

INFORMATION PAPER

Assistant Chief of Staff Installation Management

COL Steven J. Lewis

Chief, Family Programs Branch

28 March 2019

SUBJECT: DACOWITS RFI #11

1. **Purpose.** The Committee requests annual data (2014-2018) from each Services' Family Advocacy Program (FAP) registry on domestic abuse affecting Servicewomen. To include on/off base incidents and referrals, and whether the abuse included domestic violence. Provide an assessment of the trends, including indicators of whether non-physical domestic abuse developed into domestic violence.

2. **Response.**

Army Servicewomen Victim Counts/Rates

2014: 591/1.1 per 1K

2015: 603/1.1 per 1K

2016: 570/1.1 per 1K

2017: 616/1.4 per 1K

2018: 530/1.3 per 1K

Army Servicewomen Victim Physical/Sexual Abuse Severity (moderate/severe) Counts
(% of Army Servicewomen Victim Counts):

2014: 406 (69%)

2015: 403 (67%)

2016: 350 (61%)

2017: 379 (62%)

2018: 304 (57%)

Analysis ongoing and the information is not available at this time.

Pregnancy Postpartum Physical Training (P3T) Onsite Train-the-Trainer Instructor Course

LOCATION / DATE

MON	1500-1700 Classroom	P3T PM and/or NCOIC and Course instructor hold admin meeting - Class Introductions, Group Assignments, Review agenda, IT Responsibilities, EL Training and Practical Assignment
TUES	0620-0730 0730-0830 0830 Gym	Students participate in P3T exercise session (PG & PP) – Gym BREAK/travel time Developing a PGPT Program – Exercise preparation (Centering, Core Compressions, Warm up) Developing a PGPT Program – Strength & Flexibility (Upper back) Relaxation Exercise (large group – deep breathing) BREAK Developing a PGPT Program – Strength & Flexibility (Chest, shoulders, arms) Developing a PGPT Program – Strength & Flexibility (Abdominals)
	1200-1300	LUNCH Developing a PGPT Program – Strength & Flexibility (Lower Body) Developing a PGPT Program - Special Pregnancy Exercises BREAK Developing a PGPT Program - Cardiovascular; (aerobics & step, AGR, circuit, cycling, intervals) Relaxation Exercise (large group -deep breathing and meditation)
	1700	Class Released
WED	0620-0730 0730-0830 0830 TBD classroom AV EQUIP	Students participate in P3T exercise session (PG & PP) – Gym BREAK/travel time Exercise Session Planning & Development/ Evaluate Weekly Sessions Activity Enrollment / Disenrollment/ Accountability/ data collection & reporting Supportive Environment / Camaraderie/Sensitivity Training BREAK EL Training tips/resources & Unit Liaison Postpartum special circumstances/Postpartum Reconditioning tools
	1230-1330 Gym	LUNCH Relaxation Exercise (large group – imagery) PP PT Exercises – Prep Drill, Special PP Exercises, PRT CDs & MMDs modifications BREAK Relaxation Exercise (large group – progressive muscle relaxation) Prepare for Practical Exam
	1700	Class Released
THUR	0620-0730 0730-0830 0830-1030 1030-1100 1100-1200 1200-1300 1300-1700 1700	Students participate in Pool PT/water aerobics training session – Pool BREAK EL Training Session TBD Classroom Prepare for Practical Exam Gym Practical Exams (1) LUNCH Practical Exams (4) Class Released <i>Dismissal dependent upon time required to complete practical exams</i>
FRI	0600-0730 0745-0830 TBD	New ITs lead P3T & Practical Exam (1) if needed- Gym Evaluation of Training/ AAR (electronic questionnaire sent after course), Grant Certificates P3T Team meeting (optional)

Uniform: ACU on Monday; IPFU on Tues- Fri; swimwear is recommended but not required.

NOTE: ALL break times are subject to change based on time required to cover content.

Participation in P3T exercise sessions with P3T Program participants is scheduled BEFORE class. Location will be announced on Monday. Course content is physically active and full participation is required and includes wearing simulated pregnancy belly unless documentation of profile preventing this is provided.

