

# Core Connections: Exploring the Core's Developmental Roots

## Online Course Agenda

**\*ALL TIMES ARE IN CENTRAL TIME\***

*Break start times may vary*

### One-Day Course

8:00am	–	8:30am	Check-In Period
8:30am	–	8:40am	Announcements & Introductions
8:40am	–	9:30am	Core Definitions, Anatomical Considerations & Current Research on the Treatment of Core Function
9:30am	–	10:00am	The Sensory Systems & their Relationship to Core Development
10:00am	–	10:10am	Short Break
10:10am	–	11:40am	The Sensory Systems (Continued)
11:40am	–	12:20pm	Extended Break
12:20pm	–	2:20pm	Primary Movement Patterns, Breath & the Development of a Flexible, yet Stable, Core
2:20pm	–	2:30pm	Short Break
2:30pm	–	4:30pm	Assessment & Treatment Strategies from, both, a Sensory & Developmental Movement Perspective
4:30pm	–	5:00pm	Test
5:00pm			End of Course