



ProNatal Fitness Pre/Postnatal Fitness Specialist

COURSE OVERVIEW

SPONSOR INFO

Organization: ProNatal Fitness

Contact: Brittany Citron

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<https://pronatalfitness.com/>

COURSE INFO

Course Title: ProNatal Fitness® Pre/Postnatal Fitness Specialist

Type: Self-Paced Online Course

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

Currently approved CECs:

- ACE: 3.6
- NASM 1.9
- AFAA: 15
- ISSA: 20
- CANFITPRO: 4
- USAT: 4 institutional CEUs

Course Overview

This comprehensive, self-paced online course equips health and fitness professionals with the knowledge and tools they need to help their clients successfully manage the unique stresses of the pregnancy journey, and not just “recover,” but emerge *even stronger*. Through a combination of video lessons, downloadable text, self-checks, handouts, and plenty of interactive practice, participants will come away with all the tools they need to safely, effectively, and *confidently* train pre & postnatal clients of all stages and fitness levels.

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

- **Video Lesson** to walk participants through the learning material step-by-step with examples and practice.
- **Text Lesson (Downloadable 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 Psychological Changes and Coaching Strategies
- Module 12: Postpartum Recovery: Physical Implications
- Module 13: Postpartum Recovery: Psychological Implications
- Module 14: Postpartum Programming Framework: Overview and Stage 1
- Module 15: Postpartum Programming Framework: Stages 2 and 3
- Module 16: Assessing the Postpartum Client
- Module 17: Postpartum Program Design
- Course Completion & Final Exam

What's Included

- Video Lesson, PDF, and self-check for each module
- Full Course PDF
- Fillable new client intake and release forms
- Fillable movement assessment checklists (in-person and virtual)
- Programming templates and sample workouts
- Video exercise library with 130+ exercises
- Client handouts & resources
- Case study practice
- Pre/Postnatal Fitness Specialist Certificate (upon completion)

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	# of Sources	Quiz Questions
1	24	3,046	7	14	7
2	18	3,386	8	16	6
3	23.5	3,282	9	5	9
4	23	3,471	8	2	12
5	62	7,590	20	0	26
6	38.5	4,313	12	1	15
7	23	4,083	9	2	11
8	38	3,616	10	0	13
9	36.5	5,468	15	5	19
10	44.5	6,974	19	3	26
11	18	3,393	7	8	7
12	20	3,540	8	8	9
13	21	4,400	9	4	8
14	32	3,959	11	0	14
15	24	2,724	8	0	13
16	22	3,458	9	1	9
17	13	2,122	7	0	7
Final Exam					80
TOTALS	481.00	68,825	176	69	291

** Modules 10 and 17 contain interactive case study practice. Participants are asked to pause the webinar to complete the case study, and then return to review. We estimate these exercises to take about 15 – 20 minutes each. This time is not included in numbers above.*

*** Video links in PDFs are not included in the webinar media run time. We estimate all additional videos are at minimum of 1 hour.*

Course Developers

Carolyn Appel, ProNatal® Chief Content Officer

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 IDEAFIT, 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.

Brittany Citron, ProNatal Fitness® Founder and Chief Executive Officer

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 people 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 Fitness® courses, Brittany brings her years of corporate experience presenting complex information in a simple and systematic way so that the listener truly comprehends the information presented.

Course Contributors

Dr. Mukta Chauhan DPT, OCS, WCS

Dr. Mukta Chauhan holds a double board certification in orthopedics & women's health. After completing her doctorate in physical therapy, she began an advanced training program in manual therapy at the renowned institute of physical art (IPA). She worked in the field of orthopedic PT for a few years before getting advanced training in pelvic health. Because of this dual training, Dr. Mukta understands the delicate interplay between neurophysiology, biomechanics, musculoskeletal, fascial and organ systems and their combined contribution to a person's overall wellbeing. She is an active member of the International Society for Studies of Women's Sexual Health (ISSWSH) and the International Pelvic Pain Society (IPPS), and she regularly participates in community education to raise pelvic health awareness.

Dr. Sneha Gazi, PT, DPT

Dr. Sneha Gazi is the owner of [Sneha Physical Therapy](#), an in-home and telehealth physical therapy practice in New York, New Jersey, and Maryland. She holds a Doctorate in Physical Therapy from Columbia University and specializes in pelvic floor physical therapy. She treats patients holistically and particularly loves working with pregnancy-related issues such as incontinence, back pain, and pelvic pain. Her podcast, [Fit As A Fiddle](#), provides weekly health and wellness tips to her community of mindful movers, and she also shares helpful tips and resources on her [Instagram](#) page. She is the founder and Executive Director of a 501(c)(3) non-profit organization, [Physical Therapy International Foundation](#), that brings free PT services globally to underserved populations while teaching students in PT doctoral programs across the United States.

Lindsey Vestal, MS, OTR/L

Lindsey Vestal is a pelvic floor occupational therapist, and the founder of [The Functional Pelvis](#), the first "in-home" pelvic health practice in New York City run by an Occupational Therapist. She is a mother of two who has dedicated her career to empowering people to find relief from pelvic floor complications without resorting to invasive surgeries or prescription drugs. She has helped thousands of people overcome chronic pelvic health challenges and has been featured in *The New York Times*, *U.S. News & World Report*, *Harper's Bazaar*, *Motherly*, and more.

Ashley Brichter, CCCE, CLC

Ashley Brichter is the founder of *Birthsmarter*, a company that provides relevant and inclusive education for new and expecting parents. She is also a Certified Cooperative Childbirth Educator through CEA/MNY, a DONA trained Birth and Postpartum Doula, Certified Lactation Counselor, and mother of two. Ashley is also trained in Comforting Touch for Labor, Rebozo Techniques for Childbirth, Dream Birth Imagery, Spinning Babies, Prenatal Yoga, and Pelvic Health.

Allison Beck, LCSW

Allison is a psychotherapist in private practice, specializing in reproductive psychology, parenting and life stage transitions. Allison holds certifications in Maternal Mental Health from the Seleni Institute and has advanced training in Perinatal Mental Health with Postpartum Support International. Allison is an active member of the Hudson Valley Birth Network and has served as an advisor and written contributor on perinatal mental health for various professional service providers and organizations. A graduate of Cornell University and NYU, Allison has been supporting women and families in the NYC metro area for over a decade.

Nicole Dietrich, LMSW

Nicole Dietrich is a psychotherapist in private practice specializing in women's reproductive psychology. She received her specialty training and research under a nationally recognized reproductive psychiatrist and has advanced training in maternal mental health from Seleni Institute. Nicole has additional clinical training in psychodynamic psychotherapy from the William Alanson White Institute and in family therapy from the Ackerman Institute for the Family. She received her MSW from NYU and her BS in Management Information Systems from Virginia Tech.