

# Pre & Post Natal Exercise

## COURSE DETAILS

### AIMS

The National Qualification in Pre & Post Natal Exercise has been offered by the National Training Centre since 1996 and has been established to offer Pre & Post Natal clients safe, appropriate and effective exercise, more energy during pregnancy, reduced stress and anxiety, quicker recovery from birth, fewer complications in pregnancy, shorter labour time and increased self esteem.

The aim of this programme is for fitness instructors & personal trainers to develop the advanced skills and knowledge specific to pre and post natal exercise prescription and an understanding of the safe and effective implementation of same.

In order to meet a high standard of instruction and to satisfy insurance requirements, the National Qualification in Pre & Post Natal Exercise is open to application from fitness instructors who hold a recognised and valid qualification from NCEHS, NCEF, ITEC etc.

### VENUE

This course takes place at the National Training Centre, 15-16 Saint Joseph's Parade, Dorset Street, Dublin 7 and Mardyke Arena University College Cork, Western Road, Cork

## SYNOPTIC SYLLABUS

Nutrition and Dietary needs during pregnancy

Physiological and Biochemical changes during pregnancy

Benefits of exercise and resistance training during pregnancy

Resistance Training Programmes and suitable exercise prescription for pregnant clients

Post pregnancy guidelines and suitable exercise prescription

### TIME

This course takes place on the days listed below. It lasts one day and runs from 10.00 until 17.00.

### CPD

Please contact REPS Ireland at enquiries@repsireland.ie or Tel: 045 859162

AVAILABLE ON-SITE FOR GROUPS OF 8 OR MORE - CALL 01 - 882 7777 FOR DETAILS

Book online at [www.ntc.ie](http://www.ntc.ie)

## Pre & Post Natal Exercise - Enrollment

Name

Address

Contact Details

Home Telephone

Work Telephone

Mobile

Email

Payment Type



Cheque / Draft / Cash  Card

Payment Amount

Full Price  €180.00 Discounted Price  €150.00

Discounted price only for NCEHS Qualified Fitness Instructors

Credit / Debit Card Number

Expiry Date

Security Code

Cardholder Name

2010 Date Selection - Dublin

March 28th  October 17th  (Sundays)

2010 Date Selection - Cork

July 24th  (Saturday)

Terms

I, the undersigned, declare that all the information supplied by me on this enrollment form is complete and true to the best of my knowledge. I agree that when participating on courses offered by The National Training Centre that I will be bound by National Training Centre rules and regulations. I understand that places on the Pre and Post Natal Exercise programme may only be reserved when course fees have been paid and that all course fees are non-refundable. I also understand that in order to qualify to participate on the Pre and Post Natal Exercise programme I must hold a valid, recognised fitness instructor qualification which has been awarded or renewed within the past five years. I understand that no certificates will be issued in respect of the Pre and Post Natal Exercise programme until I have submitted a copy of my fitness instructor qualification. Graduates of the NTC do not need to submit copies of fitness instruction qualifications. While dates and prices contained in this information leaflet are unlikely to alter, they may be subject to change without notice. Course start dates may be subject to change. If a course start date changes you will be offered the opportunity to transfer your enrollment to the new date or to receive a full refund of any fees paid. Should a course be cancelled or postponed the National Training Centre will not be held responsible for any additional costs incurred by the student, including, but not limited to, transport or accommodation. Once a course commences, although extremely unlikely, class dates and times may be subject to change. Tutors for individual classes on courses may be subject to change. Any and all special offers and/or promotions offered in relation to enrollment for any course are always subject to availability. Although the National Training Centre will always endeavour to meet all demands in relation to such offers, should there be no availability for any offer an alternative or cash amount will not be offered.

Applicant Signature

Date



# National Qualification in Pre & Post Natal Exercise

*"exercise and derive health benefits from mild to moderate routines"*

## Schedule 2010

