

**Five Core Movement(FCM) Elective Content Outline.**

1. FCM Foundation Track consist of 3 workshops : FCM 1, FCM 2A & FCM 2B.
2. Each workshop entails a Clinical Component and a Leadership & Biopsychosocial (BPS) Component.
3. Each workshop consist of 6 hours.
4. Background :

Five Core Movement(FCM) is an approach that stems from the Functional Approach for Movement Care, Movement Performance and Movement Intelligence. It is a **holistic** approach that emphasizes a way of understanding movement and posture stabilization with the integration of the biological , psycho-social and spiritual elements of a human being. Integration of these elements in evaluation and intervention for healthy and intelligent movement is crucial as our movement system behavior is strongly influenced by our belief system, perception and intent.

The Clinical component of the FCM Foundation Track will introduce the network of the Five Core areas, Five Floors and Five Systems that is involved in harmonious balance for ideal posture stabilization and movement. It will also introduce the Dynamic Neuromuscular Stabilization (DNS) Approach by Prof. Pavel Kolar and emphasize its principle of development kinesiology and ideal intra-abdominal pressure regulation. It will progress to empower the practitioner/learner to evaluate posture from a more organic dimension of function rather than a structural dimension of alignment. It will then follow through this evaluation with ways of improving stabilization and movement with DNS principles and the FCM concept of ‘connect to engage’.

The Leadership & BPS Component of the FCM Foundation Track will introduce key concepts of inner-self development. These concepts empower the practitioner/learner to be more perceptive and creative in leading themself and their patients/clients to a positive change that will influence the movement behavior positively.



**FiCoMo A Course**

**Day 1**

Total hours : 6 hours

Part 1 Title :Five Core Movement 1 ( Clinical )

**Being a Movement Specialist.**

**Thinking For a Change : Function versus Structure**

Brief out line:

* Journal Discussion of Motor Control and Functional approach Versus Structural approach.
* Key Concepts of Structural & Functional Approach.
* Five Core Movement(FiCoMo) Concept.
* Introduction to the Dynamic Neuromuscular Stabilization(DNS) Concept and Treatment Strategy.
* FiCoMo Integration of DNS Approach.
* Understanding the diaphragm-Pelvic floor relationship – IAP regulation system.
* Practical sessions will emphasize Body Awareness & Perception , Observational skill practice – STATIC(Postural) and DYNAMIC(DNS Movement Test introduction-Diaphragmatic).

Part 2 Title :Five Core Movement 1 (Bio-psychosocial[BPS] & Leadership)

**Being a Movement Specialist**

**Thinking For a Change : Person versus Condition**

* Five Core Movement Concept : The PERSON
* The BPS model
* Keywords for the Paradigm shift in mindset change.
* Five Core Movement Concept : LEADERSHIP Thinking.
* Understanding the elements of leading versus managing yourself and your clients.
* Integrating the FCM concept with the DNS Approach.



**Day 2**

Part 1 Title : **Postural Function Elements with the DNS Approach (ISSS,IAP).**

* Review of FiCoMo day 1 and Journal Discussion.
* FCM Integration of DNS Approach in Diaphragm Function, Sagittal Stabilization, Gnostic Function/Body Awareness.
* Observational skill for details of seeing from Awareness of the body in:

1. Center of Gravity

2. Three (3) Planes

3. Direction of flow or force for the movement from anchor(grounding)/ punctual fixum

to intended movement/task. (Patterns from support function or moving function).

* Practical session of integration of Intra-abdominal Pressure (IAP) REGULATION in the 4.5 months prone (contra lateral) and 5 months side lying (ipsilateral).
* Emphasis on CONNECTIONS & ENGAGEMENT of Core area of Spine, Ribcage, Pelvic, in the IAP Integration.

Part 2 Title : **Transforming from Fixed Mindset to Growth Mindset.**

1) Growth mindset versus Fixed mindset.

2) Character versus Personality.

**Day 3**

Part 1 Title: **Connections to Engage for Postural Control with the Functional Approach.**

* Observational skill for details of seeing from Awareness of the body in:

1. Five (5) **floors** with sitting, standing in sagittal plane.
2. Neck floor, Thoracic Inlet floor, ribcage floor in transverse plane.

* Connection of Perception & Movement : Sensorimotor System.
* FiCoMo Integration of DNS Approach (Assessment & Treatment Strategy).

Connection of Ribcage & Spine to Upperlimb movements.

Connection of Ribcage -Spine-Pelvic to Lowerlimb movements.

* DNS IAP Test Introduction.
* Integration of IAP REGULATION in the 5 months supine with flexion of shoulders (bilateral arm test), sit to stand (squat) (homologous pattern).
* Emphasis on CONNECTIONS & ENGAGEMENT of 5 floors of mouth/ neck floor, Ribcage floor, Pelvic floor, feet floor in the IAP Integration.

Part 2 Title : **The Freedom of Choice**

* The new framework of communication :

1.Choice Versus Control : Bio-spiritual Connection.

2. Leadership lifestyle : Soul Versus EGO.

* -Harmonious Balance : The ‘Exercise’ of Choice – Responsibilty , Thoughts & Attitudes.