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