



PROGRAM SPINA



The Detailed Schedule of the NEPPE training (the second edition):

November, 7 – December, 4, 2022

The training organizer reserves the right to change the program due to the availability of experts. Participants will be informed about the changes in advance.

November, 7, 2022, Monday				
	Time (CET)	Topic	Teacher	Form of the class
1	14.15-15.00	Introduction to the training	Prof. Anna Szumilewicz, Poland Link to the classes	Theoretical
2	15.00-15.45	Initial Competence Test		Test
3	16.00-16.45	Current recommendations for physical activity during pregnancy	Prof. Michelle Mottola, Canada (prerecorded session) Link to the classes	Theoretical
4	17.00-17.45	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
5	17.45-18.30		Link to the classes	

November, 8, 2022, Tuesday				
	Time (CET)	Topic	Teacher	Form of the class
1	14.15-15.00	The structure of the female reproductive organs; the basics of the physiology of pregnancy in each trimester, main changes in body systems, pregnancy hormones.	Prof. Isabel Corrales Gutiérrez, Spain Link to the classes	Theoretical
2	15.00-15.45	Pregnancy-induced changes in various body systems that determine the planning and conduct of prenatal exercise programmes	Prof. Michelle Mottola, Canada (prerecorded session) Link to the classes	Theoretical
3	16.00-16.45	The Effects of Maternal Exercise Mode on Maternal & Infant Health Outcomes	Prof. Linda May, USA	Theoretical
4	16.45-17.30		Link to the classes	





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November, 9, 2022, Wednesday			
	Time (CET)	Topic	Form of activity
1	14.15-15.00	Self-learning: Current recommendations for physical activity during pregnancy	Individual activity of participants in the field of assigned practical tasks
2	15.00-15.45		
3	16.00-16.45	Self-learning: Pregnancy-induced changes in various body systems & Potential benefits of prenatal physical activity	
4	16.45-17.30		
5	17.45-18.30		

November, 10, 2022, Thursday				
	Time (CET)	Topic	Teacher	Form of the class
1.	14.15-15.00	The exercise intervention during pregnancy to prevent gestational diabetes mellitus, low back pain, pelvic girdle pain and other pregnancy-related disomforts – outcomes from experimental study in Croatia	Prof. Iva Šklempe Kokić, Croatia Link to the classes	theoretical
2.	15.15-16.00	Risk factors and prevalence of disomforts 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 (prerecorded session) Link to the classes	Theoretical
3.	16.00-16.45			
4.	16.45-17.30	Pelvic floor muscle exercises	Based on Prof. Kari Bø's video material Link the same as above	Practical





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November, 11, 2022, Friday			
	Time (CET)	Topic	Form of activity
1	14.15-15.00	Self-learning: Risk factors and prevalence of discomforts and musculoskeletal disorders associated with pregnancy and postpartum	Individual activity of participants in the field of assigned practical tasks
2	15.00-15.45		
3	16.00-16.45		
4	16.45-17.30	Self-learning: Pelvic floor muscle exercises – practical performance	
5	17.45-18.30		

November, 12, 2022, Saturday				
	Time (CET)	Topic	Teacher	Form of the class
1	10.00-10.45	Recommended forms of exercise during pregnancy and so-called risky sports	Prof. Anna Szumilewicz, Poland Link to the classes	Theoretical
2	10.45-11.30	Adaptation of exercise and sport activities to pregnancy		
3	11.45-12.30	Specific tools used in the pre-exercise and fitness assessment of pregnant women. Practical examples of the use and interpretation of specific tools.	Prof. Miguel Angel Oviedo Caro, Spain Link to the classes	Theoretical
4	12.30-13.15			
Lunch break				
5	14.15-15.00	Stress management techniques during pregnancy and postpartum	Prof. Simona Pajaujiene, Lithuania Link to the classes	Theoretical
6	15.15-16.00	Demonstration of relaxation exercises & breathing exercises.		Practical
7	16.00-16.45			
8	17.00-17.45	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





