

Bump & Beyond: Training Pregnant and Postpartum Clients

超级宝妈：训练怀孕与产后客户

Help Mum Stay Fit & Healthy During Pregnancy

让妈妈在怀孕期间保持健康，活力

Course Overview 课程介绍

“Pregnant women should not exercise” is an old myth that continues to persist in Asian culture. In fact, pregnancy is not a disability and experts at the American College of Obstetricians and Gynaecologists (ACOG) have shown again and again that healthy mothers-to-be should exercise to minimize the potential for any medical conditions that may arise with pregnancy.

“孕妇不宜运动”是个存在已久的迷思，深植于亚洲文化中。而事实是，怀孕不是残疾，美国妇产科学会（ACOG）专家一次次地表明，健康的准妈妈应该锻炼身体，以最大程度地降低怀孕后可能出现的任何医疗状况的可能性。

In our Bump & Beyond: Training Pregnant Clients course, you will gain a better understanding of the physiological changes in each trimester of pregnancy and how to address each stage with specific exercises plus essential relaxation techniques for mothers-to-be. The course also covers the numerous benefits of exercising during pregnancy for both mother and baby, as well as the benefits for labour.

在我们的超级宝妈：训练怀孕客户的课程中，您将清楚了解每个孕期的生理变化，以及如何通过特定的锻炼以及针对准妈妈的基本放松技巧解决每个阶段的问题。这能够为孕妇在怀孕与分娩时带来许多好处。

Moreover, most new mothers are unaware that it is recommended to start certain fundamental exercises as early as possible after giving birth, in order to speed up the recovery from postpartum issues like Diastasis Recti (DR) and pelvic floor trauma. In our Bump & Beyond: Training Postpartum Clients course, we will guide you in understanding the different types and processes of birth to help you design a specific training program for postpartum clients. We also examine postpartum concerns, contraindications, postural issues, abdominal care and nutritional guidelines to help new mothers go through this new stage of their lives. 此外，大多数新妈妈并没有意识到应在分娩后尽早开始一些基本的锻炼，以加快从腹直肌分离（DR）和骨盆底创伤等产后问题中恢复过来的速度。在我们的超级宝妈：训练产后客户课程中，我们将带您了解不同的生育类型和过程，以帮助您为产后客户设计个人训练计划。我们也会讲解如何评估产后问题，禁忌症，姿势问题，腹部护理和营养准则，以帮助新妈妈渡过新的生活阶段。

Course Highlights 课程亮点

- The do's and don'ts to exercises during the pre and post-partum period
产前产后运动的注意事项
- Step by step coaching to pelvic floor training
循序渐进的骨盆底肌训练
- Soft skills needed to manage Pre and post natal clients as both these phases can be an emotional/sensitive time for them

客户在产前产后的情绪波动可能会很大，掌握软技巧能够更好的与她们交流

- Exercises for abdominal separation
改善腹直肌分离的运动
- Train a mum to be a mum - learn exercises that makes mum stronger in their daily activities
把她训练像个妈妈，让妈妈们会能够轻松应付身为妈妈的日常
- Sample pre and post-partum training program according to trimesters.
根据孕期变化来训练产前产后客户的方案例子

Why Should You Consider This Course? 您为什么需要参与这项课程？

You want to work with pregnant and postpartum clients; both one-on-one and/or group setting

你想要在一对一或团体课程中，与怀孕或产后客户合作

What Are the Topics Covered? 课程内容包含了哪些主题？

- Exercise guidelines for pregnant and postpartum clients
孕妇和产后客户训练准则
- Physiological changes to pregnant clients
孕妇的生理变化
- Exercise choices for pregnant and postpartum clients
孕妇和产后训练的选择
- Dealing with diastasis recti
如何处理腹直肌分离
- Stress management and abdominal care for pregnant and postpartum clients
为孕妇和产后客户提供压力管理和腹部护理
- Nutritional considerations for pregnant and new moms
孕妇和新妈妈的营养注意事项
- Postpartum concerns and obstacles that new moms face
新妈妈面临的产后忧虑和障碍

Course Outline 课程大纲:

Onsite 实体课程
DAY 1 第 1 天 <ul style="list-style-type: none">• 9am – 9.15am: Introduction to training pregnant clients 训练孕期客户介绍• 9.15am – 9.45am: Physiological changes in Pregnant Mums 孕妇身体的变化• 9.45am - 10am: Training guidelines & Sample workout structure 训练准则和训练结构示例• 10am – 10.45am: Exercise choices for warm-up (diaphragmatic breathing, kegel and core exercises) 热身运动的选择 (横膈膜呼吸，凯格尔动作和核心训练)• 10.45am – 11.45am: Resistance exercise modification 阻力训练修改• 11.45am – 12pm: Relaxation and cool-down 放松和冥想• 12pm – 1pm: Lunch 午餐时间• 1pm – 1.30pm: Cardiorespiratory training 心肺训练

