

Performance Therapy Mentorship

Lesson Time Requirements

Week	Lesson	Reading Minutes	Writing Minutes	Watching Minutes	Total Hours
1	MOVEMENT I				
1	3P	60	30	25	
1	Systems Thinking	5	0	12	
1	Posture	3	10	11	
1	Asymmetry	5	0	10	
1	Functional Anatomy	8	0	28	
1	Pressure & Respiration	7	0	13	
1	The Chess Board	10	15	25	
	TOTALS	98	55	124	4.6
2	MOVEMENT II				
2	Motor Learning	10	0	12	
2	Sensorimotor Modulation	10	0	10	
2	Neurodevelopment	15	0	10	
2	Proprioceptive Neuromuscular Feedback	10	0	10	
2	Manual Therapy	45	0	16	
2	Biotensegrity	5	0	10	
2	Pain Science	15	0	18	
2	Exercise Guidelines	20	20	10	
	TOTALS	130	20	96	4.1
3	SPORTS MEDICINE				
3	Post-Operative Principles	10	0	10	
3	Orthobiologics & Pharmacology	10	0	75	
3	Biological Healing Timelines	5	0	10	
3	Acute Injury Protocols	25	0	10	
	TOTALS	50	0	105	2.6
4	MANAGING FORCE				
4	Principles of Strength Training	15	0	28	
4	Hypertrophy, SAID, & Wolff's Law	8	0	11	
4	Gravity, Center of Mass, & Center of Pressure	10	2	10	
4	Physics Review	10	0	8	
4	Systems vs. Parts	10	0	8	
4	Velocity Based Training	10	0	12	
4	Force Plate Jump Testing	45	0	10	
4	Application of Force	5	0	0	
	TOTALS	113	2	87	3.4

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5	FITNESS				
5	Fitness & Energy Systems	20	0	21	
5	Central Governor Theory	10	0	10	
5	Residual Training Effects	20	0	11	
5	General vs. Specific	12	0	0	
5	Central vs. Peripheral	5	0	2	
5	Mechanical vs. Metabolic	5	0	0	
5	Alternative Modalities	5	0	15	
5	Tactical Periodization	5	0	15	
5	Sports Specific Fitness Demands	12	0	10	
	TOTAL	94	0	84	3.0
6	EXPOSURE				
6	SCRUM	5	0	5	
6	Continuum Framework	10	10	14	
6	Acute vs. Chronic Principles	5	0	12	
6	Periodization Schemes	8	30	0	
6	Injury Regression Models	12	0	13	
6	Lessons from Longevity	5	0	10	
6	360 Performance Profiling	20	0	0	
	TOTAL	65	40	54	2.7
7	ANKLE INJURY & LINEAR VECTOR				
7	Functional Anatomy & Manual Therapy	2	0	12	
7	Exercise Guidelines	2	0	3	
7	Ankle Sprains Therapy	5	0	2	
7	Ankle Sprains Training	2	0	23	
7	Ankle Sprains Performance Testing	5	10	0	
	TOTAL	16	10	40	1.1
8	KNEE INJURY & VERTICAL VECTOR				
8	Functional Anatomy & Manual Therapy	2	0	12	
8	Exercise Guidelines	5	0	2	
8	Therapy	30	0	8	
8	Return to Training	2	0	27	
8	Return to Jumping	60	0	5	
8	Performance Testing	10	10	0	
	TOTAL	109	10	54	2.9

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9	HIP INJURY & LATERAL VECTOR				
9	Functional Anatomy & Manual Therapy	0	0	33	
9	Exercise Guidelines	2	0	4	
9	Therapy	2	0	17	
9	Return to Training	2	0	28	
9	Performance Training	2	0	14	
9	Performance Testing	60	10	0	
	TOTAL	68	10	96	2.9
10	RTP: HAMSTRING INJURY IN SOCCER				
10	Functional Anatomy: Hamstring and the Leg	10	0	15	
10	Rehab Review: Hamstring Strain	10	0	0	
10	Roadmapping & Reverse Engineering	5	30	23	
10	Health: Restore Homeostasis	5	15	8	
10	Therapy: Part Task Activities	5	15	24	
10	Training: Whole Task Activities	5	15	18	
10	Performance: Isolated Outputs	8	0	13	
10	Sport Participation Progressions	30	0	0	
10	Maintaining Fitness	10	0	9	
	TOTAL	88	75	110	4.6
11	RTP: MENISCUS INJURY IN BASKETBALL				
11	Tissue Adaptations in Rehab	35	0	0	
11	Control Chaos Continuum of Reheb	45	0	0	
11	Functional Anatomy: Meniscus & the Knee	10	0	13	
11	Rehab Review: Meniscus Tear	5	15	5	
11	Roadmapping & Reverse Engineering	8	20	19	
11	Health: Restore Homeostasis	8	10	5	
11	Therapy: Part Task Activities	8	10	8	
11	Training: Whole Task Activities	9	0	40	
11	Performance: Isolated Outputs	20	15	23	
11	Sport Participation Progressions	15	0	0	
11	Maintaining Fitness	10	0	9	
	TOTAL	173	70	122	6.1
12	JOBS IN SPORTS				
12	Hiring & Candidate Assessments	20	60	0	
12	Business Influences on Sport	10	0	60	
12	Applying for the Job	15	0	20	
12	Next Steps to Take	10	0	0	
	TOTAL	55	60	80	3.3