



## PRE/POSTNATAL PERFORMANCE TRAINING SPECIALIST

Through this course, you will learn how to utilize our evidence-based **Performance Training Approach** to design safe & effective training programs that help your clients thrive during pregnancy, confidently prepare for birth, and emerge *even stronger*. Watch this [quick video](#) to learn more about this approach.

### 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**

Now that you understand the Prenatal Training Framework from Modules 5 and 6, dive into the details of how to design comprehensive training programs – from the big picture training plan (macrocycle), to the smaller skill-based stages (mesocycles), and the individual sessions (microcycles). You'll also learn how to select movements, and what 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 more.

### **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.

## COURSE PURCHASE OPTIONS

When you enroll in the course, you will have two purchase options. See below for a brief overview of what is included in each and review the course page for details on these benefits to determine which option is best for you.

### **Course Only: \$699**

- 1-year access to Online Learning Platform
- Lifetime Access to Course Materials
- 18 Modules: Webinar, PDF, Self-Checks
- Full Course Electronic Textbook
- Exercise & Instructional Videos
- Sample Workouts & Programming Templates
- Fillable Intake & Movement Assessment Forms
- Pre/Postnatal Performance Training Specialist Certificate\*
- CECs: ACE 3.6, NASM 1.9, ACSM 28, AFFA 15, ISSA 20, CANFITPRO 4\*

### **PRONatal Certified Package: \$799**

- 1-year access to Online Learning Platform
- Lifetime Access to Course Materials
- 18 Modules: Webinar, PDF, Self-Checks
- Full Course Electronic Textbook
- Exercise & Instructional Videos
- Sample Workouts & Programming Templates
- Fillable Intake & Movement Assessment Forms
- Pre/Postnatal Performance Training Specialist Certificate\*
- CECs: ACE 3.6, NASM 1.9, ACSM 28, AFFA 15, ISSA 20, CANFITPRO 4\*
- Private support community
- Video Exercise Library
- Workout Builder
- Exclusive Monthly Webinars
- Video Resource Library
- Access to All Course Updates
- PRONatal Certified Coach Title & Badge\*\*
- Feature in [Find a Coach](#) Directory\*\*
- Exclusive Discounts & Perks

\* Upon completion of the Specialist Course (and passing the exam)

\*\* Upon meeting the other requirements for earning the PRONatal Certified title.

### **PRONatal Certified Coach Requirements**

Upon completing the course, you will earn your title and certificate as a Pre/Postnatal Performance Training Specialist. In order to earn the *additional* title of being a **PRONatal Certified Coach**, you must also hold one of the following:

1. Current nationally accredited Personal Training Certification
2. Current nationally accredited Comprehensive Pilates Certification
3. Current Registered Yoga Teacher Certification (minimum 200-hr)
4. An Undergraduate or Graduate degree in Exercise Science or a related field.

If you do not hold one of these qualifications, you can still purchase the PRONatal Certified Package and receive all the other resources and benefits that come with it (with the exception of the PRONatal Certified title, badge, and Find a Coach feature).

Your PRONatal Certified membership renews annually at \$150 (first payment made 1-year after course purchase), and that allows you to maintain access to all the benefits above. Cancel anytime. If you have any questions at all, please contact us at

[info@pronatalfitness.com](mailto:info@pronatalfitness.com) or 516-778-9468.