Exercise Training Locations

Gym location address – GYM

Pool location address - POOL

Classroom location address – TBD Classroom

TEXT in red is classroom instruction & black text is physically active instruction

P3T DL Course, 081SDL18-APHC-P3T-0001, Module Syllabusses, Prerequisite to Onsite course

READ THIS FIRST!! Course Overview, Requirements, TG255 Series

USAPHC TG 255 Series
HERE ARE THE MANUALS! All the TG255 Series manuals are located in this folder. Refer to them to complete the reading assignments in each module. These manuals may also be downloaded from the P3T AKO web site.

P3T DL Course Completion
BE ON NOTICE!! If you have not started the P3T DL course within a month of enrollment your enrollment will be dropped. If you have not completed the P3T DL Course within 4 months of enrollment you will be dropped and students must complete this DL course NLT the end of the FY (i.e. 30 September) in order to receive ATRRS credit.
THESE ARE NO PROMOTION POINTS AWARDED FOR COMPLETION OF ONLY THE P3T DL COURSE!
To receive a completion certificate for the DL course, ALL the module check-on-learning tests, assignments 1 & 2 in modules 6 & 7, practice exam, and final exam must be passed with an 80%. You must also submit the weekly exercise plans in assignment 3, but you will not see a grade for these.

Upon completion of the P3T DL Course you will receive a certificate of completion and be eligible to attend a P3T Onsite Course. The certificate is sent to the email listed in your Blackboard profile so be sure it is correct. After being granted, the certificate is also posted under 'My Certificates' on the Blackboard home page. It often takes up to 24 hours for the completion certificate to be issued after DL course completion.

COURSE REQUIREMENTS
This Course Requirements section is designed to prepare you for what is ahead and help you manage your time. The following information is the agreement for the course schedule, objectives, policies, exam, and course evaluation requirements. Training is based on the US Army Pregnancy/Postpartum Physical Training Program Technical Guide Series 255.

- Each module includes a variety of educational components to assist you in learning the course content. Each module contains its own detailed syllabus that outlines the module tasks. The modules may include reviewing slide presentations with embedded video clips; reading notes pages of the slides and sections from manuals, information papers, fact sheets, completing assignments; and answering check on learning tests.
- Each module contains links to the content required to complete that specific module. The modules are designed to be completed in the order provided. The DL Course is a set of 14 self-paced modules that MUST be completed before attendance at the onsite course. The DL Course includes a practice and a final exam. To receive a completion certificate for the DL course, ALL the module check-on-learning tests, assignments 1 & 2 in modules 6 & 7, practice exam, and final exam must be passed with an 80%. You must also submit the weekly exercise plans in assignment 3, but you will not see a grade for these.
- This P3T DL course MUST be completed within the 12 months BEFORE the dates you will be attending the P3T Program Leader Onsite Course. It is highly recommended that P3T DL Course be completed in the 3-16 weeks directly before the Onsite Course starts, so that the information is fresh in your mind.
- Upon completion of the P3T DL Course you will receive a certificate of completion and be eligible to attend a P3T Onsite Course. The certificate is sent to the email listed in your Blackboard profile so be sure it is correct. After granted, the certificate is also posted under 'My Certificates' on the Blackboard home page. It often takes up to 24 hours for the completion certificate to be issued after DL course completion.
- The P3T Onsite Course is a hands-on onsite train-the-trainer course. Information and registration for the P3T Onsite Course is available at <http://phc.amedd.army.mil/Pages/CourseDetails.aspx?CourseID=124>
- P3T Onsite Course applicants must send the registration forms (DA3838 or SF182) to the P3T Course Director via AMRDEC SAFE, https://safe.amrdec.army.mil/safe/ Recipient email is usarmy.agd@com. phc.mba.p3t@army.mil DO NOT SEND THE DA3838 or SF182 forms BY EMAIL AS THEY CONTAIN SSN!!

