



Course Category	Wellness
Course Title	Functional Movement Screen (FMS)
Course Code	BW011
Medium of Instruction	Chinese
Duration	18.0 hour(s)
Course Fee	Macao Resident: MOP1,620 Non-Macao Resident: MOP1,620
Certificate	Students who have obtained a passing grade of the course and attended no less than 70% of the class sessions will be issued a course certificate by UTM. The passing grade of the course is 50.
Outline	<ul style="list-style-type: none">•Overview of FMS•Importance of mastering movement quality•The FMS test kit and test implementation•Movement assessment: mobility•Movement assessment: stability•Interpretation of FMS scoring•Corrective exercises
Teacher	Please refer to the schedule
Remarks	