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November, 13, 2022, Sunday				
	Time (CET)	Topic	Teacher	Form of the class
1	10.00-10.45	Characteristics, main facilitators and barriers to participation in physical activity during pregnancy in Iran	Prof. Najmeh Shojaeian, Iran Link to the classes (The prerecorded session)	Theoretical
2	10.45-11.30	The effects of maternal active lifestyle on the offspring's development (motor, cognitive and socio-emotional development in infancy)		Theoretical
3	11.30-12.15	The lifestyle of pregnant women during COVID-19 and its side effects on maternal and neonatal consequences		Theoretical
Lunch break				
4	13.15-14.00	Potential benefits, rules and safety considerations of prenatal HIIT – based on a systematic review and HIIT Mama project	Prof. Anna Szumilewicz, Poland Link to the classes	Theoretical
5	14.00-14.45	Structure of the exercise class for pregnant women		Theoretical
6	15.00-16.30	High Intensity Interval Training (HIIT) during pregnancy – a sample training session		Practical
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November, 14, 2022, Monday			
	Time (CET)	Topic	Form of activity
1	14.15-15.00	Self-practice: Performing basic health screening and fitness assessments in pregnant women	Individual activity of participants in the field of assigned practical tasks
2	15.00-15.45		
3	16.00-16.45		
4	16.45-17.30		
5	17.45-18.30		

November, 15, 2022, Tuesday			
	Time (CET)	Topic	Form of activity
1	14.15-15.00	Self-practice: Planning an exercise programme for pregnant women	Individual activity of participants in the field of assigned practical tasks
2	15.00-15.45		
3	16.00-16.45		
4	16.45-17.30		
5	17.45-18.30		

November, 16, 2022, Wednesday			
	Time (CET)	Topic	Form of activity
1	14.15-15.00	Self-practice: planning and conducting exercise sessions for pregnant women	Individual activity of participants in the field of assigned practical tasks
2	15.00-15.45		
3	16.00-16.45		
4	16.45-17.30		
5	17.45-18.30		
6	18.30-19.15		





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November, 17, 2022, Thursday				
	Time (CET)	Topic	Teacher	Form of the class
1	14.15-15.00	Current recommendations for exercise prescription for pregnant women	Prof. Rita Santos-Rocha, Portugal	Theoretical
2	15.00-15.45			
3	16.00-16.45	Practical issues related to the exercise prescription and implementation for pregnant women		Theoretical and practical
4	16.45-17.30			
5	17.45-18.30			
6	18.30-19.15			

November, 18, 2022, Friday				
	Time (CET)	Topic	Teacher	Form of the class
1	14.15-15.00	How to incorporate the childbirth preparation exercises into the prenatal exercise sessions (breathing exercises, birth positions, visualization of childbirth)	Prof. Anna Szumilewicz, Poland Link to the classes	Theoretical & practical
2	15.00-15.45			
3	16.00-16.45			
4	17.00-17.45	Absolute and relative contraindications for physical activity during pregnancy.	Prof. Margie Davenport Canada Link to the classes	Theoretical
5	17.45-18.30	Reasons for an urgent termination of a prenatal exercise session.		



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November, 19, 2022, Saturday				
	Time (CEST)	Topic	Teacher	Form of the class
1	10.00-10.45	The nutritional & weight gain recommendations for pregnant women	Prof. Rui Jorge, Portugal Link to the classes	Theoretical
2	10.45-11.30			
3	11.45-12.30	Practical tips on how to conduct exercise sessions for pregnant and postpartum clients, including pelvic floor exercises, posture exercises, abdominal exercises	Prof. Anna Szumilewicz, Poland Link to the classes	Practical – participants' activity
4	12.30-13.15			
Lunch break				
5	14.15-15.00	Main barriers to participation in postnatal physical activity and exercise (a perspective from Iran) Potential benefits of PA in postpartum for mother's well-being and interaction with the baby; The effects of combined exercises on the sexual function and estradiol serum level among postpartum women - outcomes of an experimental project).	Prof. Najmeh Shojaeian, Iran Link to the classes (The prerecorded session)	Theoretical
6	15.00-15.45			
7	16.00-16.45			
8	16.45-17.30			

