**Corrective Exercise Specialists Preparation [KINE 4693]**

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| Instructor | Gretchen D. Oliver PhD, FACSM, ATC, LAT |
| Meeting Times | On-line |
| Office | KINESIOLOGY Building 105 |
| E-mail Address | [goliver@auburn.edu](mailto:goliver@auburn.edu) |
| Office Hours | By Appointment |
| Credit Hours | 3 semester hours |

# REQUIRED/Recommended TEXTBOOKs

NASM Essentials of Corrective Exercise Training ISBN: 978-1-284-05025-7

# COURSE DESCRIPTION & INSTRUCTIONAL OBJECTIVES

This course is designed to develop a fundamental understanding of injury prevention education, systems and solutions. The student will demonstrate an understanding of and the ability to:

1. Assess human movement dysfunction
2. Understand and utilize the corrective exercise continuum
3. Understand and implement corrective exercise strategies

# COURSE REQUIREMENTS

Students will be assessed through exams, assignments, and quizzes. All material will be on-line via canvas. If there are problems accessing class material, please notify the professor of record, [goliver@auburn.edu.](mailto:goliver@auburn.edu) **COURSE STRUCTURE**

A typical week will include reading the chapter, viewing video lecture, completing assignment and or quiz.

# GRADING SCALE

The grading scale for this course is as follows:

**A = 90 – 100%**

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| **B = 80 – 89%** | **Assignments:** | 25% |
| **C = 70 – 79%** | **Quizzes** | 15% |
| **D = 60 – 69%** | **Exams:** | 60% |
| **F = Under 59%** | **Total:** | **100%** |

**STATEMENT of STUDENT ACCOMMODATION**

Students who need accommodations are asked to arrange a meeting during office hours the first week of classes, or as soon as possible if accommodations are needed immediately. If you have a conflict with my office hours, an alternative time can be arranged. To set up this meeting, please contact me by e---mail.

Bring a copy of your Accommodation Memo and an Instructor Verification Form to the meeting. If you do not have an Accommodation Memo but need accommodations, make an appointment with the Program for Students with Disabilities at 1244 Haley Center, 844---2096 (V/TT). https://fp.auburn.edu/disability/faculty/syllabus.asp.

# HONESTY CODE

The University Academic Honesty Code and the **Student Policy eHandbook**

[[www.auburn.edu/studentpolicies]](http://www.auburn.edu/studentpolicies) pertaining to cheating and plagiarism will apply to this class.

DUE DATES

If you are LATE on ANY assignment you will be deducted 10% for every day late. You will also have to email me [goliver@auburn.edu](mailto:goliver@auburn.edu) to get the assignment unlocked. *The course schedule and assignments are designed with the most up-to-date information and policies in mind. If the situation changes I will make every effort to keep the schedule as consistent as possible; however, please note that the due dates for assignments and tests may be changed during the semester in response to the changing health and safety requirements or policies of the University. When changes are made, they will be communicated via Canvas Announcement, Canvas message, and all assignment due dates will be updated.*

