



## PRONatal Fitness Group Fitness Instructor Course Overview

### **Course Name**

PRONatal Fitness Pre/Postnatal Education for Group Fitness Instructors

Website URL: <https://pronatalfitness.com/group-fitness-mini-course/>

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### **Course Overview**

This simple (but powerful) course is specifically designed for the needs of Group Fitness Instructors. In just a few hours, it arms instructors with the tools they need to safely, effectively, and *confidently* coach the pre & postnatal participants who attend their traditional group fitness classes. All tips are designed to be easily applied in a group fitness setting. Applicable for all non-aquatic formats (including HIIT, barre, boxing, Pilates, cardio, cycling, rowing, strength training, and more).

### **Learning Objectives**

By the end of this course, participants will:

1. Understand the pregnancy changes that have the greatest implications for GFIs
2. Know how to adjust their cues to benefit ALL participants (*especially pre/postnatal*)
3. Confidently know what to avoid/regress by trimester (and why) and how to apply postpartum
4. Recognize signs of issues and know what to do; understand how to mitigate these issues in the first place

### **Course Outline**

- Module 1: The 6 Pregnancy Changes You Need to Know
- Module 2: The 4 Pains & Injuries You Need to Know
- Module 3: Coaching Tips to Focus On
- Module 4: Modifications & Movements to Avoid
- Module 5: Additional Resources
- Course Completion & Final Exam

## Course Structure

The course contains 4 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

Module 5 is an “Additional Resources” Module that contains the following resources:

- **Beneficial Pre & Postnatal Core Exercise:** Guide with video demos of 30 beneficial core exercises to use as substitutions when needed
- **Equipment Considerations:** Guide with important considerations for using various machines & equipment during pregnancy/early postpartum (including bikes, rowers, TRX, ski erg, kettlebells, reformers, & heavy boxing bags).

At the end of the course, there is a **50-minute timed exam**. The exam consists of **35 multiple choice questions**.

Participants must receive an 85% (**30 questions correct**) to pass and receive their certificate.

## Course Timing and Question Breakdown

Module	Webinar Time (min)	PDF Word Count	# of self-check questions
1	30	3,194	8
2	33	3,518	13
3	49	5,436	17
4	35	3,968	13
5	15	2,701	
FINAL EXAM			35
<b>TOTAL</b>	<b>162</b>	<b>18,817</b>	<b>86</b>

### NOTES:

*Self-check questions are not graded. Only Final Exam.*

*Additional media time beyond above in the movement & instructional videos included throughout the course.*

### Current CECs Approved:

- ACE 0.7
- NASM 0.7
- ACSM 7.0
- AFAA 7.0
- ISSA 7.0

## Course Developers

### Brittany Citron, PRONatal Fitness Founder

In addition to being the founder of PRONatal Fitness and a mom of 2, Brittany is also a self-proclaimed “group fitness junkie” who enjoys taking all types of class formats – from large gyms and boutique studios (virtual and in-person). In fact, it was her experience as a group fitness *participant* during her pregnancy – witnessing firsthand the lack of evidence-based resources for instructors and participants alike – that drove her to leave her 12-year career in the corporate world to focus on building a business she felt needed to exist. 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.

### Carolyn Appel, PRONatal Fitness Director of Education

Carolyn is the “brain” behind all PRONatal Fitness content and education. With a background in competitive tennis, Carolyn has built a career on her passion for fitness and athletics over her two decades in the fitness industry. She received her master’s degree in Motor Learning and Control from Columbia University and continues to spread the message about the importance of the teaching and learning process in client skill development when presenting at national and regional conferences for the NSCA, ACSM, and fitness facilities big and small. As a Certified Strength and Conditioning Specialist (CSCS) through the NSCA, Carolyn spent several years on the faculty of the Equinox Fitness Training Institute and used to consider teaching her number one joy, until having her son, who shot to the top of the rankings in 2015.