November, 20, 2022, Sunday				
	Time (CEST)	Topic	Teacher	Form of the class
1	10.00-10.45	Psychosocial changes related to pregnancy and main barriers to PA in pregnancy (a perspective from UK)	Prof. Lou Atkinson, United Kingdom Link to the classes	Theoretical
2	10.45-11.30			
3	11.45-12.30	Other aspects of healthy lifestyle related to pregnancy (e.g., use of tobacco, alcohol and caffeine, sleep and rest patterns, avoiding stress).		
4	12.30-13.15			





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November, 21, 2022, Monday			
	Time (CET)	Topic	Form of activity
1	14.15-15.00	Self-learning: Psychosocial changes related to pregnancy and main barriers to PA in pregnancy	Individual activity of participants in the field of assigned practical tasks
2	15.00-15.45		
3	16.00-16.45		
4	16.45-17.30		
5	17.45-18.30		

November, 22, 2022, Tuesday				
	Time (CET)	Topic	Teacher	Form of the class
1	14.15-15.00	EuropeActive Educational Standards and European Register of Exercise professionals	Julian Berriman, EA, Belgium & Prof. Anna Szumilewicz, Poland	Theoretical
2	15.00-15.45		Link to the classes	
3	16.00-16.45	Physiology of birth	Prof. Isabel Corrales Gutiérrez, Spain	Theoretical
4	16.45-17.30	The basics of the physiology of each phase of postpartum period and lactation; the changes in the body systems, hormonal changes, common discomforts		

November, 23, 2022, Wednesday				
	Time (CET)	Topic	Teacher	Form of the class
1	14.15-15.00	Practical tips how to design and implement exercise session for pregnant or postpartum clients – preparation for the practical assessments, assessment criteria	Aneta Worska, PT, Poland	Theoretical/practical
2	15.00-15.45		Link to the classes	
3	16.00-16.45	Promotion of physical activity and healthy eating in obese pregnant women: The DALI Study	Prof. Mireille van Poppel, Austria	Theoretical
4	16.45-17.30		Link to the classes	





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November, 24, 2022, Thursday				
	Time (CET)	Topic	Teacher	Form of the class
1	14.15-15.00	Examples of exercise sessions for pregnant women	Prof. Rita Santos-Rocha, Portugal Link to the classes	Practical classes using video materials
2	15.00-15.45	Demonstration of abdominal and posture exercises during pregnancy		
3	16.00-16.45			
4	17.00-17.45	The preventive role of prenatal physical activity in relation to pregnancy-related disorders – the outcomes of the systematic reviews	Prof. Margie Davenport, Canada Link to the classes	Theoretical
5	17.45-18.30			

November, 25, 2022, Friday				
	Time (CET)	Topic	Teacher	Form of the class
1	14.15-15.00	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 Link to the classes	Theoretical
2	15.00-15.45			
3	16.00-16.45			
4	17.00-17.45	Polish folk dance as an option for pregnant and postpartum women – part I	dr Dorota Danczewicz-Nosko Poland Link to the classes	Practical
5	17.45-18.30			





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November, 26, 2022, Saturday				
	Time (CEST)	Topic	Teacher	Form of the class
1	10.00-10.45	Exercise in pregnancy and postpartum in Ethiopia – current situation, barriers, facilitators	Moges Gashaw, BSc, PT, MPT, Ethiopia Link to the classes	Theoretical
2	10.45-11.30	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 Link to the classes	Theoretical
3	11.45-12.30	Examples of specific tools used in the pre-exercise and fitness assessment of postpartum women. Practical examples of the use and interpretation of specific tools.	Prof. Miguel Angel Oviedo Caro, Spain Link to the classes	Theoretical
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 Link to the classes	Theoretical
6	15.00-15.45			

