

BUMP & BEYOND 孕产妇体适能训练认证

FEA Pre & Post Natal Training Specialist FEA 产前与产后训练专家

Course Overview 课程概述

The **FEA Pre and Post Natal Training Specialist** credential equips fitness practitioners with the knowledge and skills to safely guide clients through pregnancy and the postnatal period, helping women maintain safe activity levels during pregnancy and supporting their return to exercise after delivery. By understanding the physiological, hormonal, and biomechanical changes that occur during these stages, you will gain the confidence to coach, modify, and manage clients who may require additional care and consideration. The **Bump and Beyond workshop**, the practical foundation of this credential, introduces pregnancy-specific exercises for beginner, intermediate, and advanced clients, teaching effective modifications and safe coaching strategies, as well as assessing postnatal readiness for exercise. Upon completing the workshop, participants can proceed with the required online studies and final examination to earn the **FEA Pre and Post Natal Training Specialist** credential.

FEA 产前与产后训练专家为体适能从业者提供必要的知识与技能，以便在孕期和产后阶段安全地指导客户，帮助女性在怀孕期间保持适宜的活动水平，并支持其在分娩后逐步恢复锻炼。通过理解这些阶段中发生的生理、荷尔蒙及生物力学变化，您将具备信心去指导、调整和管理可能需要额外关注与照顾的客户。作为该认证的实践基础，**孕产妇体适能训练认证**将介绍适用于初学者、中阶和高阶客户的孕期专属训练动作，教授有效的调整方法和安全的指导策略，并讲解如何评估产后个体的运动准备程度。完成课程后，学员可继续进行规定的线上学习与最终考试，以获得 **FEA 产前与产后训练专家认证**。

Course Nature (Category 4) 课程性质（类别 4）

This is an advanced continuing education course intended for personal trainers or qualified fitness practitioners who have also completed prior levels of training in the specific subject area. This course is blended learning in nature, consisting of both live workshops and online self-learning components.

这是一门高阶继续教育课程，适用于已完成该特定领域前序培训的私人教练或具备资质的体适能从业者。课程采用混合式学习形式，包含现场课程与线上自主学习两部分内容。

Course Objectives 课程目标

- Understand the physiological changes that occur during pregnancy and after childbirth, how these affects physical activity, the main contraindications, and the professional role of a trainer in supporting women safely through both stages.
理解怀孕及产后阶段发生的生理变化，了解这些变化对身体活动的影响、主要禁忌事项，以及教练在安全支持女性度过这两个阶段中的专业角色。
- Design and deliver pregnancy-specific workouts, creating safe and progressive programs tailored to beginner, intermediate, and advanced clients.
设计并实施针对孕期的训练课程，为初学者、中阶和高阶客户制定安全且循序渐进的计划。
- Assess postnatal clients for core function and diastasis recti and implement core-friendly exercises and structured programs that support a safe and effective return to activity.
评估产后客户的核心功能及腹直肌分离情况，并运用核心友好的训练动作和结构化课程，支持客户安全且有效地恢复活动。

Class Plan 课程编排 (2-Day Course, 8:30am – 4:30pm 为期 2 天的课程，上午 8:30 – 下午 4:30)

Day 天	Duration 时长	Topics Covered 涵盖的主题	Format 格式
1	15 Mins 15 分钟	Introduction to Training Pregnant Clients 训练孕期客户的介绍	Theory 理论
	30 Mins 30 分钟	Physiological Changes in Pregnant Mums 孕期妈妈的生理变化	Theory 理论
	15 Mins 15 分钟	Training Guidelines & Sample Workout Structure 训练指南与示范课程结构	Theory 理论
	45 Mins 45 分钟	Exercise Choices for Warm-Up (Diaphragmatic Breathing, Kegel & Core Exercises) 热身运动选择（膈肌呼吸、凯格尔练习与核心训练）	Practical 实践
	60 Mins 60 分钟	Resistance Exercise Modification 阻力练习调整	Practical 实践
	15 Mins 15 分钟	Relaxation & Cooldown 放松与冷身	Practical 实践
	30 Mins 30 分钟	Cardiorespiratory Training 心肺训练	Practical 实践
	15 Mins 15 分钟	Nutrition 营养	Theory 理论
	30 Mins 30 分钟	Review 回顾	Practical 实践
	45 Mins 45 分钟	Case Study 案例研究	Discussion 讨论
	60 Mins 60 分钟	Leading a Workout Session for Pregnant Clients 带领孕期客户的训练课程	Practical 实践
2	30 Mins 30 分钟	Introduction to Training Post Partum Clients & Sample Workout Structure	Theory 理论

