The Fundamentals of Movement Analysis

The Fundamentals of Movement Analysis provides a step-by-step method for analyzing the most commonly impaired movements that can cause pain, functional limitations, and impede performance. Master The BioMechanics Method process for analyzing the entire kinetic chain—from the feet to the head—and learn to observe movement, identify impairments, detect compensations, and record and interpret findings for precise programming.

In this course you will learn:

- The benefits and unique characteristics of The BioMechanics Method movement analysis process
- Various techniques (verbal, visual and hands-on) for analyzing commonly impaired movements
- A step-by-step process for conducting a complete movement analysis on a client's feet, ankles, knees, hips, spine and shoulders, neck and head
- How to compare and contrast analysis results through the use of observation, client feedback, and evaluation of compensatory movements
- How to document a client's movement analysis results in order to identify significant impairments that could be addressed through appropriate corrective exercise programming
- How musculoskeletal imbalances are related to movement impairments
- How movement impairments in one area of the body can disrupt movement in other areas

The Fundamentals of Movement Analysis contains:

- *The Fundamentals of Movement Analysis* digital text material
- *The Fundamentals of Movement Analysis* videos
- *The Fundamentals of Movement Analysis* online tests

The Fundamentals of Movement Analysis is Module 1 of The BioMechanics Method® Advanced Corrective Exercise Specialist course available through NETA. It is available for purchase as a standalone course to enable students to learn about movement analysis while also providing an affordable option for those interested in earning their Advanced Corrective Exercise Specialist credential (i.e., TBMM-AdCES). The remainder of the AdCES course components, which are also available through NETA, includes:

- Advanced Corrective Exercise Program Design
- Advanced Corrective Exercise Practical Application

The BioMechanics Method® Advanced Corrective Exercise Specialist course is a step-by-step learning program. It is recommended that the course modules be completed in order to optimize the learning experience. If you choose to complete all three components of the AdCES program, and The BioMechanics Method Corrective Exercise Specialist program (TBMM-CES), you will receive a certificate signifying your competency as an Advanced Corrective Exercise Specialist from The BioMechanics Method (TBMM-AdCES).

This online course contains digital text material, step-by-step video instruction and demonstrations, client assessment forms, self-check activities, and online tests. Online courseware is non-refundable. The digital text materials included with this course are not printable unless labeled as such.