

1. By the end of this online course the participant will be able to differentiate between the historical musculoskeletal interpretation of core strength and a neuromuscular, systems approach coined “core strategy”.
2. By the end of this online course the participant will be able to describe the influence of the optimal muscle recruitment order on postural control for a reaching task.
3. By the end of this online course the participant will be able to label the 4 components of the anticipatory core team.
4. By the end of this online course, the participant will be able to describe the interaction of the four anticipatory core components to synergistically prepare for movement.
5. By the end of this online course the participant will be able to describe 3 posture types using 1 rib cage and 1 pelvic positional descriptor for each.
6. By the end of this online course the participant will be able to identify 4 alignment screening tools to guide therapeutic exercise selection for a treatment session.
7. By the end of this online course the participant will be able to demonstrate 2 intervention techniques to optimize anticipatory core recruitment.
8. By the end of this online module, the participant will be able to integrate breath mechanics as a gateway for postural control for 2 functional and 2 fitness movements (ex-sit to stand; squat).
9. By the end of this online course the participant will be able to identify when it is and is not appropriate to palpate externally for pelvic floor activation in male and female clients.
10. By the end of this course the participant will be able to determine when to refer a client on for an internal pelvic floor examination.
11. By the end of this online course the participant will be able to describe 4 reactive core postural synergists and the role of each in optimizing postural control in functional movement patterns.
12. By the end of this online course the participant will be able to demonstrate 3 exercise interventions for each reactive core postural synergist.
13. By the end of this online module the participant will be able to articulate 3 strategies an orthopedic, sports medicine, or neurological physical therapist can utilize to integrate and address pelvic health considerations within their traditional care.
14. By the end of this online module the participant will be able to articulate 3 strategies a pelvic health physical therapist can utilize to integrate fitness

concepts into their traditional care.