

Synergy of Human Movement Course Objectives

1. Understand the clinical anatomy, functional anatomy, Biomechanics and the science as it relates to how human movement occurs.
2. Understand common Pathological conditions affecting upper and lower body with respect to Orthopedic, Neurologic and Special Populations.
3. Understand the **importance** of exercise prescription and programming for common orthopedic, neuromuscular or pathological dysfunctions with rationale helping those clients achieve optimal outcomes.
4. Learn how to perform **Integrative** therapeutic exercise training.
5. Learn how to **design** Sport Specific training Periodized programs utilizing the foundation of Periodization training/Tudor Bompa principles.
6. Understand **how various systems** of the body affect one another both directly and indirectly as it relates to movement.
7. Learn the foundation of neuromuscular training and have the opportunity to practice neuromuscular balance and stabilization exercises.
8. Practice New **Advanced** Shoulder and Spinal Stabilization exercises enhancing your exercise repertoire.
9. Understand common medications and their effect on exercise.
10. Understand the foundation of tissue healing and tissue repair.
11. Understand the foundation of Marketing and be able to apply this knowledge to attract and retain clients, build relationships, and how to communicate with other medical professionals.