



FMS Level 2 Online Course Time Breakdown

Total Time: 7 hours, 22 minutes

Chapter 1	Introduction to the FMS 2 Course Objectives Introduction Download Manual	
Chapter 2	FMS Level 2 Virtual course	
	Part 1	2:13:45
	Part 2	1:20
	Part 3	2:03
	Part 4	1:32
Chapter 3	Appendix 1: Review of Key Concepts	
	Review: FMS Score - Insights in Interpretation	6:06
	Review: Mobility Concepts	2:37
	Review: Motor Control Concepts	3:59
	Review: Re-Testing Considerations	3:53
Chapter 4	Appendix 2: Additional Case Studies	
	Case Study #1	7:08
	Case Study #2	5:04
Chapter 5	Course Conclusion	
	Exam and Member Benefits	2:41
	Review: Member Benefits	
	Course Evaluation	
	Total Time:	7:40:22