move · play · thrive

Brain and Sensory Foundations® First Level

Syllabus

Session 1 **Video 1, 29 min** **Video 2, 45 min** **Video 3, 52 min** Times noted in this column are actual running times of the online lecture and video portion of the course. These times do not include the time required for reading and practicing course movements.	1. **Course Overview** 2. **PACE Brain Tune-Up**—for stress release and focus 3. What to Do if Someone is Triggered by Movement 4. Importance of Rhythm 5. History of Rhythmic Movement 6. How and Why Rhythmic Movements Work 7. **4 Rhythmic Movements for Brain Connectivity** 8. Emotional and physical responses to Rhythmic Movements 9. Use RMs with caution in the following situations: Down's Syndrome (with movements involving head and neck), History of Seizures Hyper-sensitivity to vestibular input Hyper-sensitivity to tactile input 10. Q & A	**Reading and Assignments*** **Pages 1-21, Chapter on Innate Rhythmic Movements, and Appendix B and Appendix C** *It is best to do activities in the spirit of enjoyment, curiosity and play.* • Do PACE Brain Tune-up at least once daily • Practice doing 4 Rhythmic Movements independently, and at least once as a facilitator with a partner • Practice what to do if someone is triggered by movement • Notice your experience while you do and/or receive the movements yourself. Write a brief journal entry about your *internal* experience. • **Case Studies are required, start taking notes for case studies and continue from this point forward**
Session 2 **Video 1, 35 min** **Video 2, 23 min** **Video 3, 37 min**	1. **Introduction to Innate Reflexes** 2. Definition and Importance of Reflexes—reflexes to build the neuro-sensory-motor foundation for future skills; 'jobs' of reflexes 3. Challenges with un-integrated reflexes 4. Causes of un-integrated reflexes 5. Before and After Video of Reflex Integration-showing body parts tied together 6. Research on Reflexes 7. When and how to use isometric pressure 8. **Tonic Labyrinthine Reflex**—stimulus, movement pattern, function/role in development, challenges if un-integrated, how to assess, movements and protocols to mature and integrate 9. Heart Connection 10. Support Repatterning Sequence—intro 11. Q & A	**Reading and Assignments*** **Reflexes Chapter, Tonic Labyrinthine Reflex, and Support Repatterning Sequence in the 5-Step Balance Chapter** • Do PACE Brain Tune-up at least twice with a goal or project in mind (Balance Process) • Practice the TLR activities 2-3 times per week with yourself and others, • Notice your experience while you do the TLR movements. Write a brief journal entry about your *internal* experience. • Continue Practicing 4 Rhythmic Movements • Watch Original Play video (link included in Resources in virtual classroom, 8 mins)
Session 3 **Video 1, 13 min** **Video 2, 40 min** **Video 3, 30 min** **Video 4, 22 min** **Video 5, 18 min**	1. **Asymmetrical Tonic Neck Reflex, ATNR** Stimulus, movement pattern, function/role in development, challenges if un-integrated, how to assess, movements and protocols to mature and integrate 2. **Symmetrical Tonic Neck Reflex, STNR** Stimulus, movement pattern, function/role in development, challenges if un-integrated, how to assess, movements and protocols to mature and integrate 3. Q & A	**Reading and Assignments*** **Asymmetrical Tonic Neck Reflex and Symmetrical Tonic Neck Reflex, plus Developmental Movement** • Do PACE whenever there is stress or before projects, as needed • Practice the ATNR and STNR activities 2-3 times per week with yourself and others • Notice your experience while you do the ATNR and STNR movements. Write a brief journal entry about your *internal* experience. • Continue Practicing 4 Rhythmic Movements

