



Human Movement Assessment and Analysis Home Study Course

Course Outline

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Key Features

Assessment and corrective exercise has become a 'buzz' in the fitness industry. However, understanding the fundamental and objective measures between static and dynamic daily and sports specific movements, requires increased knowledge and insight. This course delves into static and dynamic movements, teaching the fitness professional normal vs. abnormal movement patterns with rationale that is scientific and evidenced based. This dynamic course is part of **Advanced Training Specialist (ATS)** certification.

Course Overview

The course begins with a discussion about the importance of screening and conducting a thorough medical history. The next section goes into extensive detail about components of posture, how posture dysfunctions occur and respective training strategies. Next, learn how to conduct a human or sport specific movement assessment and understanding the respective findings. Core assessment is extensively explained accompanied with rationale on how to develop a core exercise program.

Course Materials:

This package with online test includes an 84-page manual and 20-page workbook in PDF format. Included within the unit and workbook are two practice examinations testing the reader's comprehension of the material. In addition, you have access to over 50 videos explaining the course material in more detail.

Note: This course package is made available for immediate download after purchase. All materials for this course are received electronically.

Course Objectives:

- Perform static and dynamic movement assessments and be able to perform them for analyzing daily and sport specific movements.
- Differentiate not only the anatomical and biomechanical influence, but also what key variables to focus on when performing a movement assessment.
- Differentiate and understand the difference between a Human Movement and Sport Specific Assessment.
- Understand the importance of screening and referring to other allied health professionals will be thoroughly examined.
- Understand the foundation about posture, how postural dysfunctions occur, and more importantly, the respective training with common dysfunctions.
- Learn and be able to practice human movement assessments vs. sport specific assessments and their respective findings.
- Perform a core assessment and understand the essential components where to begin stabilization training.

- Learn the importance of flexibility, muscular and cardiovascular endurance as it applies to all clients.'

Course Outline:

Section 1: Screening

Section 2: Medical History

Section 3: Common medical diagnostic tests

Section 4: Common postural dysfunctions with respective training

Section 5: Human and sport specific assessment

Section 6: Core assessment

Section 7: Flexibility

Section 8: Muscular endurance

Section 9: Aerobic and cardiovascular endurance