

# Postgraduate Certificate Fitness Instructor in Physical Exercise and Pregnancy

Endorsed by the NBA



**tech** technological  
university





## Postgraduate Certificate Fitness Instructor in Physical Exercise and Pregnancy

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/in/sports-science/postgraduate-certificate/fitness-instructor-physical-exercise-pregnancy](http://www.techtute.com/in/sports-science/postgraduate-certificate/fitness-instructor-physical-exercise-pregnancy)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Course Management

---

*p. 12*

04

Structure and Content

---

*p. 16*

05

Methodology

---

*p. 20*

06

Certificate

---

*p. 28*

# 01

# Introduction

In many cases, women do not want to give up their physical activity during pregnancy. On the contrary, they want to be able to adapt their exercises to the stage of pregnancy they are in. For this reason, this academic program emphasizes the acquisition of in-depth knowledge of pregnancy and physical activity. Thus, upon completion of the qualification, the professional will be able to design exercise plans adapted to the needs of pregnant women from an informed and effective perspective.







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*With this Postgraduate Certificate you will be able to design and implement physical exercise plans adapted to each stage of pregnancy”*

During pregnancy, physical exercise is not contraindicated. On the contrary, doctors recommend that pregnant women adapt their sport to the stage of their pregnancy. Therefore, it is crucial that fitness instructors know how to work with pregnant women, offering them exercise routines that maintain their physical condition without harming the baby's health.

For all these reasons, this program will delve into everything related to pregnancy and physical exercise. Throughout the program, the different morphophysiological adaptations observed will be studied and their impact on physical exercise plans will be emphasized. Postural modifications and care, and motor control adjustments will be essential as the pregnancy progresses.

Possible pathologies, care and contraindications during the process, as well as responses and adaptations to physical exercise, will be taken into consideration. Finally, the assignment of the physical exercise program will be addressed, dividing it into the three characteristic trimesters and a proposal no less important for after giving birth.

All these contents will be taught in online format, therefore, the student will be able to study where and when they want, only needing a device with internet access to advance in their studies.

This **Postgraduate Certificate in Fitness Instructor in Physical Exercise and Pregnancy** contains the most complete and up-to-date program on the market. The most important features include:

- Practical cases presented by experts in Physical Activity and Sport
- The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional development
- Practical exercises where self-assessment can be used to improve learning
- Its special emphasis on innovative methodologies
- Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- Content that is accessible from any fixed or portable device with an Internet connection



*The only way for professionals to differentiate their profile from that of other professionals is through academic updating. With programs like this one, this goal becomes a reality"*

“

*Learn how to work with pregnant women and become a much more prepared fitness instructor, thus revaluing your professional profile"*

The program includes, in its teaching staff, professionals from the sector who bring their work experience to this refresher program, as well as renowned specialists from reference societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive training programmed to train in real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise throughout the program. For this purpose, the professional will be assisted by an innovative interactive video system created by renowned and experienced experts.

*Learn how to design exercise plans adapted to the needs of pregnant women and become a much more sought-after professional.*

