

SFMA Level 1 Certification – Daily Schedule

Day 1

7:30	-	8:00	Registration
8:00	-	8:15	Welcome and Introduction
8:15	-	10:15	SFMA Concept of Regional Interdependence/Altered Motor Control/ Neurodevelopmental Perspective
10:15	-	10:30	Break
10:30	-	11:15	<i>SFMA Lecture/Lab</i> "The Top Tier" Seven Fundamental Movement Tests question/answer
11:15	-	12:00	Cervical Breakout
12:00	-	1:00	Lunch
1:00	-	5:00	SFMA Breakout Lecture/Lab Flowcharts - Shoulder Breakout - Deep Squat Breakout - Rolling Assessment Breakout - Multi-Segmental Flexion Breakout

Day 2

8:00	-	12:00	Breakout Lecture/Lab Flowcharts - Multi-Segmental Extension Breakout - Multi-Segmental Rotation Breakout - Single Leg Stance Breakout
12:00	-	1:00	Lunch
1:00	-	2:45	Group Lab of Complete SFMA
2:45	-	3:00	Break
3:00	-	4:30	Review of Clinical Application of SFMA, Introduction to Functional Exercise Progression
4:30	-	5:00	Wrap up

FMS Level 1 – Daily Schedule

Day 3

7:30	-	8:00	Registration
8:00	-	8:15	Welcome and Introduction
8:15	-	9:15	Philosophy and Background of FMS
9:15	-	12:00	FMS Scoring Criteria & Discussion
12:00	-	1:00	Lunch Break
1:00	-	2:00	Lab: Group Screening
2:00	-	3:00	Scoring Analysis and Interpretation of Scores
3:00	-	4:30	Corrective Exercise Philosophy and Exercise Discussion
4:30	-	5:00	Question and Answer Session