November, 27, 2022, Sunday				
	Time (CEST)	Topic	Teacher	Form of the class
1	10.00-10.45	Exercise prescription for postpartum women (Chinese perspective) /exercise intervention in the prevention of urinary incontinence	Prof. Xian Guo, China Link to the classes	Theoretical
2	10.45-11.30			
3	11.45-12.30	Physical activity with infants – examples of exercise for postpartum women and their babies	Laura Dabasinskiene, Midwife and exercise professional Lithuania Link to the classes	Theoretical and practical
4	12.30-13.15			
Lunch				
5	14.15-15.00	The nutritional & weight loss recommendations for postpartum women	Prof. Rui Jorge, Portugal Link to the classes	Theoretical
6	15.00-15.45			





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November, 28, 2022, Monday				
	Time (CET)	Topic	Teacher	Form of the class
1	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 Link to the classes	Theoretical
2	15.00-15.45			
3	16.00-16.45	Current recommendations for exercise prescription for postpartum women		Theoretical
4	16.45-17.30			
5	17.45-18.30	Practical issues related to the exercise prescription and implementation for postpartum women		
6	18.30-19.15			

November, 29, 2022, Tuesday			
	Time (CET)	Topic	Form of activity
1	14.15-15.00	Self-practice: Performing basic health screening and fitness assessments in postpartum women	Individual activity of participants in the field of assigned practical tasks
2	15.00-15.45		
3	16.00-16.45	Self-practice: Planning an exercise programme for postpartum women	
4	16.45-17.30		
5	17.45-18.30		

November, 30, 2022, Wednesday				
	Time (CET)	Topic	Teacher	Form of the class
1	14.15-15.00	Online provision of exercise programmes	Mikael Vincent Denmark Link to the classes	Theoretical/practical
2	15.00-15.45			
3	16.00-16.45			
4	16.45-17.30			
5.	17.30-18.15			





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December, 1, 2022, Thursday				
	Time (CET)	Topic	Form of the class	
1	14.15-15.00	Understanding psychosocial barriers to prenatal physical activity including weight stigma – the Canadian approach	Prof. Taniya Nagpal Canada	Theoretical
2	15.00-15.45		Link to the classes	Theoretical
3	16.00-16.45	Dispelling common myths about exercise during pregnancy and postpartum – preparation to the theoretical test	Prof. Anna Szumilewicz, Poland	Theoretical/ practical
4	16.45-17.30		Link to the classes	
5	17.45-18.30	Educational systems, including exercise professionals' education, around the world	Maciej Tauber, Poland	Theoretical
			Link to the classes	

December, 2, 2022, Friday				
	Time (CET)	Topic	Teacher	Form of the class
1	14.15-15.00	Preparation for the practical assessments – tips how to design the exercise programme for pregnant and postpartum clients	Anta Worska, Poland	Theoretical/ practical
2	15.00-15.45			
3	16.00-16.45	Participants' presentations of the exercise programmes for pregnant and postpartum clients/Q & A		
4	17.00-17.45	Polish folk dance as an exercise option for pregnant and postpartum women – part II	dr Dorota Danczewicz- Nosko Poland	Practical
5	17.45-18.30		Link to the classes	





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December, 3, 2022, Saturday			
	Time (CEST)	Topic	Form of activity
1	14.15-15.00	Self-practice: Self-practice: planning and conducting exercise sessions for postpartum women	Individual activity of participants in the field of assigned practical tasks
2	15.00-15.45		
3	16.00-16.45		
4	16.45-17.30		
1	17.45-18.30		

December, 4, 2022, Sunday				
	Time (CEST)	Topic	Teacher	Form of the class
1	10.00-10.45	Chinese and US Mobile Apps for Pregnancy and Postnatal Care, including exercise planning	Hongli Yu China Link to the classes	Theoretical
2	10.45-11.30			
3	11.45-12.30	Online provision of exercise programmes	Prof. Anna Szumilewicz, Poland Link to the classes	Theoretical
4	12.30-13.15			
Lunch break				
5	14.15-15.00	Participants' presentations of the exercise programmes for pregnant and postpartum clients/Q & A	Prof. Anna Szumilewicz, Aneta Worska Poland Link to the classes	Theoretical/ practical
6	15.00-15.45			
7	16.00-16.45	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 Link to the classes	Discussion/Test
8	16.45-17.30			
9	17.30-18.15			