COURSE DESCRIPTION AND CONTENT OVERVIEW
DESCRIPTION: The P3T Leader Course is a train-the-trainer course that provides guidance to military and civilian personnel that have been designated to serve as P3T program managers (OIC and NCOIC), instructor trainers, and medical experts. It covers the steps required to establish and execute a consolidated P3T program for an installation. It is taught by the Army Public Health Center (APHC) Health Promotion and Wellness (HPW) P3T matter expert. The P3T Leader Course is accomplished through completion of two phases.

The DL Course is a set of 14 self-paced modules that MUST be completed before attendance at the onsite course. The DL Course includes a practice and a final exam. To receive a completion certificate for the DL course, ALL the module check-on-learning tests, assignments 1 & 2 in modules 6 & 7, practice exam, and final exam must be passed with an 80%. You must also submit the weekly exercise plans in assignment 3, but you will not see a grade for these. P3T DL Course registration is through ATRRS. The course number is 081SDL18-APHC-P3T-0001 and Course Title is PREGNANCY POSTPARTUM PT (P3T) PROGRAM LEADER.

Information and registration for the P3T Onsite Course is at this link, <http://phc.amedd.army.mil/Pages/CourseDetails.aspx?CourseID=124> Attendance in the P3T onsite course requires a DL course completion certificate and a signed DA3838 (military) or SF 182 (civilian) form. These must be submitted no less than 14 days prior to the start date of the P3T Onsite Course. Minimum of 12 and maximum of 32 attendees per onsite course. POC for training inquiries is APHC/HPW 410-436-2303, ATTN: P3T Program Coordinator. The hands-on onsite train-the-trainer course is an application of the DL content with the focus on exercise performance, training exercise leaders, use of implementation tools, and a practical exam. There is no course fee for the onsite course, but any TDY costs for attendance at the onsite course are the responsibility of the requesting installation/unit. To receive a completion certificate for the onsite course, full participation is required in ALL of the course sessions.

[SF 182 civilian ttr form.pdf](#)
[DA3838 P3T sample.pdf](#)

OBJECTIVES:

- Provide qualified P3T train-the-trainer leadership that can train P3T exercise leaders to design and lead P3T exercise sessions.
- Ensure required level of P3T training to implement the duties and execution responsibilities of P3T personnel to execute standardized P3T.
- Maintain standards and safety recommendations for pregnant and postpartum Soldiers as established in USAPHC Technical Guide 255 series, Army P3T Program.

Module 1 Program Overview

P3T DL Course Completion
BE ON NOTICE!! If you have not started the P3T DL course within a month of enrollment your enrollment will be dropped. If you have not completed the P3T DL Course within 4 months of enrollment you will be dropped.
To receive a completion certificate for the DL course, ALL the module check-on-learning tests, assignments 1 & 2 in modules 6 & 7, practice exam, and final exam must be passed with an 80%. You must also submit the weekly exercise plans in assignment 3, but you will not see a grade for these.

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P3T Overview
P3T Overview INTRODUCTION
The purpose of U.S. Army Pregnancy Postpartum Physical Training (P3T) is to help pregnant and postpartum Soldiers maintain fitness throughout their pregnancy and to help them return efficiently to required fitness levels after their pregnancy has ended. It provides special reconconditioning physical training and education that is not part of Army policy. P3T provides standardized exercise and education that is comprehensive over the entire pregnancy, maternity leave, and postpartum period.

LEARNING OBJECTIVES
List training requirements.
Describe background and scope of the program.
Explain program goals and benefits.
Name the three primary Army policies that govern the P3T Program.
Explain standards and general implementation process.
Explain four basic guidelines for exercise during pregnancy based on the national policies (ACOG, CDCP, US Dept of HHS).