*A unique, key and fundamental program to take your career to the next level.*

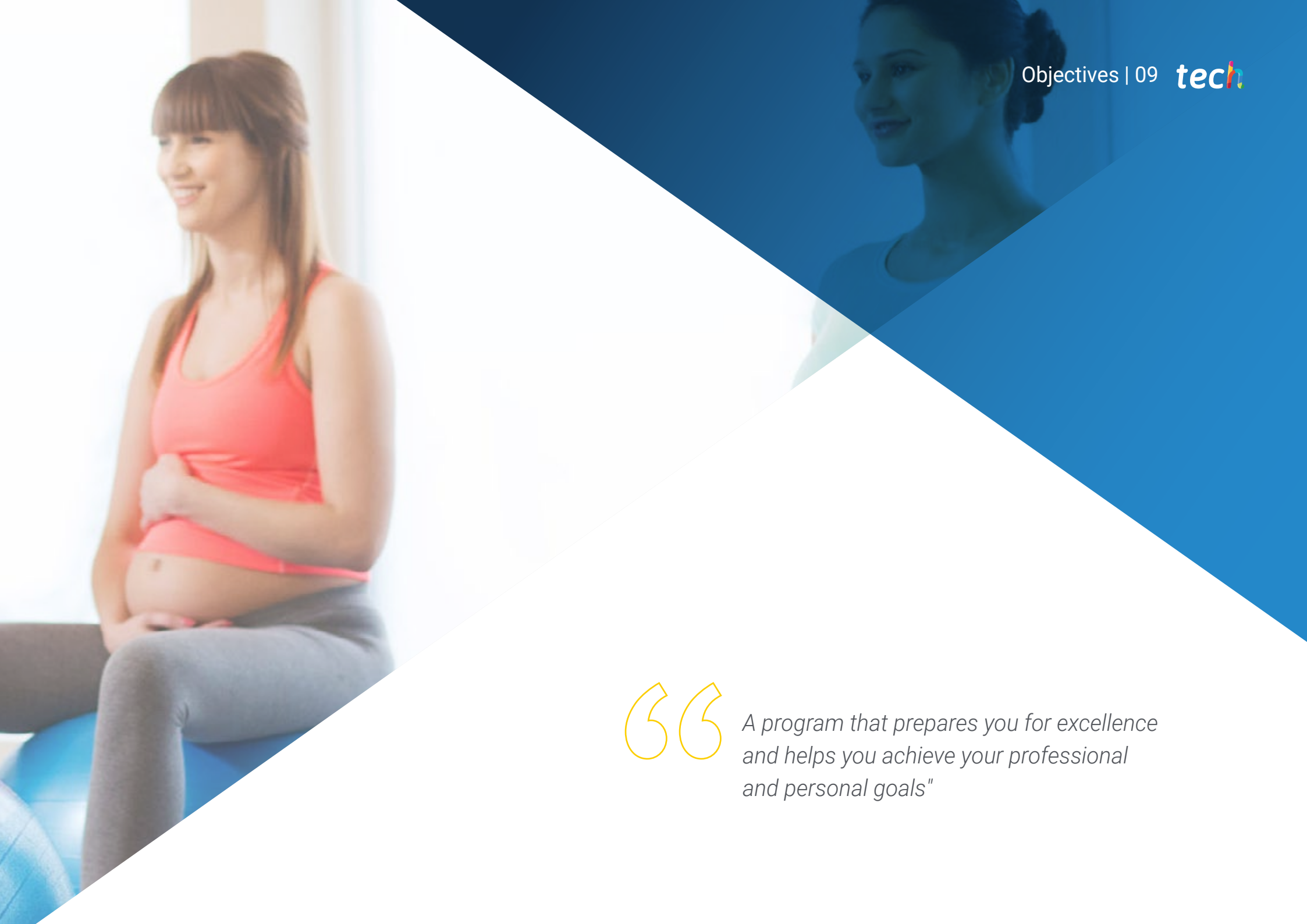


# 02 Objectives

The main objective of this academic program is to enhance students' acquisition of specific skills that will become the foundation on which they will base their daily practice. To this end, a program of the highest level has been created based on the latest developments in the sector and created with the utmost scientific rigor. These contents will be taught by a team of first-class professionals, who will provide the student with valuable tools to work as a Fitness Instructor, knowing how to work and attend special groups.







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*A program that prepares you for excellence and helps you achieve your professional and personal goals”*



## General Objectives

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- ♦ Acquire knowledge based on the most current scientific evidence with full applicability in the practical field
- ♦ Master all the most advanced methods of sports performance evaluation
- ♦ Master and apply with certainty the most current training methods to improve sports performance and quality of life, as well as to improve the most common pathologies
- ♦ Master the principles governing exercise physiology, as well as biochemistry
- ♦ Successfully integrate all the knowledge acquired in the different modules in real practice





## Specific Objectives

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- ◆ Know in depth the morphofunctional changes of the pregnancy process
- ◆ In-depth understanding of the biopsychosocial aspects of pregnancy
- ◆ Be able to plan and program training in an individualized way for a pregnant woman



*By studying with the best content and with the best faculty you are assured of achieving your career goals"*

03

# Course Management

The faculty of this program is made up of a group of active and highly qualified experts. Thus, the professional who decides to take this program with TECH, will learn from a faculty of excellence, with years of experience in the sector and with the greatest desire to graduate the best in this field. For this reason, this team has also designed the contents of the program, ensuring the student a complete learning experience, based on the highest scientific rigor and the latest developments in the sector.







