



INFORMATION BROCHURE

Pre & Postnatal Fitness Courses

PRE & POSTNATAL FITNESS SPECIALIST CERTIFICATION

ABOUT US

Since our establishment in 1993, AFA has become the leading fitness and wellness educator in Australia, assisting tens of thousands of graduates in progressing their fitness careers. We've been delivering continued education to fitness professionals for over 32 years.

At AFA, we recognize that exercise during and after pregnancy requires specialized knowledge to prepare the body for the unique, high-stress demands of pregnancy and birth and facilitate a full and effective recovery.

That's why we're proud to partner with ProNatal Fitness® to bring you a high-quality, evidence-based curriculum that will help you confidently design safe and effective training programs for pregnant and postpartum clients of all stages and fitness levels.

Read on for more information about both our Pre and Postnatal Fitness Specialist Course and Pre and Postnatal Education for Group Fitness Instructors Short Course.

COURSE OUTCOMES

- ✓ Design safe & effective training programs
- ✓ Train clients of all stages & fitness levels
- ✓ Know what exercises to focus on (& avoid)
- ✓ Prepare clients physically & mentally for birth
- ✓ Prevent (or address) common pains & injuries
- ✓ Help your clients fully recover & emerge stronger
- ✓ Ensure a safe return to impact & high-intensity
- ✓ Manage psychological changes & challenges
- ✓ Stand out as an expert in the fitness industry





THE APPROACH YOU WILL LEARN

The pregnancy journey places specific, high-stress demands on the human body – comparable to that of a major athletic event. That's why we believe the most effective way to train for this journey is to approach it the way athletes prepare for the unique demands of their sport - with specific preparation for the unique demands of the event ahead.

Just as the way you'd train for a marathon looks different than the way you'd train for a golf tournament or downhill skiing event, the same is true for the pregnancy journey. The demands are specific. The training should be too.

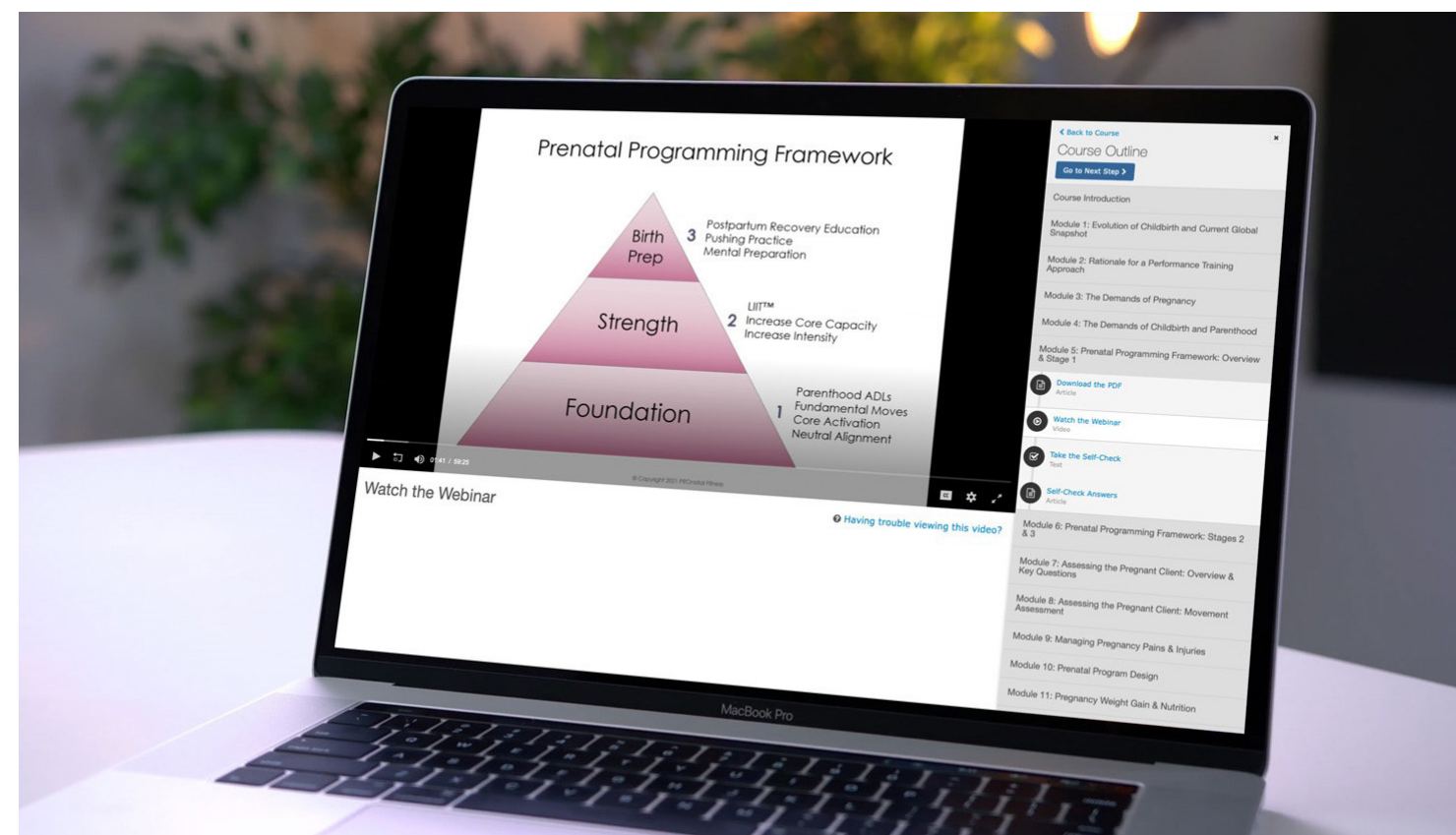
This is the approach you will learn how to utilize in this certification. It's called a Performance Training Approach. Utilizing this evidence-based training methodology, you'll be able to help your clients successfully manage the unique stresses placed on their bodies throughout this journey, and emerge even stronger.