		介绍产后客户训练导论与示范课程结构	
30 Mins 30 分钟		Checking for Abdominal Separation 检查腹直肌分离	Practical 实践
60 Mins 60 分钟		Core Exercises for Abdominal Separation 针对腹直肌分离的核心训练	Practical 实践
30 Mins 30 分钟		Corrective Exercises for Post Partum Clients 产后客户的矫正训练	Practical 实践
30 Mins 30 分钟		Considerations for Abdominal Separation 腹直肌分离的注意事项	Practical 实践
15 Mins 15 分钟		Nutrition 营养	Theory 理论
30 Mins 30 分钟		A New Mum's ADL 新手妈妈的日常生活活动	Theory 理论
45 Mins 45 分钟		Case Study 案例研究	Discussion 讨论
60 Mins 60 分钟		Leading a Workout Session for Post Partum Clients 带领产后客户的训练课程	Practical 实践
30 Mins 30 分钟		Review, Marketing & Closing 回顾、营销与总结	Theory 理论

Note: This is a general class plan. The actual schedule may be adjusted based on the audience and class capacity, without altering the course content or learning objectives

注意：本计划为通用课程安排。实际日程可能会根据学员情况和班级容量进行调整，但不会改变课程内容或学习目标。

Learning Materials 学习材料

Digital course slide handouts 电子课程投影片讲义

Pre-requisite 先决条件

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. Refer to the course categories table for more information.

本课程为继续教育课程，适合希望学习如何在孕期及产后阶段训练客户的现有体适能专业人士参加。建议具备基础的健身指导或私人教练认证。更多信息请参阅课程类别表。

Awards 证书

- The Certificate of Completion is awarded upon full attendance and completion of the course.
完成全程出席并顺利完成课程后，将颁发结业证书。
- The Specialist Certification is awarded upon meeting all pre-requisites, exam components and grading criteria. Refer to the course categories table for more information.
专项认证将在学员满足所有先决条件、考试组成部分及评分标准后授予。更多信息请参阅课程类别表。

Disclaimer: The Certificate of Completion awarded simply confirms that the participant has successfully completed the required training or education. It does not indicate that the individual has been formally assessed or certified in this specific subject area according to industry standards. Thus, you are not certified in this topic to perform the role, as this is only a continuing education course. You must continue to work within the defined scope of practice of a certified personal trainer.

免责声明：所颁发的结业证书仅证明参与者已顺利完成相关培训或学习课程。这并不意味着该参与者已根据行业标准在此特定主题领域接受过正式评估或获得认证。因此，您并未在该主题中获得从业资格，因为本课程仅属于继续教育课程。您必须继续在已认证私人教练的既定执业范围内开展工作。

Grading Criteria / Exam Fee 评分标准/考试费

N/A 无

Course Provider 课程提供者

Fitness Edutraining Asia (FEA)

CEC Points 继续学习学分

ACE 1.2 CECs and NASM 1.2 CEUs

Dress Code 着装要求

Casual Attire 休闲装

What Do I Need to Bring? 我需要带什么？

Stationery and a spare change of clothes 文具和一套备用衣服

Course Capacity 课程人数

8 - 24 pax 8 - 24 人

Language 语言

English & Mandarin (Bilingual). Local language in respective countries may be available. 英文与中文（双语）。您的培训中心可能会另外提供您所在国家的本地语言。

Course Categories 课程类别

We offer four (4) distinct categories of fitness education designed to support individuals at every stage of their fitness journey, while clearly describing the nature, purpose, and depth of each course.

我们提供四（4）个不同类别的健身教育课程，旨在支持个人在健身旅程的每一个阶段。每个课程类别都清晰地描述了课程的性质、目的和深度。

Category 1: Health and Fitness Workshops 类别一：健康与健身课程	<p>These workshops are designed for fitness enthusiasts and independent exercisers who are eager to expand their knowledge and improve their own training practices. They are open to non-fitness professionals and do not require prior formal education in exercise science. 这些课程专为健身爱好者和独立锻炼者而设计，适合那些渴望拓展知识并提升自身训练水平的人士参加。课程开放给非健身专业人士，不需要具备运动科学方面的正式教育背景。</p> <p>However, it's important to note that these workshops are educational in nature and do not replace the personalized guidance and programming offered through one-on-one personal training. Certificates of Completion are awarded upon successful attendance and participation. 然而，需要注意的是，这些课程具有教育性质，并不能替代一对一私人训练所提供的个性化指导与课程规划。成功出席并积极参与者将获颁结业证书。</p> <p><u>What the Certificate Means 证书含义：</u></p> <p>Certificate of Completion — You have attended and completed the course. 完成证书—您已出席并完成课程</p>
Category 2: Primary Certification Courses 类别二：初级认证课程	<p>These are certification courses, designed to evaluate whether a candidate possesses the necessary competencies to perform and instruct effectively and responsibly within a defined professional role — such as a Personal Trainer, Health Coach, Yoga Instructor, Strength and Conditioning Specialist, or Pilates Teacher. 这些是认证课程，旨在评估学员是否具备在特定专业角色中（例如私人教练、健康教练、瑜伽导师、体能与力量训练专家或普拉提教师）高效且负责任地执行工作与教学所需的必要能力。</p> <p>The core purpose of certification is to protect the public by ensuring that individuals who work in these roles meet established industry standards for safety, effectiveness, and professionalism. 认证的核心目的是通过确保从业人员在这些岗位上符合既定的行业安全、有效性与专业水准，从而保障公众的利益。</p>

