



## ProNatal Fitness® Group Fitness Instructor Course Overview

### **Course Name**

Pre/Postnatal Education for Group Fitness Instructors

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

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

### **Course Overview**

This simple (but powerful) self-paced online course teaches Group Fitness Instructors how to safely, effectively, and *confidently* coach the pre & postnatal members who attend their traditional GroupX classes. All tips are designed to be easily implemented in a group fitness setting so that instructors can feel completely confident the next time a pregnant person walks into their class! 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:** Includes video demos of more than 30 beneficial core exercises to use as substitutions when needed.
- **Equipment Considerations Guide:** 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
- AFAA 7.0
- ISSA 7.0
- AUSACTIVE 5.0
- CANFITPRO 4.0

## **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.