



FMS Level 1 Virtual Course Schedule

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

9:50 am – 10:00 am	Arrival into virtual platform
10:00 am – 10:10 am	Instructor Welcome and Instructions
10:10 am – 11:00 am	Philosophy and Background of the Functional Movement Systems
11:00am – 12:00 pm	Introduction to the Functional Movement Screen
12:00 am – 12:05 pm	Break
12:05 pm – 12:45 pm	Scoring Criteria/Discussion: Deep Squat
12:45 pm – 1:15 pm	Scoring Criteria/Discussion: Hurdle Step
1:15 pm – 2:05 am	Scoring Criteria/Discussion: Inline Lunge/Ankle Clearing
2:00 pm – 2:30 pm	Break
2:30 pm – 3:00 pm	Scoring Criteria/Discussion: Shoulder Mobility
3:00 pm – 3:25 pm	Scoring Criteria/Discussion: Active Straight Leg Raise
3:25 pm – 3:50 pm	Scoring Criteria/Discussion: Trunk Stability Push-up
3:50 pm – 4:15 pm	Scoring Criteria/Discussion: Rotary Stability
4:15 pm – 4:20 pm	Break
4:20 pm – 4:40 pm	Scoring Analysis and Overview
4:40 pm – 5:10 pm	Corrective Exercise Demonstration
5:10 pm – 5:45 pm	Research Overview
5:45 pm – 6:00 pm	Final Thoughts