



## SFMA Level 1 Virtual Course Schedule

*Please note: The start/end time may vary. Check specific event for these details.*

10:50 am – 11:00 am	Arrival into virtual platform
11:00 am – 11:10 am	Instructor Welcome and Instructions
11:10 am – 11:40 am	Introduction Lecture
11:40am – 12:10 am	SFMA Top Tier Demonstration and Questions
12:10 am – 12:30 pm	Video Examples of SFMA Top Tier
12:30 am – 12:35 am	Break
12:35 am – 12:45 am	SFMA Lecture – SFMA Breakout Logic and Demonstrations
12:45 am – 2:15 pm	SFMA Breakout Lecture/Lab <ul style="list-style-type: none"><li>- Multi-Segmental Flexion Pattern</li><li>- Multi-Segmental Extension Pattern</li><li>- Multi-Segmental Rotation Pattern</li><li>- Cervical Patterns</li></ul>
2:15 pm – 2:45 pm	Break
2:45pm – 4:25 pm	SFMA Breakout Lecture/Lab <ul style="list-style-type: none"><li>- Upper Extremity Pattern 1</li><li>- Upper Extremity Pattern 2</li><li>- Single Leg Stance</li><li>- Arms Down Deep Squat</li></ul>
4:25 pm – 4:30 pm	Break
4:30 pm – 5:35 pm	3 R's <ul style="list-style-type: none"><li>- Neurodevelopmental Sequence</li><li>- Rolling</li><li>- 4 x 4 Matrix</li></ul>
5:35 pm – 6:50 pm	Putting it all Together -Review of Case Studies
6:50 pm – 7:00 pm	Final thoughts