



Course Title: **Aquatic Programming for Pregnancy & PostPartum**

Produced by: **Fitness Learning Systems**  
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Course Type: **e-Learning Home Study**

Credit hours: AEA 4.0, ACSM 4.0, ATRI 0.4, COPS-KT 0.4,  
NFPT 1.0, NCSF 2.0, YMCA 4.0, NSPA 4.0

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Course Summary:

The aquatic environment is a beautiful place for the pregnant woman to exercise comfortably while pregnant, and to regain strength and stamina after birth. Maintaining exercise during pregnancy provides many benefits to both mother and fetus including increased circulation, a healthier pregnancy, an easier birth, and faster recovery.

Water provides a low impact, viscous environment making exercise effective yet safe for the mother and fetus.

Learn effective aquatic programming and intensity variations as well as special considerations to protect the mother and baby.

Objectives:

Upon completion of this course, you will be able to:

1. be aware of legal concerns for pregnancy.
2. understand the natural changes associated with pregnancy.
3. be aware of the recommended exercise guidelines for pregnant women.
4. be aware of the potential benefit and risks of exercise for this population.
5. understand how to plan a class for this population.
6. look for and recognize individual special considerations.

Outline:

Physical Changes:

Cardiovascular Changes  
Respiratory Mechanical

Thermoregulatory Metabolic Changes  
Other Considerations  
Trimester Changes  
Postpartum Changes

Recommendations:

Fetal Response to Maternal Exercise  
Focus on Women's health (web site)  
American College of Obstetricians and Gynecologists  
Contraindication to Exercise

Benefits of Exercise:

General  
Muscular  
Delivery  
Fetus

Benefits of Aquatic Exercise:

Reduced Impact from Exercise  
Cooling Benefits  
Reduced Heart Rate Response but Similar Oxygen Consumption  
Reduced Swelling  
Improved Circulation  
Balanced Musculoskeletal Workout  
Improved Balance and Coordination  
Trunk Strengthening and Stabilization for Posture

Class Planning:

Pre-Class Planning  
Pre-Class Instruction  
Warm Up  
Cardiovascular  
Cool Down  
Final Stretch  
Shallow vs. Deep  
Equipment Use  
Example Class

Exercise Considerations:

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