“

*Learning from professionals of this caliber is priceless"*

## Management



### Mr. Rubina, Dardo

- ◆ CEO of Test and Training
- ◆ EDM Physical Training Coordinator
- ◆ Physical trainer of the EDM First Team
- ◆ Master's Degree in High Performance in Sports(ARD) COE
- ◆ EXOS Certification
- ◆ Specialist in Strength Training for the Prevention of Injuries, Functional and Physical-Sports Rehabilitation
- ◆ Specialist in Strength Training Applied to Physical and Sports Performance
- ◆ Certification in Weight Management and Physical Performance Technologies
- ◆ Postgraduate course in Physical Activity in Populations with Pathologies
- ◆ Diploma in Advanced Studies (DEA) University of Castilla la Mancha
- ◆ PhD in High Performance Sports(ARD)



## Professors

### Mr. Renda, Juan

- ♦ National Professor of Physical Education. ISEF No. 1 "Dr. Enrique Romero Brest"
- ♦ Degree in Kinesiology and Physiatry. University Institute H.A. Foundation Babelo
- ♦ Bachelor's Degree in Physical Education with a specialization in Physiology of General Physical Work at San Martin National University
- ♦ Master's Degree in Physical Education at the National University of Lomas de Zamora

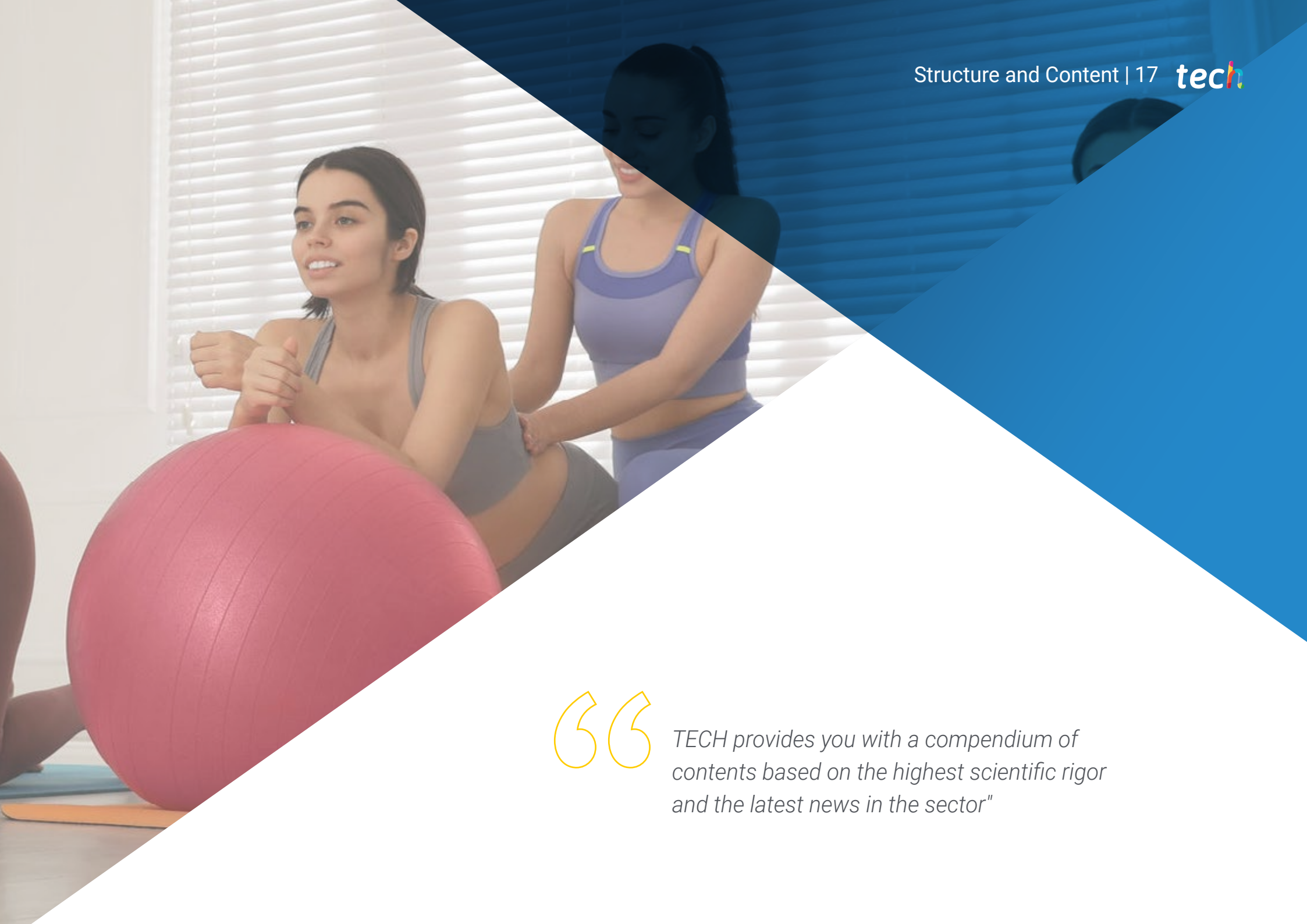
# 04

## Structure and Content

Students who decide to take this program will have access to the most complete bank of contents on the market. This syllabus has been designed by a first-class professional team, who have generated the content based on the highest scientific rigor and the latest developments in the sector. Thus, the student will be able to acquire complete and ideal knowledge to work in this field with greater guarantees of success.







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*TECH provides you with a compendium of contents based on the highest scientific rigor and the latest news in the sector"*

## Module 1. Physical Exercise and Pregnancy

- 1.1. Morphofunctional Changes in the Female Body during Pregnancy
  - 1.1.1. Body Mass Modification
  - 1.1.2. Modification of the Center of Gravity and Relevant Postural Adaptations
  - 1.1.3. Cardiorespiratory Adaptations
  - 1.1.4. Hematological Adaptations
  - 1.1.5. Adaptations of the Locomotor System
