



Founded 1979

**Dancing Thru Pregnancy®**

Box 3083

Stony Creek, CT 06405 USA

[www.dancingthrupregnancy.com](http://www.dancingthrupregnancy.com)

## **BASIC PRE/POSTNATAL INSTRUCTOR CERTIFICATION Correspondence Course**

The course is based on our most recent in-person seminars.

When you register for the correspondence course, you receive:

- a workbook with course objectives and study guide
- research updates and reading material germane to the course, inserted into the workbook
- a copy of the exam
- an envelope for returning the exam to our office for evaluation

The main reading (pages referred to in the workbook) is from the textbook:

- Cowlin, AF. Women's Fitness Program Development. Human Kinetics. 2002.

You need to purchase this separately from the publisher ([humankinetics.com](http://humankinetics.com)) or from Amazon or Barnes & Noble online, which may have used copies.

The exam must be returned by the date listed on the front cover in the envelope provided. It is due back 6 weeks from the time of your registration. Once your exam is reviewed, you will receive your results and any pertinent comments. You will also receive a course evaluation form.

Plan to read the objectives at the start of each section before reading the material. If you know the information required in these objectives, you will not have difficulty with the exam.

### **COURSE OUTLINE**

1. Characteristics of the Pre/postnatal Population and Fitness Programs
  - A. Labor and Birth--pivot points in pre/postnatal fitness; setting goals & priorities
  - B. Concepts in action--examples of appropriate activities
  - C. Sources--where to get information about the population and related research

Cont'd

2. Interactions of Pregnancy and Exercise
  - A. Areas of interaction and research findings
    1. Cardiovasculature and Hemodynamics
      - a) Placenta--implantation, trophoblast invasion, maternal systemic inflammatory response (MSIR), hypertensive disorders of pregnancy (PIH, preeclampsia), gestational diabetes
      - b) Shifts in c.v. measurement values
      - c) Hypotensive syndromes
      - d) Hypertensive disorders
      - e) Uteroplacental blood flow
    2. Thermoregulation
    3. Metabolism
      - a) Hyperinsulinemia & gestational diabetes--new material on genetics & lifestyle impact on offspring health (insulin resistance, c.v. health, allergy)
      - b) Weight gain & loss, obesity and diabetes
      - c) SES, nutrition & type of work
      - d) Stress--placental development and fetal responses
      - e) Energy needs
      - f) Immune system and pregnancy
    4. Respiration and Acid-Base Balance
    5. Biomechanics
    6. Psychosocial aspects (including postpartum depression)
    7. Fetal Responses to Maternal Exercise
    8. Pregnancy outcomes - whether and under what conditions PA affects birth weight
  - B. How exercise may prevent or treat disorders of pregnancy
3. Program Development - Necessary & Sufficient Exercise Components
  - A. Mind/Body - Centering, Relaxation, & Stress Management
  - B. Strength, Flexibility & Special Exercises (with a section on prenatal yoga)
  - C. Cardio - the component that most benefits outcomes
4. Nutrition -- pre-conception, pregnancy and breastfeeding; pregnancy weight gain
5. Program Management
  - A. Needs Assessment (including analysis of exercise fads in relation to pregnancy)
  - B. Intake Procedures
  - C. Program Evaluation (and importance of informed consent)
  - D. Networking & Marketing
6. Written Exam