LEARNING OBJECTIVES

A **Fellow of Applied Functional Science® (FAFS)** is one who successfully completes GIFT, a 40-week mentorship program delivered by **Gray Institute®**, the authentic source of, and authority in, Applied Functional Science® (AFS).

A **FAFS** demonstrates confidence and competence in the Principles-Strategies-Techniques Process of AFS. A **FAFS** is also one that has the opportunity to be certified in **Functional Manual Reaction® (FMR)**. This 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.

GIFT establishes credibility in the Movement Industry, as well as equips **GIFT Fellows** with ongoing education that allows each and every person to become a much more efficient and effective practitioner, especially in the areas of assessment, training and conditioning, rehabilitation, and injury prevention.

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

- Knowledge and understanding of the principles of neuromusculoskeletal Chain Reaction® Biomechanics.
    - Able to **describe**, with appropriate functional nomenclature, all forms of Chain Reaction® Function, including functional tests, exercises, and activities.
    - Able to **discuss** the litmus tests for Function as they relate to Chain Reaction® Biomechanics
    - Able to **apply** the litmus tests to any exercise or activity.
    - Able to **compare** degree of "functionality" of different movements relative to the desired activity.
    - Able to **design** programs based on the Principle-Strategies-Techniques Process.
    - Able to **teach** functional Chain Reaction® Strategies.
- Proficiency in developing a strategic plan of action employing all forms of movement, dimension, and influence tweaks.
    - Able to **demonstrate** and employ all "3D Matrix" exercise programs.
    - Able to **describe** the movement, dimension, and influence tweaks.
    - Able to **differentiate** between the effects of the different types of tweaks.
    - Able to **develop** appropriate functional flexibility, strength, balance, and cardiovascular exercises, programs, and activities.
    - Able to **apply** three-dimensional tweaks to any functional test or exercise.
    - Able to **analyze** the effect of a specific tweak on the success of movement.
    - 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.
- Expertise in implementing and managing all functional techniques of assessment, rehabilitation, training and conditioning, performance, and prevention.
    - Able to **perform** a core set of three-dimensional functional biomechanical Chain Reaction® assessments.
    - Able to **select** a subset of core tests appropriate to the individual and desired activity.
    - Able to **recognize** motion, strength, control, and endurance deficits.
    - Able to **identify** potential causes and compensations during assessments.
    - Able to effectively **perform** all forms of Functional Manual Reaction® (FMR) to improve local and global function.
    - Able to efficiently and effectively **utilize** the strategies of integrated isolation and isolated integration
    - Able to **sequence**, based on client success, appropriate functional flexibility, strength, balance, and cardiovascular exercises, programs, and activities.
    - Able to **explain / justify / defend** the principle-based strategy of Applied Functional Science® that is relevant to individual patient / client needs, as well as the unique practice situation.