

FMS Level 1 Schedule

Day One

7:00-8:00 Registration and Greeting Attendees

8:00 – 9:00

I. Movement Principles

- a. Overview of human movement expression
- b. How do we lose healthy, enduring movement?
- c. What does poor movement expression look like?
- d. What is a movement baseline and why is it important?
- e. Fundamental movement principles guide the process of improving and maintaining quality movement.
- f. History of Functional Movement Screening

9:00-9:30

II. Movement Appreciation – A Practical Lab

- a. Experience how your ability to access bases of support, postures and positions effect movement and everyday activity.
- b. How does intensity and volume affect these patterns?
- c. Q&A Discussion: How has your environment, training, or injury history affected your movement, behavior, and training?

9:30 – 9:45 Break

9:45 – 12:00

III. The Symmetrical Stance Pattern – Deep Squat Screen

- a. Discover why this pattern supports the movement baseline.

- b. Where is the Symmetrical Stance Pattern expressed in daily activity, work and sport?
- c. How does daily activities/training affect the Symmetrical Stance Pattern?
- d. The Deep Squat Screen – details, demo and lab

IV. Double-to-Single Leg Stance Pattern – Hurdle Step Screen

- a. Discover why this supports the movement baseline.
- b. Where is the Double-to-Single Leg Stance Pattern expressed in daily activity, work and sport?
- c. How does daily activities/training affect the Double-to-Single Leg Stance Pattern?
- d. The Hurdle Step Screen– details, demo and lab

12:00-1:00 Lunch

1:00-5:00PM

V. The Split Stance Pattern – Inline Lunge Screen

- a. Discover why this pattern supports the movement baseline.
- b. Where is the Split Stance Pattern expressed in daily activity, work and sport?
- c. How does daily activities/training affect the Split Stance Pattern?
- d. The Inline Lunge Screen– details, demo and lab

VI. The Upper-Limb Reciprocal Pattern – Shoulder Mobility Screen

- a. Discover why this pattern supports the movement baseline.
- b. Where is the Upper -Limb Reciprocal Pattern expressed in daily activity, work and sport?
- c. How does daily activities/training affect the Upper-Limb Reciprocal Pattern?
- d. Shoulder Mobility Screen– details, demo and lab

VII. The Lower-Limb Reciprocal Pattern – Active Straight-Leg Raise Screen

- a. Discover why this pattern supports the movement baseline.

- b. Where is the Lower-Limb Reciprocal Pattern expressed in daily activity work and sport?
- c. How does daily activities/training affect the Lower-Limb Reciprocal Pattern?
- d. Active Straight Leg Raise Screen– details, demo and lab

VIII. The Reactive Sagittal Plane Stability Pattern – Trunk Stability Push-up Screen

- a. Discover why this pattern supports the movement baseline.
- b. Where is the Reactive Sagittal Plane Stability Pattern expressed in daily activity, work and sport?
- c. How does daily activities/training affect Reactive Sagittal Plane Stability?
- d. Trunk Stability Push-Up Screen– details, demo and lab

IX. The Reactive Tri-Planar Stability Pattern – Rotary Stability Screen

- a. Discover why this pattern supports the movement baseline.
- b. Where is Reactive Tri-Planar Stability Pattern expressed in daily activity, work and sport?
- c. How does daily activities/training affect Reactive Tri-Planar Stability?
- d. Rotary Stability Screen– details, demo and lab

DAY TWO

8:00 – 8:45

I. Pulling all 7 Screens Together for the full FMS(Lab)

- a. Discuss all seven screens and their inter-relationship.
- b. How to begin the FMS – 4 statements
- c. Running your best FMS tips
- d. Introduction to FMS Mobile App
- e. Each group performs a full movement screen.

8:45-9:30

II. Motor Control Screens

- a. History and purpose of the Motor Control Screens
- b. Motor Control Screens- details, demo and lab

9:30-9:45 Break

9:45-11:30

III. Applying FMS Results

- a. Corrective Strategies
- b. Example of the Training Cycle – One Pattern
- c. Corrective Exercise Examples

11:30-12:00

V. What to expect after the course?

- a. Certification Exam Details
- b. Member Benefits
- c. Integrating into your business

VI. Q&A