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The Certified Prenatal/Postnatal Fitness Instructor Examination is a national competency based examination that provides a valid and reliable assessment of the entry-level clinical knowledge and skills of nurses in the prenatal/postnatal fitness specialty after initial nurse licensure. The eligibility requirements to take the certification examination include holding a currently active nurse license in the U.S. and at least one year of working as a pre/postnatal fitness instructor or have taken a training on pre/postnatal fitness. Once you successfully pass the certification examination, you are awarded the credential: CPFI. This credential is valid for 3 years. You can continue to use this credential by meeting the renewal requirements in place at the time of your certification renewal.

This Test Content Outline identifies the areas included on the Certified Prenatal/Postnatal Fitness Instructor (CPFI) examination. The percentage and number of questions in each of the major categories of the examination are also shown.

Category	Domains of Practice	# of Questions	Percent
I	Knowledge in Anatomy and Physiology of Pregnancy	24	32.00%
II.	Knowledge and Skills in Specific Modes of Prenatal and Postnatal Exercise	39	52.00%
III.	Knowledge and Skills in Designing a Prenatal or Postnatal Fitness Program	12	16.00%
	Total	75	100%

## Certified Pre/Postnatal Fitness Instructor (CPFI) Examination Content Outline

Effective: December 2, 2013

### I. Knowledge in Anatomy and Physiology of Pregnancy - 32%

- A. Knowledge of the physiological changes associated with pregnancy
  - 1. Reproductive system
  - 2. Metabolic changes
  - 3. Musculoskeletal system
  - 4. Cardiovascular system
  - 5. Respiratory system
  - 6. Gastrointestinal system
- B. Benefits of exercise during pregnancy (current research)
- C. Effects on exercise performance
- D. Modifying performance
- E. Postural awareness
- F. Nutritional assessment and guidelines
  - 1. Prenatal client
  - 2. Coping with pregnancy changes (e.g. nausea, vomiting, constipation)
  - 3. Postnatal client including lactation
- G. ACOG guidelines for prenatal/postnatal exercise
  - 1. High risk activities
  - 2. Absolute contraindications
  - 3. Relative contraindications
  - 4. When to terminate exercise

- H. American Council on Exercise guidelines
  - 1. Pregnant exerciser
  - 2. Pregnant competitive athlete
- I. Supine hypotensive syndrome

## **II. Knowledge and Skills in Specific Modes of Prenatal and Postnatal Exercise - 52%**

- A. Considerations for abdominal exercises
  - 1. Diaphragmatic breathing
  - 2. Diastasis recti
  - 3. Modifications for pregnancy
- B. Pelvic floor exercises
  - 1. Benefits and recommendations
  - 2. Variations of the kegel exercise
- C. Incorporating the stability ball
  - 1. Guidelines for use
  - 2. Specific exercises
- D. Considerations for strength training
  - 1. Benefits
  - 2. Guidelines
  - 3. Recommendations for resistance bands, weights, sets and intervals
  - 4. Modifications and specific exercises
- E. Prenatal yoga
  - 1. Poses
  - 2. Modifications for pregnancy
  - 3. Relaxation techniques
- F. Pregnancy pilates
  - 1. Core strength
  - 2. Principles of pilates
  - 3. Modifications for pregnancy
- G. Principles of aquatic exercises
  - 1. Benefits for pregnancy
  - 2. Guidelines for pregnancy aquatic exercise
  - 3. Recommendations for teaching
- H. Considerations for teaching a postnatal fitness course
  - 1. Guidelines for specific postnatal exercises
  - 2. Mother and baby exercises

## **III. Knowledge and Skills in Designing a Prenatal or Postnatal Fitness Program - 16%**

- A. Professional practice guidelines set by ACOG, AWHONN and ACE
- B. Program components (e.g. intensity, duration, frequency and mode)
  - 1. Talk test
  - 2. Borg scale
- C. Work format
- D. Guidelines for choreography and music
- E. Instructor responsibilities

The CPFI exam content outline is an essential tool as you study. It describes the subject areas covered by the examination and the number of questions per category. Questions will not simply include knowledge recall. This exam tests your ability to apply knowledge and use critical thinking skills to determine one best answer among answer choices.

### **Suggested References**

- \*ACOG. (2009). ACOG Committee Opinion # 267: Exercise during pregnancy and the postpartum period. Washington, D.C.: American College of Obstetricians and Gynecologists.
- \*Anthony, L. (2012). Pre- and post-natal fitness: a guide for fitness professionals from the American Council on Exercise. San Diego, CA: American Council on Exercise.
- \*Clapp, J., Cram, C. (2012). Exercising through your pregnancy.(2nd ed). Omaha, NE: Addicus Books, Inc.
- \*Cram, C., Hyatt, G. (2013). Prenatal and Postnatal Exercise Design. Champaign, IL: Human Kinetics.
- \*Daley AJ, Thomas A, Cooper H, et al. Maternal exercise and growth in breastfed infants: a meta-analysis of randomized controlled trials. Pediatrics 2012; 130:108.
- \*Mayo Clinic. (2011). Guide to a healthy pregnancy. Rochester, MN: Mayo Clinic.
- \*Kisner, C., Colby, L. (2012). Therapeutic exercise: foundations and techniques, 6th ed. Philadelphia, PA: F. A. Davis.
- \*United States Department of Health and Human Services.(2008). "Physical Activity Guidelines for Americans."

A number of authoritative texts, such as those listed, are used to develop this certification examination. The list is provided to help you prepare for the examination and is not intended to be all-inclusive. In the event that the publisher issues a new edition, the information is based on the most current edition.