

Functional Assessment for Functional Performance

By Chuck Wolf, MS

Functional Assessment for Functional Performance is targeted towards Personal Trainers with a minimum of 2 years experience who want to improve the movement quality of their clients. In this course, explore techniques to evaluate the limitations, compensations and idiosyncrasies of client movement in 3 planes of motion.

Functional Assessment explores:

- Common limitations
- Big movement rocks of the foot
- Tri-Plane loading the cannon
- Characteristics and symptoms of foot structures
- Balance and Excursion tests
- Spinal segment range of movement in 3 planes
- Assessing the cervical spine.

Upon successful completion, course participants will:

- Understand the importance of comparing assessments
- Be able to identify the 4 big movement rocks of the foot
- Know how to maximally recruit the glutes
- Understand the characteristics and symptoms of the 7 foot structures
- Have strategies for conducting balance and excursion tests and know what to look for
- Be able to assess the cervical spine in 3 planes of motion.

Course Presenter Bio

Chuck Wolf has a Masters of Science Degree in Exercise Physiology from George Williams College, and specializes in Applied Biomechanics. He presently is the Director of Human Motion Associates, in Orlando, Florida, consulting with clients ranging from the rehabilitation setting to professional athletes of the highest level. Chuck works extensively with many of the top 50 PGA players in the world and also has worked with numerous professional baseball players and other high level athletes. He has emerged as a leader of functional anatomy and biomechanics within the fitness and sports performance industries and works extensively with internal medicine physicians, orthopedic specialists, neurosurgeons, and physical therapists addressing musculoskeletal issues and developing corrective exercise programs. Chuck has presented at many national and international conferences and written numerous articles and produced many educational videos in the areas of human motion, sports science, and human performance.