

FMT Movement Specialist – Conscious Movement Assessment

CEU CREDITS: 6 hours

CEUs may be offered for DC, ATC, PT, LMT, OT and personal trainers – depending on location and class type.

Prerequisite: None

COURSE SUPPLIES & RECOMMENDATIONS FOR PARTICIPANTS:

This course will supply all performance equipment needed. In addition, a digital course manual will be provided. Participants should wear comfortable clothing to allow for full range of motion and movement screening practice. Participants are responsible for food, drinks and writing materials.

COURSE DESCRIPTION:

FMT Movement Specialist is designed to help health and fitness professionals learn novel, safe, simple, and effective tactics to screen and assess and correct ‘conscious’ movement patterns. Attendees will learn multiple ‘quick’ screens and assessments along with corrective exercises tactics and strategies of the ‘conscious’ fundamental movement of the deep squat.

A variety of interventional tools (mobility balls, exercise bands, foam rollers, compression flossing bands, agility and conditioning equipment) will be used to tackle an evidence-informed, brain-based approach to movement improvement and functional performance programming. The use of digital motion analysis technology will be presented to demonstrate how health and fitness professionals enhance their objectivity when assessing human movement.

This course is intended for health and fitness professionals with all levels of prior movement screening experience. All supplies needed for the course and lab experiences are provided.

Functional Movement Training (FMT) Certification courses are taught by industry leading experts in movement assessment, performance and rehabilitation.

Educational Objectives of FMT Movement Specialist Course:

At the conclusion of the course, attendees will be able to

1. Define and compare conscious and subconscious movement evaluation and training strategies.

2. Define and evaluate client psychological/personality traits that influence human movement.
 - a. Compare and contrast methods of brain-based (neurological) vs mechanical screening and assessments of 'conscious' movement
 - b. Evaluate and justify the importance and utilization of midline (core) control in order to improve effectiveness and efficiency of 'conscious' movement.
 - c. Understand and discuss the use of digital motion analysis to objectively capture human movement.
3. Outline factors that contribute to effective movement performance.
4. Critique and demonstrate therapeutic movement tactics with compressional floss, foam rollers and exercise bands.
5. Evaluate and justify differences between neural vs. somatic restrictions (Brain vs. Tissue influences) on conscious human movement.

FMT MOVEMENT SPECIALIST - COURSE OUTLINE 8AM – 3PM

WELCOME

Welcome & introduction of instructor and course participants

Overview of outline of the course; introduction of topics that will be covered as well as description of practical lab experience and presentation of case studies.

HOOR ONE (8am-9am)

Who is a Movement Specialist (Ch 1)

Where does the movement specialist fit with other professionals?

How to we best collaborate?

How to we categorize movement (Ch 2)

Conscious vs Subconscious Movement

Conscious Movement qualities

Subconscious movement qualities

Movement signatures, individual differences

Can your subject make the "shape"?

Is movement efficient?

Is movement effective?

How does the environment influence movement?

How is fear and threat involved?

Autonomic Heisman concept

Movement Variability (Ch 3)

Movement Variability concepts and influence on subconscious movement

Movement Chameleon concepts and influence on subconscious movement

Movement Lab Experience (stand to floor to stand) with Instructor Feedback

HOUR TWO (9am-10am)

History (Ch 4)

Acknowledging experts in the field and their contribution to the FMT method of approach

Movement Screening and Assessment (Ch 5)

Discussion on screening's goals

Target movement: Deep Squat

Influence of Brain, Midline and Mechanics on conscious movement performance

Mechanical screen – effectively assume shape

Brain screen – efficiency factor

Midline screen – ability to control 3 planes in environment (adaptability)

Assessment reliability and validity

Digital Movement Assessment – Demonstrate the utility of using digital movement tools to objectify movement dysfunctional patterns

Lab and instructor feedback

10 minute break (10am-10:10am)

HOUR THREE (10:10am-11am)

Psychosocial Aspects (Ch 6)

Psychology's influence on conscious movement patterns

Personality influence on conscious movement patterns

Threat Screen (Ch 7)

Kinesiophobia testing with validated questionnaires (FABQ, Tampa Scale) as it relates to movement capacity

FMT Threat Screen – creating unvalidated tests

- Red Light – Significance on 'conscious' movement performance
- Yellow Light – Significance on 'conscious' movement performance
- Green Light – Significance on 'conscious' movement performance

Lab and instructor feedback

Personality Screen (Ch 8)

Personality screen testing, scoring and score relevance

Lab and instructor feedback

Subsystems (Ch 9)

HOUR FOUR (11am-12pm)

Brain Subsystem (Ch 10)

2 Pt Discrimination Assessment and its relevance on 'conscious' movement

Foot Zone Mapping and its relevance on 'conscious' movement

Corrective Tactics with equipment to intervene on mapping dysfunction

Re-screen/Assess target movement – Deep Squat

Discuss system of approach with Hip and Shoulder Zone

Tactics with equipment and instructor feedback

LUNCH ON YOUR OWN (12pm-1pm)

HOUR FIVE (1pm-2pm)

Midline Subsystem (Ch 11)

Spinal engine theory

Sagittal Plane control

Lab and instructor feedback

Tactics with equipment and instructor feedback

Frontal Plane control

Lab and instructor feedback

Tactics with equipment and instructor feedback

Transverse Plane control

Lab and instructor feedback

Tactics with equipment and instructor feedback

HOUR SIX (2pm-3pm)

Mechanical Subsystem (Ch 12)

Foot Zone Screening and Assessment Strategies

Foot Zone Corrective Tactics - Mobility and Stability Tactics

Re-Screen Target Movement – Deep Squat

Discuss system of approach for Hip/Shoulder Zones

Case Study Application – application of multi-system approach to ‘conscious’ movement

FMT Movement Specialist APA References

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vibration rolling, nonvibration rolling, and static stretching as a warm-up exercise on flexibility, joint proprioception, muscle strength, and balance in young adults. *Journal of sports sciences*, 36(22), 2575-2582.

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TEACHING METHODS USED:

1. Power Point Presentation
2. Demonstration
3. Small Group/Partner Practice Sessions
4. Instructor Assessment of Technique and Feedback