  - 1.1.6. Gastrointestinal and Renal Modifications
- 1.2. Pathophysiologies Associated with Pregnancy
  - 1.2.1. Gestational Diabetes Mellitus
  - 1.2.2. Supine Hypotensive Syndrome
  - 1.2.3. Anaemia
  - 1.2.4. Lumbalgias
  - 1.2.5. Diastasis Recti
  - 1.2.6. Varicose Veins.
  - 1.2.7. Pelvic Floor Dysfunction
  - 1.2.8. Nerve Compression Syndrome
- 1.3. Kinefilaxia and Benefits of Physical Exercise in Pregnant Women
  - 1.3.1. Care to Be Taken into Account During Activities of Daily Life
  - 1.3.2. Preventive Physical Work
  - 1.3.3. Biological and Psychosocial Benefits of Physical Exercise
- 1.4. Risks and Contraindications of Physical Exercise in Pregnant Women
  - 1.4.1. Absolute Contraindications to Physical Exercise
  - 1.4.2. Relative Contraindications to Physical Exercise
  - 1.4.3. Precautions to be Taken into Account During Pregnancy
- 1.5. Nutrition in Pregnant Women
  - 1.5.1. Body Mass Weight Gain with Pregnancy
  - 1.5.2. Energy Requirements Throughout Pregnancy
  - 1.5.3. Nutritional Recommendations for the Practice of Physical Exercise
- 1.6. Training Planning for Pregnant Women
  - 1.6.1. First Quarter Planning
  - 1.6.2. Second Quarter Planning
  - 1.6.3. Third Quarter Planning
- 1.7. Musculoskeletal Training Programs
  - 1.7.1. Motor Control
  - 1.7.2. Stretching and Muscle Relaxation
  - 1.7.3. Muscle Fitness Work
- 1.8. Programming Speed Training
  - 1.8.1. Modality of Low-Impact Physical Work
  - 1.8.2. Weekly Workload
- 1.9. Postural and Preparatory Labor for Childbirth
  - 1.9.1. Pelvic Floor Exercises
  - 1.9.2. Postural Exercises
- 1.10. Return to Physical Activity after Giving Birth
  - 1.10.1. Medical Discharge and Recovery Period
  - 1.10.2. Care at the Beginning of Physical Activity
  - 1.10.3. Conclusions and Closing of the Module



*A unique, key and decisive program to take your professional career to the top"*







# 05 Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.







“

*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

### Case Study to contextualize all content

Our program offers a revolutionary approach to developing skills and knowledge. Our goal is to strengthen skills in a changing, competitive, and highly demanding environment.

