

THE RELEVANCE OF THE PHYSICAL EDUCATION PROFESSIONAL IN GUIDING EXERCISE AND ITS BENEFITS FOR WOMEN DURING PREGNANCY

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Abstract: INTRODUCTION This paper explores the benefits of physical exercise during pregnancy and the importance of the Professional Physical Educator in guiding and maximizing positive outcomes for pregnant women. The main research problem is to understand how the practice of physical activities, under specialized guidance, can influence the physical and

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Mental hialita desligado pregam homem. **OBJECTIVE** The stud ais too anualize and. Highlight the positive impactos desligado regular fiscal exercesse durinha pregnancy, as gel as the mede for propor professional guinche. **METHODOLOGY** The metodólogo involves a literature review, selecting and analyzing relevant studies that address the relationship between fiscal exercesse and gestational health, emphasizing the benefits and necessary precautions to avoid complications. It includes scientific articles, clinical practice guidelines, and recommendations from recognized health institutions, indicating that regular fiscal exercesse durinha pregnancy significantly contributes to the improvement off cardiovascular, muscular, and mental health in pregnant women, in addition to assisting in weight control and preventing gestational complications such as gestational diabetes and pre-eclampsia. The presence off a Physical Education professional is crucial to adapting exercises to the individual needs off pregnant women and ensuring the correct execution off activities, minimizing risks. **CONCLUSION** This reaffirms the importance off fiscal exercesse durinha pregnancy, highlighting the mede for professional guinche to ensure safety and efficacy. The results obtained are relevant for promoting maternal and fetal health, suggesting that the inclusion off a Physical Education professional in the monitoring off pregnant women can enhance the benefits off exercesse.

Keywords: fiscal exercesse, pregnancy, gestational health, Physical Education Professional, benefits off exercesse.

INTRODUCTION

The practice of physical exercises during pregnancy is a topic of great relevance in the health area, being increasingly recognized for its multiple benefits for both the mother and the fetus. This study aims to investigate the positive impacts of physical activity for pregnant women, with a special focus on the importance of monitoring by Physical Education professionals. Considering the increased awareness of the importance of maternal and fetal health, this study seeks to contribute to the development of safe and effective exercise practices during pregnancy. The context of this study



is part of a scenario of growing interest in the promotion of health and well-being during pregnancy. Recent studies have shown that regular physical exercise can prevent gestational complications, improve the mental health of pregnant women, and promote healthy fetal development. However, despite the recognized benefits, there is still a certain fear on the part of pregnant women and health professionals regarding the safety of physical exercises during pregnancy, especially without proper professional guidance. The research problem that this work addresses is to understand how the practice of physical exercises, supervised by Physical Education professionals, can positively impact the health of pregnant women and the fetus, ensuring safety and efficacy.

The main question to be answered is: how can expert guidance maximize the benefits of physical exercise during pregnancy and minimize the associated risks? The objectives of this study are broad and specific. The general objective is to evaluate the effects of regular physical exercise on pregnant women, highlighting the importance of professional monitoring. Specific objectives include: (1) to identify the cardiovascular, muscular, and psychological benefits of exercise for pregnant women; (2) discuss the importance of supervision by Physical Education professionals; (3) offer evidence-based recommendations for safe exercise during pregnancy.

The rationale for this study is based on the need to provide clear and scientifically based information on the benefits and safe practices of physical exercise during pregnancy. With the increasing prevalence of gestational complications such as gestational diabetes and hypertension, and the impact

METHODOLOGY

The present research was conducted through the Literature Review method, based mainly on the analysis of existing theoretical and scientific contributions on the benefits of physical exercise during pregnancy, under the guidance of the physical educator. According to Lakatos (2001), the work consists of searching for and compiling information from secondary sources, such as books, scientific



articles, theses and dissertations, to theoretically support the study and provides a comprehensive understanding of the theme allowing the identification of gaps in knowledge that can be addressed in the research, using reliable sources such as PubMed, ACSM. Physical Activity Guidelines for Americans: ensuring the inclusion of relevant and up-to-date studies, to ensure the relevance and quality of the sources included in the research, specific inclusion and exclusion criteria were established.

The inclusion criteria involved studies published in peer-reviewed scientific journals, articles addressing the effects of physical exercise on maternal and fetal health during pregnancy, and studies in Portuguese and English, to facilitate the analysis and comparison of the results on the other hand the exclusion criteria comprised studies not peer-reviewed or published in journals with a low impact factor, articles that do not directly address the relationship between physical exercise and health in pregnancy, searches with inadequate samples or unclear and non-replicable methods, and duplicate studies in different databases, to avoid redundancies.

