

ZOOM FAQs

Question	Answer
On what platform will FAMI L2 take place?	Both days of FAMI L2 will be hosted on the Zoom 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 meeting, but you do need the Zoom software installed on any desktop, laptop, mobile device, or Zoom Room.
How do I join each day of FAMI L2?	You will receive a Zoom link 24 hours prior to the start of the workshop. This link will work to access both days of the workshop. 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 a Zoom link at least 24 hours prior to the start of the workshop, please first check your spam/junk folder. If you are still unable to locate the email, please contact 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 meeting 15 minutes before the session start time. When you sign on, you will see a welcome slide until the meeting begins. Please sign on at least 10 minutes before the start of the session to ensure you are ready to go when the meeting begins.
Are the sessions recorded?	Yes, FAMI L2 will be recorded. You will receive a link once the recording finishes processing. The link will be valid for one week.
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?	Yes, as FAMI L2 is a Zoom Meeting, participants will have the option to show or hide their video. All participants will be muted upon entry into the meeting. To allow the lecturers sufficient time to cover material, participants will not be able to unmute themselves. There will be specified opportunities to ask or answer a question, during which time a participant's audio will be unmuted.
What other ways can I interact with the lecturer (i.e., ask questions)?	In addition to asking or answering questions during specified times by using your audio, you will be able to type questions in the Chat box. If the lecturers can pause to answer the question, they will. At the end of each session, FAMI Co-Directors will also moderate a Q&A session based on questions submitted. Participants can also raise a virtual "hand" during the Q&A session as well to ask questions.
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 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 takes place on Sat, 11/7 and Sun, 11/8, 9am-3pm EST.
Will there be a lunch break?	Yes, there is approximately 45 minutes allotted for lunch each day from approximately 12:30/45-1:15/30 pm EST.
What material will be covered?	With a focus on the shoulder, the course will cover anatomy, injuries, biomechanics, posture analysis, and an in-depth exploration of preventive and rehabilitative programming. The course will be taught by a team of FAMI faculty: Jeffrey Laitman, PhD, Mark Klion, MD, Travis Gerrald, PT and Matt McCulloch, RYT.

<p>How will virtual FAMI L2 differ from the in-person FAMI L2?</p>	<p>Other than being offered via Zoom, virtual FAMI L2 will cover the same material taught during the in-person version. In addition to receiving a digital version of course materials as well as a one-week link to the course recording, shortly after the completion of the course participants will also receive ongoing access to a video library of exercises to allow you integrate the material on your own time.</p>
<p>Do I need to have any books with me?</p>	<p>You are always welcome to have your favorite anatomy atlases handy, but they are not necessary.</p>
<p>Will I receive course materials?</p>	<p>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>Can I print or distribute the course material sent to me?</p>	<p>You may print the course materials for personal reference; distributing course materials is prohibited and in violation of copyright policy.</p>
<p>Will there be opportunities to move?</p>	<p>Yes, during the programming portions of the course, 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 or equipment with me during the course?</p>	<p>The programming portions of the course include both multi-discipline mat exercises and equipment-based Pilates exercises (for Chair, Tower/Cadillac, Barrel, and Reformer). The exercises will also utilize the following props: theraband, two yoga blocks, small trigger point ball, and a small inflatable ball. If you do not have access to Pilates equipment or these props during the course, not to worry; you will receive ongoing access to a video library of exercises to review in your own time.</p>

How can I get CECs for FAMI L2?	Participants who complete both days of FAMI L2 are eligible to earn CECs from the American Council on Exercise (ACE) (1), the National Academy of Sports Medicine (NASM) (1), 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.
Does the “F” in FAMI stand for Fun?	Why, yes - it does!