



PROGRAM SPINA



## The Detailed Schedule of the NEPPE training (the third edition):

March, 3-31, 2023

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.

March, 3, 2023, Friday				
	Time (CET)	Topic	Teacher	Form of the class
1	14.15-15.00	Introduction to the training	Prof. Anna Szumilewicz, Poland <a href="#">Link to the classes</a>	Theoretical
2	15.00-15.45	Initial Competence Test		Test
3	16.00-16.45	The Effects of Maternal Exercise Mode on Maternal & Infant Health Outcomes (part I)	Prof. Linda May, USA <a href="#">Link to the classes</a>	Theoretical
4	16.45-17.30			





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March, 4, 2023, 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  <a href="#">Link to the classes</a>	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  <a href="#">Link to the classes</a>	Theoretical & practical
4	12.30-13.15			
Lunch break				
5	14.15-15.00	Structure of the exercise class for pregnant women	Prof. Anna Szumilewicz, Poland  <a href="#">Link to the classes</a>	Theoretical
6	15.15-16.00	Current recommendations for physical activity during pregnancy	Prof. Michelle Mottola, Canada  <a href="#">Link to the classes</a>	Theoretical
7	16.00-16.45	Pregnancy-induced changes in various body systems that determine the planning and conduct of prenatal exercise programmes		





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March, 5, 2023, Sunday				
	Time (CET)	Topic	Teacher	Form of the class
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 <a href="#">Link to the classes</a>	Theoretical
2	10.45-11.30			
3	11.45-12.30	High Intensity Interval Training (HIIT) during pregnancy – a sample training session		
4	12.30-13.15			
Lunch break				
5	14.15-15.00	Characteristics, main facilitators and barriers to participation in physical activity during pregnancy in Iran	Prof. Najmeh Shojaeian, Iran (Maybe a pre-recorded session depending on the situation in Iran) <a href="#">Link to the classes</a>	Theoretical
6	15.00-15.45	The effects of maternal active lifestyle on the offspring's development (motor, cognitive and socio-emotional development in infancy)		
7	16.00-16.45	The lifestyle of pregnant women during COVID-19 and its side effects on maternal and neonatal consequences		





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March, 6, 2023, Monday			
	Time (CET)	Topic	Form of activity
1	14.15-15.00	Learner's self-activity: Current recommendations for physical activity during pregnancy	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		

March, 7, 2023, Tuesday			
	Time (CET)	Topic	Form of activity
1	14.15-15.00	Learner's self-activity Specific tools used in the pre-exercise and fitness assessment of pregnant women.	Individual activity of participants in the field of assigned practical tasks supervised by Aneta Worska, MSc, Poland
2	15.00-15.45		
3	16.00-16.45		
4	16.45-17.30		

March, 8, 2023, Wednesday				
	Time (CET)	Topic	Teacher	Form of the class
1	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 <a href="#">Link to the classes</a>	Theoretical
2	17.00-17.45	Absolute and relative contraindications for physical activity during pregnancy.	Prof. Margie Davenport Canada	Theoretical
3	17.45-18.30	Reasons for an urgent termination of a prenatal exercise session.	<a href="#">Link to the classes</a>	





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March, 9, 2023, Thursday				
	Time (CET)	Topic	Teacher	Form of the class
1	14.15-15.00	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
2	15.00-15.45			
3	16.00-16.45	Current recommendations for exercise prescription for pregnant women	<a href="#">Link to the classes</a>	
4	16.45-17.30			
5	17.45-18.30	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	Theoretical
			<a href="#">Link to the classes</a>	

March, 10, 2023, Friday				
	Time (CET)	Topic	Teacher	Form of the class
1	14.15-15.00	Practical issues related to the exercise prescription and implementation for pregnant women	Prof. Rita Santos-Rocha, Portugal	Theoretical
2	15.00-15.45			
3	16.00-16.45			
4	16.45-17.30			
			<a href="#">Link to the classes</a>	





PROGRAM SPINAker



March, 11, 2023, Saturday				
	Time (CET)	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  <a href="#">Link to the classes</a>	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			
5	14.15-15.00	Stress management techniques during pregnancy and postpartum	Prof. Simona Pajaujiene, Lithuania  <a href="#">Link to the classes</a>	Theoretical
6	15.15-16.00	Demonstration of relaxation exercises & breathing exercises		Theoretical & 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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March, 12, 2023, Sunday				
	Time (CET)	Topic	Teacher	Form of the class
1	10.00-10.45	The nutritional & weight gain recommendations for pregnant women	Prof. Rui Jorge, Portugal	Theoretical
2	10.45-11.30		<a href="#">Link to the classes</a>	
3	11.45-12.30	How to incorporate the childbirth preparation exercises into the prenatal exercise sessions (breathing exercises, birth positions, visualization of childbirth)	Prof. Anna Szumilewicz, Poland	Practical – participants' activity
4	12.30-13.15		<a href="#">Link to the classes</a>	
Lunch break				
5	14.15-15.00	Main barriers to participation in postnatal physical activity and exercise (a perspective from Iran)	Prof. Najmeh Shojaeian, Iran  (Maybe a pre-recorded session depending on the situation in Iran)  <a href="#">Link to the classes</a>	Theoretical
6	15.00-15.45	Potential benefits of PA in postpartum for mother's well-being and interaction with the baby;		
7	16.00-16.45	The effects of combined exercises on the sexual function and estradiol serum level among postpartum women - outcomes of an experimental project).		
8	16.45-17.30			





