

## ISA Pregnant and Postpartum Exercise Specialist Course



Sign up with your family/friends  
to enjoy special discounts!

This course is suitable for current personal trainers and coaches looking to upgrade themselves to better serve the pregnant and postpartum clientele group. The course will equip the participants with the right skills and knowledge to help pregnant ladies achieve a better quality of life and smoother delivery during pregnancy and even after pregnancy to recover back to strength.

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| <b>Course Duration</b>                                  | 6 hours over 1 day (Sat), 9am – 4pm (with 1 hr break)   |
| <b>Course Date</b>                                      | 5 Oct 2024  |
| <b>Course Fees</b>                                      | \$220 .00   |
| <b>Continuing Education Credits<br/>(if applicable)</b> | <ul style="list-style-type: none"> <li>• 5 CoachSG CCE Hours awarded upon completion</li> <li>• 0.6 ACE CECs awarded upon completion</li> </ul> |
| <b>Registration Deadline</b>                            | 30 Sep 2024   |

# ISA Pregnant and Postpartum Exercise Specialist Course

## Entry Requirement

Certified Personal Trainer/Coach (ACE, NSCA, CoachSG or equivalent)

## Grants Available (T&Cs apply)

- UTAP: 50% of unfunded course fees (before GST) for NTUC members with minimum 75% attendance rate, capped at \$250.00/year for members below 40 old, and \$500.00/year for members 40 years and above

## Course Synopsis

This course provides current instructors and coaches with an upskill in handling pregnant clients from during pregnancy to post-pregnancy. Pregnant clients should be treated individually as they may each present with different conditions or physical limitations, hence it is essential to be equipped with the right knowledge and skills to be able to handle their exercise regime and provide them a better quality of life during pregnancy and for smoother delivery.

This course will equip the participants with the skill to build a proactive and adaptive approach towards pregnant and postpartum clients and better enabling their lives and pregnant period through staying fit and healthy.

The course will cover 30% theory and 70% practical content, with emphasis on the exercise portion, alongside the progression/regression and safety aspects.

## Learning Objectives

- To identify the structural and physiological changes that comes with being pregnant and giving birth
- To be able to understand common conditions common with the group
- To utilize the current exercise requirements to structure workout program
- To be able to carry out, progress and regress exercises appropriately

## Assessment

A practical assessment will be conducted towards the end of the course to ensure that all participants are able to apply what they have learnt during the course and be provided feedback.

## Award

Upon completion of the course, each participant will be awarded a  
**Certificate of Completion for ISA Pregnant and Postpartum Exercise Specialist Course**

## Venue

**International Sports Academy**

GB Building, 143 Cecil St #26-01, Singapore 069542

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## Content

### Theory Topics

- Biological Aging
  - Structural Changes
  - Psychological Changes
- Exercise Requirements
  - Recommended Physical Activity Guidelines
  - Benefits
  - Safety
- Understanding Pregnancy by Trimester and Post-Pregnancy
  - Dos and Don'ts
- Managing Clients
  - Living Habits
  - Motivation Level
  - Limitations

### Practical Topics

- Physical Limitations
- Exercise Library
  - Park and Fitness Corners
  - Home
  - General Gym
- Progression and Regression of Exercises
- Safety Aspects: What you should do as an instructor?

### Practical Assessment

- Based on a case study, come up with an exercise session that is suitable.

**Note:** During the course, there will be practical and class activities to help reinforce these concepts and to see the relevance in our everyday lives.