



National Aerobics & Fitness Trainers Association

**PRE And POST NATAL Course
STUDY GUIDE**

1. Describe principles of basic exercise physiology and kinesiology as it relates to pregnancy.
2. Explain the maternal adaptations to exercise that occur during pregnancy and postpartum.
3. Name the ACOG guidelines safely guidelines for exercise during and after pregnancy.
4. Summarize the benefits of maternal exercise for both the mother and the fetus.
5. Specify evidence-based exercises and fitness goals that are important to include in exercise programs for women who are prenatal, pregnant, or postpartum.
6. Recognize the symptoms of overtraining in both the mother and the fetus.
7. Explain common discomforts of pregnancy and recommend exercises for relief of symptoms.

8. Recommend and demonstrate exercises for relieving discomfort for the pregnant participant.

9. Select and integrate mind body exercises, effective breathing, and relaxation techniques into an exercise program for pregnant women.

10. Illustrate a sound curriculum for teaching a maternity health and fitness program to women in all stages of pregnancy and postpartum.

11. Integrate a variety of small exercise apparatus into group and one-on-one sessions.

12. Design appropriate exercises for prenatal, pregnant and postpartum clients in the personal training setting.

13. Discuss the changing nutritional needs for women prenatal and in each stage of pregnancy.