

SFMA Level 1 Virtual Certification Course Schedule

10:50 am – 11:00 am Arrival into the virtual platform

11:00 am – 11:10 am Instructor Welcome and Instructions

11:10 am – 11:40 am Introduction Lecture

11:40 am – 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

- Multi-Segmental Flexion Pattern
- Multi-Segmental Extension Pattern
- Multi-Segmental Rotation Pattern
- Cervical Patterns

2:15 pm – 2:45 pm Break

2:45 pm – 4:25 pm SFMA Breakout Lecture/Lab

- Upper Extremity Pattern 1
- Upper Extremity Pattern 2
- Single Leg Stance
- Arms Down Deep Squat

4:25 pm – 4:30 pm Break

4:30 pm – 4:45 pm Review of Demonstration Findings

4:45 pm – 5:45 pm Putting it all Together - Case Study

5:45 pm – 6:45 pm 3R's

- Neurodevelopmental Sequence
- Rolling

6:45 pm - 7:00 pm Final thoughts