REQUIRED TASKS
READ: TG 255A, Implementation Guide, Chapter 1
T02008, Instructor Trainer, Chapter 1
T02009, Exercise Leader, Chapter 1
REVIEW: Module 1 Presentation - PPT slides and PDF version with notes pages
Condensed P3T Overview Presentation - PPT slides and PDF version with notes pages
NCO Overview Brief - PPT slides and PDF version with notes pages
READ THESE CAREFULLY: P3T Policies in AR 350-1, AR 40-5-1, and FM 7-22
KNOW WHAT THESE SAY: Information Papers, Fact Sheet, and Soldier Brochure on P3T Program
LEARN NATIONAL GUIDELINES: ACOG Committee Opinion, ACOG FAQs, Physical Activity Guidelines
TEST YOUR KNOWLEDGE: Complete Check on Learning Questions

Module 2 Implementation

P3T Implementation
P3T Implementation INTRODUCTION
Successful implementation of P3T depends on consistent and well-trained program leadership. To assist local P3T leaders, the pregnancy/postpartum fitness training materials have been developed by the Army Public Health Center/Health Promotion and Wellness, in coordination with many subject matter experts in the areas of pregnancy and physical fitness. Updates and additional resources can be found at the Army Public Health Center P3T web page and the P3T AKO web site.

LEARNING OBJECTIVES
Explain local P3T leader responsibilities.
Outline the enrollment and disenrollment processes.
Describe the implementation guidance and education documents that are available on the P3T AKO web site.
Name six primary standards that P3T must meet.

REQUIRED TASKS
READ: TG 255 A, U.S. Army P3T Program Implementation Guide
REVIEW: Module 2 Presentation - PPT slides and PDF version with notes pages
CHECK THIS OUT: P3T AKO Web Page
KNOW HOW AND WHEN TO USE: Enrollment Documents, Implementation Documents, Education Component Documents
SHARE WITH UNIT LEADERS: Pregnancy Counseling Guide
TEST YOUR KNOWLEDGE: Complete Check on Learning Questions

Module 3 Changes During Pregnancy

Build Content Assessments Tools

Changes During Pregnancy

Changes During Pregnancy
INTRODUCTION

Childbearing is a major life event. Pregnancy brings about many physical changes. Some of these involve anatomical changes that affect movement and can be a source of discomfort during pregnancy. Pregnancy not only causes changes to the anatomy of the body, but also physiologically to the body systems. With all these physical changes, as the baby grows and the pregnant Soldier's body changes, she must also prepare psychologically and emotionally for motherhood.

LEARNING OBJECTIVES

State basic anatomical changes during pregnancy and common discomforts caused.

Explain physiological changes during pregnancy to the 5 major systems.

Discuss how physical changes affect exercise performance.

Describe postural changes.

List specific changes expected during each trimester.

Summarize how exercise positively impacts pregnancy.

REQUIRED TASKS

READ:
 TG 255 D, Exercise Leader Manual, Chapter 2, pages 7-20
 TG 255 B, Instructor Trainer Manual, Chapter 2, pages 9-22
 TG 255 C, Medical Expert Manual, Chapter 2, pages 7-11

REVIEW: Module 3 Presentation - [PPT slides and PDF version with notes pages](#)

KNOW HOW AND WHY: The changes that occur during pregnancy affect exercise.

LEARN HOW TO RESPOND: When a Soldier moves to a different trimester.

TEST YOUR KNOWLEDGE: Complete Check on Learning Questions

Module 4 Nutrition

Build Content Assessments Tools

Nutrition During Pregnancy and Postpartum

Nutrition During Pregnancy and Postpartum
INTRODUCTION

Soldiers are expected to meet strenuous physical fitness standards when they return to their jobs after having a baby. In order to help pregnant and postpartum Soldiers maintain fitness throughout their pregnancy and to help them return efficiently to required fitness levels after the pregnancy has ended, they must have good eating habits. Not only what they eat, but also when and how much they eat can have major effects on their health and performance, as well as on the health and development of their baby.

