

EXERCISING DURING PREGNANCY

Training for Early Head Start

This is a 2-part training. Follow instructions provided for each part. When you have completed the training and test, you will email or mail the test to Positive Patterns for Life to be graded. You will find test submission details on page 3.

NAME: _____ STARS #: _____ DATE: _____

EMAIL: _____ PHONE #: _____

PART 1 – Watch the video titled “Exercising During Pregnancy,” found on this webpage:
<https://www.positivepatterns4life.com/wcfd>. Fill in the blanks to the following questions and/or statements, as you watch this video.

- 1] This is a list of benefits of exercising during pregnancy, expect one – which one?
 - ☐ Makes delivery easier
 - ☐ Reduces back pain
 - ☐ Decreases blood loss during pregnancy by 50%
 - ☐ Supports healthy eating habits
 - ☐ Reduces risk of developing preeclampsia
- 2] It is recommended that pregnancy women get _____ minutes of moderate aerobic activity per week.
- 3] Which of the following exercises are appropriate during pregnancy? Check all that apply:
 - ☐ Jump of a trampoline
 - ☐ Mountain biking
 - ☐ Swimming
 - ☐ Walking
 - ☐ Basket ball
- 4] T / F Pregnant women with diabetes should check their blood sugar before exercising.
- 5] T / F Pregnant women with diabetes should eat a snack before exercising if their blood sugar is less than 100 mg/dl.
- 6] T / F Two actions a pregnant women can take to reduce risk of dehydration is to drink 8 oz of water prior to exercising and avoid exercising during extreme heat.

- 7] Pregnant women run a higher risk of musculoskeletal injury. Check all reasons why this is so:
- ☐ Poor calcium absorption during pregnancy
 - ☐ Poor balance later in pregnancy
 - ☐ Ligaments and cartilage soften during pregnancy
 - ☐ Blood sugars run lower during pregnancy
- 8] T / F It is safe for pregnant women with diabetes to exercise with a blood sugar over 249 mg/dl.
- 9] T / F Women who have previously delivered a premature baby, are NOT at risk for having another premature birth.
- 10] T / F It is recommended that pregnant women exercise to the point of exhaustion as often as possible.
- 11] T / F Pregnant women should NOT strain or hold their breath during exercise.
- 12] T / F Pregnant women should not lay on their back later in pregnancy because their large uterus can compress the aortic artery that supplies their unborn baby with oxygen and nutrients.
- 13] Women with the following conditions should not exercise during pregnancy – check all that apply:
- ☐ Diabetes
 - ☐ 2nd or 3rd trimester bleeding
 - ☐ Incompetent cervix
 - ☐ Previous pregnancy with complications
 - ☐ Asthma
 - ☐ Preterm labor
- 14] Put a check mark by reasons a pregnant woman should stop exercising and call her doctor:
- ☐ Developed a rash
 - ☐ Chest pain
 - ☐ Shortness of breath
 - ☐ Extreme thirst
 - ☐ Severe pain anywhere
 - ☐ Vaginal bleeding
- 15] T / F It is not safe for a woman to do any kind of resistance training during pregnancy.

PART 2 – Read through the first 2 handouts under the second section on the “Educational Handouts” page, located at this web address: <https://www.positivepatterns4life.com/wcfd/ho> . Then name the handout that best addresses the given situation.

16] Provides guidance about exercising after birth: _____

17] Provides multiple examples of safe and unsafe exercises during pregnancy: _____

18] Provides guidance about food and fluids a pregnant woman needs during exercise: _____

Scan your completed test into your computer and email it to positivepatternsforlife@gmail.com or you can mail it to Positive Patterns for Life, P.O. Box 902, Guernsey, WY 82214.

If you answer 85% of the test questions correctly, you will be sent a *STARS Course Evaluation Form* to complete and submit to Wyoming STARS office. You will receive 0.5 STARS credits for completing this course.