

FMS Level 2 Schedule

Day One

1:00-1:20

I. Movement Programming Pathway

- a. Introduction to the FMS Corrective Experience
- b. Application of the Movement Principles

1:20-2:00

II. Functional Movement Screening in Groups

- a. Tips for making FMS efficient and reliable
- b. Screening for corrective applications

2:00-2:15 Break

2:15-5:00

III. The FMS Corrective Experience with Corrective Essentials

- a. FMS Scoring Interpretation: Algorithm Review
- b. Corrective Concepts and Strategies
- c. Explanation, demonstration and hands-on experience that includes exercises and strategies for each area of the corrective essentials:
 - i. Breathing
 - ii. Key Areas of Mobility

Day Two

8:00 – 10:00

IV. The FMS Corrective Experience with Corrective Essentials (Continued)

- a. Explanation, demonstration and hands-on experience that includes exercises and strategies for each area of the corrective essentials:
 - i. Motor Control

10:00 – 10:15 Break

10:15-12:00

- b. Explanation, demonstration and hands-on experience that includes exercises and strategies for each area of the corrective essentials:
 - ii. Functional Loading
 - iii. Development

12:00-1:00 Lunch

1:00-3:00

V. The FMS Corrective Experience for Each Movement Pattern

- a. Apply the corrective essentials to each movement pattern
- b. Explanation, demonstration, and hands-on experience of additional corrective exercises by movement pattern
- c. Movement Patterns covered in order of FMS Algorithm:
 - i. ASLR / Lower-Limb Reciprocal Pattern
 - ii. Shoulder Mobility / Upper-Limb Reciprocal Pattern
 - iii. Rotary Stability / Reactive Tri-Planar Pattern
 - iv. Trunk Stability Push-Up / Reactive Sagittal Plane Pattern Load Corrections
 - v. In-Line Lunge / Split Stance Pattern
 - vi. Hurdle Step / Double-to-Single Leg Pattern
 - vii. Overhead Deep Squat / Symmetrical Stance Pattern

3:00 –3:15 Break

3:15-4:30

VI. Case Studies and Discussion

- a. FMS Case Studies
- b. Interactive Discussion
- c. Q&A

4:30-5:00

VII. Next Steps

- a. Q&A
- b. Exam Details
- c. FMS Tools and Resources