

Application for a Senmotic International Scholarship

Formal Requirements

The paper is to be written in Arial type, size 11. It is to be structured as follows:

1. Cover sheet with “Anatomy paper by ...” with complete address and e-mail contact.
2. Table of contents
3. A letter of application that qualifies you for this scholarship and states why you want to learn Senmotic blue
4. Anatomical paper
5. List of references

Size

An anatomical paper with a minimum of 15 text pages is expected, plus possible figures and images.

Mailing

Please mail your application to the following address:

Senmotic International
Ferdinand-Lassalle-Str. 9
04109 Leipzig
Germany

Granting

You will receive an answer by e-mail four weeks after submitting the application which tells you if your paper has been accepted and if the scholarship can be granted.

List of Questions

1. Which movement of the human body lets the M. gluteus maximus and the M. rectus abdominis work as agonist and antagonist? Name the movement and give reasons for your opinion.
2. Many people often pull up their shoulders, e.g. when eating, writing, or dressing themselves. Which body part and which joint, especially, is used far too little, causing the shoulders to be erroneously used for compensation?
3. Which muscle contracts first when the leg is moved forwards to take a step? Which muscles are developed especially strongly and stiffly if the muscle wanted above does not initiate the movement? Which effects does this have on a person's gait in your opinion?
4. Functional walking leads to the so-called contralateral movement taking place between the pelvis and the shoulder. Where does this movement originate? Does the cervical spine also move in the opposite direction, and what happens with the head?
5. Which muscle is mostly used when doing sit-ups? (No, it is not the M. rectus abdominis.) Which contractions in the body do sit-ups lead to in your opinion?
6. Why can a look at someone else's face tell you if, and on which side, this person suffers from a rotation of the pelvis and which leg is longer or shorter?
7. Describe the action of breathing from your own experience. Which muscle is the first to contract? If you are laying on your side, on which side does the breath flow? On the one you are lying on, or on the free side? When you are lying on your back, do you move your legs when breathing? And if yes, where do you move them when breathing in and out?
8. How did you experience the ten Senmotic blue treatments? What physical and psychological changes have you experienced? Was there one especially important treatment for you? What else would you like to be different about your body?
9. If you move functionally in a zig-zag line, the pelvis first slides back on the hip joints, and the body bends at the hip. While the buttocks move posterior, the knees move anterior almost simultaneously. In which directions do your legs rotate at the beginning of the movement between the pelvis and the feet?
10. Many people place their feet on the ground strongly twisted outwards when walking backwards. Which area of the body with which muscles necessarily has to extend when walking backwards, so that the feet are placed relatively straight, as when walking forward? Experiment on yourself and feel. Only answer this question afterwards.
11. When you are climbing stairs, how should the upper body be held in relation to the lower body in order to need as little energy as possible for climbing stairs? Completely straight? Bent backwards? Bent forwards? Give reasons for your opinion.

12. When walking, describe the physiologically correct walking sequence. Also compare how you walk. To what extent are you walking physiologically correctly, or are approaching this ideal?

13. What do you think: Can one person lever or grasp another person? Can there be figures that use leverage in dancing and sports? Can there be push-ups then? And if yes, what would you have to flex, erroneously, in order to make the above examples work? Give reasons for your opinion.

14. If you move one arm forward, which muscle contracts first, and why?

15. Which joint leads the leg when taking a step? Which joint leads arm movements? At which point in the body does the rotation of the head begin?