

MSMS Certificate Program Checklist

Name: _____

The Certificate Program consists of **7 weekend courses, 3 webinars, and 12 hours of study group or small group review sessions.**

Weekend Courses (all required):

The standard 2-day MSMS course, the 3-day Heritage Colloquium and international workshops with the same name all count equally toward completion of the certificate. Check them off here, with the location you took the course and the dates of attendance:

- Look, Listen, Push, Pull: Training Freedom and Support in the Head, Neck, and Shoulders (or Heritage Colloquium #1)
Location: _____
Date: _____

- Separate But Connected: Training Selective Control of the Hips, Pelvis, and Low Back (or Heritage Colloquium #2)
Location: _____
Date: _____

- Your Song Is Your Strength: The Breathing Mechanism and Core Control (or Heritage Colloquium #3)
Location: _____
Date: _____

- Stand And Deliver: Understanding the Lower Extremity Kinetic Chain (or Heritage Colloquium #4)
Location: _____
Date: _____

- The Brain In Pain: Movement Coaching and Modern Neuroscience (or Heritage Colloquium #5)
Location: _____
Date: _____

- The Advanced Spine
Location: _____
Date: _____

- Lift/Off

Location: _____

Date: _____

Webinars (all required):

Whether you took the webinar in person or purchased the recording, note your date of purchase:

- Working with Common Lumbar Pathologies

Date of purchase: _____

- Working with Common Shoulder Pathologies

Date of purchase: _____

- Working with Common Hip Pathologies

Date of purchase: _____

(If you have taken special edition webinars for Body Control, PAA, or other international organizations, contact us to find out which of the regular webinars you can substitute for).

Review hours (12 hours required):

Can be in a Study Group or Protocols Review with either Jeremy or Cara. Note date and time, number of hours, and who the review was with.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____