



Pregnancy & Exercise - Contemporary Training Guidelines

This comprehensive online workshop covers the essentials of training pregnant clients. It includes up to date information relevant to pre and post natal clients and clarifies many of the misconceptions associated with exercise. The information is current, research based and supported by key organisations including Sports Medicine Australia and the Royal College of Obstetricians and Gynaecologists.



Workshop Overview:

- Review of the physiology changes associated with pregnancy.
- Description of healthy weight gain.
- Clarification and identification of associated conditions that impact on exercise participation.
- Pre and post natal exercise guidelines including a comparison of contemporary and previous recommendations.
- Practical exercise and participation guidelines.
- Self-paced online course over 3 months.

Pre-requisite:

Participants must have completed the Certificate III in Fitness and be registered as a Gym Instructor to be eligible to attain Fitness Australia CECs from this course.

Upon completion of this course, Fitness Australia Registrants may be eligible to have the Pre & Post Natal delivery knowledge and skill areas recognised on their registration profile.

For more information contact Australian Fitness Academy on 1300 AFA FIT (232 348).

To enrol complete details below and email to info@afa.com.au or fax to 03 9532 9044.

Name:

Email:

Address:

Suburb:

State:

Postcode:

Phone: (H):

Phone (M):

Phone (W):

Fitness Australia Registration Number:

Date:

Course Cost: \$200

Visa

Mastercard

Cardholder's Name:

Card Number:

Expiry:

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CSV:

I, _____ (name), have read, clarified and understand each of the following:

- Payment Terms & Conditions - including the Payments, Cancellations, Refund and Deferment Policies.
- Student Handbook - including the course information, online learning requirements, participation and assessment requirements, code of conduct, privacy policy and student support services.

I understand that Australian Fitness Academy must be supplied with my Unique Student Identifier (USI) before I am eligible to receive official outcomes of my studies, including a Statement of Attainment, Statement of Results or a Testamur Certificate.

I understand & agree to the terms, conditions and policies outlined in these documents and on the website.

I verify that the information provided above is true and correct.

Name:

Signature:

For Office Use Only:

Careers Consultant Signature:

Careers Consultant Name:

Date: / /