

# Healthy Moms® Advanced Perinatal Fitness Instructor Training

## **Course Description**

This comprehensive workshop will provide the health or fitness professional with the leadership and technical skills to design, market and implement safe, effective and motivational fitness programs for women just before and during the childbearing year.

## **Course Objectives (by section)**

Upon completion of **Section One (Project Pregnancy: Preconceptual Planning and Care)** the participant will be able to:

1. List the benefits of preconceptual counseling.
2. List the components of preconceptual health care.
3. Cite at least 3 possible factors leading to menstrual dysfunction.
4. Cite the most serious potential risk of exercise during the periconceptual period and suggestions for minimizing this risk.
5. Discuss the importance of folic acid consumption during the periconceptual period as well as food sources of the nutrient.
6. List 2 other nutrients that are important during the periconceptual period as well as their functions and sources.
7. List at least 2 risks of being overweight or obese during pregnancy.

Upon completion of **Section Two (Training for the Main Event: Pregnancy and Exercise)** the participant will be able to:

1. Summarize normal fetal growth and development by trimester.
2. Identify the location and function of certain anatomical structures and organs related to pregnancy and childbirth.
3. Briefly discuss 5 physical changes and symptoms of pregnancy and how these physical changes / symptoms may be alleviated or minimized by exercise as well as their possible effects on an established exercise program.
4. Summarize the psychological changes of pregnancy by trimester and describe ways that the perinatal fitness instructor may help their clients cope with these changes.
5. List 3 routine and 3 special screening tests and procedures that pregnant students may encounter and how undergoing these tests may affect their ability to exercise.
6. Summarize the 4 factors affecting labor length and intensity.
7. Briefly discuss the signs and stages of labor.
8. List 3 benefits of using the Resist-a-Ball® during labor.
9. List 3 possible indications for a cesarean section.
10. List 4 medical interventions and / or testing procedures utilized during labor, delivery or soon after birth.
11. Identify 4 “drug free” methods of pain relief that can be utilized during labor.
12. Identify 4 types of medications available for relaxation and / or pain relief during labor.
13. Briefly discuss the history of perinatal exercise.
14. List 3 goals of a perinatal fitness program.
15. Summarize the physical benefits of maternal exercise.
16. Summarize the psychological benefits of maternal exercise.
17. List 3 physical changes of pregnancy that may alter a woman’s self-image.
18. Discuss possible interventions that the perinatal fitness instructor may employ to help women deal with a changing body image.
19. Briefly discuss the importance of screening perinatal clients from a historical, medical, psychological legal and business standpoint.
20. List the absolute contraindications to exercise according to the latest ACOG Guidelines.
21. List the relative contraindications to exercise according to the latest ACOG Guidelines.
22. Describe the contents of an effective screening tool for perinatal clients.
23. Identify warning signs to stop exercise for perinatal clients.

24. Briefly discuss physiological changes of pregnancy with regard to the circulatory, respiratory and musculoskeletal systems and their exercise implications.
25. Briefly discuss thermal adaptations to pregnancy and their exercise implications.
26. Briefly discuss the metabolic and hormonal changes of pregnancy and their exercise implications.
27. Briefly describe 4 anatomical changes of pregnancy and their exercise implications.
28. Define diastasis recti and its exercise implications and demonstrate the procedure used to check a pregnant client for this condition.
29. Demonstrate the “corrective bracing” exercise for separated recti.
30. List 4 benefits of exercising the pelvic floor.
31. Discuss one safe and effective method of teaching your perinatal clients how to locate their kegel muscles.
32. Discuss the benefit of learning how to relax the pelvic floor as well as how to contract it.
33. Briefly discuss modifications of the “traditional” warm-up for pregnant clients.
34. Briefly discuss cardiovascular conditioning modifications for the pregnant client with respect to frequency, intensity, duration and mode.
35. Identify 2 methods of monitoring exercise intensity that may be utilized by pregnant clients.
36. List 2 modifications that pregnant participants may utilize in a step class.
37. Describe and demonstrate exercise modifications appropriate for training the following muscle groups in a pregnant client: Upper, mid and low back, quadriceps, hip AB and AD-ductors, gluteals, hamstrings, abdominal muscles and pelvic floor.
38. Describe the importance of teaching the “coordinated pushing” exercise to your pregnant clients and demonstrate the exercise.
39. Cite 2 important points to remember when designing a cool down for a prenatal fitness class or personal training client.
40. Briefly discuss the benefits of introducing relaxation strategies to pregnant clients early in their pregnancies.
41. Describe and demonstrate “belly breathing” and cite the importance of teaching this technique to your pregnant clients.
42. List 3 benefits of using the Resist-a-Ball® during pregnancy.
43. Identify 4 things that should be emphasized when designing a resistance training program for a pre-conceptual client.
44. List 4 benefits of beginning or continuing a resistance training program prior to or during pregnancy.
45. Compare short lever vs. long lever resistance training exercises for the perinatal client.
46. List 4 “high priority” exercises / stretches that should be included in a perinatal fitness class.
47. Identify 3 “exercise machines” that are not recommended during pregnancy.
48. Describe 2 “hamstring curl” resistance training modifications that a trainer may recommend to a pregnant client.
49. Describe 2 “squat” modifications that a pregnant exerciser may utilize.
50. List 3 physiological advantages that the aquatic exercise environment offers the pregnant client.
51. Briefly describe and draw a rough diagram of the relationship between fear, tension and pain.
52. Briefly compare and contrast active vs. passive relaxation.
53. Describe 3 methods of active relaxation.
54. Define low glycemic index and high glycemic index carbohydrates and give 2 examples of each.
55. Briefly discuss the importance of a pre-exercise snack for the pregnant exerciser and give 2 examples.
56. Compare the suggested amount of weight gain for pregnant women who are underweight before pregnancy, normal weight before pregnancy, and those who are overweight before pregnancy.
57. Briefly discuss the function in a pregnant woman and give 2 food sources of the following nutrients:
  - a. Protein
  - b. Iron
  - c. Calcium
  - d. Folic Acid
58. List 3 suggestions for the relief of heartburn.
59. Briefly discuss why hydration is important for the pregnant exerciser and state the recommended intake per day.

Upon completion of **Section Three (Postpartum: Returning to Your Fitness Goals)** the participant will be able to:

1. Identify the physical and psychological changes of postpartum and how they affect a woman’s ability to exercise.
2. Perform an in depth screening on postpartum clients returning to exercise as well as those new to exercise.
3. Identify the three categories of postpartum depression and appropriate intervention strategies.
4. Demonstrate the procedure for checking for diastasis recti on a postpartum client.

5. Demonstrate appropriate “restorative” exercises for the abdominal and pelvic floor muscles, which can be initiated soon after delivery.
6. Identify appropriate progressions for cardiovascular and strength training for the postpartum client.
7. List 3 benefits of using the Resist-a-Ball® during the postpartum period.
8. List 5 “back care” tips that may diminish or alleviate back pain in the postpartum client.
9. Identify basic nutrition guidelines for the postpartum client.
10. Identify specific nutrition concerns / guidelines for the breastfeeding client who is exercising.

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