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March, 13, 2023, Monday			
	Time (CET)	Topic	Form of activity
1	14.15-15.00	Self-practice: planning and conducting exercise programmes sessions for 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		
4	16.45-17.30		
5	17.45-18.30		

March, 14, 2023, Tuesday			
	Time (CET)	Topic	Form of activity
1	14.15-15.00	Self-practice: planning and conducting exercise programmes sessions for 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		
4	16.45-17.30		
5	17.45-18.30		







PROGRAM SPINAker



March, 15, 2023, Wednesday				
	Time (CET)	Topic	Teacher	Form of the class
1	14.15-15.00	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  <a href="#">Link to the classes</a>	Theoretical & practical
2	15.00-15.45			
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  <a href="#">Link to the classes</a>	Theoretical
5	17.45-18.30			

March, 16, 2023, Thursday				
	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  <a href="#">Link to the classes</a>	Theoretical
2	15.00-15.45			
3	15.45-16.30			
4	16.45-17.30	Physiology of birth	Prof. Isabel Corrales Gutiérrez, Spain  <a href="#">Link to the classes</a>	Theoretical
5	17.30-18.15	The basics of the physiology of each phase of postpartum period and lactation; the changes in the body systems, hormonal changes, common discomforts		

March, 17, 2023, Friday				
	Time (CET)	Topic	Teacher	Form of the class
1	16.00-16.45	Polish folk dance as an option for pregnant and postpartum women	dr Dorota Danczewicz- Nosko Poland  <a href="#">Link to the classes</a>	Practical
2	16.45-17.30			
3	17.45-18.30			
4	18.30-19.15			





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March, 18, 2023, Saturday			
	Time (CEST)	Topic	Form of the class
1	10.00-10.45	Self-practice: planning and conducting exercise programmes sessions for pregnant women	Individual activity of participants in the field of assigned practical tasks supervised by Aneta Worska, MSc, Poland
2	10.45-11.30		
3	11.45-12.30		
4	12.30-13.15		
Lunch break			
5	14.15-15.00	Self-practice: planning and conducting exercise programmes sessions for pregnant women	Individual activity of participants in the field of assigned practical tasks supervised by Aneta Worska, MSc, Poland
6	15.00-15.45		
7	16.00-16.45		
8	16.45-17.30		

March, 19, 2023, Sunday			
	Time (CEST)	Topic	Form of the class
1	10.00-10.45	Self-practice: planning and conducting exercise programmes sessions for pregnant women	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	Self-practice: planning and conducting exercise programmes sessions for pregnant women	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		





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March, 20, 2023, Monday				
	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 discomforts – outcomes from experimental study in Croatia	Prof. Iva Šklempce Kokić, Croatia  <a href="#">Link to the classes</a>	Theoretical
2.	15.00-15.45			
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  <a href="#">Link to the classes</a>	Theoretical
4.	16.45-17.30			
5.	17.45-18.30	Pelvic floor muscle exercises	Based on Prof. Kari Bø's video material  <a href="#">Link the same as above</a>	Practical

March, 21, 2023, Tuesday				
	Time (CET)	Topic	Teacher	Form of the class
1	14.15-15.00	Current recommendations for exercise prescription for postpartum women	Prof. Rita Santos-Rocha, Portugal  <a href="#">Link to the classes</a>	Theoretical
2	15.00-15.45			
3	16.00-16.45	Practical issues related to the exercise prescription and implementation for postpartum women		
4	16.45-17.30			





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March, 22, 2023, Wednesday				
	Time (CET)	Topic	Teacher	Form of the class
1	14.15-15.00	The New Health Project, Healthy Lifestyle Promoter and Lifestyle Scan – outcomes of an international project	John van Heel The Netherlands	Theoretical
2	15.00-15.45		<a href="#">Link to the classes</a>	
3	16.00-16.45	Understanding psychosocial barriers to prenatal physical activity including weight stigma – the Canadian approach	Prof. Taniya Nagpal Canada	Theoretical
4	16.45-17.30		<a href="#">Link to the classes</a>	

