Pregnancy Fitness
.6 CEU's/ 6 CEC's

This class combines hours of lecture and practical training examples designed to give you the knowledge and skills you need to train pregnant women safely and effectively. The human body goes through many physiological and emotional changes throughout the 40 weeks of gestation. Trainers need to be aware of these changes and the effect they have in each phase of pregnancy in order to meet the needs of the client during this special time. The lectures will provide you with a foundation of knowledge about pregnancy and the importance of safe and effective exercise. During the practical demonstrations you will apply this knowledge and develop the skills and experience for safely and effectively training pregnant clients.

Students who successfully complete this course will be able to:

1. Identify the 10 most common changes that occur in a woman's body during pregnancy and describe the resulting discomforts.
2. Identify strategies for relief of common discomforts during pregnancy.
3. Explain the benefits and techniques of belly-breathing.
4. Identify and explain breathing exercises beneficial to pregnancy.
5. Discuss benefits of exercise to a woman's pregnant body.
7. Identify and explain tips for adjusting actively to the first trimester of pregnancy.
8. Discuss changes specific to the second trimester of pregnancy and reasons for exercise modifications.
9. Identify and explain strategies for staying positive during the third trimester.
10. Identify factors that contribute to increased pain during labor and delivery; and strategies for relieving pain during labor and delivery.
11. Practice and demonstrate safe and effective exercise for a pregnant client.
12. Identify and apply marketing strategies for attracting pregnant clients and building you personal training business.

Required Workshop Text: Motherwell Maternity Fitness Plan

Course Fee: $195