LEARNING OBJECTIVES

State recommended calorie intake and extra nutrients required during pregnancy

Provide guidelines for good prenatal nutrition

State range of healthy weight gain in normal pregnancy

List guidance for healthy food servings

Explain how proper nutrition can reduce pregnancy related discomforts

Explain why good nutrition is important for pregnant mothers, the baby, and breastfeeding moms

REQUIRED TASKS

READ:
 TG 255 D, U.S. Army P3T Exercise Leader Manual, Chapter 3 pages 7-20
 TG 255 B, U.S. Army P3T Instructor Trainer Manual, Chapter 3, pages 9-22
 TG 255 C, U.S. Army P3T Medical Expert Manual, Chapter 3

REVIEW: Module 4 PowerPoint Presentation - [PPT slides and PDF version with notes pages](#)

CHECK THIS OUT: USDA web page for Pregnant and Breastfeeding Women

KNOW HOW AND WHEN TO USE: Daily Food Log

LEARN HOW TO: Give Good Basic Nutrition Advice

TEST YOUR KNOWLEDGE: Complete Check on Learning Questions

Module 5 Safety

Build Content Assessments Tools

Module 5: Safety During Pregnancy and Postpartum

Module 5: Safety During Pregnancy and Postpartum
INTRODUCTION

Safety is the first and foremost priority of the P3T Program. Each person in the program has their own responsibility to ensure safety. Module 5 presents the key safety concepts for exercise during pregnancy and postpartum.

LEARNING OBJECTIVES

Demonstrate ability to monitor the safety of Soldiers by correctly answering safety scenarios when Soldiers should not exercise and/or be seen by a health care provider.

Explain four modifications made to exercise to combat the effects of gravity on the pregnant Soldier.

Name four specific activities that build camaraderie and a supportive environment in the program.

List proper procedures if participant has a fall.

Describe the symptoms for referral to health care provider.

List four exercise modifications during the second and third pregnancy.

REQUIRED TASKS

READ:
 TG 255 D, Exercise Leader Manual, Chapters 5 pages 89-93 and Chapter 8, pages 139-140
 TG 255 B, Instructor Trainer Manual, Chapters 5 pages 35-36 and Chapter 8 page 53

REVIEW: Module 5 Presentation - [PPT slides and PDF version with notes pages](#)

CHECK THIS OUT: PARmed-X for Pregnancy

KNOW WHEN TO USE: DD2977, Composite Risk Management Worksheets for P3T Exercise Sessions

LEARN HOW TO RESPOND: Role Plays for Safety Issues (practical scenarios)

TEST YOUR KNOWLEDGE: Complete Check on Learning Questions

Module 6 Exercise Activity Performance

Build Content | Assessments | Tools

Exercise Activity Performance

Exercise Activity Performance
INTRODUCTION

The purpose of a P3T program is to help pregnant and postpartum Soldiers maintain fitness throughout their pregnancy and to help them return efficiently to required fitness levels after the pregnancy has ended. This module is focused on exercise activity performance. The exercise activities included in each session are: Centering, Strength/Endurance, Flexibility, Special Pregnancy and Care Exercises, Cardiovascular, and Relaxation/Stress Management.

LEARNING OBJECTIVES

- Define major components of fitness.
- Recognize performance levels appropriate for different trimesters.
- Explain procedures for diastasis recti check.
- Explain procedures used to splint the abdomen.
- Define the different methods used to monitor intensity level of cardio exercise.
- List the components of a cardiovascular exercise.
- Identify safety tips for strength/endurance exercise.
- List the environment for relaxation/stress management exercises.
- Describe the components of an exercise session.
- Match the appropriate static stretch to perform with a particular muscle strength and endurance exercise.
- Identify the safety precautions and specific performance cues for exercise session activities.

REQUIRED TASKS

READ:
 TG 255 D, U.S. Army P3T Exercise Leader Manual, Chapter 4 & 8
 TG 255 B, U.S. Army P3T Instructor Trainer Manual, Chapter 4 & 8
 TG 255 C, U.S. Army P3T Medical Expert Manual, Chapter 4 & 8
 REVIEW: Module 6 Presentation - [PPT slides](#) and [PDF version with notes pages](#)

CHECK THIS OUT: P3T PT Benefits

KNOW HOW AND WHEN TO DO WHAT: Cardio Activity Chart in EL Manual Pg 84

LEARN HOW TO RELAX: Practice with Team Relaxation Sample

PRACTICE: Review the Performance of Each Exercise in the Exercise Chart and Exercise Overview Slides

ASSIGNMENT: Complete Fitness Component Activity

TEST YOUR KNOWLEDGE: Complete Check on Learning Questions

Module 7 Exercise Session Development

Build Content | Assessments | Tools

Exercise Session Development

Exercise Session Development
INTRODUCTION

The purpose of P3T is to help pregnant and postpartum Soldiers maintain fitness throughout their pregnancy and to help them return efficiently to required fitness levels after the pregnancy has ended. This module is focused on exercise session development and how to organize the exercise activities into weekly and monthly plans.

