**ABSTRACT**

**Background**: Functional movement is defined as the ability to produce and maintain an adequate balance of mobility and stability along the kinetic chain while integrating fundamental movement patterns with accuracy and efficiency. Normal or diaphragmatic breathing mechanics play a role in posture and spinal stabilization. Abnormal breathing involves breathing from the upper chest and contributes to pain, motor control deficits which may result in dysfunctional movement patterns. The Functional Movement Screen (FMS) has been shown to accurately assess movement pattern dysfunction and injury risk.

**Methods:** FMS movement screen, which Includes overhead squat, hurdle step, in-line lunge, shoulder mobility reach, active straight leg raise, trunk stability pushup and rotary stability patterns. Each student was screened and scored for the seven movement patterns. Following the initial screen each student was instructed on proper diaphragmatic breathing. A two-minute diaphragmatic breathing exercise was initiated followed by a second FMS screen.