



- **Introduction**
 - Explanation of the different sections of the brain & pathways that will be covered in the course.
 - The purpose of the brain and its connection to movement.
- **Frontal Lobe**
 - Breakdown between the motor cortex, premotor cortex, supplementary motor area, and prefrontal cortex and the responsibility of each individually, and ultimately how each system works cohesively to help contribute to motor output.
- **Basal Ganglia**
 - Outlining both the direct and indirect pathway of the basal ganglia and how efficient neural processing helps contribute to smooth, coordinated motor output.
- **Cerebellum**
 - A deep dive into the cerebellar cortex and nuclei to discuss the difference between the two areas and how different drills can facilitate engagement in different areas.
- **Peripheral Nervous System**
 - Discussion on the importance of specific and appropriate afferent stimulation to provide the brain with better stimulation to improve motor output.
- **Preflexes/Reflexes**
 - Reviewing the innate qualities the body possesses that facilitate efficient, dynamic movement outside of conscious control to increase fluidity of movement.