



PRE & POST NATAL INSTRUCTOR

6 REPSSA ENDORSED CPD POINTS | REPSSA

COURSE DURATION: 2 DAYS

ONLINE | SHORT CONTACT COURSE

[VISIT THE COURSE PAGE](#) TO VIEW ALL OUR FEES AND EASY PAYMENT TERMS

entry requirements

If you hold a fitness qualification or exercise science qualification you will:

Receive a certificate of achievement | Be able to use this qualification to train clients

If you do not hold a fitness qualification or exercise science qualification you will:

Receive a certificate of attendance | Not be able to use this qualification to train clients

course overview

Training clients with specialist needs is a great way for fitness professionals to carve out a niche and gain a reputation in the industry. When a woman finds out she is pregnant her body undergoes a lot of changes for the little miracle to occur. This course will provide you with the knowledge to understand how these changes will be affecting your exercise prescription. The trainer needs to consider the trimester that the client is in,

contra-indicated exercises, previous training history, along with various special considerations and be aware of any symptoms which may indicate the baby or the mother is undergoing harm.

This course will provide the trainer with the tools to offer safe and effective exercise prescription to women who are currently pregnant and women who have recently given birth.

campuses/study modes

SHORT CONTACT COURSE	Johannesburg, Cape Town, Durban, PE, Nelspruit, Potchefstroom
ONLINE	Attend online workshops

course resources

- Contact course with online assignment submission
- Learner guide
- Hard copy manual
- Additional online resources videos
- Online Tutor support

accreditation

- 6 REPSSA endorsed CPD points
- HFPA Certificate of Achievement/Attendance

subjects & modules

SCOPE OF PRACTICE

PRENATAL EXERCISE MODULE

- | | |
|--|--|
| 1 Screening The Pregnant Client | 6 Guidelines For Exercise During Pregnancy |
| 2 Stages Of A Pregnancy | 7 Components Of The Pre-Natal Exercise Programme |
| 3 The Benefits Of Exercise During Pregnancy | 8 Nutritional Guidelines For Pregnancy |
| 4 Effects Of Pregnancy On The Body & Implications For Exercise | 9 Psychology Of Pregnancy |
| 5 General Exercise Recommendations For Pregnancy & Post Partum | |

POSTNATAL EXERCISE MODULE

- 1 Post-partum exercise
- 2 Post-partum nutritional guidelines
- 3 Examples of programmes
 - First trimester workout example
 - Second trimester workout example
 - Third trimester workout example

learning outcomes

Successful learners will be able to:

- Work with pregnant ladies during all trimesters of pregnancy
- HFPA students are recruited by Preggi Bellies to teach their programme

learning pathways

- Pilates Mat Instructor
- Kids's Development Specialist
- Posture Specialist

description of modes of delivery

CONTACT COURSE

We offer the largest selection of Continuing Education and Specialisation programmes to the SA Fitness industry. Our wide range of courses will assist you to expand your expertise, earn your CPD points and broaden your scope of services. All of our short courses conveniently take place on weekends. Our short course tutors are of the highest calibre, and our facilities are state of the art.

contact details

Enquiries: info@hfpa.co.za

Accounts: accounts@hfpa.co.za

National Contact Centre: 0861 777 010