

## EuropeActive Standards Summary Document Pregnancy and Post Natal Exercise Specialist (EQF Level 5)

*©Copyright EuropeActive 2017 This publication is copyright and remains the intellectual property of EuropeActive. No part of it may be reproduced by any means without the prior written permission of EuropeActive.*

### Pregnancy and Post Natal Exercise Specialist

#### Definition

The role of the Pregnancy and Postnatal Exercise Specialist (PPES) is to build exercise participation for beginners and already active women at all stages of pregnancy and during the postpartum period. This could be done through group or individual exercise programmes that meet their needs and objectives. In addition, the Pregnancy and Postnatal Exercise Specialist will be expected to assess overall physical fitness, to develop proper exercise programmes, to review participants' progress and to be able to report on adherence and outcomes to relevant stakeholders.

#### Scope

The occupation of PPES is informally referenced to the European Qualification Framework level 5.

#### Specific pre-requisites

- EQF Level 4 Personal Trainer skills and knowledge or equivalent accredited certification
- EQF Level 3 Group Fitness Instructor or equivalent accredited certification if the Exercise Specialist wants to deliver group exercise.
- If aquatic activities are planned, the adequate qualifications for conducting exercise in water are required.
- At least 3 months fulltime equivalency of working as an Exercise Professional.

#### Essential skills

<b>Understand professional responsibilities</b>	Know the evidence-based benefits of exercise for pregnant and postpartum women as well as policies, guidance and ethical issues relating to the provision of exercise for pregnant and postpartum women.
<b>Understand the morphological, physiological and biomechanical adaptations during pregnancy and postpartum</b>	Know the interactive effects of morphological, physiological, biomechanical and hormonal adaptations to pregnancy phases, postpartum and to exercise. Know the dose-response relationship between physical activity and health for the pre- and postnatal period.
<b>Understand the psychosocial aspects of exercise during pregnancy and postpartum</b>	Know the psychosocial adaptations to pregnancy and postpartum and the main barriers to participation in pre- and postnatal exercise. Be able to identify signs of depression and anxiety in pregnant and postpartum women. Be able to apply stress management technique and, motivational and behaviour change strategies for starting exercise or keeping adherence to exercise.
<b>Communicate effectively with pregnant and postnatal clients</b>	Communicate with pregnant and postpartum women in tasks related to the implementation of an exercise programme. Educate women on pre- and postnatal physical activity and exercise. Promote pregnant and postpartum women's engagement in specific exercise and health programmes

<b>Apply basic nutrition rules and other aspects of healthy lifestyle related to pregnancy and postpartum</b>	Advice pregnant and postpartum women on lifestyle, including healthy eating and stress management, emphasising the benefits of exercise for expectant mothers and their babies.
<b>Understand health issues and safety considerations related to pregnancy and postpartum</b>	Know the contraindications, risk factors, complications and prevalence of discomforts and health conditions associated with pregnancy and postpartum. Recognise and respond to emergency situations and to warning signs to terminate exercise.
<b>Understand and apply health and fitness assessment in pregnant and postpartum women</b>	Be able to safely perform health and fitness assessments related to pregnant and postpartum women's exercise participation.
<b>Manage healthcare referrals</b>	Respect own professional limitations to implementing exercise programmes in pregnancy and the postpartum period, and receive referrals from and refer women to other professionals as appropriate.
<b>Understand and apply the prescription, implementation, and adaptation of exercise for pregnant and postpartum women</b>	Program, adapt and supervise group or individual exercise, according to women's condition, each trimester of pregnancy and/or postpartum period, following evidence-based guidelines and physicians' recommendations. Apply specific exercises related to childbirth and motherhood.