LEARNING OBJECTIVES

- Explain the key factors in planning a weekly exercise session.
- Describe the types of planning formats.
- Recognize errors in a weekly exercise session plan.
- Create weekly exercise session plans for pregnant and postpartum Soldiers.

REQUIRED TASKS

READ:
 TG 255 D, U.S. Army P3T Exercise Leader Manual, Chapter 5
 TG 255 B, U.S. Army P3T Instructor Trainer Manual, Chapter 5
 TG 255 C, U.S. Army P3T Medical Expert Manual, Chapter 5
 REVIEW: Module 7 Presentation - [PPT slides](#) and [PDF version with notes pages](#)

CHECK THIS OUT: Sample Monthly, Weekly, and Daily Exercise Session Plans

ASSIGNMENT 2: Find the Errors in a Weekly Exercise Session Plan

ASSIGNMENT 3: Create Your Own Weekly Exercise Session Plans **COMPLETION AND SUBMISSION REQUIRED BUT NO LONGER GRADED**

TEST YOUR KNOWLEDGE: Complete Check on Learning Questions

Module 8 Changes During Postpartum

Build Content | Assessments | Tools

Module 8: Postpartum Changes and Exercise

Module 8: Postpartum Changes and Exercise
INTRODUCTION

Following delivery, the female Soldier undergoes many physical and mental changes. Some of these occur immediately and others happen more slowly. A consistent and appropriate exercise program is important for a new mother to complete the transition back to the non-pregnant state.

Module 8 includes the basics of the anatomical, physiological, and psychological changes that occur during the postpartum period. It also introduces the effects that these changes and breastfeeding have on physical activity. Safety issues specific to the postpartum period are also covered. Program implementation strategies and administrative procedures specific to postpartum are also presented.

LEARNING OBJECTIVES

- State anatomical changes that occur during postpartum.
- Explain changes to the 5 major body systems during postpartum.
- Discuss how these changes affect physical performance.
- List strategies to help relieve postpartum blues and depression.
- Describe how to do diastasischeck postpartum.
- List abdominal exercise progression.
- State goals at end of 6-week convalescent leave.
- State goals of postpartum PT.
- Explain diagnostic APFT procedures.
- Explain safety issues for postpartum.
- Describe disenrollment procedures.

REQUIRED TASKS

READ:
 TG 255 D, Exercise Leader Manual, Chapters 6, 7, & 8
 TG 255 B, Instructor Trainer Manual, Chapters 6, 7, & 8
 TG 255 C, Medical Expert Manual, Chapters 6, 7, & 8
 REVIEW: Module 8 PowerPoint Presentation - [slides](#) and [notes pages](#)

CHECK THIS OUT: P3T AKO WebSite Section Just for Postpartum Soldiers

Module 9 Data Collection/Reporting and Evaluation

Build Content Assessments Tools 11

Data Collection/Reporting and Evaluation

Data Collection/Reporting and Evaluation

INTRODUCTION

Successful implementation of P3T depends on consistent and well-trained P3T leadership. To assist local P3T leaders, standardized data collection/reporting and evaluation materials have been developed by the Army Public Health Center (APHC), Health Promotion and Wellness Directorate. Updates and additional resources can be found at the APHC P3T web page, <http://phc.amedd.army.mil/topics/healthy/being/all/Pages/ArmyPregnancyPostpartumPhysicalTrainingProgram.aspx>, and the P3T AKO web site, <https://www.us.army.mil/suite/page/693153> (CAC required).

