



PROGRAM SPINAHER



### The Detailed Schedule of the NEPPE training – May, 4-31, 2022

May, 4, 2022, Wednesday				
	Time (CEST)	Topic	Teacher	Form of the class
1	14.15-15.00	Introduction to the training	Prof. Anna Szumilewicz, Poland	Theoretical
2	15.00-15.45	Initial Competence Test		Test
3	16.00-16.45	Risk factors and prevalence of discomforts and musculoskeletal disorders associated with pregnancy and postpartum: e.g. low back pain, pelvic girdle pain, stress urinary and faecal incontinence and other pelvic-floor disorders, diastasis recti abdominis. The preventive role of prenatal physical activity in relation to abovementioned disorders.	Prof. Kari Bø, Norway	Theoretical
4	16.45-17.30			
5	17.30-18.15	Pelvic floor muscle exercises	Based on Prof. Kari Bø's video material  Link to the class the same as above	Practical

May, 5, 2022, Thursday				
	Time (CEST)	Topic	Teacher	Form of the class
1	14.15-15.00	Current recommendations for physical activity during pregnancy	Prof. Michelle Mottola, Canada	Theoretical
2	15.00-15.45	Pregnancy-induced changes in various body systems that determine the planning and conduct of prenatal exercise programmes		Theoretical
3	16.00-16.45	Potential benefits of prenatal physical activity for the mother, the course of pregnancy and foetal development and health, labour and delivery.	Prof. Rita Santos-Rocha, Portugal	Theoretical
4	16.45-17.30			





PROGRAM SPINA



May, 6, 2022, Friday				
	Time (CEST)	Topic	Teacher	Form of the class
1	14.15-15.00	Demonstration of abdominal and posture exercises during pregnancy	Prof. Rita Santos-Rocha, Portugal	Practical
2	15.00-15.45			
3	16.00-16.45	Risk factors and prevalence of discomforts and health conditions associated with pregnancy; the preventive role of prenatal physical activity		Theoretical
4	16.45-17.30	Absolute and relative contraindications for physical activity during pregnancy. Reasons for an urgent termination of a prenatal exercise session.	Prof. Margie Davenport, Canada	Theoretical
5	17.30-18.15			

May, 7, 2022, Saturday				
	Time (CEST)	Topic	Teacher	Form of the class
1	10.00-10.45	Examples of specific tools used in the pre-exercise and fitness assessment of pregnant women	Prof. Miguel Angel Oviedo Caro, Spain	Theoretical
2	11.00-11.45	The rules and safety considerations in screening and exercise testing of pregnant women	Prof. Anna Szumilewicz, Poland	Theoretical
3	11.45-12.30			Theoretical & practical
4	12.30-13.15			
Lunch break				
5	14.15-15.00	Recommended forms of exercise during pregnancy and so-called risky sports	Prof. Anna Szumilewicz, Poland	Theoretical
6	15.00-15.45	Adaptation of exercise and sport activities to pregnancy		Theoretical
7	16.00-16.45	Structure of the exercise class and exercise programme design for pregnant women		Theoretical & practical
8	16.45-17.30			





PROGRAM SPINA

# NEPPE



May, 8, 2022, Sunday				
	Time (CEST)			
1	10.00-10.45	Stress management techniques during pregnancy and postpartum	Prof. Simona Pajaujiene, Lithuania	Theoretical
2	10.45-11.30	Demonstration of relaxation exercises & breathing exercises.		Practical
3	11.30-12.15			
4	12.30-13.15	Motivational tools to keep the pregnant and postpartum participant's adherence to the exercise programme and to promote daily physical activity and limit sedentary time.		Theoretical
Lunch break				
5	14.15-15.00	Health issues related to prenatal exercise: learners' self-work on the exercise programme for a pregnant client	Prof. Anna Szumilewicz, Poland	Theoretical & practical
6	15.00-15.45			
7	16.00-16.45	Characteristics, main facilitators and barriers to participation in physical activity during pregnancy in Iran	Prof. Najmeh Shojaeian, Iran	Theoretical
8	16.45-17.30	The effects of maternal active lifestyle on the offspring's development (motor, cognitive and socio-emotional development in infancy)		Theoretical
9	17.30-18.15	The lifestyle of pregnant women during COVID-19 and its side effects on maternal and neonatal consequences		Theoretical





PROGRAM SPINA

NEPPE



May, 9, 2022, Monday				
	Time (CEST)	Topic	Teacher	Form of the class
1	14.15-15.00	Psychosocial changes related to pregnancy and main barriers to PA in pregnancy (a perspective from UK)	Prof. Lou Atkinson, United Kingdom	Theoretical
2	15.00-15.45			
3	16.00-16.45	Other aspects of healthy lifestyle related to pregnancy (e.g., use of tobacco, alcohol and caffeine, sleep and rest patterns, avoiding stress).		

