



## The Fundamentals of Structural Assessment

The Fundamentals of Structural Assessment provides fitness professionals with a step-by-step process for assessing clients for the twelve most common musculoskeletal imbalances that can cause muscle dysfunction, joint discomfort and movement limitations. Created by world renowned corrective exercise expert Justin Price, this course teaches you how to apply essential assessments with clients in real-life fitness settings to help you understand how musculoskeletal imbalances can affect a client's ability to perform exercises and activities of daily living successfully.

### In this course you will learn:

- Various techniques for assessing the musculoskeletal system (i.e. verbal, visual and hands-on)
- A step-by-step process for assessing the feet, ankles, knees, lumbo-pelvic hip girdle, thoracic spine, shoulder girdle, neck and head
- How musculoskeletal imbalances can cause muscle dysfunction, joint discomfort and movement limitations
- How musculoskeletal imbalances can affect the function of the entire body
- How to record the results of a client's musculoskeletal assessment

### The Fundamentals of Structural Assessment contains:

- *The Fundamentals of Structural Assessment* digital text material
- *The Fundamentals of Structural Assessment* videos
- *The Fundamentals of Structural Assessment* online tests

The Fundamentals of Structural Assessment is Module 1 of The BioMechanics Method<sup>®</sup> Corrective Exercise Specialist course available through NETA. It is available for purchase as a standalone course to enable students to learn about musculoskeletal imbalances and assessments while also providing an affordable option for those interested in earning a Corrective Exercise Specialist credential (i.e., TBMM-CES). The remainder of the TBMM-CES course components, which are also available through NETA, includes:

- Understanding Muscles and Movement
- The Fundamentals of Corrective Exercise
- The Complete Corrective Exercise Library
- Corrective Exercise Program Design

The BioMechanics Method<sup>®</sup> 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 five components of the program, you will receive a certificate signifying your competency as a Corrective Exercise Specialist from The BioMechanics Method.

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.