

9:00-10:45: Deel 1

Understanding the importance of exercise during pregnancy

- 1) Understand the anatomical and physiological changes
- 2) Appreciate the benefits and effects of exercise on the foetus, mother and neonatal

Understand current guidance for pregnancy exercise

- 1) Understand current guidance
- 2) Understand precautions/ contraindications for exercise during pregnancy
- 3) Appreciation of the 'unknowns' and research gaps

Assess readiness for exercise during pregnancy for various pregnant populations

- 1) Confidently guide and support a sedentary woman's pregnancy exercise journey
- 2) Apply clinical reasoning to support an elite female pregnant athlete continue to exercise
- 3) Considerations for those who cannot exercise during pregnancy

10:45-11:00: Koffiepauze

11:00-12:45: Deel 2

Understanding current guidance for postpartum exercise

- 1) Understand proposed benefits of postpartum exercise and current guidance for exercise prescription.
- 2) Understand the precautions and CIs to pp exercise and key qus to include in subjective assessment

Important considerations for the postpartum population

- 1) Understand key considerations re tissue healing and pp recovery
- 2) Understand key signs and symptoms of PFD and other postpartum health concerns
- 3) Understand additional factors which may impact return to exercise.

Applying a Whole-Systems approach to guide postpartum exercise

- 1) Understand what a whole systems approach involves
- 2) Apply knowledge and evidence base to individualise return to exercise
- 3) Understand the process of clinical reasoning to evaluate readiness for returning to exercise

12:45-13:00

Vragenronde