

**DC4K ONLINE
OBJECTIVES**

BUNDLE B

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 3 posture types using 1 rib cage and 1 pelvic positional descriptor for each.
5. By the end of this online course the participant will be able to identify 4 alignment screening tools to guide therapeutic exercise selection.
6. By the end of this online course the participant will be able to demonstrate 2 intervention techniques to optimize anticipatory core recruitment.
7. 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 children.
8. By the end of this online course the participant will be able to describe 3 reactive core postural synergists and the role of each in optimizing postural control in functional movement patterns.
9. By the end of this online course the participant will be able to Demonstrate 3 exercise interventions for each reactive core postural synergist.
10. By the end of this online module, the participant will be able to integrate breath mechanics as a gateway for postural control for 3 transitional movements (ex-sit to stand).
11. 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.