



FMS Level 1 OBJECTIVES

1. Describe the principles to support the importance of movement screening.
2. Explain the role of mobility, motor control, and functional patterns in fundamental movement.
3. Demonstrate the use of the Functional Movement Screen instructions and procedures.
4. Distinguish between correct screening techniques and common mistakes.
5. Utilize the scoring criteria for consistent and reliable screening results.
6. Develop programming using the FMS as an objective filter and feedback tool.
7. Explain the purpose and application of corrective exercise based on screening results.