May, 10, 2022, Tuesday				
	Time (CEST)	Topic	Form of activity	
1	14.15-15.00	Performing basic health screening and fitness assessments in pregnant women	Individual activity of participants in the field of assigned practical tasks supervised by Prof. Anna Szumilewicz, Poland	
2	15.00-15.45			
3	16.00-16.45	Planning an exercise programme for pregnant women		
4	16.45-17.30			
5	17.30-18.15			

May, 11, 2022, Wednesday				
	Time (CEST)	Topic	Teacher	Form of the class
1	14.15-15.00	The nutritional & weight gain recommendations for pregnant women	Prof. Rui Jorge, Portugal	Theoretical
2	15.00-15.45			
3	16.00-16.45	The preventive role of prenatal physical activity in relation to abovementioned disorders – the outcomes of the systematic reviews	Prof. Margie Davenport, Canada	Theoretical
4	16.45-17.25			
5	17.30-18.15	The structure of the female reproductive organs; the basics of the physiology of pregnancy & common pregnancy discomforts (a perspective from a health professional)	Prof. Isabel Corrales Gutiérrez, Spain	Theoretical





PROGRAM SPINA

# NEPPE



May, 12, 2022, Thursday				
	Time (CEST)	Topic	Teacher	Form of the class
1	14.15-15.00	Promotion of physical activity and healthy eating in obese pregnant women: The DALI Study	Prof. Mireille van Poppel, Austria	Theoretical
2	15.00-15.45			
3	16.00-16.45	High Intensity Interval Training (HIIT) during pregnancy – sample training session	Prof. Anna Szumilewicz, Poland	Practical
4	16.45-17.15			
5	17.15-18.30			

May, 13, 2022, Friday				
	Time (CEST)	Topic	Teacher	Form of the class
1	14.15-15.00	Risk factors and prevalence of discomforts and health conditions associated with pregnancy; the preventive role of prenatal physical activity	Prof. Rita Santos-Rocha, Portugal	Theoretical
2	15.00-15.45			
3	16.00-16.45	Characteristics of prenatal physical activity in Poland, barriers and problems that an exercise professional has to overcome working with pregnant clients	Aneta Worska, PT Poland	Theoretical
4	16.45-17.30			





PROGRAM SPINA



May, 14, 2022, Saturday				
	Time (CEST)			
1	10.00-10.45	Potential benefits, rules and safety considerations of prenatal HIIT – based on a systematic review and HIIT Mama project	Prof. Anna Szumilewicz, Poland	Theoretical
2	10.45-11.30			
3	11.45-12.30	How to incorporate the childbirth preparation exercises into the prenatal exercise sessions (breathing exercises, birth positions, visualization of childbirth)		Theoretical & practical
4	12.30-13.15			
Lunch break				
5	14.15-15.00	Potential benefits of postnatal physical activity for the mother's health and the course of puerperium (e.g., in terms of body composition, posture, sleep patterns, and quality of life).	Prof. Rita Santos-Rocha, Portugal	Theoretical
6	15.00-15.45			
7	16.00-16.45	The nutritional & weight loss recommendations for postpartum women	Prof. Rui Jorge, Portugal	Theoretical
8	16.45-17.30			





PROGRAM SPINA



May, 15, 2022, Sunday				
	Time (CEST)			
1	10.00-10.45	Main barriers to participation in postnatal physical activity and exercise (a perspective from Iran)	Prof. Najmeh Shojaeian, Iran	Theoretical
2	10.45-11.30	Potential benefits of PA in postpartum for mother's well-being and interaction with the baby;		
3	11.45-12.30	The effects of combined exercises on the sexual function and estradiol serum level among postpartum women - outcomes of an experimental project).		
4	12.30-13.15			
Lunch break				
5	14.15-15.00	Practical issues related to planning exercise programmes for postpartum women	Prof. Anna Szumilewicz, Poland	Theoretical
6	15.00-15.45	Examples of specific tools used in the pre-exercise and fitness assessment of postpartum women	Prof. Miguel Angel Oviedo Caro, Spain	Theoretical