| **Date** | **Details** |
| --- | --- |
| Tue Aug 18, 2020 | |  |  |  | | --- | --- | --- | | Assignment | [1hmwk](https://auburn.instructure.com/courses/1268673/assignments/9348450) | due by 11:59pm | |
| Wed Aug 19, 2020 | |  |  |  | | --- | --- | --- | | Assignment | [1quiz](https://auburn.instructure.com/courses/1268673/assignments/9348442) | due by 11:59pm | |
| Fri Aug 21, 2020 | |  |  |  | | --- | --- | --- | | Assignment | [HumanMvt\_hmwk](https://auburn.instructure.com/courses/1268673/assignments/9348433) | due by 11:59pm | |
| Sat Aug 22, 2020 | |  |  |  | | --- | --- | --- | | Assignment | [HumanMvtquiz](https://auburn.instructure.com/courses/1268673/assignments/9348448) | due by 11:59pm | |
| Thu Aug 27, 2020 | |  |  |  | | --- | --- | --- | | Assignment | [HumanMvtImpairments\_quiz](https://auburn.instructure.com/courses/1268673/assignments/9348443) | due by 11:59pm | |
| Mon Aug 31, 2020 | |  |  |  | | --- | --- | --- | | Assignment | [HealthRiskAppraisal\_quiz](https://auburn.instructure.com/courses/1268673/assignments/9348438) | due by 11:59pm | |
| Thu Sep 3, 2020 | |  |  |  | | --- | --- | --- | | Assignment | [StaticPostureAssessment\_hmwk](https://auburn.instructure.com/courses/1268673/assignments/9348452) | due by 11:59pm | |
| Fri Sep 4, 2020 | |  |  |  | | --- | --- | --- | | Assignment | [StaticPostureAssessment\_quiz](https://auburn.instructure.com/courses/1268673/assignments/9348444) | due by 11:59pm | |
| Thu Sep 10, 2020 | |  |  |  | | --- | --- | --- | | Assignment | [MovementAssessment\_hmwk](https://auburn.instructure.com/courses/1268673/assignments/9348447) | due by 11:59pm | |
| Fri Sep 11, 2020 | |  |  |  | | --- | --- | --- | | Assignment | [MovementAssessment\_quiz](https://auburn.instructure.com/courses/1268673/assignments/9348456) | due by 11:59pm | |
| Thu Sep 17, 2020 | |  |  |  | | --- | --- | --- | | Assignment | [RangeOfMotion\_quiz](https://auburn.instructure.com/courses/1268673/assignments/9348435) | due by 11:59pm | |
| Fri Sep 18, 2020 | |  |  |  | | --- | --- | --- | | Assignment | [StrengthAssessment\_quiz](https://auburn.instructure.com/courses/1268673/assignments/9348453) | due by 11:59pm | |
| Fri Sep 25, 2020 | |  |  |  | | --- | --- | --- | | Assignment | [InhibitoryTechniques\_quiz](https://auburn.instructure.com/courses/1268673/assignments/9348449) | due by 11:59pm | |
| Fri Oct 2, 2020 | |  |  |  | | --- | --- | --- | | Assignment | [LengtheningQuiz](https://auburn.instructure.com/courses/1268673/assignments/9348457) | due by 11:59pm | |
| Fri Oct 9, 2020 | |  |  |  | | --- | --- | --- | | Assignment | [ActivationTechniquesQuiz](https://auburn.instructure.com/courses/1268673/assignments/9348434) | due by 11:59pm | |
| Tue Oct 13, 2020 | |  |  |  | | --- | --- | --- | | Assignment | [Exam 1](https://auburn.instructure.com/courses/1268673/assignments/9348451) | due by 11:59pm | |
| Wed Oct 21, 2020 | |  |  |  | | --- | --- | --- | | Assignment | [Foot&Annkle\_hmwk](https://auburn.instructure.com/courses/1268673/assignments/9348439) | due by 11:59pm | |
| Thu Oct 22, 2020 | |  |  |  | | --- | --- | --- | | Assignment | [Foot&Ankle\_quiz](https://auburn.instructure.com/courses/1268673/assignments/9348441) | due by 11:59pm | |
| Mon Nov 2, 2020 | |  |  |  | | --- | --- | --- | | Assignment | [KneeImpairments\_hmwk](https://auburn.instructure.com/courses/1268673/assignments/9348431) | due by 11:59pm | |
| Tue Nov 3, 2020 | |  |  |  | | --- | --- | --- | | Assignment | [KneeImpairments\_quiz](https://auburn.instructure.com/courses/1268673/assignments/9348455) | due by 11:59pm | |
| Tue Nov 10, 2020 | |  |  |  | | --- | --- | --- | | Assignment | [lphc\_hmwk](https://auburn.instructure.com/courses/1268673/assignments/9348432) | due by 11:59pm | |
| Wed Nov 11, 2020 | |  |  |  | | --- | --- | --- | | Assignment | [lphc\_quiz](https://auburn.instructure.com/courses/1268673/assignments/9348436) | due by 11:59pm | |
| Thu Nov 19, 2020 | |  |  |  | | --- | --- | --- | | Assignment | [Shoulder\_hmwk](https://auburn.instructure.com/courses/1268673/assignments/9348437) | due by 11:59pm | |
| Fri Nov 20, 2020 | |  |  |  | | --- | --- | --- | | Assignment | [Shoulder\_quiz](https://auburn.instructure.com/courses/1268673/assignments/9348440) | due by 11:59pm | |
| Mon Nov 23, 2020 | |  |  |  | | --- | --- | --- | | Assignment | [16hmwkcervical](https://auburn.instructure.com/courses/1268673/assignments/9348430) | due by 11:59pm | |
| Tue Nov 24, 2020 | |  |  |  | | --- | --- | --- | | Assignment | [CervicalSpine\_quiz](https://auburn.instructure.com/courses/1268673/assignments/9348446) | due by 11:59pm | |
| Fri Dec 4, 2020 | |  |  |  | | --- | --- | --- | | Assignment | [Final Exam](https://auburn.instructure.com/courses/1268673/assignments/9348445) | due by 11:59pm | |