



## **FREQUENTLY ASKED QUESTIONS (FAQs)**

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### **How is 3DMAPS different than other screens / scans / analyses in the Movement Industry?**

3DMAPS leverages movements that are authentic to everyday life (overall global function of the human body) in both the analysis movements and the performance movements. 3DMAPS analyzes the entire body in all three planes of motion in the context of both mobility (flexibility, range of motion) and stability (strength, control of motion). 3DMAPS does not use an arbitrary scoring system, yet highlights a Relative Success Code based on the individual. This Relative Success Code directly correlates with all analysis and performance movements, so the sequence is specific to the individual.

### **What are the certification offerings?**

Online (8+ hours of content) or Live (one-day seminar, plus 8+ hours of online content) are the 2 certification offerings. Online is completed at your own pace. Live is a specific date and site selected when purchasing 3DMAPS. Once enrolled in either offering, you will have immediate access to the online content and 3DMAPS Exercise Library and App. This online content will be accessible (for both Online and Live offerings) for a period of 3 years upon purchase. Certification for both offerings is obtained through online testing.

### **Are there any prerequisites for 3DMAPS?**

No, 3DMAPS is ideal for all Movement Professionals at any level and at any point of their career.

### **What is meant by "Movement Professionals"?**

Movement Professionals includes, but is not limited to, Physical Therapists, Physical Therapy Assistants, Personal Trainers, Strength and Conditioning Coaches, Physicians, Chiropractors, Athletic Trainers, Osteopaths, Occupational Therapists, Coaches, Physical Education Teachers, and anyone else working in the field of Human Movement.

### **How long is 3DMAPS?**

The online content is 8+ hours. The live content (which also includes the online content) is an 8- hour (full day) seminar.

### **What is the advantage in attending a live event for 3DMAPS?**

Simply put, value-add. The live event is structured so that the attendees are able to hear the content and apply the content with a personal instructor that provides added context to the certification.

### **How is one granted as being certified?**

Throughout 3DMAPS, online exams are given in which the practitioner must pass in order to gain certification. Live attendees will need to access and pass the online exams in order to be certified. This is value-add for the live events so that time is focused on content and not on "sitting down" for the exams.

### **Is there a time period in which to finish the content / certification?**

Once 3DMAPS is purchased, the practitioner has access to the online content for 3 years. Once certified, this content remains available to the practitioner and is able to be viewed as many times as desired.

### **Will 3DMAPS require ongoing education to remain certified?**

No, once certified, always certified. 3DMAPS, through Gray Institute®, will provide ongoing education and application of the information on its website of video assets (on the 3DMAPS Channel).

### **What content is covered in the certification?**

- Applied Functional Science® / Science of Movement
- Functional Spectrum
- Principle-Strategy-Technique Process
- Applied Functional Science® Nomenclature
- 6 Vital Transformational Zones
- 6 Chain Reactions®
- Mobility Analysis Movements
- Stability Analysis Movements
- Biomechanics of Primary Complexes
- Range of Motion / Shape of Analysis Movements
- Control of Motion / Quality of Analysis Movements
- Relative Success Spectrum
- Analysis & Documentation
- 14 "Mostability" Performance Progressions / Matrices

### **Are there any ongoing assets during and after the certification?**

Yes, most certainly! Once certified, one receives exclusive access to 3DMAPS Exercise Library & App. Furthermore, one may access continued educational support via GrayInstitute.com (on the 3DMAPS Channel and other channels).

**Is 3DMAPS approved for CEUs or CECs?**

Approval from various organizations will be sought and published online at GrayInstitute.com.

**Will one receive a certificate of completion?**

Yes, one will receive a customized certificate once successfully completed (online testing through both Online and Live offerings). This certificate will be available on the main 3DMAPS page of your account (where you access the content).

**How does 3DMAPS compare to other offerings from Gray Institute®?**

3DMAPS is the perfect entry-point into Gray Institute® offerings, as well as a perfect complement and enhancement to all its offerings. 3DMAPS is designed for everyone who wants to understand, analyze, and progress movement in a manner that is understood and applicable to the patient / client.