Transforming society by optimizing movement to improve the human experience is a vision statement recently adopted by the American Physical Therapy Association (APTA). The APTA House of Delegates adopted this vision in 2011, with the goal of guiding the physical therapy profession towards this end. The movement system is the core of physical therapist practice, and understanding it is essential for optimizing performance in sport and improving the human experience. How will you embody the art of optimizing movement for sport? If you work with athletes in any realm, you have one singular objective: to attain greater sport performance. The movement system is the core of physical therapist practice, and understanding it is essential for optimizing performance in sport and improving the human experience. How will you embody the art of optimizing movement for sport? If you work with athletes in any realm, you have one singular objective: to attain greater sport performance.