PROGRAM SPINA



May, 16, 2022, Monday				
	Time (CEST)	Topic	Teacher	Form of the class
1	15.00-15.45	Polish folk dance as an option for pregnant and postpartum women	dr Dorota Dancewicz-Nosko Poland	Practical
2	15.45-16.30			
3	16.45-17.30	Educational systems, including exercise professionals' education, around the world	Maciej Tauber, Poland	Theoretical
4	17.30-18.15			

May, 17, 2022, Tuesday				
	Time (CEST)	Topic	Form of activity	
1	14.15-15.00	Performing basic health screening and fitness assessments in postpartum women	Individual activity of participants in the field of assigned practical tasks supervised by Prof. Anna Szumilewicz, Poland	
2	15.00-15.45			
3	16.00-16.45			
4	16.45-17.30			
5	17.30-18.15			

May, 18, 2022, Wednesday				
	Time (CEST)	Topic	Form of activity	
1	14.15-15.00	Planning an exercise programme for postpartum women	Individual activity of participants in the field of assigned practical tasks supervised by Prof. Anna Szumilewicz, Poland	
2	15.00-15.45			
3	16.00-16.45			
4	16.45-17.30			
5	17.30-18.15			







PROGRAM SPINA



May, 19, 2022, Thursday				
	Time (CEST)	Topic	Teacher	Form of the class
1	14.15-15.00	Exercise prescription for postpartum women (Chinese perspective) /exercise intervention in the prevention of urinary incontinence	Prof. Xian Guo, China	Theoretical
2	15.00-15.45			
3	16.00-16.45	Preparation for the final practical assessment: Q & A	Prof. Anna Szumilewicz, Poland	Theoretical
4	16.45-17.30	Preparation for the final practical assessment: Q & A	Prof. Anna Szumilewicz, Poland	Practical
5	17.30-18.15			

May, 20, 2022, Friday				
	Time (CEST)	Topic	Teacher	Form of the class
1	14.15-15.00	Current recommendations for exercise prescription for postpartum women	Prof. Rita Santos-Rocha, Portugal	Theoretical
2	15.00-15.45			
3	16.00-16.45			
4	16.45-17.30			
5	17.30-18.15			

May, 21, 2022, Saturday				
	Time (CEST)			
1	10.00-10.45	Practical issues related to the exercise prescription and implementation for postpartum women	Prof. Rita Santos-Rocha, Portugal	Theoretical
2	10.45-11.30			
3	11.45-12.30			
4	12.30-13.15			
Lunch break				
5	14.15-15.00	Physical activity during pregnancy and postpartum in South Africa	Prof. Sarah J. Moss, South Africa	Theoretical
6	15.00-15.45			
7	16.00-16.45	Barriers and problems that an exercise professional has to overcome working with pregnant clients - discussion on approaches from different countries	Aneta Worska, PT Poland	Theoretical
8	16.45-17.30			





PROGRAM SPINAHER



May, 22, 2022, Sunday			
	Time (CEST)	Topic	Form of activity
1	10.00-10.45	Participant's conducting exercise sessions/Preparation for the practical assessments	Individual activity of participants in the field of assigned practical tasks supervised by Prof. Anna Szumilewicz, Poland
2	10.45-11.30		
3	11.45-12.30		
4	12.30-13.15		
Lunch break			
5	14.15-15.00	Participant's conducting exercise sessions/Preparation for the practical assessments	Individual activity of participants in the field of assigned practical tasks supervised by Prof. Anna Szumilewicz, Poland
6	15.00-15.45		
7	16.00-16.45		
8	16.45-17.30		
9	17.30-18.15		

May, 23, 2022, Monday				
	Time (CEST)	Topic	Teacher	Form of the class
1	15.00-15.45	Psychosocial changes related to postpartum, main barriers to PA in postpartum (UK perspective); healthy lifestyle after childbirth, postpartum depression and anxiety	Prof. Lou Atkinson, United Kingdom	Theoretical
2	15.45-16.30			
3	16.45-17.30			
4	17.30-18.15			