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Session 4 **Video 1, 31 min** **Video 2, 21 min** **Video 3, 38 min**	1. **Hand Reflexes—Grasp and Palmar/Babkin** Stimulus, movement pattern, function/role in development, challenges if un-integrated, how to assess, movements and protocols to mature and integrate 2. **Feet Reflexes—Plantar and Babinski** Stimulus, movement pattern, function/role in development, challenges if un-integrated, how to assess, movements and protocols to mature and integrate 3. Q & A	**Reading and Assignments*** **Hands Reflexes, Feet Reflexes, and Games for Integration Chapter** • Do PACE whenever there is stress or before projects, as needed • Practice the Hand and Feet reflexes integration activities 2-3 times per week with yourself and others • Notice your experience while you do the Hands and Feet movements. Write a brief journal entry about your *internal* experience. • Continue Practicing 4 Rhythmic Movements • **Case Studies are required, continue taking notes for case studies**
Session 5 **Video 1, 24 min** **Video 2, 34 min** **Video 3, 40 min**	1. **Fear Paralysis Reflex—FPR** Stimulus, movement pattern, function/role in development, challenges if un-integrated, how to assess, movements and protocols to mature and integrate 2. **5-Step Balance Process**	**Reading and Assignments*** **Fear Paralysis Reflex & 5-Step Balance Chapter** • Do PACE whenever there is stress or before projects, as needed • Practice the FPR activities 2-3 times per week with yourself and others • Do a 5-Step Balance Process for Integrating FPR • Notice your experience while you do the FPR movements. Write a brief journal entry about your *internal* experience. • Continue Practicing 4 Rhythmic Movements
Session 6 **Video 1, 28 min** **Video 2, 43 min** **Video 3, 24 min**	1. **Moro Reflex**—Key to Sensory Integration Key to Stamina, posture and health Stimulus, movement pattern, function/role in development, challenges if un-integrated, how to assess, movements and protocols to mature and integrate 2. **5-Step Balance Process** 3. Q & A	**Reading and Assignments*** **Moro Reflex and 5-Step Balance Chapter** • Do PACE whenever there is stress or before projects, as needed • Practice the Moro activities 2-3 times per week with yourself and others • Do a 5-Step Balance Process for Integrating Moro Reflexes • Notice your experience while you do the Moro movements. Write a brief journal entry about your *internal* experience. • Continue Practicing 4 Rhythmic Movements

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Session 7 **Video 1, 32 min** **Video 2, 22 min** **Video 3, 26 min** **Video 4, 24 min**	1. **Spinal Galant Reflex—SG** Stimulus, movement pattern, function/role in development, challenges if un-integrated, how to assess, movements and protocols to mature and integrate 2. **Head Righting Reflex—HR** Stimulus, movement pattern, function/role in development, challenges if un-integrated, how to assess, movements and protocols to mature and integrate 3. Q & A	**Reading and Assignments*** **Spinal Galant, Headrighting & Appendix A** • Do PACE whenever there is stress or before projects, as needed • Practice the SG and HR activities 2-3 times per week with yourself and others • Do a Five Step Balance Process for Integrating SG • Do a Five Step Balance Process for Integrating HR and a personal goal • Notice your experience while you do the SG and HR movements. Write a brief journal entry about your *internal* experience. • Continue Practicing 4 Rhythmic Movements
Session 8 **Video 1, 29 min** **Video 2, 37 min** **Total video time 13.00**	1. **Review of Innate Reflex Stimulation, Movement Patterns, Integration Protocols** 2. Q and A 3. **Course Evaluation and Exam:** Your feedback is important. Complete an online survey to evaluate your experience in the course. At the end of the survey, you will be given the link to take the course exam. For information go to: **https://brainandsensoryfoundations.com/courses/2/activities/227**	**Review your manual.** Read your manual at least 5 minutes each day until you are familiar with it and have memorized the stimulus, movement pattern and characteristics for each reflex • Continue doing regular balances and facilitate balances for clients/children. • Continue Practicing 4 Rhythmic Movements • Notice your experience while you do the movements. Write a brief journal entry about your *internal* experience. • Have Fun!
Course Reading	**Approximate time: 2 hours**	
Course Written Assignments	**For assignment directions go to:** **https://moveplaythrive.com/images/pdf/OBSF_CourseAssignmentsInfo.pdf** **Approximate time: 2 hours**	**Follow the course assignment and submission directions exactly. Read course assignment information prior to beginning the course.**
Evaluation and Exam	**To access evaluation and link to exam go to:** **https://www.surveymonkey.com/r/W27RJ2Z** **Approximate time: 1 hour**	
Total Contact Hours	**18 contact hours*** ***CEU hours may vary depending on profession and jurisdiction. For full CEU information, go to:** **https://moveplaythrive.com/courses/primitive-reflex-integration-first-level#CEU**	**Optional:** • Attend or view recordings of Live Q & As • Download and read the files in the Resources Section

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