



FMS Level 1 Live Course Schedule

*Please note: The start/end time may vary from location to location.
Check specific event for these details.*

7:30 am– 8:00 am	Registration
8:00 am – 8:15 am	Welcome and Introductions
8:15 am – 9:00 am	Philosophy and Background of the Functional Movement Screen
9:00 am – 9:15 am	Break
9:15 am – 10:00 am	FMS Scoring Criteria/Discussion Deep Squat/Hurdle Step
10:00 am – 10:45pm	Lab – Group Practice Deep Squat/Hurdle Step
10:45 am – 11:15am	FMS Scoring Criteria/Discussion Inline Lunge
11:15 am – 12:00pm	Lab – Group Practice Inline Lunge
12:00 pm – 1:00 pm	LUNCH BREAK
1:00 pm – 1:30 pm	FMS Scoring Criteria/Discussion Shoulder Mobility and Active Straight Leg Raise
1:30 pm – 2:00 pm	Lab – Group Practice Shoulder Mobility and Active Straight Leg Raise
2:00 pm – 2:30 pm	FMS Scoring Criteria/Discussion Trunk Stability Push-up and Rotary Stability
2:30 pm – 2:45 pm	Break
2:45 pm – 3:30 pm	Lab – Full Screen Practice Session
3:30 pm – 4:00 pm	Scoring Analysis and Interpretation of Results
4:00 pm – 4:30 pm	Corrective Exercise Philosophy and Exercise Discussion
4:30 pm – 5:00 pm	Question and Answer Session