

Floor Time Fundamentals Course

with Dr. Jonathan Knipping, PT, DPT

Course Description: Taught by a licensed physical therapist who is also a martial artist and Yoga enthusiast, this course blends concepts and principles from the fields of kinesiology, physiology, functional mobility, martial arts, and Yoga. This course will help you develop your ability to move safely, efficiently and confidently so you can be comfortable and experience the benefits of having a healthy relationship with the floor. You will learn movement techniques and strategies, develop strength, coordination and mobility, and also acquire habits that may protect you in the event of a fall.

Upon successful completion of the course you will be eligible for the weekly Ongoing Floor Time class to practice what you've learned and develop further skills.

Course Goals:

1. Demonstrate understanding of basic balance and mobility concepts: center of mass, base, core contraction, weight bearing, pivot
2. Understand post-fall assessment and recovery strategies
3. Be able to efficiently move to sitting or all-fours from any lying position
4. Understand and demonstrate scooting, crawling
5. Demonstrate and move efficiently among various functional floor sitting positions
6. Understand and demonstrate safe and efficient methods for moving between standing and floor sitting positions
7. Understand and demonstrate "be-the-ball" concept to minimize risk of serious fall-related injury
8. Understand how to use breath to make movement more powerful and efficient

Enrollment: Each course cohort is limited to 6 participants

Course Schedule:

Course consists of five (5) Zoom sessions, held weekly for approximately 45 minutes per session.

Specific session times will be negotiated among those in each course cohort.

You do **NOT** need a Zoom account for this course, but you must download and install the Zoom app on your computer or device prior to the first session. You may want to use features of Zoom such as mute microphone, Pin Video, and switching view setting between Speaker and Gallery at times. If you want training on how to use these features prior to the first session, you can contact the instructor.

The Zoom link will be provided once you register for the course. It will be the same link for every session.

Tuition: \$125.00

Payment Options:

PayPal: jknipping1@yahoo.com

Zelle: jonathanknippingpt@gmail.com

Check payable to:

Jonathan Knipping

7620 N Osceola Ave

Niles, IL 60714

Live Session Home Set-Up:

Each participant will need a space approximately 10' x 10' on the floor on a carpet or large rug. Additional layers of padding such as quilts, blankets, exercise or Yoga mats, etc are HIGHLY encouraged (see Personal Safety Disclaimer below). Course instructor will be happy to advise on this prior to first session. Participants' live session set-up must include camera that can show participant's entire body in sitting, lying, and standing positions. Laptop with camera or tablet is preferred. Smartphone may be adequate, but bear in mind you will need to be able to see the instructor clearly. You may need some kind of tripod or other device to secure your tablet/phone so that the camera will be effective. Instructor will test set-up with participants prior to first session if desired.

Home Practice and Reinforcement:

These skills will **NOT** be useful unless reinforced through consistent, *regular* application and/or practice. Participants will be expected to complete a MINIMUM of 3 practice sessions each week between meetings. Practice sessions should be **at least 10 minutes** in duration.

Personal Safety Disclaimer:

While every attempt will be made to ensure the safety of the participants in this course, there is some inherent risk of injury. Participants must accept *sole* and *complete* responsibility for any unintended adverse effects of participation in this course either during live supervised sessions or during individual home practice. It is never intended that you will do anything you are not comfortable doing. If you have a concern, please raise it and/or defer the activity in question. Concerns can be raised verbally, by private Zoom chat, or by email/text/phone.

Video Recording Disclaimer:

The live remote class instruction sessions will be recorded for purposes of program evaluation and development and possibly for production of promotional and educational content. Participants will receive the opportunity to review any such promotional/educational materials prior to their publication and will have the option to veto any footage of themselves they do not want made publicly or commercially available. Session recordings will be uploaded and made available to participants for review and practice between sessions.