

FUNCTIONAL MOVEMENT SCREEN LEVEL 1

Program

Day 1: Friday

- 08:00 a.m.** Registration and Check in
- 08:30 a.m.** **Welcome/Introduction Philosophy/Background of Functional Movement: Movement screening vs. Movement Assessment**
- 09:45 a.m.** Break
- 10:00 a.m.** **Scoring Criteria of Seven Tests**
- Discussion of Each Test
- Description of why each test is important
- Relating each test of scores
- 11:00 a.m.** **Scoring the Seven Tests**
- Demonstration of Each Test
- Discussion of Equipment
- Description of Testing procedure
- 12:00 a.m.** Lunch
- 01:00 p.m.** **Lab- Scoring the seven tests of the FMS**
- Group interaction with Everyone Performing Tests
- Groups Discussing Scores and Individual Weaknesses
- 03:00 p.m.** **Interpreting the Scores**
- Linking Scores to Weak Links and Asymmetries
- Linking Scores to Exercise Progressions
- Case Studies
- 05:00 p.m.** End

Day 2: Saturday

- 08:00 a.m.** **Update on the Functional Movement Screen and the Y Balance Test (the latest research from high school, college and professional sports)**
- 08:30 a.m.** **Exercise Philosophy and Case Studies**
- Question and Answer Session
- Discussion of Exercise Progressions
- Linking FMS to Higher Level Exercise Progressions
- 10:00 a.m.** Break
- 10:15 a.m.** **Case Studies / Problem Solving**
- Link FMS Scores of Each Test to Exercise Progressions
- Interactions of High Level Exercise Progressions
- Discussion of Exercise Progressions and Scores
- Describing Data Collection and On-going Research
- 11:30 a.m.** End