



Learning Objectives

A **Fellow of Applied Functional Science™ (FAFS)** is one who successfully completes GIFT and demonstrates confidence and competence in the Principles-Strategies-Techniques Process of *Applied Functional Science™*. A **FAFS** is also one that is certified in **Functional Manual Reaction™ (FMR)**, which means that the **FAFS** has the knowledge, analytical ability, and hands-on manual skills necessary for the understanding, application, and integration of the Core Content of the GIFT Curriculum. **FMR Certification** is the evidence of confidence and competency in *Applied Functional Science™* for assessment, training and conditioning, rehabilitation, and injury prevention.

The Learning Objectives of GIFT include, but are not limited to, the following:

- Appreciation and in-depth knowledge and understanding of the principles of neuromusculoskeletal Chain Reaction™ Biomechanics.
 - Able to use appropriate functional nomenclature to describe all forms of Chain Reaction™ Function, including functional tests, exercises, and activities.
 - Able to speak and document Function through the written word and spoken word.
 - Able to discuss the litmus test for Function and apply them to any test, exercise, or activity.
- Ability and proficiency in developing and discussing a strategic plan of action employing all forms of movement, dimension, and influence tweaks.
 - Able to three-dimensionally tweak any functional test or exercise by applying the three types of tweak strategies – movement, dimension, and influence.
 - Able to create the desired chain reaction through the movement tweaking variables of planes, motions, ranges, and joints.
 - Able to create the desired chain reaction through the dimension tweaking variables of time, repetitions, distance, and sequencing.
 - Able to create the desired Chain Reaction™ through the influence tweaking variables of control, loads, tools, and feedback.
 - Able to efficiently and effectively utilize the strategies of integrated isolation and isolated integration.
 - Able to teach functional chain reaction strategies.
 - Able to develop appropriate functional flexibility, strength, balance, and cardiovascular exercises, programs, and activities.
 - Able to develop for community and outreach programs for injury prevention, wellness, training and conditioning, performance enhancement, and encouragement.
- Expertise and confidence in implementing and managing all functional techniques of assessment, rehabilitation, training and conditioning, performance, and prevention.
 - Able to perform functional biomechanical Chain Reaction™ assessments throughout the entire body to determine causes, compensations, and symptoms.
 - Able to perform a core set of three-dimensional functional tests reliably and to know what subsets of test to use with certain from the core tests.
 - Able to effectively utilize all forms of Functional Manual Reaction™ (FMR), including neurological, soft tissue, and osseous.
 - Able to demonstrate and employ all “3D Matrix” exercise programs.
 - Able to teach functional Chain Reaction™ techniques.
 - Able to deliver an original presentation on a topic pertaining to *Applied Functional Science™* that is relevant to the participants unique practice situation.