March, 23, 2023, Thursday				
	Time (CET)	Topic	Teacher	Form of the class
1	14.15-15.00	Examples of exercise sessions for pregnant and postpartum women	Prof. Rita Santos-Rocha, Portugal  <a href="#">Link to the classes</a>	Practical classes using video materials
2	15.00-15.45	Demonstration of abdominal and posture exercises during pregnancy and postpartum women		
3	15.45-16.30			
4	16.45-17.30	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).		Theoretical
5	17.30-18.15			

March, 24, 2023, Friday				
	Time (CET)	Topic	Teacher	Form of the class
1	15.15-16.00	The Effects of Maternal Exercise Mode on Maternal & Infant Health Outcomes (part II)	Prof. Linda May, USA	Theoretical
2	16.00-16.45		<a href="#">Link to the classes</a>	
3	17.00-17.45	Promotion of physical activity and healthy eating in obese pregnant women: The DALI Study	Prof. Mireille van Poppel, Austria	Theoretical
4	17.45-18.30		<a href="#">Link to the classes</a>	



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March, 25, 2023, Saturday				
	Time (CEST)	Topic	Teacher	Form of the class
1	10.00-10.45	Online marketing	Prof. Oksana Mazorenko Ukraine  <a href="#">Link to the classes</a>	Theoretical
2	10.45-11.30			
3	11.45-12.30			
4	12.30-13.15			
5	13.30-14.15			
Lunch break				
5	15.15-16.00	The nutritional & weight loss recommendations for postpartum women	Prof. Rui Jorge, Portugal  <a href="#">Link to the classes</a>	Theoretical
6	16.00-16.45			
7	17.00-17.45	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  <a href="#">Link to the classes</a>	Theoretical & Practical
8	17.45-18.30			





PROGRAM SPINA KER



March, 26, 2023 Sunday				
	Time (CET)	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	Theoretical
2	10.45-11.30		<a href="#">Link to the classes</a>	
3	11.45-12.30	Chinese and US Mobile Apps for Pregnancy and Postnatal Care, including exercise planning	Hongli Yu China	Theoretical
4	12.30-13.15		<a href="#">Link to the classes</a>	
Lunch break				
5	14.15-15.00	Physical activity with infants – examples of exercise for postpartum women and their babies	Laura Dabasinskiene, Lithuania	Theoretical and practical
6	15.00-15.45		<a href="#">Link to the classes</a>	
7.	16.00-16.45	Exercise in pregnancy and postpartum in Ethiopia – current situation, barriers, facilitators	Moges Gashaw, Ethiopia	Theoretical
			<a href="#">Link to the classes</a>	





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March, 27, 2023, Monday				
	Time (CET)	Topic	Teacher	Form of the class
1	15.00-15.45	Dispelling common myths about exercise during pregnancy and postpartum – preparation to the theoretical test	Prof. Anna Szumilewicz, Poland	Theoretical/ practical
2	15.45-16.30		<a href="#">Link to the classes</a>	
3	16.45-17.30	EuropeActive Educational Standards and European Register of Exercise professionals	Julian Berriman, Belgium <a href="#">Link to the classes</a>	Theoretical
4	17.45-18.30	Educational systems, including exercise professionals' education, around the world	Maciej Tauber, Poland <a href="#">Link to the classes</a>	Theoretical

March, 28, 2023, Tuesday				
	Time (CET)	Topic	Teacher	Form of the class
1	15.15-16.00	Preparation for the practical assessments – tips how to design the exercise programme for pregnant and postpartum clients	Anta Worska, Poland <a href="#">Link to the classes</a>	Theoretical/ practical
2	16.00-16.45			
3	17.00-17.45	Physical activity during pregnancy and postpartum in South Africa	Prof. Sarah J. Moss, South Africa	Theoretical
4	17.45-18.30		<a href="#">Link to the classes</a>	





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March, 29, 2023, Wednesday				
	Time (CET)	Topic	Teacher	Form of the class
1	14.15-15.00	Online provision of exercise programmes	Mikael Vincent Denmark  <a href="#">Link to the classes</a>	Theoretical/practical
2	15.00-15.45			
3	16.00-16.45			
4	16.45-17.30			
5	17.30-18.15			

March, 30 2023, Thursday				
	Time (CET)	Topic	Form of activity	
1	14.15-15.00	Self-practice: planning and conducting exercise sessions for postpartum women, preparation for the final test	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			

March, 31, 2023, Friday				
1	14.15-15.00	Participants' presentations of the exercise programmes for pregnant and postpartum clients/Q & A	Prof. Anna Szumilewicz, Aneta Worska Poland	Theoretical/ practical
2	15.00-15.45		<a href="#">Link to the classes</a>	
3	16.00-16.45	Online final theoretical test & evaluation of the NEPPE training	Prof. Anna Szumilewicz, Poland	Discussion/Test
4	16.45-17.30		<a href="#">Link to the classes</a>	

