UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Training in Antenatal Education

2526-3-I0102D119

Aims

At the end of the internship, the student will be able to

Knowledge and understand

- Know the relational dynamics within the peer group
- Know the main strategies for stimulating confrontation and growth among participants
- Know the active training methodologies
- To know the techniques for body activities to be proposed to pregnant women.

Ability to apply knowledge and understanding.

- Apply knowledge of relational dynamics to foster an environment of confrontation and growth within the peer group
- Use the strategies learnt to stimulate confrontation and active participation of participants
- Employ active training methodologies in teaching and training activities
- Propose body activity techniques to pregnant women, adapting them to the needs of the group

Autonomy of judgement

- Evaluate the relational dynamics of the group and identify the most effective strategies to foster confrontation and growth
- Choose the most appropriate training methodologies based on the characteristics of the participants and the training objectives
- Evaluate the effectiveness of the body activity techniques proposed to pregnant women and make any modifications to improve the experience.

Communication skills

- Communicate effectively with participants, stimulating discussion and active participation
- Use active listening techniques and feedback to foster a collaborative learning environment

Learning skills

- Keep abreast of new active training methodologies and body activity techniques for pregnant women
- Develop skills in critical analysis of group dynamics and training strategies adopted, in order to continuously improve one's skills
- Integrate new techniques and approaches in training activities and proposals to pregnant women, while maintaining an attitude of continuous professional growth

Contents

The course provides the student the fundamentals to conduct antenatal classes

Detailed program

The relational dynamics into the group. How to stimulate the discussion into the group. How to stimulate the group development. The active training methodologies. The techniques for body activities during pregnancy

Prerequisites

none

Teaching form

Lectures and interactive lessons with practice exercises and group work.

Textbook and teaching resource

S.Pairman, S. K. Tracy, H. Dahlen, L. Dixon, P. Peart, B. Pulis, Midwifery Preparation for Practice, Elsevier Health Sciences, 2023, 5nd edition.

Semester

1-2 semester

Assessment method

attendance

Office hours

on appointment

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING | GENDER EQUALITY | REDUCED INEQUALITIES