ANATOMY EVIDENCE

ANATOMY OF MOVEMENT · EARLIER STUDY

Anatomy of Movement is required for your first certification course, and finished before your written exam, unless you have already studied anatomy elsewhere. If you have, fill in this checklist and send it with your transcript or course outline to education@rouxwellness.com at least four weeks before Day 1.

For each area, tell us where your earlier study covered it: the course, the unit or module name, and the page of your outline. A certificate on its own is not enough, because it does not show what was taught.

We will check each area and let you know whether there is anything to complete. Anything not covered, you complete in the matching Anatomy of Movement lessons and their knowledge checks before your written exam.

YOUR DETAILS

NAME

EMAIL

COURSE YOU ARE ENROLLING IN

DAY 1

EDUCATION CENTRE

YOUR EARLIER ANATOMY COURSE

PROVIDER

YEAR COMPLETED

THE ANATOMY AREAS

	ANATOMY AREA	WHERE YOUR EARLIER STUDY COVERED IT (COURSE, UNIT OR MODULE)	PAGE OR UNIT
1	Anatomical terms and the planes of movement		
2	The skeleton: axial and appendicular, structure and function		
3	Types of bone, and the effects of exercise on bones and joints		
4	Tendons, ligaments and cartilage		
5	Types of muscle and muscle fibre		
6	The major muscles, with their origins and insertions		
7	The pelvic floor muscles and associated muscles and ligaments		
8	Muscle and joint action, and types of contraction		
9	Types of joint, their actions and range of motion		
10	How joint type and structure affect movement and joint health		

	ANATOMY AREA	WHERE YOUR EARLIER STUDY COVERED IT (COURSE, UNIT OR MODULE)	PAGE OR UNIT
11	The spine: curves, range of motion, deviations, ligaments and muscles		
12	Stabilising and mobilising muscles, posture and movement		
13	Muscle imbalances, stabilisation and the centre of gravity		
14	Principles and techniques of flexibility training		
15	Stabilisation exercises and their progressions, on the floor and on equipment		
16	Functional movement exercises: balance, stability, flexibility		

ANYTHING ELSE WE SHOULD KNOW

The information and documents I have sent are true and my own.

NAME _____ DATE _____

SENDING IT

Email this checklist with your transcript or course outline to **education@rouxwellness.com**, at least four weeks before Day 1. We will confirm we have received it, then let you know the outcome.

Every student, whatever their earlier study, sits the same written exam at the end of the course.