



COURSE INFORMATION

Course Title: PREMIER Body Method Introductory Seminar

Course Number(s): PBM1

Time Requirement:

Lecture/Demonstration/Lab: 8 hours

CEU's: (Dependent on licensure)

Additional Course Activities: (hours/week)

Activity	Hrs/wk
PBM Sport of Life Book	30
Online Sport of Life Course	2
Online Training Course	24
PBM Certification Test	2
Total	58

Prerequisites: Doctorate (DC, DPT, DO, MD, PhD), PT, CSCS-NSCA, CPT-NSCA, NASM-certification, AFAA-certification, *or equivalent.

Instructor/s:

Lead Instructor: Dr. Donald Richardson, DC, DACBSP, CSCS
Contact Information: DonaldRichardson.DC@gmail.com
Office Hours: By appointment
Location: TBD

COURSE PURPOSE

Course Description:

The PREMIER Body Method™ is a fully comprehensive training program designed to teach the fundamentals of movement mechanics, and then how to apply those mechanics to fitness, exercise, sports performance training, and the real world. It is used as a rehabilitation training system to help people suffering from injury or chronic pain. It is used to decrease the risk of injury, and serves as a body preservation strategy

for both athletes and persons looking to live a health life style. The PREMIER Body Method is used by health and fitness enthusiasts, as well as athletes, all the way to the highest level, as a method of training the body to perform at its best.

The PREMIER Body Method™ Introductory Seminar is a small group human movement education seminar taught to doctors, physical therapists, Chiropractors, athletic trainers, strength and conditioning coaches, personal trainers, athletes, other colleagues, and health and fitness enthusiasts. It is used to introduce The PREMIER Body Method, its concepts, training techniques, and strategies used with some of the top athletes in the world, as well as some of the most physically debilitated persons. This introductory seminar is a thirteen hour long, crash course class, in which several key concepts regarding the human body and how it physically works will be discussed. It covers the fundamentals of human movement mechanics, and the practical application of those mechanics to exercise, sports training technique, and the real world. It is a lot of information to pack into a weekend, but also a lot of fun!

Program Learning Outcomes:

- Assessment & Training
 - The PBM Certified Instructor will utilize appropriate reasoning and technical skills to accurately assess, train, demonstrate, and teach proper human biomechanics, movement, and exercise technique. (Objective 1-5)
- Management
 - The PBM Certified Instructor will be able to guide a patient or client through the PREMIER Body Method's human movement education course, training levels 1-3, and in turn pace and progress the trainee correctly. develop a comprehensive patient care plan. (Objective 1-5)
- Information and Continuing Competency
 - The PBM Certified Instructor will maintain and further advance his or her knowledge through successful maintenance of certification through the PBM website locate. (Objective 1-5)

Objectives:

1. Assessment, teaching, and training of human biomechanics, movement, and posture in relation to real world functional ability.
2. Assessment and training of human biomechanics and exercise technique in relation to exercise and fitness training.
3. Assessment and training of human biomechanics and movement in relation to sport and sports performance training.
4. Assessment and training of human biomechanics and movement in relation to musculoskeletal injury and rehabilitation from injury and reducing the risk of injury through injury prevention training.
5. Discussion of the current literature and validity for biomechanics, fitness training, sport, sport and fitness related musculoskeletal injury and rehabilitation.

COURSE OUTLINE:

MODULE	TOPICS
Module 1 PBM Foundational Concepts 2 Hours 8:00AM – 10:00AM	<ul style="list-style-type: none">- The importance and relevance of this information for both the athlete and novice person.- How the human body works from a physical standpoint.- Basic biomechanics and human movement.- Biomechanical compensation.- The concept of building movement.- Neurological control of movement.- Motor learning and motor memory (muscle memory).- The human body's physical capability limits.- Active and passive anatomy and tissue structure.- How we heal from injury and exercise training.- Chronic pain and degenerative conditions.- Anabolic and catabolic effects in the body in relation to both exercise training, injury development, and healing.- Stretching, flexibility, and mobility.- The basic structure of the PREMIER Body Method's training program.
Module 2 Level 1 Training Lab 2 Hours 10:00AM – 12:00PM	<ul style="list-style-type: none">- Level 1 Movement Fundamentals- The fundamentals of full spinal control.- Detailed clinical workings of core stability.- How to maintain a solid foundation for the human body to build large-scale movement on.
Module 3 Level 2 Training Lab 2 Hours 1:00PM – 3:00PM	<ul style="list-style-type: none">- Level 2 Basic Functional Human Motion- Application of both lower and upper extremity mechanics.- How to generate efficient movement.- How to preserve the structural integrity of the body through tissue-sparing mechanics.- How to reduce the risk of injury.
Module 4 Level 3 Training Lab 2 Hours 3:00PM – 5:00PM	<ul style="list-style-type: none">- Level 3 Functional Exercise Movement- Applying fundamental movement to higher-level exercise and human performance training.- How to generate real strength, speed, and power.- Training Program Design.

INSTRUCTIONAL MATERIALS:

Required Text: PREMIER Body Method; The Sport of Life

Required Materials: None

Required Attire: Please wear comfortable athletic attire suitable for exercise training.

TEACHING METHODS AND ACTIVITIES:

This is a lecture and laboratory course using audiovisual aids and practical demonstrations. Class sessions require student participation. Therefore, attendance is mandatory. Only persons who successfully attend the live PBM Introductory Seminar will be eligible to take the online certification exam and Online Demonstration Video Submission.

EVALUATION OF STUDENT LEARNING:

Grading Procedures:

Assessment	Weight % Points
Attendance	20%
Online Certification Exam	40%
Online Demonstration Video Submission	40%

Grading Scale; Pass / No Pass:

P= 70% or higher

NP= 69% or lower

WF = Excessive absence

I = Incomplete

ATTENDANCE:

Attendance is defined as follows. The participant is present for the entire seminar, does not take extended breaks (more than 5 minutes) and does not leave after scheduled seminar breaks. In addition, the participant does not study materials for other courses or engage in other distractions. Failure to follow this definition results in absence for that day.

1. Random attendance may be taken in lab and/or lecture.
2. Those students who have been absent for 10% of the total course contact hours will be notified of impending sanctions.
3. Those students who have been absent for 15% of the total course contact hours will receive a "WF" (withdraw/fail) and WILL NOT RECEIVE CREDIT FOR THE COURSE—IT MUST BE REPEATED IN ITS ENTIRETY.

PBM Policies

Accommodations

As a learning-centered community, PREMIER Body Method recognizes that all participants/certificates should be afforded the opportunity to achieve their academic and individual potential. The PBM recognizes and supports the standards set forth in Section 504 of the Rehabilitation Act and the American with Disabilities Act (ADA). In accordance with its mission and federal and applicable state laws, the University is committed to making reasonable accommodations for qualified applicants for admission and enrolled students with disabilities. A participant who needs accommodation(s) due to a disability should contact the PBM seminar coordinating office at 818-508-6188.

Online Electronic Assessments

All completed participants in the full 8-hour PREMIER Body Method Introductory Seminar will be eligible and encouraged to take the PBM certification online exam at www.premierbodymethod.com

With successful completion and passing of the online PBM examination, PBM Certified Instructor (PBMCI) will be awarded to the participant. This certification will be recognizable for patients and clients of the PBM Certified practitioner. Maintenance of PBM Certified status will be kept by yearly membership to PREMIER Body Method through our website.

Syllabus prepared by: Donald J Richardson, DC, DACBSP, CSCS
Revised: July 2018