

- Module 1
 - Introduction and Scope of Practice
- Module 2
 - Neuromuscular and Skeletal Structure and Function
- Module 3
 - Application of Current Concepts in Biomechanics
- Module 4
 - Foot and Ankle, Part 1
 - Interview with Emily Splichal, DPM, *Podiatrist and Human Movement Specialist*
 - Foot and Ankle, Part 2
- Module 5
 - Knee, Part 1
 - Interview with Rafael Escamilla, PhD, *Professor of Physical Therapy, Director of the Biomechanics Laboratory*
 - Knee, Part 2
 - Interview with Tim Hewett, PhD, *Professor and Director of Research in Orthopaedic Surgery*
 - Knee, Part 3
- Module 6
 - Hips, Part 1
 - Interview with Ashley Campbell, DPT, *Board-Certified Sports Physical Therapist*
 - Hips, Part 2
 - Interview with Andrew Shinar, MD, *Hip and knee replacement specialist*
 - Hips, Part 3
- Module 7
 - Lumbar Spine, Part 1
 - Interview with Preston Wakefield, DC, ART, *Chiropractor and Active Release Technician*
 - Lumbar Spine, Part 2
 - Interview with Stuart McGill, PhD, *Biomechanist*
 - Lumbar Spine, Part 1
- Module 8
 - Thoracic Spine
 - Exercises – Thoracic Spine
- Module 9:
 - Cervical Spine
 - Exercises – Cervical Spine
- Module 10
 - The Shoulder Joint, Part 1
 - Interview with Tim Uhl, PhD, *Physical Therapist, Athletic Trainer, Professor of PT at UK*
 - The Shoulder Joint, Part 2
 - Interview with James Johnson, MD, *Family and Sports Medicine Physician*
 - The Shoulder Joint, Part 1
- Module 11
 - Elbows, Wrists, and Hands
 - Exercises – Elbows, Wrists, and Hands
- Competency Assessment: Orthopedic Fitness Specialist