

CSEP Pre & Postnatal Exercise Specialization™

Core Competencies

During Pregnancy

- 1) Physiological Adaptations to pregnancy.
 - a. Anatomy
 - b. Fetal development
 - c. Maternal physiological adaptations
 - i. Musculoskeletal
 - ii. Metabolism
 - iii. Respiratory
 - iv. Cardiovascular
 - v. Other Adaptations
 - d. Developmental origins of health and disease (DOHaD)
- 2) Discuss the key components of a healthy pregnancy.
 - a. Fertility
 - b. Preconception care
 - c. Prenatal care
- 3) Common pregnancy complications
 - a. Gestational diabetes mellitus
 - b. Hypertensive disorders of pregnancy
 - c. Lumbopelvic pain
 - d. Sciatica
 - e. Urinary incontinence
- 4) Myths and Misconceptions about exercise
- 5) History of guideline development in Canada and around the world.
 - a. 2019 Canadian Guideline for Physical Activity throughout Pregnancy
 - b. Underlying evidence supporting the Guideline
- 6) Exercise pre-participation
 - a. Get Active Questionnaire for Pregnancy

- b. Contraindications to prenatal exercise
- 7) Trimester by trimester exercise progression
 - a. Resistance training
 - b. Yoga
- 8) Sleep during pregnancy
- 9) Sedentary behavior
- 10) Labour and delivery

The postpartum period

- 11) Physiological changes
 - a. Cardiovascular
 - b. Respiratory
 - c. Urogenital
 - d. Metabolic
 - e. Breasts
 - f. Diastasis Recti abdominus
 - g. Bone
- 12) Future chronic disease risk and the role of physical activity
- 13) Postpartum sleep
- 14) Breastfeeding
- 15) Considerations for beginning exercise in the postpartum period
- 16) Promotion of active living in pregnancy and the postpartum period