Data collection was carried out through a systematic search in the selected database, using keywords such as “physical exercise”, “pregnancy”, “benefits”, “physical activity”, “physical educator”, “maternal health” and “fetal health”. The results were filtered according to the established inclusion and exclusion criteria. Each study was analyzed for methodology, results, and conclusions and read in full for full inferences about the article in order to weave the texts between the authors found.

Data analysis was conducted qualitatively and quantitatively. Initially, the studies were categorized according to the main topics addressed, such as prevention of complications, mental health of pregnant women, and fetal development. Subsequently, a synthesis of the results was carried out, highlighting the main findings and identifying trends and discrepancies between the studies.

The meta-analysis was used, when applicable, to quantify the effects of physical exercise on the variables of interest, this procedure allowed a comprehensive and grounded view of the impacts of physical exercise during pregnancy under the guidance of the Physical Education professional, providing a solid basis for the conclusions and recommendations of this work.



GENERAL BENEFITS OF PHYSICAL EXERCISE FOR PREGNANT WOMEN WITH THE SUPERVISION OF THE PHYSICAL EDUCATION PROFESSIONAL CARDIOVASCULAR IMPROVEMENTS

The practice of physical exercise during pregnancy is widely recognized as helping to maintain the health of the heart and circulatory system, reducing the risk of gestational complications such as gestational hypertension and preeclampsia, research indicates that physical exercise, in particular, is effective in improving cardiovascular function in pregnant women, promoting better blood pressure control and greater cardiac efficiency (ACOG, 2020).

The practice of physical exercise has also been associated with improved blood circulation and reduced peripheral vascular resistance. A study conducted by Perales et al. (2016) investigated the impact of a supervised exercise program on pregnant women and found a significant improvement in endothelial function, which facilitates better blood circulation. The research highlighted that these changes are beneficial for both the mother and the fetus, improving placental perfusion and, consequently, the supply of nutrients and oxygen to the baby. The direct benefits for cardiovascular health, physical exercise during pregnancy can also help regulate blood glucose levels, preventing the development of gestational diabetes, which is a significant risk factor for future cardiovascular disease. According to a study by Ming et al. (2018), pregnant women who exercise regularly have better glycemic control, which reduces the risk of complications both during pregnancy and postpartum. The study emphasizes the importance of including physical activities in the routine of pregnant women as an effective preventive strategy.

The American College of Obstetricians and Gynecologists (ACOG, 2020) recommends that pregnant women perform at least 150 minutes of moderate physical activity per week, spread over several days, the guidelines are based on evidence showing that regular physical activity is safe and beneficial for most pregnant women and can contribute significantly to cardiovascular health, Low impact exercises, such as strength training, walking, stationary cycling, and water exercises, are



especially recommended to minimize the risk of injury and provide comfort during pregnancy. The presence of a physical education professional during the practice of each modality is essential to ensure the safety and effectiveness of the activities performed by pregnant women, this professional is trained to develop personalized exercise programs, taking into account the individual needs of each pregnant woman, and adapt the exercises according to the physiological changes that occurred throughout pregnancy, evaluating the intensity, posture and correct execution technique, thus preventing the risk of injuries and complications during the practice of the exercise.

Studies have shown that the supervision of a physical education professional improves the adherence of pregnant women to exercise programs and increases the benefits obtained. According to Perales et al. (2016), professional guidance provides greater security and confidence for pregnant women, encouraging the continuity of exercise. This is especially important for those who have no prior experience with physical activity, as professional support can help them overcome fears and uncertainties related to exercise during pregnancy. Thus, it is evident that physical exercise during pregnancy offers important cardiovascular benefits, helping to maintain heart health, regulate blood pressure, and improve blood circulation. These positive effects contribute to the prevention of gestational complications and promote a healthier pregnancy for both mother and baby. With the guidance and supervision of a physical education professional, pregnant women can maximize these benefits by performing safe and effective activities tailored to their specific needs.

THE IMPORTANCE OF WEIGHT CONTROL DURING PREGNANCY.

Weight control is a crucial aspect during pregnancy, as excessive weight gain is associated with several complications, both for the mother and the baby, regular physical exercise plays a key role in maintaining healthy weight gain during pregnancy, the practice of moderate physical activities such as strength training, walking, swimming and low-impact aerobic exercises, help control weight gain, avoiding excess body fat and promoting the general health of the pregnant woman (ACSM, 2014).



