

LAPT

LONDON ACADEMY OF PROFESSIONAL TRAINING

CERTIFICATE

Posture Assessment & Mobility Basics

Workshop Level



LAPT — London Academy of Professional Training

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Reference FT-WCE-W • Health & Fitness Centres

UKPRN 10067351 • Registered in England and Wales, company 4984798

AT A GLANCE

REFERENCE	FT-WCE-W
AWARD	Certificate
ASSESSMENT	440 marks — 264 to pass (60%)
PREREQUISITES	None
VALIDITY	Lifetime
AWARDING BODY	LAPT — London Academy of Professional Training

CURRICULUM

1 Anatomy for Movement 3 chapters · 12 classes 65 marks	
• 1 Foundation of Human Anatomy and Its Relevance to Movement — 4 classes › 1.1 Understanding Anatomical Terminology: Building the Language of Movement › 1.2 Exploring the Skeletal System: Form and Function in Movement › 1.3 Investigating the Muscular System: Mechanics Behind Movement › 1.4 Connecting Systems: Integrated Anatomy in Motion • 2 Understanding Joint Mechanics and Motor Functions — 4 classes › 2.1 Explore Joint Structures: Building Blocks of Movement › 2.2 Analyze Motor Functions: Understanding Movement Patterns › 2.3 Evaluate Joint Mechanics: Identifying Movement Restrictions › 2.4 Apply Mobility Principles: Enhancing Joint Function	• 3 Analyzing Movement Patterns and Posture Assessment — 4 classes › 3.1 Understanding the Basics of Movement Patterns › 3.2 Identifying Common Postural Deviations › 3.3 Techniques for Conducting a Posture Assessment › 3.4 Applying Mobility Principles to Movement Analysis
2 Applied Practice Sessions 3 chapters · 12 classes 90 marks	
• 1 Foundation of Posture Assessment Techniques — 4 classes › 1.1 Understanding Posture Fundamentals › 1.2 Identifying Key Postural Landmarks › 1.3 Analyzing Common Postural Deviations › 1.4 Applying Assessment Techniques in Practice • 2 Applied Mobility Enhancement Strategies — 4 classes › 2.1 Identify Key Mobility Impairments › 2.2 Demonstrate Basic Posture Correction Techniques › 2.3 Implement Mobility-Enhancing Exercises › 2.4 Evaluate Progress and Adjust Strategies	• 3 Integrated Posture and Mobility Practice — 4 classes › 3.1 Understand the Principles of Integrated Posture and Mobility › 3.2 Identify and Correct Common Posture Misalignments › 3.3 Apply Essential Mobility Techniques in Practice › 3.4 Evaluate and Optimize Personal Posture and Mobility Strategies

3

Designing Corrective Plans

3 chapters · 12 classes

65 marks

• 1 Identifying Postural Deviations and Mobility Challenges — 4 classes

- › 1.1 Understanding Postural Deviations
- › 1.2 Analyzing Common Mobility Challenges
- › 1.3 Applying Techniques for Posture Assessment
- › 1.4 Developing Personalized Corrective Strategies

• 2 Assessing Individual Needs for Corrective Exercise — 4 classes

- › 2.1 Understanding Posture: Analyzing Individual Differences
- › 2.2 Identifying Mobility Issues: Observing Range of Motion
- › 2.3 Evaluating Muscle Imbalances: Recognizing Patterns of Weakness
- › 2.4 Personalizing Corrective Plans: Crafting Solutions for Unique Needs

• 3 Creating and Implementing Effective Corrective Exercise Plans — 4 classes

- › 3.1 Understanding Corrective Exercise Principles
- › 3.2 Identifying Individual Postural Deviations
- › 3.3 Crafting Personalized Corrective Exercise Plans
- › 3.4 Implementing and Adjusting Exercise Strategies

4

Introduction to Posture

3 chapters · 12 classes

65 marks

• 1 Understanding Posture and Its Importance — 4 classes

- › 1.1 Exploring the Concept of Posture
- › 1.2 Recognising the Impact of Poor Posture
- › 1.3 Identifying Good Posture in Daily Activities
- › 1.4 Developing Strategies for Maintaining Healthy Posture

• 2 Posture Assessment Techniques — 4 classes

- › 2.1 Understanding the Importance of Posture
- › 2.2 Identifying Common Postural Deviations
- › 2.3 Conducting a Basic Posture Assessment
- › 2.4 Practicing Mobility Techniques for Postural Correction

• 3 Corrective Exercises for Postural Improvement — 4 classes

- › 3.1 Identifying Common Postural Deviations
- › 3.2 Understanding the Role of Flexibility in Postural Correction
- › 3.3 Practicing Basic Corrective Exercises for Improved Posture
- › 3.4 Implementing a Daily Routine for Long-Term Postural Health

5

Mobility Exercises

3 chapters · 12 classes

90 marks

• 1 Understanding the Fundamentals of Mobility — 4 classes

- › 1.1 Defining Mobility: Concepts and Importance
- › 1.2 Assessing Posture: Techniques and Tools
- › 1.3 Exploring Fundamental Mobility Exercises
- › 1.4 Applying Mobility Techniques in Daily Routine

• 2 Techniques and Tools for Enhancing Mobility — 4 classes

- › 2.1 Understanding Fundamental Mobility Tools
- › 2.2 Mastering Basic Mobility Techniques
- › 2.3 Applying Mobility Tools in Practical Scenarios
- › 2.4 Evaluating and Refining Mobility Techniques

• 3 Assessing and Personalizing Mobility Programs — 4 classes

- › 3.1 Understanding Mobility: Key Concepts and Importance
- › 3.2 Conducting a Personalized Posture Assessment
- › 3.3 Identifying Individual Mobility Needs Through Assessment
- › 3.4 Designing a Tailored Mobility Exercise Program

6

Posture Assessment Techniques

3 chapters · 12 classes

65 marks

• 1 Understanding Posture and Its Importance in Wellness — 4 classes

- › 1.1 Exploring the Fundamentals of Posture
- › 1.2 Identifying Common Postural Deviations
- › 1.3 Assessing Posture through Observational Techniques
- › 1.4 Analyzing the Impact of Posture on Overall Wellness

• 2 Techniques for Conducting Posture Assessments — 4 classes

- › 2.1 Understanding Key Posture Concepts
- › 2.2 Identifying Common Postural Deviations
- › 2.3 Applying Effective Observation Techniques
- › 2.4 Conducting a Posture Assessment Practically

• 3 Analyzing Postural Data and Creating Corrective Plans — 4 classes

- › 3.1 Interpreting Postural Data: Key Metrics and Observations
- › 3.2 Identifying Common Postural Deviations
- › 3.3 Crafting Personalized Posture Correction Plans
- › 3.4 Evaluating Plan Effectiveness: Iteration and Adjustment

