

PRENATAL & POSTPARTUM FITNESS CERTIFICATE CORRESPONDENCE COURSE

Course includes home 212 page home study manual and test form. The test may be submitted via fax, mail or taken online. You receive CECs and certificate within 10 days of submitting and passing test.

You may order this course by contacting us at:

Phone: (877) 582-2227

Email: compfc@aol.com

You may also fax or mail in the form provided below with your order information.

You will receive the course package via priority mail within 4 days of receipt of payment.

Please feel free to contact us via email or phone if you have any questions! You may schedule a one day onsite training at your facility. For more information contact us.

For the past decade, Catherine has focused her work as an exercise physiologist on the development and instruction of innovative, medically based pre-and postnatal fitness programs.

Her consulting company, **“Comprehensive Fitness Consulting”** specializes in providing the most current pre-and postnatal exercise information and certification programs to hospital, fitness center and military healthcare professionals.

The prenatal and postpartum fitness certificate course was updated and revised in 2003 and includes the latest maternal fitness research, guidelines and exercise techniques.

Catherine has been a featured speaker at ICEA, NPACE, ACSM and military medical conferences, and she developed and was featured in two maternal fitness videos produced by the American College of Sports Medicine Healthy Learning Series.

Catherine has been featured in and written for publications such as The American Journal of Medicine and Sports, Glamour, Parenting, Fit Pregnancy and Babytalk. Her book, “Fit Pregnancy for Dummies” was published in 2004. Catherine has a Masters Degree in Exercise Physiology.

Training Course Content:

- Education on pre- and postnatal exercise physiology
- Exercise prescription and modification for various fitness levels and abilities
- Instruction on exercises developed by physical therapists for abdominal and pelvic floor strengthening
- Strength and flexibility training
- Innovative exercises developed specifically for pre-postnatal women

- Medical clearance information
- Policies and emergency procedures
- Program design and marketing
- Exercise and Pregnancy course certificate and continuing education credits provided. *(Following submission and passing of written exam)*

Training Manual

- Current research on maternal exercise and references-updated January 2003
- Physiological and biomechanical changes of pregnancy and postpartum
- American College of Obstetricians and Gynecologist guidelines update 2002
- Contraindications for exercise
- Extensive strength and flexibility training exercise photos and instruction
- Exercise prescription for pregnant and postpartum women
- Warning signs and symptoms for pre-and postnatal women
- Modifications for each trimester
- Nutritional recommendations
- Exercise design for water and land aerobic programs
- Relaxation techniques
- Health screening, medical clearance and exercise monitoring forms
- Handouts for class use

Course Continuing Education Credit Organization List

**Course certificate and continuing education credits provided through Desert Southwest Fitness, Inc. following passing of home study written exam.*

6.0-ACSM American College of Sports Medicine
6.0-ACNM American College of Nurse-Midwives
0.6-ACE American Council on Exercise
6.0-AEAAquatic Exercise Association
6.0-AFPA American Fitness Professionals Association
6.0-BCRPA British Columbia Recreation & Parks Association
6.0-CDRCommission on Dietetics Registration
6.0-CI The Cooper Institute
6.0-ISSA International Sports Sciences Assoc.
0.6-NASN National Association of Sports Nutrition

4.0-SCHEC National Committee for Health Education Credentialing
5.0-NCSF National Council on Strength and Fitness
6.0-NETA National Exercise Trainers Association
0.5-NFPT National Federation of Professional Trainers
0.6-NSCA-CC National Strength and Conditioning Assoc. Certification Commission
6.0 NSPA -National Strength Professionals Association
0.6-SFA American Senior Fitness Association
3.0 WITS-World Instructor Training Schools
3.0 YMCA

Physical and Occupational therapists may obtain 8.0 contact hours for this course.

Prenatal and Postpartum Fitness Certificate Course

Cost: \$99.00 (plus \$7.00 S&H)

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

Email _____

Payment
MC/Visa _____

Exp. ___/___/___

Check _____

TO: Comprehensive Fitness Consulting, LLC

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Middleton, WI 53562
Phone: (608) 831-8173