

# Bump & Beyond: Training Pregnant and Postpartum Clients

Help Mum Stay Fit & Healthy During Pregnancy

## Course Overview

“Pregnant women should not exercise” is an old myth that continues to persist in Asian culture. In fact, pregnancy is not a disability and experts at the American College of Obstetricians and Gynaecologists (ACOG) have shown again and again that healthy mothers-to-be should exercise to minimize the potential for any medical conditions that may arise with pregnancy.

In our Bump & Beyond: Training Pregnant Clients course, you will gain a better understanding of the physiological changes in each trimester of pregnancy and how to address each stage with specific exercises plus essential relaxation techniques for mothers-to-be. The course also covers the numerous benefits of exercising during pregnancy for both mother and baby, as well as the benefits for labour.

Moreover, most new mothers are unaware that it is recommended to start certain fundamental exercises as early as possible after giving birth, in order to speed up the recovery from postpartum issues like Diastasis Recti (DR) and pelvic floor trauma. In our Bump & Beyond: Training Postpartum Clients course, we will guide you in understanding the different types and processes of birth to help you design a specific training program for postpartum clients. We also examine postpartum concerns, contraindications, postural issues, abdominal care and nutritional guidelines to help new mothers go through this new stage of their lives.

## Course Highlights

- The do's and don'ts to exercises during the pre and post-partum period
- Step by step coaching to pelvic floor training
- Soft skills needed to manage Pre and post natal clients as both these phases can be an emotional/sensitive time for them
- Exercises for abdominal separation
- Train a mum to be a mum - learn exercises that makes mum stronger in their daily activities
- Sample pre and post-partum training program according to trimesters.

## Why Should You Consider This Course?

You want to work with pregnant and postpartum clients; both one-on-one and/or group setting

## What Are the Topics Covered?

- Exercise guidelines for pregnant and postpartum clients
- Physiological changes to pregnant clients
- Exercise choices for pregnant and postpartum clients
- Dealing with diastasis recti
- Stress management and abdominal care for pregnant and postpartum clients
- Nutritional considerations for pregnant and new moms
- Postpartum concerns and obstacles that new moms face

## **Course Outline:**

### **DAY 1:**

- 9am – 9.15am: Introduction to training pregnant clients
- 9.15am – 9.45am: Physiological changes in Pregnant Mums
- 9.45am - 10am: Training guidelines & Sample workout structure
- 10am – 10.45am: Exercise choices for warm-up (diaphragmatic breathing, kegel and core exercises)
- 10.45am – 11.45am: Resistance exercise modification
- 11.45am – 12pm: Relaxation and cool-down
- 12pm – 1pm: Lunch
- 1pm – 1.30pm: Cardiorespiratory training
- 1.30pm – 1.45pm: Nutrition
- 1.45pm – 2.15pm: Review
- 2.15pm – 3pm: Case Study
- 3pm – 4pm: Leading a workout session for pregnant client

### **DAY 2:**

- 9am – 9.30am: Introduction to training post-partum clients and sample workout structure
- 9.30am – 10am: Checking for abdominal separation
- 10am – 11am: Core exercises for abdominal separation
- 11am – 11.30am: Corrective exercises for post-partum clients
- 11.30am – 12pm: Considerations for abdominal separation
- 12pm – 1pm: Lunch
- 1pm – 1.15pm: Nutrition
- 1.15pm – 1.45pm: A new mum's ADL
- 1.45pm – 2.30pm: Case study
- 2.30pm – 3.30pm: Leading a workout session for post-partum client
- 3.30pm – 4pm: Review, marketing and closing

## **Who Will This Benefit?**

- Fitness Professionals
- Strength and Conditioning Professionals

## **Pre-requisite**

This is a continuing education course for existing fitness professionals who wish to learn how to train clients during pregnancy and post-partum period. Basic fitness instructing/personal training certification is recommended.

## **Course Provider**

Fitness Edutraining Asia (FEA)

## **CEC Points**

ACE 1.2 CECs (also an ACE Ethics course) ; NASM 1.2 CEUs

Fitness Edutraining Asia (FEA)

**Course Duration**

12 hours (2 days)

**Learning Materials**

Handouts, course manual and/or presentation slides

**Awards**

Upon full attendance and completion of this workshop/course, you will be awarded a Certificate of Workshop/Course completion

**Grading Criteria**

Completion of course participation and assignment(s)

**Recertification**

N/A

**Exam Fee**

N/A

**Dress Code**

Fitness attire

**What Do I Need To Bring?**

Stationery and a spare change of clothes

**Course Capacity**

A minimum of 10 pax and a maximum of 20 pax (live class) / 30 pax (virtual class)

**Language**

English

Information displayed above is correct during time of publishing and may subject to change without prior notice