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