



Course Outline

Prenatal Core Training, 6-Week Online Course

Background Education - 1.0 CEU

- Welcome and Objectives/Outline (4 min)
- Anatomy of the Abdominals (7 min)
- Transverse Abdominis (12 min)
- Diastasis Recti (15 min)
- Core Strength in Pregnancy (4 min)
- Emotional and Spiritual Considerations (7 min)

Week 1: Focus – Awareness - 1.0 CEU

- Initial Self-Assessment (7 min)
- How to Check DR while pregnant (3 min)
- The Functional Core Rehab Process (5 min)
- Active Sitting and Belly Breaths (7 min)
- Transverse Holds in Active Sitting (11 min)
- Functional Integration of the Core (12 min)
- Splinting During Pregnancy (18 min)

Week 2: Focus – Connection - 1.0 CEU

- Progressing Transverse Holds (4 min)
- Common Compensations (20 min)
- Abdominal Connection (8 min)
- Potty Posture (11 min)
- Pubic Symphysis Pain Relief (12 min)

Week 3: Focus – Neutral Alignment - 1.0 CEU

- Neutral Pelvis (18 min)
- Active Standing and Transverse Holds (10 min)
- Active Core Postures (10 min)
- Neutral Rib Cage (8 min)
- Modifications (4 min)

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Week 4: Focus – Pelvic Floor - 1.0 CEU

- Functional Pelvic Floor (*14 min*)
- Isolated Pelvic Floor Connection (*19 min*)
- Practice Pushing (*8 min*)
- Active Walking (*9 min*)

Week 5: Focus – Core Strong Birth Plan - 0.5 CEU

- Alternative Pushing Positions (*10 min*)
- Preparing Your Environment for Baby (*9 min*)
- Breech Babies (*4 min*)
- Labor and Delivery Strategies (*5 min*)
- Birth Plan Considerations (*9 min*)

Week 6: Focus – Postpartum Recovery - 0.5 CEU

- Final Self-Assessment (*4 min*)
- Cesarean Births (*8 min*)
- Initial Postnatal Plan (*12 min*)
- The Next Step (*5 min*)
- Thank You (*2 min*)

TOTAL: 6.0 CEU