COURSE STRUCTURE

This is a self-paced online course. You have 1-year access to the online learning platform to complete the course. However, since all the written materials are available for you to download, you have lifetime access to the course materials.

There are 17 learning modules. The course is estimated to take approximately 30 – 35 hours to complete. Each learning module contains a downloadable PDF, a video lesson, and a self-check to check your comprehension. You will also find several additional resources included throughout the course.

The course concludes with a final exam. There are 80 multiple-choice questions. You must receive an 85% (68 questions correct) to pass and receive your certificate and CECs. You can use any notes you want, but you must complete the exam within the 2-hour time limit. If you do not pass, exam re-tests can be purchased for \$35.



WHAT YOU WILL RECEIVE

- ✓ Video Lessons & Downloadable PDFs
- ✓ Full Course Electronic Textbook
- ✓ Self-Checks & Case Study Practice
- ✓ Programming Templates & Sample Workouts
- ✓ Video Library with 130+ Exercises
- ✓ Fillable Intake & Assessment Forms
- ✓ Pregnancy Nutrition Guide for Clients
- ✓ Birth Preparation Guide for Clients
- ✓ AUSactive & Sports Medicine Australia Pre & Postnatal Exercise Guidelines
- ✓ Pre & Postnatal Fitness Specialist Certificate
- ✓ ProNatal Certified Badge

FITREC™



COURSE OUTLINE

MODULE 1: Evolution of Childbirth

Explore the historical evolution of childbirth to gain insights into effective strategies for preparing and supporting clients through this most complex and taxing journey.

MODULE 2: Rationale for a Performance Training Approach

Discover the benefits that research has uncovered about the effects of exercise during pregnancy (on parent and child). Then, understand why we believe that a Performance Training Approach is the most effective way to prepare clients for this journey.

MODULE 3: The Demands of Pregnancy (How the Body Changes)

Understand the eight significant physical and physiological changes of pregnancy that have the greatest impact on physical activity.

