

## BUMP & BEYOND

FEA Pre & Post Natal Training Specialist

### Course Overview

The **FEA Pre and Post Natal Training Specialist** credential equips fitness practitioners with the knowledge and skills to safely guide clients through pregnancy and the postnatal period, helping women maintain safe activity levels during pregnancy and supporting their return to exercise after delivery. By understanding the physiological, hormonal, and biomechanical changes that occur during these stages, you will gain the confidence to coach, modify, and manage clients who may require additional care and consideration. The **Bump and Beyond workshop**, the practical foundation of this credential, introduces pregnancy-specific exercises for beginner, intermediate, and advanced clients, teaching effective modifications and safe coaching strategies, as well as assessing postnatal readiness for exercise. Upon completing the workshop, participants can proceed with the required online studies and final examination to earn the **FEA Pre and Post Natal Training Specialist** credential.

### Course Nature (Category 4)

This is an advanced continuing education course intended for personal trainers or qualified fitness practitioners who have also completed prior levels of training in the specific subject area. This course is blended learning in nature, consisting of both live workshops and online self-learning components.

### Course Objectives

- Understand the physiological changes that occur during pregnancy and after childbirth, how these affect physical activity, the main contraindications, and the professional role of a trainer in supporting women safely through both stages.
- Design and deliver pregnancy-specific workouts, creating safe and progressive programs tailored to beginner, intermediate, and advanced clients.
- Assess postnatal clients for core function and diastasis recti and implement core-friendly exercises and structured programs that support a safe and effective return to activity.

### Class Plan (2-Day Course, 8:30am – 4:30pm)

Day	Duration	Topics Covered	Format
1	15 Mins	Introduction to Training Pregnant Clients	Theory
	30 Mins	Physiological Changes in Pregnant Mums	Theory
	15 Mins	Training Guidelines & Sample Workout Structure	Theory
	45 Mins	Exercise Choices for Warm-Up (Diaphragmatic Breathing, Kegel & Core Exercises)	Practical
	60 Mins	Resistance Exercise Modification	Practical
	15 Mins	Relaxation & Cooldown	Practical
	30 Mins	Cardiorespiratory Training	Practical
	15 Mins	Nutrition	Theory
	30 Mins	Review	Practical

	45 Mins	Case Study	Discussion
	60 Mins	Leading a Workout Session for Pregnant Clients	Practical
2	30 Mins	Introduction to Training Post Partum Clients & Sample Workout Structure	Theory
	30 Mins	Checking for Abdominal Separation	Practical
	60 Mins	Core Exercises for Abdominal Separation	Practical
	30 Mins	Corrective Exercises for Post Partum Clients	Practical
	30 Mins	Considerations for Abdominal Separation	Practical
	15 Mins	Nutrition	Theory
	30 Mins	A New Mum's ADL	Theory
	45 Mins	Case Study	Discussion
	60 Mins	Leading a Workout Session for Post Partum Clients	Practical
	30 Mins	Review, Marketing & Closing	Theory

Note: This is a general class plan. The actual schedule may be adjusted based on the audience and class capacity, without altering the course content or learning objectives

### Learning Materials

Digital course slide handouts

### Pre-requisite

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. Refer to the course categories table for more information.

### Awards

- The Certificate of Completion is awarded upon full attendance and completion of the course.
- The Specialist Certification is awarded upon meeting all pre-requisites, exam components and grading criteria. Refer to the course categories table for more information.

Disclaimer: The Certificate of Completion awarded simply confirms that the participant has successfully completed the required training or education. It does not indicate that the individual has been formally assessed or certified in this specific subject area according to industry standards. Thus, you are not certified in this topic to perform the role, as this is only a continuing education course. You must continue to work within the defined scope of practice of a certified personal trainer.

### Grading Criteria / Exam Fee

N/A

### Course Provider

Fitness Edutraining Asia (FEA)

**CEC Points**

ACE 1.2 CECs (Ethics course) and NASM 1.2 CEUs

**Dress Code**

Fitness Attire

**What Do I Need to Bring?**

Stationery and a spare change of clothes

**Course Capacity**

8 - 24 pax

**Language**

English, Mandarin. Local language in respective countries may be available.

