FMS Level 1 Movement Experience Schedule

Day One

8:00-9:00 Registration and Greeting Attendees

9:00 – 10:00

I. Movement Principles
   a. Overview of Movement expression in daily life.
   b. How do we lose normal movement?
   c. What does poor movement expression look like?
   d. What is movement literacy and why is it important?
   e. Describe how fundamental movement principles guide the process of improving and maintaining quality movement.
   f. History of Functional Movement Screening

10:00-10:45

II. Movement Appreciation – A Practical Lab
   a. Discuss and describe how bases of support, postures and positions affect movement
   b. How does intensity and volume affect these patterns?
   c. Q&A Discussion: How has your environment, training, or injury history affected your movement, behavior, and training?

10:30 – 10:45 Break

10:45 – 12:30

III. The Symmetrical Stance Pattern
   a. Describing this pattern
   b. Where do we see the Symmetrical Stance Pattern expressed in daily life?
   c. How does daily activities/training affect the Symmetrical Stance Pattern?
   d. The Deep Squat Test

IV. Double-to-Single Leg Stance Pattern
   a. Describing this pattern
b. Where do we see the Double-to-Single Leg Stance Pattern expressed in daily life?
c. How does daily activities/training affect the Double-to-Single Leg Stance Pattern?
d. The Hurdle Step Test

12:30-1:30 Lunch

1:30-5PM

V. The Split Stance Pattern
   a. Describing this pattern
   b. Where do we see the Split Stance Pattern expressed in daily life?
   c. How does daily activities/training affect the Split Stance Pattern?
   d. The Inline Lunge Test

VI. The Upper-Limb Reciprocal Pattern
   a. Describing this pattern
   b. Where do we see the Upper-Limb Reciprocal Pattern expressed in daily life?
   c. How does daily activities/training affect the Upper-Limb Reciprocal Pattern?
   d. Shoulder Mobility Test

VII. The Lower-Limb Reciprocal Pattern
   a. Describing this pattern
   b. Where do we see the Lower-Limb Reciprocal Pattern expressed in daily life?
   c. How does daily activities/training affect the Lower-Limb Reciprocal Pattern?
   d. Active Straight Leg Raise (ASLR) Test

VIII. The Reactive Sagittal Plane Stability Pattern
   a. Describing this pattern
   b. Where do we see the Reactive Frontal Plane Stability Pattern expressed in daily life?
   c. How does daily activities/training affect Reactive Frontal Plane Stability?
   d. Trunk Stability Push-Up Test

IX. The Reactive Tri-Planar Stability Pattern
   a. What specific pattern is this?
   b. Where do we see Reactive Tri-Planar Stability Pattern expressed in daily life?
   c. How does daily activities/training affect Reactive Tri-Planar Stability?
d. Rotary Stability Test

DAY TWO

8:00 – 9:30

I. Pulling all 7 Test Together (Lab)
   a. Discuss all seven tests and their relationship
   b. How to begin the FMS – 4 statements
   c. Running your best FMS Tips
   d. Demo Full Screen – use software for documenting scores (25 min, if Pro 360 and Wi-Fi are available, if not simply do a full demo)
   e. Each group performs a full screen on each participant

9:30-9:45 Break

9:45-12:00

II. Motor Control Screen – PowerPoint, Demo and Lab
III. Applying FMS Results
   a. Corrective Strategies
   b. Example of the Training Cycle – one pattern

12:00-1:00 Lunch

1:00-2:30

IV. Practical Lab:
   a. Case Study using FMS Results
   b. Corrective Strategies Example

2:30-3:00

V. What to expect after the course?
   a. Certification Exam Details
   b. Member Benefits
   c. Integrating into your business
   d. Next Steps

VI. Q&A