A meta-analysis study conducted by Bernardo et al. (2023) evaluated the effects of physical exercise on gestational weight gain and found that women who exercised regularly during pregnancy had significantly less weight gain compared to those who did not exercise, the study highlighted that physical activity can reduce the risk of developing gestational diabetes, gestational hypertension and preeclampsia, conditions often associated with excessive weight gain, we highlight the fundamental presence of the physical education professional in the context, who provides specialized guidance and adapts to the exercises and specific needs of each pregnant woman.

According to research by Mottola and Davenport (2019), professional supervision during exercise can increase pregnant women's adherence to the physical activity program, promoting better results in terms of weight control and health, maintaining adequate body composition, favoring lean mass retention and limiting fat accumulation. According to the research of Sánchez-Polán et al. (2021), pregnant women who perform resistance exercises have a greater preservation of muscle mass and a lower amount of body fat. This maintenance of muscle mass is crucial, as it facilitates the return to pre-gestational weight and improves functional capacity after childbirth, regular physical exercise during pregnancy has a positive effect on basal metabolism, increasing energy expenditure and helping to regulate body weight. A study by Kersten et al. (2014) demonstrated that active pregnant women had a higher basal metabolism compared to sedentary pregnant women. This increase in energy expenditure contributes to better weight control during pregnancy, preventing excessive fat accumulation, the benefits of weight control during pregnancy also extend to the postpartum period. The research by Davenport et al. (2018) showed that women who exercised regularly during pregnancy had less difficulty losing the weight gained during pregnancy, this is due, in part, to the maintenance of healthy habits and a higher level of physical fitness, which facilitate the resumption of physical activities after the birth of the baby.

The follow-up of a physical education professional in the postpartum period is crucial to help new mothers establish an adequate exercise routine, promoting weight loss in a healthy and safe way. According to Stafne et al. (2012) apud Hubner et al. (2022), professional guidance contributes



significantly to the physical and emotional recovery of women after childbirth, the regular practice of physical exercise during pregnancy is an effective strategy for weight control, helping to prevent physiological and motor complications and promoting greater maintenance of healthy body composition not only benefits the mother's health, but it also contributes to proper fetal development, promoting a safer and healthier pregnancy.

THE ATTRIBUTION OF PHYSICAL EXERCISE TO MENTAL HEALTH.

The mental health of pregnant women is a growing concern, as pregnancy is a period of great physical and emotional changes. Physical exercise has proven to be an important ally in promoting psychological well-being during pregnancy. Studies indicate that regular physical activity can significantly reduce symptoms of anxiety and depression, improve mood, and increase the sense of overall well-being (Barakat et al., 2015).

The guidance of a Physical Education professional is essential to ensure that the exercises are performed safely and effectively, in addition to providing emotional and motivational support for pregnant women. This professional adapts the exercises to the individual needs of pregnant women, considering their specific physical and emotional conditions, and offers guidance on the intensity and appropriate frequency of physical activities (Nascimento et al., 2012 apud Worska et al., 2024). A study conducted by Barakat et al. (2015) highlighted that pregnant women who engage in moderate physical activity, such as walking and yoga, have lower levels of anxiety and depression compared to those who lead a sedentary lifestyle. The authors attributed these benefits to the increase in the production of endorphins, hormones responsible for the feeling of pleasure and well-being, and to the improvement in sleep quality, often impaired during pregnancy. In addition, regular physical exercise can improve the self-image and self-esteem of pregnant women. According to the research of Poyatos-León et al. (2017), pregnant women who exercise regularly report a more positive perception of their body and a greater satisfaction with the body changes associated with pregnancy, this positive



perception can contribute to the reduction of stress and the promotion of a more optimistic attitude towards pregnancy and childbirth.

The Physical Education professional plays an extremely important role in creating a supportive and encouraging environment, where pregnant women can feel safe to share their concerns and challenges, the presence of this professional helps to build pregnant women's confidence in their physical and emotional abilities, promoting integral well-being (Stafne et al., 2012 apud Hubner et al., 2022)

Physical activity has an essential significance in preventing postpartum mood disorders. A study by Davenport et al. (2018) revealed that women who maintain an exercise routine during pregnancy have a significantly lower risk of developing postpartum depression. Research has suggested that continued exercise in the postpartum period is essential to sustain the psychological benefits acquired during pregnancy, another important contribution of physical exercise to the mental health of pregnant women is the promotion of social interactions and the reduction of isolation, participation in exercise groups or group classes provides opportunities for socialization and sharing of experiences, which can be particularly beneficial for women who face emotional difficulties during pregnancy (Du et al., 2019). These social interactions are key to building a support network, which can offer emotional support and reduce feelings of loneliness.

