



Exercise Science for Pregnancy

This advanced module on *Exercise Science for Pregnancy* includes anatomy, biomechanics and exercise physiology in the context of this special population. On completion, you will be able to identify and describe the physiological characteristics unique to pregnancy and the pregnant client. You will also be able to identify and describe the anatomical and bio-mechanical differences that are unique to this special population. This module will provide you with the scientific knowledge that underpins exercise programme design during pregnancy.

Subjects include

1. Physiology of the pregnant woman and the foetus
2. Exercise physiology and pregnancy
3. Physiological implications of exercise during pregnancy
4. Anatomy and biomechanics and pregnancy

On successful completion, students will be able to;

1. Understand the specific physiological aspects of pregnancy
2. Explain the body's response to physical activity.
3. Describe the physiological responses and adaptations to short and long term exercise.
4. Use knowledge of anatomy and biomechanics to understand exercise programming for this special population.
5. Conduct movement analysis for the development of exercise programmes for pregnant clients.

Credits and duration

The credit value of this course is 14 credits (140 notional learning hours). If you allow approximately 10-hours a week for studies (including tasks for assessment and experiential learning) you will take 14 weeks to complete the course.

Programmes are learner-paced. Students learn at different rates and some become competent and confident sooner than others. Our experience informs us that students who follow the learning process usually master their learning in the expected time frame.

Admission and Certification Criteria

- To certify in *Exercise Programmes for Pregnancy*, you need to complete two advanced modules: (1) *Exercise Science for Pregnancy* and, (2) *Programme Design for Pregnancy*. See admission criteria below.
- This is an advanced module. Candidates must be qualified practitioners who hold a recognised qualification at NQF level 5 in fitness, coaching science or exercise science through an accredited institution.
- For students who meet the admission criteria but who want to complete this module as a stand-alone, on successful achievement of the assessment criteria; students receive an *Award in Exercise Science for Older Adults and Increased Risk*.

Students receive the following

eta Course manual and file with study guide and evidence portfolio.

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Studying through Distance Learning

You do not attend classes; you follow the instructions and the learning process in your **eta** Study Guide. See points 4 and 5 below

Studying through an eta campus

*This module may be run as part of an existing **eta** programme or it may be run separately. If run separately, the following procedure will be followed. Please check with the **eta** to clarify timetables.*

1. Induction session and introduction to the learning system

You will attend an induction session given by an **eta** facilitator. The aim of the session is to prepare you for the learning and assessment process. In addition, it is an opportunity for you to clarify your expectations and for **eta** to ensure that you understand their expectations.

2. Attend a workshop at your campus

Once you have familiarised yourself with the material, you attend a practical skills workshop with a qualified practitioner who is experienced in this specialisation. The workshop focuses on application to help you acquire a deeper understanding of your specialisation.

All students do the following

3. Learn and practice what you have learnt

As a self-reliant student, you study your manual, follow the study guide, gather evidence for your portfolio and immerse yourself in your studies

4. Submit your portfolio of evidence

Submit your completed tasks for summative assessment. You will receive written assessment feedback and results.

To register

Complete the **eta** registration form for specialisations. You can also go to the website www.exerciseacademy.com and click on the **short course** button on the home page.

Accreditation

For details of **eta** accreditation check on the **eta** website: www.exerciseacademy.com

Continued Professional Development Credits

All **eta** fitness modules and specialisations will be registered with REPS SA for Continuing Professional Development credits.