



SFMA Level 1 Virtual Certification COURSE SCHEDULE

9:50 am – 10:00 am	Arrival into virtual platform
10:00 am – 10:10 am	Instructor Welcome and Instructions
10:10 am – 10:40 am	Introduction Lecture
10:40am – 11:10 am	SFMA Top Tier Demonstration and Questions
11:10 am – 11:30 pm	Video Examples of SFMA Top Tier
11:30 am – 11:35 am	Break
11:35 am – 11:45 am	SFMA Lecture – SFMA Breakout Logic and Demonstrations
11:45 am – 1:15 pm	SFMA Breakout Lecture/Lab <ul style="list-style-type: none">- Multi-Segmental Flexion Pattern- Multi-Segmental Extension Pattern- Multi-Segmental Rotation Pattern- Cervical Patterns
1:15 pm – 1:45 pm	Break
1:45pm – 3:25 pm	SFMA Breakout Lecture/Lab <ul style="list-style-type: none">- Upper Extremity Pattern 1- Upper Extremity Pattern 2- Single Leg Stance- Arms Down Deep Squat
3:25 pm – 3:30 pm	Break
3:30 pm – 4:35 pm	3 R's <ul style="list-style-type: none">- Neurodevelopmental Sequence- Rolling- 4 x 4 Matrix Demonstration
4:35 pm – 5:10 pm	Putting it all Together -Review of Case Studies
5:10 pm – 6:00 pm	Final thoughts