MODULE 4: The Demands of Childbirth and Early Parenthood

Examine the stresses placed on the body during childbirth and early parenthood that you'll want to prepare your prenatal clients for.

MODULE 5: Prenatal Programming Framework (Overview and Stage 1)

Now that you understand the demands placed on the body during pregnancy, childbirth, and early parenthood, learn how to prepare your clients for all of these using the ProNatal Fitness® 3-Stage Prenatal Programming Framework. This module introduces you to the framework and covers Stage 1 (Foundation) in detail.

MODULE 6: Prenatal Programming Framework (Stages 2 and 3)

Delve into the details of Stage 2 (Strength) and Stage 3 (Birth Prep). By the end of each module, you will have a good sense of the objectives you'll need to accomplish with your prenatal clients and the order in which to do so. More detailed programming guidance comes in Module 10.

MODULE 7: Assessing the Pregnant Client Part 1: Overview & Key Questions

A critical component of prenatal program design is understanding your client's starting point. This module introduces you to the ProNatal Fitness® 3-step assessment process and covers the key questions to ask your new prenatal clients.

MODULE 8: Assessing the Pregnant Client Part 2: Movement Assessment

One component of the 3-step assessment process is the Movement Assessment. Discover a unique and powerful goal-based assessment strategy that will give you deeper insight into how your clients move outside the gym.

MODULE 9: Managing Pregnancy Pains & Injuries

Before we get into the detailed programming guidance in Module 10, it's important to understand the common pregnancy pains and injuries, as the movements you select will play a significant role in the degree to which your clients experience these. Dive into 8 of the most common pregnancy pains & Issues. For each, you'll understand the symptoms, causes, and how to prevent, mitigate, and/or address them.

MODULE 10: Prenatal Program Design

Now you have all the pieces of information needed to develop your prenatal training programs. This module covers the details on how to design training programs for clients of all stages, starting points, and fitness levels – including how to structure your sessions, how to select movements, guidance on what moves to avoid or regress by trimester, and case study practice.

MODULE 11: Pregnancy Psychological Changes and Coaching Strategies

In this final prenatal module, explore important psychological considerations when working with prenatal clients. Learn how to support your clients in the best way as they navigate this major life transition, and how to manage the difficult situation of a pregnancy loss.

MODULE 12: Postpartum Recovery: Physical Considerations

In this first postpartum module, delve into the physical considerations of the postpartum body, covering aspects such as the implications of vaginal and Cesarean births, weight loss, and healing of skin and fascia. Learn strategies to share with your clients to support their recovery during the initial weeks before they resume exercise.

MODULE 13: Postpartum Recovery: Psychological Considerations

While a new baby brings many wonderful changes, it also brings a fair share of challenges. Discover coaching strategies for some of the most common challenges postpartum clients face. This module also includes an overview of Perinatal Mood & Anxiety Disorders (PMADs), including how to spot and manage them.

MODULE 14: Postpartum Programming Framework: Overview & Stage 1

Similar to prenatal, in this module you will learn the ProNatal Fitness® 3-Stage Postpartum Programming Framework, then dive into Stage 1 (Foundation). Since there are many similarities to prenatal, we'll focus on the biggest difference in the Foundation Stage – the Core Recovery Protocol that you will take all postpartum clients through.

MODULE 15: Postpartum Programming Framework: Stages 2 and 3

Understand the objectives of Stage 2 (Strength) and Stage 3 (Performance) – learning strategies for gradually progressing core work and a step-by-step process for introducing impact and higher-intensity activities.

MODULE 16: Assessing the Postpartum Client

The postpartum assessment process is nearly identical to prenatal, but adds in one additional assessment -- the Diastasis Recti (DR) check. Learn how to check for DR in a manner that improves your testing accuracy and gives you a clearer understanding of your client's core integrity.

MODULE 17: Postpartum Program Design

Finally, just as in prenatal, learn how to design postpartum training programs for clients of all stages, fitness levels, and starting points. Since there are many similarities to prenatal, we will focus on the specific differences with postpartum, and conclude with case study practice.



