



FMS Level 1 Online Course Time Breakdown

Total Time: 5 hours, 3 minutes

Chapter 1	Introduction to the FMS 1	:30
	Welcome	:30
	Course Objectives	:30
	FMS Level 1 Manual	:30
	FMS Score Sheet	
	The FMS Testing Kit	:30
		2:30
Chapter 2	History of the Screen	-
	Purpose of a Screen	:43
	How FMS Began	3:22
	Quiz: How FMS Began	2:00
	Understanding Movement	3:26
	Quiz: Understanding Movement	2:00
	FMS and Musculoskeletal Health	16:25
		3:56
Chapter 3	Understanding the "Why" of the FMS	-
	Introduction to "Why"	3:17
	Overview of Principles	1:13
	Principle #1	4:53
	Quiz: Principle #1	4:00
	Principle #2	2:07
	Quiz: Principle #2	2:00
	Principle #3	5:44
	Quiz: Principle #3	4:00
Principle Key Points	:28	
		27:42:00
Chapter 4	Overview of the Screen	-
	Movement Honesty	3:43
	Quiz: Movement Honesty	2:00
	Distribution	3:46
	Quiz: Distribution	4:00
		13:29
Chapter 5	Deep Squat (DS)	-
	DS Overview	1:17
	DS Setup	2:04
	DS Scoring	1:25
	Additional Example: Kyle	0:09:12
	Additional Example: Christina	0:05:03



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	DS Key Points	:47
	Quiz: Deep Squat	3:00
		22:48
Chapter 6	Hurdle Step (HS)	-
	HS Overview	1:48
	HS Setup	1:48
	Key Terms	1:00
	HS Scoring	1:30
	Additional Example: Kyle	0:10:47
	Additional Example: Christina	0:05:24
	HS Key Points	:31
	Quiz: Hurdle Step	3:00
		:28:18
Chapter 7	Inline Lunge (ILL)	-
	ILL Overview	1:23
	ILL Setup	1:41
	ILL Scoring	1:34
	Ankle Clearing	1:50
	Key Terms: Ankle Clearing	1:00
	Review: Ankle Clearing Scoring	2:00
	Additional Example: Kyle	0:09:12
	Additional Example: Kyle's Ankle Mobility	0:03:32
	Additional Example: Christina	0:03:57
	Additional Example: Christina's Ankle Mobility	0:01:25
	ILL Key Points	:54
	Quiz: Inline Lunge	4:00
		8:28
Chapter 8	Big 3/Little 4	-
	Functional Tests	:56
	Fundamental Tests	:52
		1:48
Chapter 9	Shoulder Mobility (SM)	-
	SM Overview	1:27
	SM Setup	1:04
	Key Terms	:30
	SM Scoring	1:09
	Shoulder Clearing Test	:44
	Additional Example: Kyle	0:05:07



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	Additional Example: Christina	0:03:31
	SM Key Points	:32
	Quiz: Shoulder Mobility	3:00
		17:04
Chapter 10	Active Straight Leg Raise (ASLR)	-
	ASLR Overview	2:04
	ASLR Setup	1:23
	Key Terms	1:00
	ASLR Scoring	1:10
	Additional Example: Kyle	0:05:12
	Additional Example: Christina	0:02:33
	ASLR Key Points	:36
	Quiz: Active Straight Leg Raise	3:00
		16:58
Chapter 11	Trunk Stability Push-Up (TSPU)	-
	TSPU Overview	2:04
	TSPU Setup	1:15
	TSPU Scoring	1:26
	Extension Clearing Test	:39
	Additional Example: Kyle	0:02:48
	Additional Example: Christina	0:03:31
	TSPU Key Points	:53
	Quiz: Trunk Stability Push-Up	3:00
		15:36
Chapter 12	Rotary Stability (RS)	-
	RS Overview	1:22
	RS Setup	1:04
	RS Scoring	1:03
	Flexion Clearing Test	:36
	Additional Example: Kyle	0:04:54
	Additional Example: Christina	0:01:59
	RS Key Points	:41
	Quiz: Rotary Stability	3:00
		13:39
Chapter 13	FMS Scoring	-
	Common Questions	1:26
	Testing Tips	1:25
	Recording FMS Scores	1:37



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	Quiz: Recording FMS Scores	:3:00
	Summary of Full Screen: Kyle	0:04:55
	Quiz: Kyle's Summary of Full Screen	:2:00
	Summary of Full Screen: Christina	0:01:47
	Quiz: Christina's Summary of Full Screen	2:00
		18:10
Chapter 14	Reporting	-
	Report Overview	2:46
	Key Concept: Pattern Hierarchy	:30
	Quiz: Report Overview	2:00
	The Light System	2:20
	Quiz: The Light System	2:00
	Sharing the Report	1:16
	Quiz: Sharing the Report	1:00
		11:52
Chapter 15	Programming	-
	Introduction to FMS Exercise Philosophy	4:26
	Quiz: Introduction to the FMS Exercise Philosophy	1:00
	Corrective Exercise Goals	3:10
	Corrective Exercise Rules	3:06
	Quiz: Corrective Exercise Goals and Rules	3:00
	Linking Scores to Exercises	2:04
	Quiz: Linking Scores to Exercises	1:00
	Performance Pyramid	2:33
	Quiz: Performance Pyramid	1:00
		21:19
Chapter 16	Appendix #1: The Motor Control Screen	-
	Why the MCS	2:24
	Lower Body Introduction	3:57
	Ankle Clearing Setup	:45
	Ankle Clearing Scoring	:57
	Forward Reach Setup	:35
	Forward Reach Scoring	1:29
	Lower Body Tips for Testing	:38
	Upper Body Introduction	2:34
	Upper Body Clearing Tests	1:18
	Horizontal Reach Setup	:44
	Horizontal Reach Scoring	1:27
	Upper Body Tips for Testing	:36



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	Summary: MCS	3:11
		20:35
Chapter 17	Appendix #2: The Modified FMS (FMS-M)	-
	Why the FMS-M	2:46
	FMS-M Overview	5:30
	Ankle Clearing Setup	:58
	Ankle Clearing Scoring	:57
	Forward Reach Setup	:35
	Forward Reach Scoring	1:28
	Forward Reach: Tips for Testing	:37
	FMS-M Corrective Hierarchy	2:05
	Conclusion: FMS-M	:43
		15:40
Chapter 18	Case Study # 1	-
	Medical History and Background	:36
	Systematic Approach Overview	:41
	FMS Initial Results	2:35
	Initial Recommendations	:47
	Medical Professional Assessment and Conclusions	1:14
	FMS Re-check and Results	:43
	FCS Results and Findings	1:32
	App and Report Details	2:46
	Exercise Programming Recommendations	2:08
	Follow Up and Revised Programming	1:55
	Summary	1:13
	Quiz: Case Study #1	2:00
		17:27
Chapter 19	Case Study #2	-
	The Screen	17:42
	Summary of Findings	4:13
	Example of Corrective Strategies	22:23
	Quiz: Case Study #2	2:00
		22:18
Chapter 20	Course Conclusion	-
	Conclusion	:35
	Member Benefits and Exam	2:41
	Course Survey	-
		3:16



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5:02:54