

Synergy of Human Movement Course Outline Description

Unit one: Human Movement and How dysfunctions develop

This unit will introduce the course, discuss the importance of understanding functional anatomy as it relates human movement occurs, biomechanical principles, biomechanics of movement, biomechanics of connective tissue & structure, how all systems of the body interact and affect one another and how dysfunctions of the upper and lower body occur. Common medications with their effects and side effects will also be discussed.

Unit two: Fitness assessment

This unit will thoroughly examine how to conduct an ideal fitness assessment, how and when to modify. The importance of screening and referring to other allied health professionals will be thoroughly examined. Assessing body composition(BMI), flexibility, muscular endurance and cardiovascular endurance will be examined. Common diagnostic tests will be also discussed. Assessing posture, common postural dysfunctions, and respective training will be examined.

Unit three: Principles of therapeutic exercise/program design

This unit will focus on the principles and procedures of therapeutic exercise, program design, and understanding how one affects the other. This unit will also examine the clinical importance of therapeutic exercise when working with a post-rehabilitative client.

Unit four: Integrative training

This unit will examine integrative training principles such as neuromuscular training, spinal stabilization training, stretching and their effect on one another. This section also examines exercise prescription with **sample workout programs** with clinical rationale designed to guide the personal trainer in mastering exercise prescription with all levels of clients.

Unit five: Introduction, scope of practice, professionalism, and developing allied health relationships

This unit will summarize the course, provide actionable steps to guide the trainer how to execute, discuss scope of professionalism and how to build allied health relationships.

Unit six: Foundation of Business Marketing

This unit will thoroughly discuss the essentials of Marketing, actionable steps needed to take in order to “brand” yourself and to be proficient in niche specialized training.