



**AAPSM Stand Alone Meeting
September 19 – 22, 2019
Masters' Course Outline**

Thursday, September 19, 2019

Day 1: 8:00 am -12:30 pm

- Intelligent movement, the concept
- Intelligent movement, the principles
- The foot:
 - ✓ systematics
 - ✓ 3D anatomy
 - ✓ analysis
 - ✓ therapy strategies
 - ✓ practical implications (active part)
- The intelligent movement “learning circle”: design of an exercise program in a progressive concept from the basics to the sports specific movement pattern

Friday, September 20, 2019

Day 2: 1:30 pm – 6:00 pm

- The hip
 - ✓ Systematics
 - ✓ 3D anatomy
 - ✓ analysis
 - ✓ therapy strategies
 - ✓ practical implications (active part)
- The intelligent movement “learning circle”: design of an exercise program in a progressive concept from the basics to the sports specific movement pattern

Saturday September 21, 2019

Day 3: 1:30 pm – 4:00 pm

- The knee and the correct leg alignment
 - ✓ Systematics
 - ✓ 3D anatomy
 - ✓ therapy strategies
 - ✓ practical implications (active part)
- The intelligent movement “learning circle”: design of an exercise program in a progressive concept from the basics to the sports specific movement pattern
- Holistic view of the force absorption system of the lower extremity
- The relationship of the foot, hip, knee and hip joint in terms of force absorption and leg alignment