

# FMS Level 1 - Course Description

Your journey into movement begins here. Movement is the universal language of human expression. Understanding the how and why of moving well helps us aspire to move often. Welcome to the FMS Level 1 Course.

FMS uses objective and validated standards to check the movement baseline and build foundations for lifelong movement success. Therefore, certified professionals can discover the best opportunities to improve movement and identify how to train with purpose and precision in order for individuals to achieve their fitness, sports performance or return from injury goals.

The FMS is the screening tool used to identify limitations or asymmetries. It measures seven fundamental movement patterns that are key to functional movement quality in individuals with no current pain or known musculoskeletal injury.

Using FMS scoring results, movement principles are then put into action to make programming decisions and guide purpose-driven exercise selection. The FMS is that ongoing feedback tool that makes the entire training process -- both short-term and long-term -- more effective and efficient.

## Course Objectives

- Identify movement patterns that support work, sports, and daily activities.
- Recognize the relationship that movement patterns play in our health, fitness and performance goals.
- Describe principles to support the importance of movement screening.
- Explain the role of mobility, motor control, and functional loading in fundamental movement.
- Identify correct screening techniques and common mistakes.
- Use the scoring criteria for consistent and reliable screening results.
- Develop programming using the FMS as an objective filter and feedback tool.
- Explain and interpret screen results to protect, correct and develop the movement baseline.
- Explain the purpose and application of corrective exercise based on screening results.