LEBANON · SPECIALTY COURSE

Pre and Postnatal Specialist

Exercise in Pregnancy and Postpartum · Accredited by EuropeActive · EQF Level 4



NEXT COHORT	DURATION	COURSE FEE
Early 2027	**About 2 months**	**$500**
register your interest	40 guided learning hours	subject to current discounts, see sas-cce.com

Train women safely through pregnancy and the postpartum period. A specialty for qualified personal trainers, taught by doctors and a sports osteopath, mapped to the EuropeActive Exercise in Pregnancy and Postpartum standard.

You walk out with

EuropeActive accredited, EQF Level 4

Graduates are registered with EREPS, the European Register of Exercise Professionals

A specialty on top of your qualification

It does not include a Lebanese Ministry of Education diploma

What you will learn

Exercise for pregnant clients: the theory
PREGNANCY

Health issues and safety in pregnancy
PREGNANCY

Screening and fitness assessment, pregnancy
PREGNANCY

Prescribing and adapting exercise in pregnancy
PREGNANCY

Promoting an active lifestyle in pregnancy
PREGNANCY

Exercise for postpartum clients: the theory
POSTPARTUM

Health issues and safety postpartum
POSTPARTUM

Screening and fitness assessment, postpartum
POSTPARTUM

Prescribing exercise postpartum, with an infant
POSTPARTUM

Promoting an active lifestyle postpartum
POSTPARTUM

Learning hours

30 h	56 h	20 h
Live sessions = 40 guided learning hours	Self-study on the SAS platform	Assessment exam, case study, practical

106 hours total qualification time · mapped to the EuropeActive Exercise in Pregnancy and Postpartum Standard

How it runs

Weekday evenings, live online
On Microsoft Teams, recorded for revision

Saturdays, in person
Practical sessions in Baabda

Self-study on the SAS platform
Reading, recordings and a quiz for every unit

Three part assessment
Theory exam, written case study and observed practical. Pass with 70 out of 100 overall

Who it is for

- Qualified personal trainers, Level 4 or equivalent
- Graduates of any SAS PT track
- Midwives, physiotherapists, osteopaths, case by case

Pay in full or in instalments, in USD, by cash payment at Performance First or Whish. Paid in full: course access as soon as you sign your student agreement. Paying in instalments: course access opens 14 days before the course starts. Fees are non-refundable; with a valid reason they can be moved to another SAS Coaching Diplomas course or a future cohort (www.sas-cce.com/refund-policy). Dates can move for public holidays; your dated schedule is issued at enrolment. Information correct on 16 October 2026.

Register your interest

Be first to hear the next dates.

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sas-cce.com/pre/post-natal-specialist-course

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