## Course Categories

We offer four (4) distinct categories of fitness education designed to support individuals at every stage of their fitness journey, while clearly describing the nature, purpose, and depth of each course.

<b>Category 1: Health and Fitness Workshops</b>	<p>These workshops are designed for fitness enthusiasts and independent exercisers who are eager to expand their knowledge and improve their own training practices. They are open to non-fitness professionals and do not require prior formal education in exercise science.</p> <p>However, it's important to note that these workshops are educational in nature and do not replace the personalized guidance and programming offered through one-on-one personal training. Certificates of Completion are awarded upon successful attendance and participation.</p> <p><u>What the Certificate Means:</u> <b>Certificate of Completion</b> — You have attended and completed the course.</p>
<b>Category 2: Primary Certification Courses</b>	<p>These are certification courses, designed to evaluate whether a candidate possesses the necessary competencies to perform and instruct effectively and responsibly within a defined professional role — such as a Personal Trainer, Health Coach, Yoga Instructor, Strength and Conditioning Specialist, or Pilates Teacher.</p> <p>The core purpose of certification is to protect the public by ensuring that individuals who work in these roles meet established industry standards for safety, effectiveness, and professionalism.</p> <p>As such, certification courses are structured around objective standards of practice, not tailored for personal interest or general knowledge. For those whose goal is simply to learn more about training for their own use, working with a qualified personal trainer is often a more suitable and impactful approach. It offers a more personalized, practical, and flexible learning experience without the demands of formal evaluation or certification.</p> <p><u>What the Certification Means:</u> <b>Personal Trainer Certification</b> — Certification is awarded upon meeting all exam components and grading criteria.</p>
<b>Category 3: Continuing Education Courses</b>	<p>These are continuing education courses intended for certified personal trainers or qualified fitness practitioners. Their purpose is to deliver advanced knowledge and skill development to support ongoing professional growth within the fitness industry.</p> <p><u>Prerequisites are required:</u> These courses are not designed for individuals without a recognized personal trainer certification, as they build on the core competencies</p>

	<p>expected of certified professionals. Participants without this foundation may find the content less applicable or difficult to fully grasp.</p> <p>Additionally, these are not certification courses. The Certificate of Completion awarded simply confirms that the participant has successfully completed the required training or education. It does not indicate that the individual has been formally assessed or certified in this specific subject area according to industry standards.</p> <p><u>What the Certificate Means:</u>  <b>Certificate of Completion</b> — You have attended and completed the course.</p> <p><b>Disclaimer</b> — You are not certified in this topic to perform the role, as this is only a continuing education course. You must continue to work within the defined scope of practice of a certified personal trainer.</p>
<p><b>Category 4: Specialization Courses</b></p>	<p>These are advanced continuing education courses intended for personal trainers or qualified fitness practitioners who have also completed prior levels of training in the specific subject area. Most courses are blended learning in nature, consisting of both live workshops and online self-learning components.</p> <p><u>Prerequisites are required:</u>  All participants who fully attend the live course will receive a certificate of completion. To be eligible to earn the Specialist Certification, participants must have:</p> <ul style="list-style-type: none"> <li>Completed at least one of the following:  <b>FEA Certified Fitness Practitioner – Module 3 OR</b>  <b>NCCA accredited Personal Trainer Certification OR</b>  <b>EuropeActive accredited Personal Trainer Certification OR</b>  <b>Any equivalent qualification</b></li> <li>Completed the prior level (Category 3) of respective courses.</li> <li>Pass all exam components and meet the grading criteria.</li> </ul> <p><u>What Each Certificate Means:</u>  <b>Certificate of Completion</b> — You have attended and completed the course.</p> <p><b>Specialist Certification</b> — You have completed the prior Category 3 course and attended the full course. Certification is awarded upon meeting all exam components and grading criteria.</p> <p><b>Disclaimer</b> — You are not certified in this topic or to perform the role, as this is only a continuing education course. You must continue to work within the defined scope of practice of a certified personal trainer.</p>

The information displayed above is correct during the time of publishing and may subject to change without prior notice.