	<p>As such, certification courses are structured around objective standards of practice, not tailored for personal interest or general knowledge. For those whose goal is simply to learn more about training for their own use, working with a qualified personal trainer is often a more suitable and impactful approach. It offers a more personalized, practical, and flexible learning experience without the demands of formal evaluation or certification. 因此，认证课程是以客观的行业实践标准为核心架构的，而并非针对个人兴趣或一般知识需求量身定制。对于仅希望学习更多训练知识以用于自身的人来说，与合格的私人教练合作往往是更合适且更有成效的选择。这样的方式能够提供更个性化、实用且灵活的学习体验，同时无需面对正式评估或认证的要求。</p> <p><u>What the Certification Means 认证含义：</u></p> <p>Personal Trainer Certification — Certification is awarded upon meeting all exam components and grading criteria.</p> <p>私人教练认证—在完成并通过所有考试环节及评分标准后方可获得认证。</p>
<p>Category 3: Continuing Education Courses 类别三：继续教育课程</p>	<p>These are continuing education courses intended for certified personal trainers or qualified fitness practitioners. Their purpose is to deliver advanced knowledge and skill development to support ongoing professional growth within the fitness industry. 这些是继续教育课程，专为已获得认证的私人教练或具备资质的健身从业者而设。其目的在于提供更深入的知识与技能培训，以支持健身行业从业者的持续专业发展。</p> <p><u>Prerequisites are required 先决条件要求：</u></p> <p>These courses are not designed for individuals without a recognized personal trainer certification, as they build on core competencies expected of certified professionals. Participants without this foundation may find the content less applicable or difficult to fully grasp. 这些课程并不适合没有认可私人教练认证的人士，因为课程内容是建立在具备认证专业人士应有的核心能力之上进行的。缺乏这一基础的学员可能会发现课程内容不适用，或难以完全掌握。</p> <p>Additionally, these are not certification courses. The Certificate of Completion awarded simply confirms that the participant has successfully completed the required training or education. It does not indicate that the individual has been formally assessed or certified in this specific subject area according to industry standards. 此外，这些并非认证课程。所颁</p>

	<p>发的结业证书仅证明参与者已顺利完成规定的培训或学习，并不代表该人士已按照行业标准在此特定领域接受过正式评估或获得认证。</p> <p><u>What the Certificate Means 证书含义：</u></p> <p>Certificate of Completion — You have attended and completed the course. 完成证书—您已出席并完成课程。</p> <p>Disclaimer — You are not certified in this topic to perform the role, as this is only a continuing education course. You must continue to work within the defined scope of practice of a certified personal trainer. 免责声明—您并未在该主题领域获得可从事相关工作的认证，因为这仅是继续教育课程。您必须继续在已认证私人教练的既定执业范围内工作。</p>
<p>Category 4: Specialization Courses 类别四：专项进修课程</p>	<p>These are advanced continuing education courses intended for personal trainers or qualified fitness practitioners who have also completed prior levels of training in the specific subject area. Most courses are blended learning in nature, consisting of both live workshops and online self-learning components. 这些是高级继续教育课程，专为已完成该特定领域前序培训的私人教练或具备资质的健身从业者而设。大多数课程采用混合式学习模式，包含现场工作坊与线上自主学习两部分内容。</p> <p><u>Prerequisites are required 先决条件要求：</u></p> <p>All participants who fully attend the live course will receive a certificate of completion. To be eligible to earn the Specialist Certification, participants must have 所有全程参加现场课程的学员将获得结业证书。若要符合资格并获得专项认证，学员必须满足以下条件：</p> <ul style="list-style-type: none"> Completed at least one of the following 完成以下任一项： FEA Certified Fitness Practitioner – Module 3 OR NCCA accredited Personal Trainer Certification OR EuropeActive accredited Personal Trainer Certification OR Any equivalent qualification FEA 认证体适能从业者—单元 3，或 NCCA 认可的私人教练认证，或 EuropeActive 认可的私人教练认证，或 任何同等资质 Completed the prior level (Category 3) of respective courses. 完成相应课程的前一等级（类别 3）培训。 Pass all exam components and meet the grading criteria. 通过所有考试环节并达到评分标准。

	<p><u>What Each Certificate Means 各类证书含义：</u></p> <p>Certificate of Completion — You have attended and completed the course. 完成证书—您已出席并完成课程。</p> <p>Specialist Certification — You have completed the prior Category 3 course and attended the full course. Certification is awarded upon meeting all exam components and grading criteria. 专项认证—您已完成前一等级（类别 3）课程并全程参加本课程。在通过所有考试环节并符合评分标准后，将获颁专项认证。</p> <p>Disclaimer — You are not certified in this topic or to perform the role, as this is only a continuing education course. You must continue to work within the defined scope of practice of a certified personal trainer. 免责声明—您并未在该主题领域获得可从事相关工作的认证，因为这仅属于继续教育课程。您必须继续在已认证私人教练的既定执业范围内工作。</p>
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