

FMS Level 2 – Course Description

The Functional Movement Screen (FMS) Level 2 Course provides an opportunity to take results from the FMS and apply program design and exercise selection to improve your client's fundamental movement baseline. The Level 2 course will begin with a brief review of the FMS and how to apply the scoring criteria correctly for best results. Then we will discuss how to interpret results from the FMS, decide what your training priorities are based on those results, and teach exercise applications and techniques to improve your clients training results.

The seminar will cover vital concepts to understand movement competency and its impact on exercise programming. There will be interactive discussions and hands-on training opportunities to experience the FMS Corrective Experience using essential corrective strategies and techniques to improve movement patterns that have been identified by the FMS Algorithm as a weak link.

This course highlights the FMS corrective exercise essentials: breathing, key areas of mobility, motor control, transitional postures, and functional loading. For each of the seven screens within the FMS, specific exercise progressions will be laid out in order to provide the best path to improve, maintain and strengthen those movement patterns. This allows you to determine where an individual should begin, as well as focus, within their exercise program in order to push clients to the best of their ability. Lastly, this seminar finishes with a presentation of case studies and group discussion on program design and integration for key training, performance and rehabilitation environments.

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. Identify the corrective concepts that support the FMS Corrective Experience.
6. Describe the role of breathing, mobility, motor control, and functional loading in fundamental movement.
7. Apply the FMS Corrective Experience using essential corrective strategies to improve the 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. Provide a common language using Functional Movement Systems for fitness, performance, sports, rehabilitation and medical professionals to ensure the best support for client success.
11. Develop a plan for new client business and client retention using FMS and its unique approach to navigate individual and group programs.