Core Connections: Exploring the Core's Developmental Roots

Online Course Agenda

ALL TIMES ARE IN CENTRAL STANDARD TIME

Break start times may vary

Monday, November 10, 2025

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 (cont.)
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