



FMS Level 2 OBJECTIVES

1. Apply the Functional Movement Screen testing procedures and scoring criteria accurately and efficiently to deliver the best results.
2. Identify common mistakes made when performing the FMS.
3. Interpret the scoring results and select the correct movement training priority using the FMS Algorithm.
4. Develop exercise selection and programming by using the FMS as an objective filter and feedback tool.
5. Categorize movement health, movement competency, and movement performance more effectively.
6. Describe the role of mobility, motor control, and functional loading in fundamental movement.
7. Apply specific mobility and motor control strategies to improve the correctly identified movement limitation.
8. Analyze case studies that consider the client's goals, FMS scoring results, program design, and exercise selection.
9. Provide tools to enhance communication with clients using FMS to achieve goals and long-term success.
10. Develop a plan for new client business and client retention using FMS and its unique approach to navigate individual and group programs.