

The Fundamentals of Structural Assessment

By Justin Price, MA

The Fundamentals of Structural Assessment is targeted towards Fitness Professionals (encompassing Gym Instructors and Personal Trainers) who want to learn how to conduct postural assessments to help identify common musculoskeletal imbalances.

The Fundamentals of Structural Assessment explores:

- Step-by-step processes for postural assessment
- Techniques for postural assessment ie. verbal, visual and hands-on
- Assessing feet, ankles, knees, lumbo-pelvic hip girdle, thoracic spine, shoulder girdle, neck and head
- How posture misalignment can cause referral pain in other areas of the body
- Musculoskeletal imbalances and injuries

Upon successful completion, course participants will:

- Know how to assess the major areas of the body
- Have the skills to identify common musculoskeletal imbalances that cause pain and dysfunction
- Understand how to use different techniques for conducting postural assessments
- Comprehend how postural deviations may impair movement
- Have the ability to apply static posture assessment techniques with clients in real-life fitness settings

Course Presenter Bio

Based in San Diego, Justin is the creator of The BioMechanics Method® which provides corrective exercise education and programming for health and fitness professionals. He is an IDEA International Personal Trainer of the Year, expert on corrective exercise for the American Council on Exercise and BOSU® and founding author of PTA Global. He is also director of content for PTONtheNet and an education provider for TRX and the National Strength and Conditioning Association.