In the meantime, regular physical exercise during pregnancy is an effective strategy to improve the mental health of pregnant women. In addition to reducing symptoms of anxiety and depression, exercise promotes a positive self-image, prevents postpartum mood disorders, and facilitates socialization, contributing to overall psychological well-being. These benefits reinforce the importance of including physical activities in the routine of pregnant women, providing a healthier and more emotionally balanced pregnancy. The presence of a Physical Education professional is essential in this process, offering support, guidance and motivation to pregnant women.



INFLUENCES MUSCLE AND BONE STRENGTHENING DURING PREGNANCY.

Muscle and bone strengthening is one of the most important benefits of physical exercise for pregnant women, the regular practice of physical activities that involve strength and endurance, such as weight exercises (strength training) and weight-bearing activities, contributes significantly to the maintenance of muscle mass and bone density, preventing loss of strength and conditions related to weakness Bone. During pregnancy, adaptations are essential to support physical changes and increased body weight (Du et al., 2019).

The contribution of the Physical Education professional is paramount to ensure that the exercises are performed safely and effectively, with the adjustment and selection of exercise programs to meet the individual needs of each pregnant woman, promoting muscle strengthening without causing overload or risk of injury (Nascimento et al., 2012 apud Worska et al., 2024).

According to Artal et al. (2016), resistance training exercises performed on a regular basis help improve muscle strength in pregnant women by facilitating the support of additional weight and postural changes that occur during pregnancy, these exercises not only strengthen muscles but also improve joint stability, reducing the risk of injury.

Physical exercise also contributes to the maintenance of bone health. According to the research of Poyatos-Léon et al. (2015), the regular practice of activities that promote bone load, such as walking and resistance training exercises, help stimulate bone formation and prevent the loss of bone mass during pregnancy, this effect is important to prevent conditions such as osteoporosis in the future. Maintaining good bone health during pregnancy is essential to ensure the mobility and quality of life of the pregnant woman.

The guidance of the Physical Education professional is also essential in the prevention of complications such as diastasis of the rectus abdominis muscle, through specific exercises to strengthen the abdominal muscles, this professional can help reduce the incidence and severity of diastasis, facilitating postpartum recovery and improving abdominal muscle function (Michalska et



al., 2018). The presence of this professional provides a safe and effective approach to strengthening the core, essential during and after pregnancy, muscle and bone strengthening through physical exercise contributes to the improvement of blood circulation and venous return, preventing the appearance of edema and varicose veins, common problems during pregnancy. The research by Budler & Budler (2022) highlights that active pregnant women have a lower incidence of swelling and discomfort in the legs, benefiting from the improvement in circulation provided by physical exercise. The Physical Education professional plays an essential role in guiding and supervising physical activities, ensuring that each exercise is appropriate to the stage of pregnancy and the specific conditions of the woman.

This specialized follow-up helps to maximize the benefits of physical exercise, promoting the health and well-being of the pregnant woman in a safe and efficient way (Santos-Rocha et al., 2022). With this, the regular practice of physical exercises promotes muscle and bone strengthening is highly recommended for pregnant women. In addition to providing support to the body during gestational changes, physical exercise contributes to the mother's overall health and facilitates a faster and more effective postpartum recovery. The inclusion of physical activities in the routine of pregnant women should be encouraged as part of a holistic approach to a healthy and balanced pregnancy.

IMPROVING FLEXIBILITY AND MOBILITY IS ESSENTIAL DURING PREGNANCY.

The practice of physical exercises during pregnancy is of fundamental importance in improving the flexibility and mobility of pregnant women, fundamental aspects for well-being and quality of life during this period. Regular stretching and exercises that promote flexibility help reduce muscle stiffness and improve joint range of motion, which is particularly beneficial as the body adapts to the physical changes of pregnancy (Du et al., 2019). Stretching and mobility exercises are recommended for pregnant women. A study by Field (2016) showed that the regular practice of these exercises during pregnancy significantly improves the flexibility and mobility of pregnant women, research shows that women who practiced flexibility and mobility exercises reported less muscle



pain and discomfort, in addition to greater ease of movement in daily activities, this contributes to the reduction of stress and the improvement of mental health, providing a double benefit for pregnant women.

