



Pre- & Post Natal Instructor Short Course



Duration: 2 Days



8 REPSSA endorsed CPD points



Admission 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



Registered: REPSSA



Modes of delivery: Online



Subjects & Modules

SCOPE OF PRACTICE

PRENATAL EXERCISE MODULE

- ▶ Screening The Pregnant Client
- ▶ Stages Of A Pregnancy
- ▶ The Benefits Of Exercise During Pregnancy
- ▶ Effects Of Pregnancy On The Body & Implications For Exercise
- ▶ General Exercise Recommendations For

- ▶ Pregnancy & Post Partum
- ▶ Guidelines For Exercise During Pregnancy
- ▶ Components Of The Pre-Natal Exercise Programme
- ▶ Nutritional Guidelines For Pregnancy
- ▶ Psychology Of Pregnancy

POSTNATAL EXERCISE MODULE

- ▶ Post-partum exercise
- ▶ Post-partum nutritional guidelines
- ▶ 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



**Other courses you
might be interested in**

- ▶ **Water Aerobics Instructor**
- ▶ **Kids Development Specialist**
- ▶ **Group Training Specialist**