and 2
- Module 7: Assessing the Pregnant Client: Part 1 – Overview and Key Questions
- Module 8: Assessing the Pregnant Client: Part 2 – Movement Assessment
- Module 9: Managing Pregnancy-Induced Pains and Injuries
- Module 10: Prenatal Program Design
- Module 11: Pregnancy Weight Gain and Nutrition
- Module 12: Pregnancy Psychological Changes and Coaching Strategies
- Module 13: Postpartum Recovery: Physical Implications
- Module 14: Postpartum Recovery: Psychological Implications
- Module 15: Postpartum Programming Framework: Overview and Stage 1
- Module 16: Postpartum Programming Framework: Stages 2 and 3
- Module 17: Assessing the Postpartum Client
- Module 18: Postpartum Program Design

## What’s Included

- Webinar, PDF, and self-check for each module
- Full Course PDF
- Fillable Forms & Programming Templates
- Sample Workouts & Case Studies
- Client Resources & Handouts
- Pre/Postnatal Performance Training Specialist Certificate (upon completion)
- CECs (upon completion)
  - NASM 1.9
  - ACE 3.6
  - ACSM 28.0
  - AFAA 15.0
  - CANFITPRO 4.0
  - ISSA 20.0

## Course Content: Media Run Time, Word Count, & Quiz Questions

We estimate it will take participants 30-35 hours to complete the course. This includes time to complete the case study practice work (not included below) and prepare for the exam.

Module	Webinar Time (min)	PDF Word Count	PDF Pages	Quiz Questions
1	26.12	3091	7	9
2	21.29	3196	7	8
3	26.37	3106	8	11
4	28.18	3817	9	13
5	59.26	7192	17	24
6	51.04	5488	14	23
7	25.49	4847	10	11
8	47.25	3624	9	14
9	36.50	5283	14	21
10	44.55	5863	18	17
11	18.29	3508	7	9
12	15.55	2786	6	8
13	24.46	3444	7	10
14	32.34	4669	9	9
15	49.00	4010	11	15
16	31.06	2509	7	14
17	27.00	3685	9	10
18	24.01	2938	11	9
Final Exam				80
Total Time				315
<b>TOTALS</b>	<b>9:03:56</b>	<b>73056</b>	<b>180</b>	<b>315</b>