

ZOOM FAQs

Question	Answer
On what platform will FAMI Fridays take place?	All FAMI Fridays sessions will be hosted on the Zoom Webinar platform. In order to view the workshop, you will need to download Zoom software onto a desktop, laptop, or mobile device. You can download the latest version of Zoom here: https://zoom.us/download
Do I need to have a Zoom account?	No, a Zoom account is not required to join the webinar, but you do need the Zoom software installed on any desktop, laptop, mobile device, or Zoom Room.
How do I join the FAMI Friday session each week?	Once you have signed the POLICY ON COURSE MATERIALS & LECTURE RECORDING (see below), you will receive a Zoom link 24 hours prior to the start of each respective session. Just click on the link and you'll be ready to go!
What should I do if I haven't received an email with a link to my session?	If you have not received an email with the Zoom link and the session is less than 24 hours away, please email Kinected's virtual front desk (info@kinectedcenter.com) as soon as possible.
Can I transfer or share my link, to join the session, to someone else?	No, your link to join is unique to you and should not be shared with anyone else.
How early should I join on the day of the session?	You will be able to access the webinar 15 minutes before the session start time. When you sign on, you will see a welcome slide until the webinar begins. Please sign on at least 10 minutes before the start of the session to ensure you are ready to go when the webinar begins.
Are the sessions recorded?	All FAMI Friday sessions will be recorded. You will receive a link to the recording at the completion of the live session. The link will be valid for 24 hours.
Can I record the sessions?	No, recording and/or sharing of the sessions is prohibited.
Can I see and/or hear other students in the session?	No, as FAMI Fridays is a Zoom Webinar, participants will be muted and unable to share video and/or screens.

Can I interact with the lecturer (i.e., ask questions)?	Yes, you will be able to type questions (anonymously, if you wish) as they arise in a Q&A box. To allow the lecturer to fully cover his/her material, all questions will be held until the end of the session when FAMI Co-Directors will moderate a Q&A session based on questions submitted. You will also be able to take part in interactive polls during the lecture.
What do I do if I have technical difficulty during the session?	You can either email our Virtual Front Desk at info@kinectedcenter.com and/or contact the FAMI co-directors moderating the session through the Live Chat box on your Zoom screen.

COURSE FAQS

Question	Answer
On what days and in what time zone does the course take place?	The course will take place on Fridays, 7/10, 7/17, 7/24, 7/31: 2-5:30 EST
How long does each session last?	Each FAMI Friday session will last 3.5 hours, broken into three (3) hour lectures with 15 minute breaks in between.
What material will be covered?	Each FAMI Friday focuses on a different body region and consists of three lectures: anatomy, clinical, and functional movement.
How will FAMI Fridays be similar to and different from the in-person FAMI Workshop?	FAMI Fridays will be taught by many of the same FAMI Faculty members and cover much of the same lecture material as the in-person workshop. FAMI Fridays does not include Gross Anatomy Laboratory sessions but does include opportunities for students to move and integrate the material functionally and practically.
Do I need to have any books with me?	You are always welcome to have your favorite anatomy atlases handy, but they are not necessary!
Should I be concerned about my anatomy knowledge?	Although a strong foundation of musculoskeletal anatomy will be helpful, there is no need to be concerned about prior anatomy knowledge or experience. The anatomy foundation lectures will refresh your knowledge or orient you to the body region in focus.

<p>Will I receive course materials?</p>	<p>After signing the POLICY ON COURSE MATERIALS & LECTURE RECORDINGS (see below) prior to the course, you will receive a digital syllabus which can be used as a reference guide during and after the course. You will also receive digital copies of slide presentations.</p>
<p>What is the POLICY ON COURSE MATERIALS & LECTURE RECORDING and how do I sign it?</p>	<p>In order to receive a link to the webinar and course materials, you will need to sign off on the POLICY ON COURSE MATERIALS & LECTURE RECORDING which prohibits the recording of sessions, printing of course materials, and distribution of course materials. You can access the agreement here as well as in the email you were sent, and you can easily complete the agreement electronically. Thank you for your cooperation.</p>
<p>Can I print or distribute the course material sent to me?</p>	<p>No, the digital files are locked and unable to be printed. Printing or distributing course materials is prohibited and in violation of copyright policy.</p>
<p>Will there be opportunities to move?</p>	<p>Yes, the last lecture consists of a functional movement based class in which you are invited to participate and explore the exercises taught. If you plan to participate, please wear comfortable clothing in which you can move.</p>
<p>Do I need to have any props for the movement classes?</p>	<p>Yes, if you can please have the following handy: theraband, yoga strap, foam roller, a small trigger point ball, and a yoga block. If you do not have these props, not to worry, you will still be able to participate in the class.</p>
<p>How can I get CECs for FAMI Fridays?</p>	<p>Participants who complete all (4) FAMI Friday sessions are eligible to earn CECs from the American Council on Exercise (ACE) (.30), the National Academy of Sports Medicine (NASM) (1.9), the National Pilates Certification Program (NPCP, formally the PMA) (12), and Kane School (12). At the end of the course, participants will receive a digital certificate of completion containing all pertinent information needed to receive these CEC credits. If you wish to receive CECs from another accrediting organization, you may be able to submit a petition. Please contact your respective CEC provider for specific petition requirements, and we will be happy to provide any information you should need.</p>
<p>Does the “F” in FAMI stand for Fun?</p>	<p>Why, yes - it does!</p>