- 1.30pm – 1.45pm: Nutrition 营养
- 1.45pm – 2.15pm: Review 回顾
- 2.15pm – 3pm: Case Study 案例研究
- 3pm – 4pm: Leading a workout session for pregnant client 带领孕期客户进行训练

DAY 2 第 2 天:

- 9am – 9.30am: Introduction to training post-partum clients and sample workout structure 产后客户训练和训练结构示例介绍
- 9.30am – 10am: Checking for abdominal separation 检查腹直肌分离
- 10am – 11am: Core exercises for abdominal separation 改善腹直肌分离的核心训练
- 11am – 11.30am: Corrective exercises for post-partum clients 针对产后客户的矫正性训练运动
- 11.30am – 12pm: Considerations for abdominal separation 腹直肌分离的注意事项
- 12pm – 1pm: Lunch 午餐时间
- 1pm – 1.15pm: Nutrition 营养
- 1.15pm – 1.45pm: A new mum's ADL 新妈妈的日常活动
- 1.45pm – 2.30pm: Case study 案例研究
- 2.30pm – 3.30pm: Leading a workout session for post-partum client 带领产后客户进行训练
- 3.30pm – 4pm: Review, marketing and closing 回顾, 商业与行销

Online 线上课程

Zoom 视讯课程内容主题

第一堂 (第一天 上午) | 第二堂 (第一天 下午)

怀孕如何改变女性的身体: 第 1 到 3 期 | 为怀孕客户设计课表

第三堂 (第二天 下午) | 第四堂 (第二天 下午)

腹直肌分离, 为产后客户设计课表 | 营养学

Google Classroom 影片课程内容主题

(训练孕期客户)

怀孕辣妈 | 超级宝妈: 训练孕期与产后客户 | 怀孕母题 | 上下交叉综合症 | 运动的好处与美国妇产科医师学会 (ACOG) 准则

(训练产后客户)

检查腹直肌分离 | 检查骨盆底肌力量 | 产后妈妈的腹部护理 | 腹直肌分离的矫正性运

Who Will This Benefit? 这项课程适合谁?

- Fitness Professionals
体适能训练专家
- Strength and Conditioning Professionals
肌力与体能训练专家

Pre-requisite 参课条件

This is a continuing education course for existing fitness professionals who wish to learn how to train clients during pregnancy and post-partum period. Basic fitness instructing/personal training certification is recommended.

这是专为想训练怀孕与产后客户的体适能训练专家所设计的继续教育课程。建议事先获取基本体适能指导/私人教练证书。

Course Provider 课程提供单位

Fitness Edutraining Asia (FEA)

CEC Points 继续教育学分

ACE 1.2 CECs, NASM 1.2 CEUs

Course Duration 课程时长

12 hours (2 days)

12 小时 (2 天)

Learning Materials 学习材料

Digital course slide handouts

电子课程投影片讲义

Awards 证书

Upon full attendance and completion of this workshop/course, you will be awarded a Certificate of Workshop/Course completion

实体课：全程参与并完成工作坊/课程后，方能获取结业证书

或

线上课：1) 参加线上视讯课程，包括打开摄像头和实名登入 zoom 和

2) 课后测验通过：测验有 90 天期限作答，每次测验时间为 60 分钟，题数为 30 题，有三次作答机会 如三次都未通过 则需下一梯次补课后再测验，答对题数 70%即可获得证书学分。满足以上 2 点方能获取结业证书。

Grading Criteria 通过标准

Completion of course participation and assignment(s)

全程参与课程与完成作业

Recertification 重新认证

N/A

Exam Fee 考试费用

N/A

Dress Code 着装规范

Fitness attire

运动服装

What Do I Need To Bring? 我需要带什么?

Stationery and a spare change of clothes

实体课程：文具与一套换洗衣服 或 线上课程：有摄像头的电脑

Course Capacity 课程人数

A minimum of 10 pax and a maximum of 20 pax (live class) / 30 pax (virtual class)

实体课程：至少 10 人，最多 20 人 或 线上课程：30 人

Language 语言

Mandarin

中文

Information displayed above is correct during time of publishing and may subject to change without prior notice

以上资讯若有更动，恕不另行通知。