LEARNING OBJECTIVES

Explain data collection responsibilities of participants, P3T leaders, and commanders.
 Outline the program evaluation process.
 Explain the standardized tools to be used.
 Describe reasons to be compliant with data collection and evaluation efforts.

REQUIRED TASKS

READ: TG 255 A, U.S. Army P3T Program Implementation Guide
 REVIEW: Module 9 Presentation - [PPT slides](#) and [PDF version with notes pages](#)
 KNOW HOW AND WHEN TO USE: Program Data Collection and Evaluation Tools
 SHARE WITH P3T LEADERS: Results of the P3T Standard Criteria Checklist and Gap Analysis
TEST YOUR KNOWLEDGE: Complete Check on Learning Questions

Module 10 Medical Staff Support

Build Content Assessments Tools 11

Medical Staff Support

Medical Staff Support

DESCRIPTION

P3T Medical Expert and Education Coordinator

Army Pregnancy Postpartum Physical Training (P3T) requires the support of two medical staff to help pregnant and postpartum Soldiers maintain fitness throughout their pregnancy and to help them return efficiently to required fitness levels after the pregnancy has ended. The Medical Expert provides safety oversight and medical consultation. The Education Coordinator plans and oversees pregnancy and postpartum related education. These personnel are designated from the local medical treatment facility, whether that be a regional health center, hospital, or clinic.

LEARNING OBJECTIVES

List training requirements for the medical expert and education coordinator.
 Describe background requirements for medical staff positions.
 Explain primary responsibilities of the medical expert.
 Name the primary tasks of the education coordinator.
 Explain standards for the education component.
 Explain how the medical staff provide safety and quality oversight for P3T.

REQUIRED MATERIALS

READ: TG 255A, Implementation Guide, Chapter 1
 TG255B, Instructor Trainer, Chapter 1
 TG255D, Exercise Leader, Chapter 1
 REVIEW: Module 10 P3T Medical Staff & Position Responsibilities Presentation - [PPT slides](#) and [PDF version with notes pages](#)
 KNOW HOW TO USE: Documents to support ME and EC responsibilities
 LEARN NATIONAL GUIDELINES: ACOG Committee Opinion 650, ACOG FAQs, Physical Activity Guidelines, VA/ODD CPGs
TEST YOUR KNOWLEDGE: Complete Check on Learning Test

Module 11 Individualized/ Remote P3T

Build Content Assessments Tools 11

Individualized/Remote P3T

Individualized/Remote P3T

DESCRIPTION

The purpose of Individualized/Remote Army Pregnancy Postpartum Physical Training (P3T) is to help pregnant and postpartum Soldiers maintain fitness throughout their pregnancy and to help them return efficiently to required fitness levels after the pregnancy has ended, even if they cannot participate in structured daily P3T exercise and education sessions. It provides special population physical training and education that can be made available to individuals that are assigned to occupations that require duty during PT time, are in locations that have too small a pregnant and postpartum population to justify execution of organized P3T, are in remote locations where P3T is not feasible, are Army National Guard service members, or are a service member in an Army Reserve Component unit.

LEARNING OBJECTIVES

List enrollment requirements for individualized P3T.
 Describe scope of the individualized P3T.
 Explain program goals and benefits.
 Name the resources available for individualized P3T.
 Explain standards and general implementation process.

REQUIRED MATERIALS

READ: TG 255A, Implementation Guide, Chapter 1
 TG255B, Instructor Trainer, Chapter 1
 TG255D, Exercise Leader, Chapter 1
 REVIEW: Module 11 Individualized/Remote P3T Presentation - [PPT slides](#) and [PDF version with notes pages](#)
 WATCH & LISTEN: P3T Overview video
 READ THESE CAREFULLY: Remote P3T Email
 KNOW WHAT THESE SAY: Remote Sodier brochure
 KNOW HOW TO USE THESE: Enrollment Packet Instructions, Full Inprocessing Packet, P3T DVD Order Form, Resources for Remote P3T on AKO website
TEST YOUR KNOWLEDGE: Complete Check on Learning Questions

Module 12 Conducting Exercise Leader Trainings

Build Content Assessments Tools 11

Conducting Exercise Leader Trainings

Conducting Exercise Leader Trainings

DESCRIPTION

The purpose of Army Pregnancy Postpartum Physical Training (P3T) Exercise Leader (EL) Trainings is to prepare NOCs to serve in positions of leadership in P3T. P3T ELs help pregnant and postpartum Soldiers maintain fitness throughout their pregnancy and assist them in returning efficiently to required fitness levels after the pregnancy has ended. ELs provide special population physical training designed specifically for the unique reconditioning needs of pregnant and postpartum Soldiers.