Improved flexibility and mobility also have a positive impact on the preparation for childbirth. According to research by Kwon et al. (2020), pregnant women who maintain a routine of stretching exercises have an easier time during labor, due to the greater elasticity of the muscles and ligaments involved in the process, resulting in a faster and less painful delivery, in addition to reducing the risk of injury during childbirth. In addition, maintaining flexibility and mobility can help prevent and relieve lower back pain, a common complaint among pregnant women, stretching exercises for the upper limbs directed at the spine and strengthening the muscles of the back and abdomen, are effective in maintaining correct posture and reducing tension in the lower back (Dipietro et al., 2019). This approach can provide significant relief from back pain, improving the quality of life for pregnant women. Another important benefit of improved flexibility and mobility is the prevention of edema and leg cramps, which are common during pregnancy due to increased blood volume and changes in circulation. A study by Barakat et al. (2019) showed that pregnant women who practice stretching exercises regularly have a lower incidence of leg swelling and cramps. Practicing exercises such as swimming, which combines stretching and resistance, can be especially beneficial, as it improves circulation and promotes muscle relaxation. It is important to mention that the inclusion of exercises that promote flexibility and mobility in the routine of pregnant women is essential to ensure a more comfortable and healthy pregnancy. In addition to reducing pain and discomfort, these exercises prepare the body for childbirth and improve postpartum recovery. Regular physical activity that focuses on flexibility should be encouraged as part of a comprehensive care plan for pregnant women.



PHYSICAL EXERCISE IN PREGNANCY: RECOMMENDATIONS AND CARE UNDER THE SUPERVISION OF A PHYSICAL EDUCATION PROFESSIONAL.

One of the key factors to be taken into account is the training variables, “frequency, duration and intensity of exercises”.

Defining the frequency, duration, and intensity of physical exercise during pregnancy is crucial to ensure health benefits without compromising the safety of the mother and baby. Current recommendations suggest that pregnant women should perform at least 150 minutes of moderate-intensity physical activity per week, spread over at least three days, with preferences for daily sessions (Mottola et al., 2018). This exercise regimen should be adjusted according to the physical condition of the pregnant woman and under the guidance of a health professional, the presence of the physical education professional is important in this aspect to play a fundamental role in guiding pregnant women regarding the frequency, duration and intensity of exercises, ideal frequency of exercises for pregnant women is three to five times a week, studies indicate that regular exercise, rather than sporadic sessions, offers greater cardiovascular and muscle benefits (Du et al., 2019).

Regular exercise helps maintain a constant level of physical fitness, in addition to contributing to the control of weight gain and the improvement of psychological well-being, the duration of each exercise session can vary between 30 to 60 minutes, depending on the type of activity and the level of conditioning of the pregnant woman, research shows that shorter and more frequent sessions can be as effective as longer sessions, as long as the intensity of the exercise is maintained (Barakat et al., 2019).

During the second and third trimesters, the duration of sessions can be adjusted to accommodate the increased fatigue and physiological changes that occur during pregnancy, the intensity of exercises should be moderate, avoiding strenuous activities that may cause overload or injury, moderate-intensity exercises are defined as those that allow the pregnant woman to talk during the activity, but cannot sing (Poyatos-Léon et al., 2015).



Subjective perception of exertion (RPE) can be a useful tool to monitor intensity, recommending an RPE between 12 and 14 on a scale of 6 to 20 (Riebe et al., 2015). The heart rate can also be monitored, with safe values varying according to the age and previous physical condition of the pregnant woman, the monitoring of a physical education professional is essential to adjust the intensity and ensure that the pregnant woman does not exceed safe limits. Adapting exercise intensity is particularly important as pregnancy progresses. During the first trimester, most women can continue with exercise intensity similar to that practiced before pregnancy, as long as they have medical approval. In the second and third trimesters, it may be necessary to reduce the intensity to avoid cardiovascular overload and ensure the safety of the fetus (Clapp, 1990 apud Francis, 2024). High-impact exercises or those that involve a risk of falling should be avoided, giving preference to low-impact activities such as walking, swimming and yoga. The physical education professional is crucial in this process, helping the pregnant woman to make the necessary adaptations and select the safest and most effective exercises. The combination of frequency, duration and adequate intensity of physical exercises not only improves the cardiovascular and muscular health of pregnant women, but also contributes to a smoother delivery and a faster postpartum recovery. In addition, regular exercise has been associated with lower

THE MONITORING OF THE PHYSICAL EDUCATION PROFESSIONAL AND SUPERVISION IN PHYSICAL EXERCISE.

