



Understanding Muscles and Movement

Understanding Muscles and Movement explains in easy-to-understand terms how the whole body moves together as an integrated system of muscles, tendons, bones, ligaments, and fascia; information essential for understanding the causes of problematic and limiting musculoskeletal imbalances. This course also explains the unique approach of The BioMechanics Method® in regard to understanding how gravity and ground reaction forces change the way the body moves - knowledge that is imperative for designing successful corrective exercise strategies.

In this course you will learn:

- In-depth anatomy information about muscles, tendons, bones, ligaments and fascia, including specific muscle origins, insertions and functions
- The difference between traditional and functional anatomy, and how gravity and ground reaction forces change the way a body moves
- The major muscle groups that will dictate the exercise strategies used to improve musculoskeletal health and alleviate associated dysfunction
- How to use anatomy and assessment findings to design and integrate corrective exercise programming into clients' training programs

Understanding Muscles and Movement contains:

- *Understanding Muscles and Movement* digital text material
- *Understanding Muscles and Movement* videos
- *Understanding Muscles and Movement* online tests

Understanding Muscles and Movement is Module 2 of The BioMechanics Method® Corrective Exercise Specialist course available through NETA. It is available for purchase as a standalone course to enable students to learn about the musculoskeletal system and how it can be negatively affected by imbalances 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:

- The Fundamentals of Structural Assessment
- The Fundamentals of Corrective Exercise
- The Complete Corrective Exercise Library
- Corrective Exercise Program Design

The BioMechanics Method® 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, 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.