



The Movement Paradigm: Movement as the bridge to performance

Course Schedule

Day 1	Topic
7:30 – 8:00 AM	Registration
8:00 – 8:15 AM	Introduction to <i>The Movement Paradigm</i>
8:15 – 9:00 AM	Lecture: <ul style="list-style-type: none"> • Defining the gap between rehab and performance • Review of Neurodevelopmental kinesiology and primal reflexes
9:00 – 10:00 AM	Lecture: <ul style="list-style-type: none"> • Movement-based assessments • Regional interdependence
10:00 – 11:00 AM	Lab <ul style="list-style-type: none"> • Global Movement Assessment
11:00 -12:00	Lecture: <ul style="list-style-type: none"> • Breathing and postural control • Integrated stabilizing system • High vs. low threshold strategies
12:00 PM – 1:00 PM	LUNCH
1: 00 PM – 2: 00 PM	Lab <ul style="list-style-type: none"> • Breathing assessment
2:00-3:00 PM	Lecture <ul style="list-style-type: none"> • Rotational Patterns
3:00 PM – 4:00 PM	Lab <ul style="list-style-type: none"> • Assessing rolling patterns

Day 2	Topic
8:00 AM – 8:30 AM	Lecture <ul style="list-style-type: none"> • Review of movement assessments
8:30 AM – 9:30 AM	Lecture <ul style="list-style-type: none"> • Compensation Patterns • Quality vs. quantity • Mobility Vs. Stability
9:30-10:30 AM	Lab <ul style="list-style-type: none"> • Teaching and correcting rolling patterns
10:30 AM – 11:30 AM	Lab <ul style="list-style-type: none"> • Breathing corrections
11:30 AM-12:00 PM	Lecture <ul style="list-style-type: none"> • Identifying the root cause of dysfunction
12:00 PM – 1:00 PM	Lunch
1:00 PM – 2:00 PM	Lecture: <ul style="list-style-type: none"> • Evidence-based motor learning application • Movement Integration • Rehab to performance continuum
2:00 PM – 3:00 PM	Lab: <ul style="list-style-type: none"> • Application of movement preparation • Fundamental exercises • Progression/Regression
3:00 PM – 4:00 PM	Case Studies /Closing Comments