



## **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 effect 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**