



OPTI LEVEL-1: MOVEMENT RESTORATION COURSE

WHEN: 11/21-11/22

TIME: Saturday 8a-5p (registration 7:15-8a). Sunday 9a-4p.

COST: \$199 (before 11/7). \$249 (after 11/7).

WHERE: Crossfit ATP. 714 S Federal Hwy, Dania Beach, FL 33004.

REGISTER: info@optimum-performance-training.com

LEARN:

- The Movement-Performance-Specialization hierarchy.
- The Movement Pattern-Movement Skill-Movement Specialization continuum.
- The difference between movement, movement patterns and movement skills.
- The difference between ideal and optimal vs compensatory and altered movement patterns.
- Why reconstructing and restoring movement patterns towards ideal and optimal matters.
- How the human organism is designed, functions and creates movement.
- How the environment influences movement and movement pattern outcomes.
- What is the “environment” and why does it matter.
- How to get the organism to operate and move optimally and ideally in its environment.
- How to restore movement patterns from compensatory and altered to ideal and optimal.
- How motor learning and motor programming occurs in the human organism.
- The Five Foundational Movement Patterns of the human organism and their components.
- The Foundational Movement Competency Evaluation (FMCE).
- How to use the FMCE to establish movement restoration interventions.
- How to use PNF and RNT to restore movement patterns.
- How to create programming based around movement pattern restoration needs and movement competency.

INSTRUCTORS:

- Joe Sansalone, NSCA, ACSM, NASM, FMS, SFG, USAW, Owner Optimum Performance Training Institute
- Corey Beavin, NASM, FMS, SFG, Director of Education Optimum Performance Training Institute