During the gestation period, although widely recommended, the monitoring of the physical education professional is essential to ensure that the benefits are maximized and the risks minimized, the supervision of a health professional, such as a physiotherapist or physical education professional, is crucial to adapt the exercises to the individual needs of each pregnant woman, considering her physical conditions and the stage of pregnancy.

According to Barakat et al. (2015), professional guidance can help prevent injuries and



complications, in addition to providing a safe and encouraging environment for the practice of physical activities, the individualization of exercises is one of the most important aspects of professional monitoring, each pregnant woman has a different level of physical fitness and response to exercise, Requiring a personalized exercise plan, studies demonstrate that supervised exercise programs can significantly improve cardiovascular fitness, muscle strength, and flexibility, while reducing the risk of conditions such as gestational diabetes and hypertension (Mottola et al., 2018).

These programs can also help relieve common discomforts in pregnancy, such as back pain and edema (Du et al., 2019), professional follow-up ensures that the intensity and duration of exercises are appropriate.

According to the American College of Obstetricians and Gynecologists (ACOG), it is essential to monitor exercise intensity to avoid overload. Healthcare professionals use tools such as the exertion perception scale and heart rate monitoring to adjust the intensity of exercises, ensuring that the pregnant woman exercises safely and effectively (ACOG, 2020). Supervision also plays a vital role in educating pregnant women about warning signs that may indicate the need to stop physical activity. Trained professionals are able to teach pregnant women to recognize warning signs, such as abdominal pain, vaginal bleeding, or excessive shortness of breath, which require immediate medical attention (Budler & Budler, 2022).

Such continuous attention contributes to the autonomy of the pregnant woman, allowing her to make informed choices about her health and well-being during pregnancy, the supervised environment also provides an opportunity for emotional and social support, participating in group exercise programs can foster a sense of community and support among pregnant women, which is especially beneficial for mental health. Studies indicate that positive social interaction and emotional support can reduce levels of anxiety and depression during pregnancy (Mittelmark et al., 2022).

Therefore, professional monitoring and supervision of physical exercises during pregnancy not only ensure that activities are carried out safely, but also enhance the benefits for the physical and mental health of the pregnant woman, specialized guidance, personalization of exercises, education



about warning signs and emotional support are essential elements that justify the need for professional monitoring in the practice of physical activities during pregnancy. pregnancy.

FINAL CONSIDERATIONS

This study aimed to investigate the benefits of physical exercise during pregnancy, with emphasis on the role of the Physical Education professional. Through a comprehensive analysis of the existing literature, the positive effects of physical activities on maternal and fetal health, the importance of professional support and recommendations for the safe practice of exercise during pregnancy were discussed, the research was motivated by the growing interest in understanding how physical exercise can improve the health of pregnant women and the fetus, considering the crucial role of the Physical Education professional. Fundamental concepts such as the prevention of gestational complications, improvements in the mental health of pregnant women and fetal development were discussed.

The central factor that guided this study was to understand how the practice of physical exercises, supervised by a Physical Education professional, impacts the health of pregnant women and the fetus, considering the risks and benefits. Involving a systematic literature review, selecting relevant studies published in peer-reviewed scientific journals, using the inclusion criteria that directly addressed the effects of physical exercise during pregnancy, the objectives were achieved, with the identification of significant benefits for the cardiovascular, mental and general health of pregnant women, in addition to reinforcing the importance of professional follow-up. It was evidenced that the regular practice of physical exercise during pregnancy, when supervised by a qualified professional, provides improvements in cardiovascular health, reduced risk of gestational hypertension and preeclampsia, as well as mental health benefits, such as reduced anxiety and depression.

In these terms, the importance of the emotional and social support provided by the Physical Education professional was highlighted, which contributes to a positive and supportive environment, for future research, it is recommended to explore in more detail the effects of different types of



physical exercises and their intensities in pregnant women with specific health conditions. In addition, longitudinal studies could provide a deeper understanding of the long-term impacts of physical exercise during pregnancy on child development. The integration of new technologies for monitoring and personalization of exercise programs is also a promising field to be investigated. This study reaffirms the importance of physical exercise during pregnancy and the essential role of the Physical Education professional in promoting a safe and beneficial practice for maternal and fetal health.

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