May, 24, 2022, Tuesday			
	Time (CEST)	Topic	Form of activity
1	14.15-15.00	Preparation to the recorded video session with pregnant or postpartum client	Individual activity of participants in the field of assigned practical tasks supervised by Aneta Worska, Poland
2	15.00-15.45		
3	16.00-16.45		
4	16.45-17.30		





PROGRAM SPINA



May, 25, 2022, Wednesday			
	Time (CEST)	Topic	Form of activity
1	14.15-15.00	Preparation to the recorded video session with pregnant or postpartum client	Individual activity of participants in the field of assigned practical tasks supervised by Aneta Worska, Poland
2	15.00-15.45		
3	16.00-16.45		
4	16.45-17.30		
5	17.30-18.15		

May, 26, 2022, Thursday			
	Time (CEST)	Topic	Form of the class
1	14.15-15.00	Preparation to the recorded video session with pregnant or postpartum client	Individual activity of participants in the field of assigned practical tasks supervised by Aneta Worska, Poland
2	15.00-15.45		
3	16.00-16.45		
4	16.45-17.30		
5	17.30-18.15		

May, 27, 2022, Friday				
	Time (CEST)	Topic	Teacher	Form of the class
1	14.15-15.00	The EuropeActive Educational Standards and the European Register of Exercise Professionals (EREPS)	Prof. Anna Szumilewicz, Poland	Theoretical
2	15.00-15.45			
3	16.00-16.45	Polish folk dance as an option for pregnant and postpartum women – part II	dr Dorota Dancewicz-Nosko Poland	Practical
4	16.45-17.30			





PROGRAM SPINA



May, 28, 2022, Saturday				
	Time (CEST)			
1	10.00-10.45	Chinese and US Mobile Apps for Pregnancy and Postnatal Care, including exercise planning	Hongli Yu, China	Theoretical
2	10.45-11.30			
3	11.45-12.30	Online provision of education/exercise programmes - part 1	Prof. Anna Szumilewicz, Poland	Theoretical
4	12.30-13.15			
Lunch break				
5	14.15-15.00	Online provision of education/exercise programmes - part 2	Prof. Anna Szumilewicz, Poland	Theoretical
6	15.00-15.45			
7	16.00-16.45	Psychosocial barriers to prenatal physical activity including weight stigma/Strategies for mitigating stigma in exercise consultation and promotion for pregnancy.	Prof. Taniya Nagpal, Canada	Theoretical
8	16.45-17.30			

May, 29, 2022, Sunday				
	Time (CEST)	Topic	Teacher	Form of the class
1	10.00-10.45	Dispelling common myths about exercise during pregnancy and postpartum	Prof. Anna Szumilewicz, Poland	Theoretical/ practical
2	10.45-11.30			
3	11.45-12.30			
4	12.30-13.15			
Lunch break				
5	14.15-15.00	Participant's presentations of recorded video session with pregnant or postpartum client/discussions on the quality on the online material	Individual activity of participants in the field of assigned practical tasks supervised by Aneta Worska, Poland	
6	15.00-15.45			
7	16.00-16.45			
8	16.45-17.30			
9	17.30-18.15			





PROGRAM SPINA

# NEPPE



May, 30, 2022, Monday				
	Time (CEST)	Topic	Teacher	Form of the class
1	15.00-15.45	Preparation for the final theoretical test	Prof. Anna Szumilewicz, Poland	Theoretical
2	15.45-16.30			
3	16.45-17.30	Participants' presentations of the exercise programmes for pregnant and postpartum clients/Q & A	Prof. Rita Santos Rocha, Portugal	Theoretical/practical
4	17.30-18.15			

May, 31, 2022, Tuesday				
	Time (CEST)	Topic	Teacher	Form of the class
1	15.00-15.45	Participants' presentations of the exercise programmes for pregnant and postpartum clients/Q & A	Prof. Rita Santos Rocha, Portugal	Theoretical
2	15.45-16.30			
3	16.45-17.30	Online final theoretical test, evaluation of the programme/discussion with the participants on the strengths and weaknesses of the NEPPE training	Prof. Anna Szumilewicz, Poland	Discussion/Test
4	17.30-18.15			

