

Course Curriculum Applications of Basic Functional Movement Patterns

- I. Introduction (7:00am – 7:30am)
 - What will this course include?
 - Assistance exercise
- II. Biomechanics (7:30am – 8:00am)
 - Moment arm
 - Abdominal bracing
 - Breathing
- III. 15-minute Break (8:00am – 8:15am)
- IV. Squat (8:15am – 9:15am)
 - What is the squat movement pattern?
 - Joint actions and prime movers
 - Common flaws
 - Coaching cues
 - Biomechanical considerations
 - Supplemental tools
 - Exercise library
 - Set-up
 - Execution
 - Assistance exercises
- V. Hip-Hinge (9:15am – 10:15am)
 - What is the squat movement pattern?
 - Joint actions and prime movers
 - Common flaws
 - Coaching cues
 - Biomechanical considerations
 - Supplemental tools
 - Exercise library
 - Set-up
 - Execution
 - Assistance exercises
- VI. Single-Leg (10:15am – 11:15am)
 - What is the squat movement pattern?
 - Joint actions and prime movers
 - Common flaws
 - Coaching cues
 - Biomechanical considerations
 - Supplemental tools
 - Exercise library
 - Set-up
 - Execution
 - Assistance exercises

- VII. Lunch Break (11:15am – 12:15pm)**
- VIII. Horizontal Push (12:15pm – 1:15pm)**
 - **What is the squat movement pattern?**
 - Joint actions and prime movers
 - Common flaws
 - Coaching cues
 - Biomechanical considerations
 - **Supplemental tools**
 - **Exercise library**
 - Set-up
 - Execution
 - **Assistance exercises**
- IX. Vertical Push (1:15pm – 2:15pm)**
 - **What is the squat movement pattern?**
 - Joint actions and prime movers
 - Common flaws
 - Coaching cues
 - Biomechanical considerations
 - **Supplemental tools**
 - **Exercise library**
 - Set-up
 - Execution
 - **Assistance exercises**
- X. 15-minute Break (2:15pm – 2:30pm)**
- XI. Horizontal Pull (2:30pm – 3:30pm)**
 - **What is the squat movement pattern?**
 - Joint actions and prime movers
 - Common flaws
 - Coaching cues
 - Biomechanical considerations
 - **Supplemental tools**
 - **Exercise library**
 - Set-up
 - Execution
 - **Assistance exercises**
- XII. Vertical Pull (3:30pm – 4:30pm)**
 - **What is the squat movement pattern?**
 - Joint actions and prime movers
 - Common flaws
 - Coaching cues
 - Biomechanical considerations
 - **Supplemental tools**
 - **Exercise library**

- **Set-up**
- **Execution**

- **Assistance exercises**

XIII. Course Wrap-up (4:30pm – 4:45pm)

XIV. Remaining Questions (4:45pm – 5:45pm)