

Syllabus: AMT Level 1 Course Outline

Day 1: 8AM – 5PM

Hour One

- Arrival
- Introductions
- Values, Objectives, Instructor Expectations
- Self-guided Learning Objectives, Student Expectations

Hour Two - Three

- Assessment(pre-test) – Neurological Scan UE+LE
- Movement Patterns
- AROM
- PROM
- RROM
- MMT
- Optimal Ranges vs. Pathological
- Painful Ranges/Patterns vs. Non Painful Restricted Patterns/Movement

10 minute break

Hour Four

- Breathing
- Posture and the Cervical Complex
- AROM vs. PROM
- RROM
- Isometrics Testing
- The Acute Painful Neck vs. Non-Painful Restricted Neck
- Cervical Dissociation From the Shoulder/Thorax
- Exercise Intervention
- Mobility
- Strength
- Patterning
- Visual Training Integration

45 minute lunch break

15 minute - Questions and Clarity From the Morning

Hour Five - Six

- Foundations and Groundwork Starting From the “Centre” and Building From the Ground Up
- Cross Body Connecting
- Spinal/Postural Awareness
- Dissociating Body Parts and Reconnecting Them

10 minute break

Hour Seven

- Connecting to Our Environment – The Hands and Feet
- Hand and Foot Strength
- Wrist and Ankle Mobility
- Their Influences On the Kinetic Chain and Importance
- Mobility and Strength Work

Hour Eight

- Case Study
- Q/A and sign out of participants

Day 2: 8AM – 4PM

Hour One

- Arrival
- Expectations For the Day – Teacher and Learner
- Case Study

Hour Two - Three

- Axis to Upper Extremity – The Shoulder Complex

10 minute break

Hour Four

- Axis to Lower Extremity – The Driving Force, Hips

45 minute lunch break

15 minute

- Questions and Clarity From the Morning

Hour Five - Six

- Transition Joints “The Middle Man” – Knees and Elbows
- Partnering Up and Putting It Together
- Integration of the Upper and Lower Extremity Movement Patterns With or Without Loads
- Connecting Upper and Lower Extremity

Hour 7

- Case Study
- Review of the topics covered in the course
- Q/A and sign out of participants
- Feedback

What's included:

- Course Manual
- Evaluation forms – postural assessment, subjective assessment, objective assessment, manual muscle testing chart
- Certificate of completion for the Level 1 AMT + approved CEUs by the listed providers
- Healthy snacks, coffee & tea
- BONUS:
 - ◆ Access to Swales Performance Systems member only section of website for free for founding Advanced Movement Therapists includes updated information, video tutorials, exercise progressions, case studies etc.
 - ◆ Private group, join our private facebook community have fun sharing progressions, asking questions and staying up to date.

CEU Approved Providers

NASM (1.5), CATA (4.8)