



National Fitness Leadership Alliance
Alberta Fitness Leadership Certification Association (AFLCA)
British Columbia Recreation and Parks Association (BCRPA)
Saskatchewan Parks and Recreation Association (SPRA)
Manitoba Fitness Council (MFC)
Ontario Fitness Council (OFC)
New Brunswick Council for Fitness and Active Living (NBCFAL)
Island Fitness Council (IFC)
Nova Scotia Fitness Association (NSFA)

Pre and Postnatal Exercise Leadership
Performance Standards

Pregnancy and Exercise

Performance Standard: The pre and postnatal exercise leader will be able to describe the relationship between physical activity and pregnancy.

Competencies

- a) Dispel existing myths about pregnancy and exercise
- b) Identify exercise barriers associated with pregnancy
- c) Describe the difference between an exercise class for pre and postnatal women and one for the general population
- d) Understand the benefits of physical activity for mother, fetus and child

Pregnancy Anatomy Physiology

Performance Standard: The pre and postnatal exercise leader will describe the physiological, psychological and sociological effects of pregnancy and their impact on physical activity.

Competencies

- a) Understand basic female reproductive anatomy
- b) Understand fetal development
- a) Understand physiological changes that can occur during pregnancy
- b) Understand hormonal changes that affect the prenatal and postnatal woman
- c) Understand the emotional and social benefits of physical activity

Performance Standard: The pre and postnatal exercise leader will be able to describe conditions associated with pregnancy and their impact on physical activity.

Competencies

- a) Understand the causes and potential discomforts of pregnancy
- b) Identify exercise interventions to manage pregnancy related discomforts.
- c) Identify when to recommend an alternative program
- d) Identify when to recommend the participant seek medical advice
- e) Describe screening and recommendations for diastasis recti
- f) Know when and where to refer to qualified exercise providers

Pregnancy and Childbirth

Performance Standard: The Pre and postnatal exercise leader will have an understanding about how physical activity can support expectant mothers for childbirth, labor and post natal recovery.

Competencies

- a) Understand how being physically active during pregnancy can help an expectant mother prepare for and cope with labour and delivery

- b) Understand common postnatal issues and how physical activity can help the expectant mother recover

Pregnancy Support

Nutrition

Performance Standard: The pre and postnatal exercise leader will understand nutritional recommendations for pregnancy for pre and post natal women.

Competencies

- a) Understand appetite changes during the pre and post natal period
- b) Understand the metabolic and recommended body composition changes during the pre and post natal period
- c) Understand the recommendations of Canada's food guide for pre and post natal women

Leadership/Communication Skills

Performance Standard: The pre and postnatal exercise leader will conduct a safe and effective fitness class using a variety of leadership styles and communication techniques

Competencies

- a) Demonstrate the ability to create a supportive non-competitive environment
- b) Explain the purpose of a given exercise and offer alternatives appropriate for pre and post natal women.
- c) Describe how to modify a class and integrate pre and post natal women into a regular fitness class
- d) Identify potential challenges that leaders may experience in an exercise class, and describe strategies for accommodating these situations for pre and post natal women
- e) Identify behavior changing strategies for motivating pre and post natal women

Exercise Analysis and Risk Management

Performance Standard: The pre and postnatal exercise leader will demonstrate methods that ensure safe and effective exercise selection and performance for pre and post natal women.

Competencies

- a) Describe the responsibilities and legal liabilities associated with a participant's responses to a self-administered health screen.
- b) For a given exercise, analyze its intended and actual purpose, potential risks to joint structures, and modifications or alternative exercises considering Pre and Post Natal functional ability.
- c) Knowledge of safety issues related to floor surfaces, proper footwear, ventilation and accessibility to water and washrooms
- d) Understand the absolute and relative contraindications to exercise during pregnancy and the post-natal period
- e) Understand warning signs to discontinue exercise while pregnant
- f) Understand reasons to discontinue exercise and seek medical advice while pregnant
- g) Understand why heart rate is less reliable in pregnant women as a way to gauge intensity levels.
- h) Understand which high risk exercise activities should be limited or avoided all together

Program Planning

Performance Standard: The pre and postnatal exercise leader will design and evaluate an effective program

Competencies

- a) Understand and administer pre-screening tools, and administer when each should be used (Parmedx and PARQ+)
- b) Describe why it is important to maintain updated information on participants and recommend that they inform leaders of changes during their pregnancy
- c) Understand and practice methods for continued monitoring of Pre and Post Natal exercise intensity.
- d) Assess the effectiveness of a pre and postnatal exercise program.
- e) Describe appropriate exercise positions for both prenatal and post-natal participants
- f) Describe exercises that can manage common pregnancy discomforts.
- g) Describe what types of training and activities will benefit pre and post natal women
- h) Describe the general exercise guidelines for the prenatal and postnatal participants

Class Organization Skills

Performance Standard: The pre and postnatal exercise leader will design, adapt and conduct a safe and effective Pre and Post Natal exercise class

Competencies

- a) Prepare an effective lesson plan for prenatal and postnatal women.
- b) Demonstrate the following: continuity of movements, smooth transitions between movements, body positions and compatibility with participants' abilities.

- c) Knowledge of appropriate exercises for muscular strength and endurance, balance, flexibility and cardio-respiratory fitness for pre and post natal women.
- d) Be able to design and pre and postnatal class design, including lengthened warm-up and cool-down, gradual aerobic progression, flexibility, muscle conditioning, and relaxation.
- e) Describe and demonstrate the relevance of common methods used to monitor exercise intensity for pre and post natal women.
- f) Knowledge of principles of exercise (i.e. specificity, progressive overload, FITT).
- g) Incorporate the use of appropriate portable equipment

Personal Professional Development

Performance Standard: The pre and postnatal exercise leader will understand the need professional and continuing education obligations.

Competencies

- a) Seek out and pursue continuing education opportunities
- b) Demonstrate an awareness of the Fitness Leader' code of conduct and the pre and postnatal exercise leader scope of practice.