“

*At TECH, you will experience a learning methodology that is shaking the foundations of traditional universities around the world"*



*You will have access to a learning system based on repetition, with natural and progressive teaching throughout the entire syllabus.*



*The student will learn to solve complex situations in real business environments through collaborative activities and real cases.*

### A learning method that is different and innovative

This TECH program is an intensive educational program, created from scratch, which presents the most demanding challenges and decisions in this field, both nationally and internationally. This methodology promotes personal and professional growth, representing a significant step towards success. The case method, a technique that lays the foundation for this content, ensures that the most current economic, social and professional reality is taken into account.

“*Our program prepares you to face new challenges in uncertain environments and achieve success in your career”*

The case method is the most widely used learning system in the best faculties in the world. The case method was developed in 1912 so that law students would not only learn the law based on theoretical content. It consisted of presenting students with real-life, complex situations for them to make informed decisions and value judgments on how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

What should a professional do in a given situation? This is the question we face in the case method, an action-oriented learning method. Throughout the program, the studies will be presented with multiple real cases. They will have to combine all their knowledge and research, and argue and defend their ideas and decisions.

## Relearning Methodology

TECH effectively combines the Case Study methodology with a 100% online learning system based on repetition, which combines 8 different teaching elements in each lesson.

We enhance the Case Study with the best 100% online teaching method: Relearning.

*In 2019, we obtained the best learning results of all online universities in the world.*

At TECH, you will learn using a cutting-edge methodology designed to train the executives of the future. This method, at the forefront of international teaching, is called Relearning.

Our university is the only one in the world authorized to employ this successful method. In 2019, we managed to improve our students' overall satisfaction levels (teaching quality, quality of materials, course structure, objectives...) based on the best online university indicators.





In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

With this methodology, we have trained more than 650,000 university graduates with unprecedented success in fields as diverse as biochemistry, genetics, surgery, international law, management skills, sports science, philosophy, law, engineering, journalism, history, markets, and financial instruments. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

*Relearning will allow you to learn with less effort and better performance, involving you more in your training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for success.*

From the latest scientific evidence in the field of neuroscience, not only do we know how to organize information, ideas, images and memories, but we know that the place and context where we have learned something is fundamental for us to be able to remember it and store it in the hippocampus, to retain it in our long-term memory.

In this way, and in what is called neurocognitive context-dependent e-learning, the different elements in our program are connected to the context where the individual carries out their professional activity.



This program offers the best educational material, prepared with professionals in mind:



### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



### Classes

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



### Practising Skills and Abilities

They will carry out activities to develop specific competencies and skills in each thematic area. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop in the context of the globalization that we are experiencing.



### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





#### Case Studies

Students will complete a selection of the best case studies chosen specifically for this situation. Cases that are presented, analyzed, and supervised by the best specialists in the world.



#### Interactive Summaries

The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



# 06 Certificate

The Postgraduate Certificate in Fitness Instructor in Physical Exercise and Pregnancy guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.





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*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork”*

This **Postgraduate Certificate in Fitness Instructor in Physical Exercise and Pregnancy** contains the most complete and up-to-date program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery\*.

The certificate issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations and professional career evaluation committees.

Title: **Postgraduate Certificate in Fitness Instructor in Physical Exercise and Pregnancy**

Official N° of hours: **150 h.**

Endorsed by the NBA



\*Apostille Convention. In the event that the student wishes to have their paper certificate issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.

future

health confidence people

education information tutors

guarantee accreditation teaching

institutions technology learning

community commitment

**tech** technological  
university

personalized service innovation

knowledge present  
online training

development languages

virtual classroom

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# Postgraduate Certificate

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