LEARNING OBJECTIVES

Describe planning steps for an EL Training.
 Explain what is taught during an EL Training.
 Name the resources available and where to access the documents to support EL Trainings.
 Describe how the EL Training is evaluated.

REQUIRED MATERIALS

READ: TG 255A, Implementation Guide
 TG255B, Instructor Trainer
 TG255D, Exercise Leader
 REVIEW: Module 12 P3T EL Training 'HOW TO' presentation - [PPT slides](#) and [PDF version with notes pages](#)
 KNOW WHAT THIS SAYS: P3T NCO Overview Brief
 BE FAMILIAR WITH: P3T DVD set (ordered through P3T MEDCOM Proponent)
 READ THIS CAREFULLY: P3T Continuity Book Sample
 KNOW HOW TO USE THESE: Documents in Pre Course, Course Preparation, and Post Course folders
TEST YOUR KNOWLEDGE: Complete Check on Learning Test

+ [Home] [Refresh] [Logout] [11]

Pregnancy Postpartum PT (PST) Program Leader Course (DL) 2019

Welcome to the PST DL Course 2019

READ THIS FIRST! Course Overview, Requirements, TG255 Series

Update Bb & AKO Profiles

Online Troubleshooting

System/Browser Check

Module 1 Program Overview

Module 2 Implementation

Module 3 Changes During Pregnancy

Module 4 Nutrition

Module 5 Safety

Module 6 Exercise Activity Performance

Module 7 Exercise Session Development

Module 8 Changes During Postpartum

Module 9 Data Collection/Reporting and Evaluation

Module 13 Exam Review

Build Content ▾ Assessments ▾ Tools ▾

11

Exam Review and Preparation

Exam Review and Preparation

INTRODUCTION

This last module is designed to reinforce the core knowledge concepts discussed in the TG255 manuals, presentations, and video clips. Completing each of the review activities will prepare you for the final written exam.

LEARNING OBJECTIVES

Answer correctly specific questions on program implementation and PST exercise session development.

Answer correctly specific knowledge questions on the changes that occur during pregnancy and postpartum, and how these affect exercise and movement.

Answer correctly specific knowledge questions on the core knowledge concepts from each module.

REQUIRED TASKS

READ: Course Completion Requirements

TG 255 D, Exercise Leader Manual, Chapters 9

TG 255 B, Instructor Trainer Manual, Chapter 9

REVIEW: Module 13 Presentation - [PPT slides and PDF version with notes pages](#)

PAY ATTENTION TO: IT Manual Review Questions

CHECK THIS OUT: Jeopardy Games that Test You on the Exam Content

TEST YOUR KNOWLEDGE: Check on Learning Practice Exam (50 True/False questions)

+ [Home] [Refresh] [Logout] [11]

Pregnancy Postpartum PT (PST) Program Leader Course (DL) 2019

Welcome to the PST DL Course 2019

READ THIS FIRST! Course Overview, Requirements, TG255 Series

Update Bb & AKO Profiles

Online Troubleshooting

System/Browser Check

Module 14 Final Exam

Build Content ▾ Assessments ▾ Tools ▾

11

Module 14 Final Exam

Enabled: Adaptive Release

This is the final written exam for the PST Prerequisite Part 1 Course. It is all multiple choice questions. You have five attempts to pass the final exam. The exam must be completed in a single sitting. Do not take too long on a single question or between questions, or Blackboard will close on you.

NOTE: Bb logs out all users 4 hours after login regardless of user activity. It is best to log out of Bb and log back in BEFORE starting this exam.