



FMS Level 2 – Course Description

The Functional Movement Screen (FMS) Level 2 Course provides an opportunity to take results from the FMS and apply program design and exercise selection to improve your client's fundamental movement baseline. The Level 2 seminar will begin with an in-depth look at how to perform the movement screen and apply the scoring criteria correctly for best results. Then we will discuss how to interpret results from the FMS, decide what your training priorities are based on those results, and teach exercise applications and techniques to improve your clients training results.

The seminar will cover key concepts to understanding movement competency and its impact on exercise programming. There will be a highly interactive discussion and hands-on training opportunity to demonstrate key strategies and techniques used to improve movement patterns that have been identified by the FMS algorithm as a weak link.

This course highlights the FMS corrective exercise essentials: breathing, mobility, motor control, transitional postures, and functional loading. For each of the seven tests within the FMS, specific exercise progressions will be laid out in order to provide the best path to improve, maintain and strengthen those movement patterns. These training strategies broken down by movement patterns assist in determining where an individual should begin, as well as focus, within their exercise program in order to push clients to the best of their ability. Lastly, this seminar finishes with a presentation of case studies and group discussion on program design and integration for key training and rehabilitation environments.

Objectives

1. Apply the Functional Movement Screen testing procedures and scoring criteria accurately and efficiently to deliver the best results.
2. Identify common mistakes made when performing the FMS.
3. Interpret the scoring results and select the correct movement training priority using the FMS Algorithm.
4. Develop exercise selection and programming by using the FMS as an objective filter and feedback tool.
5. Categorize movement health, movement competency and movement performance more effectively.
6. Describe the role of mobility, motor control, and functional loading in fundamental movement.

7. Apply specific mobility and motor control strategies to improve the correctly identified movement limitation.
8. Experience hands-on learning so that you can apply exercises and movement training correctly.
9. Use the FMS to explore better exercise selection and program design as it relates to the individual, small group or team that you are training.
10. Analyze case studies that consider the client's goals, FMS scoring results, program design, and exercise selection.
11. Support a growing fitness, sports and rehabilitation community by using and understanding the functional movement system.