PARTICIPANT FEEDBACK

"This course gave me 100% confidence to train my first pregnant client! This was my client's third pregnancy and she told me that it was her BEST birth experience! She said she felt so much stronger, and remarked how much easier it was to care for her other kids as well. It feels great to know the positive impact I made!"

Flavia Rocha, Certified Personal Trainer

"To say I was BLOWN AWAY by what I learned in this course would be an understatement. Applying what I learned during my own pregnancy, I feel stronger today than I was before pregnancy!"

Courtney Kessler, Certified Personal Trainer

"I should have taken this course years ago! I learned an entirely new framework for designing programs for my pre and postnatal clients. I cannot emphasize enough how impressed I was with the quality of this education. My only regret is not taking it earlier in my career!"

Irene E. Certified Personal Trainer

PAYMENT OPTIONS

UPFRONT PAYMENT

You can pay for the course entirely upfront for **\$1,100**.

WEEKLY SUBSCRIPTION

Get started with a **\$100 deposit** then **\$50 / week** or **\$100 / fortnight**.

PRE-REQUISITES

There are no pre-requisites for this course. However, it is recommended participants have completed a Fitness qualification or Bachelor in Exercise/ Health/Sports Science.

If you haven't yet completed any prior qualification, you can combine a Fitness Certificate with Pre & Postnatal Specialist Course at a discounted rate.

READY TO ENROL?

You can start your Enrolment Process by filling out the Pre & Postnatal Specialist form linked below:

ENROL HERE

NEED MORE INFO?

Contact us:

 fitnesseducation.edu.au

 info@afa.com.au

 1300 232 348

PRE & POSTNATAL EDUCATION FOR GROUP FITNESS INSTRUCTORS

Are you a Group Fitness Instructor who is not currently interested in *specializing* in pre & postnatal fitness but would love to learn how to better support the pregnant and postpartum members who attend your group fitness classes? Then this short (but powerful) course is for you!

In just a few hours, it arms you with the information and resources you need to provide a safe and effective experience for your pre & postnatal class participants.

The course is applicable for instructors of all formats (including HIIT, boxing, barre, yoga, Pilates, dance cardio, strength & conditioning, rowing, cycling, and running) and everything you learn is designed to be easily implemented in a group fitness setting.

COURSE OUTCOMES

- ✓ Know what to avoid or modify (and why)
- ✓ Offer options that stay true to your format
- ✓ Help members make choices for their bodies
- ✓ Easily provide safe core exercise alternatives
- ✓ Spot “red flags” and know what to do
- ✓ Support a safe & effective postpartum return
- ✓ Increase your marketability as an instructor

WHAT YOU WILL RECEIVE

- ✓ 4 Self-Paced Learning Modules (~5 – 7 hours)
- ✓ Video Lessons & Downloadable PDFs
- ✓ Pre & Postnatal Core Exercise Video Library
- ✓ Machine & Equipment Considerations Guide
- ✓ Certificate of Completion
- ✓ 5 CECs AUSactive & FITREC Accreditation

UPFRONT PAYMENT

You can pay for the course entirely upfront for **\$250**

PRE-REQUISITES

There are no formal pre-requisites for this course, therefore anyone interested in this topic is welcome to enrol. However, we highly recommend students first complete their Certificate III in Fitness.

To cater to those who have not yet completed a fitness certificate, AFA has created a discounted bundle course option including the Certificate III & Pre/Postnatal Education for Group Fitness Instructors Course. You can speak with one of our Careers Advisors for more information on this bundle option.

READY TO ENROL?

You can start your ProNatal Group Fitness Enrolment Process by filling out the form linked below:

[ENROL HERE](#)

“

After completing this course, I feel 1000% confident to help my pregnant and postpartum members in class! Beyond that, it has significantly enhanced my skills OVERALL as an instructor. Truly invaluable information!

Bella Flores, Martial Arts Coach

”

NEED MORE INFO?

Contact us:



fittededucation.edu.au



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1300 232 348