

# Corrective Exercise Specialists Preparation [KINE 4690]

Instructor	Gretchen D. Oliver PhD, FACSM, ATC, LAT
Meeting Times	MWF 9-9:50
Office	KINESIOLOGY Building 105
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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, laboratory assignments, quizzes and a corrective exercise project. Much of the class material will be available on 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 a Monday lecture on theory, Wednesday application of theory through laboratory example, and Friday independent laboratory assignment. However, it should be noted that all weeks may not follow the 'typical week'. Notification of the weekly course structure will be given throughout the semester.

## **GRADING SCALE**

The grading scale for this course is as follows:

<b>A = 90 – 100%</b>	<b>Corrective Exercise Project:</b>	25%
<b>B = 80 – 89%</b>	<b>Lab Assignments:</b>	20%
<b>C = 70 – 79%</b>	<b>Quizzes</b>	5%
<b>D = 60 – 69%</b>	<b>Exams:</b>	50%
<b>F = Under 59%</b>	<b>Total:</b>	<b>100%</b>

## **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>.

## **CONTINGENCY PLAN**

If normal classes are disrupted due to a high number of students experiencing illness or an emergency or crisis situation (such as a widespread H1N1 flu outbreak), the syllabus and other course plans and assignments may be modified to allow completion of the course. If this occurs, an addendum to your syllabus and/or course assignments will replace the original materials. Additionally, course content and assignments may be made available to you via Blackboard.

## **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.

## **CLASS POLICY STATEMENTS**

**Participation:** Students are expected to participate in all class discussions. It is the student's responsibility to contact Dr. Oliver **PRIOR** to class if an illness or emergency requires the student to miss class. Any missed work due to a University approved excuses **MUST** be made-up within 5 days.

**Attendance/ Absences:** Attendance is required at each class meeting. If an exam is missed, a make-up exam will be given only for University-approved excuses as outlined in the **Student Policy eHandbook**. Arrangements to take the make-up exam **must be made in advance** and the exam taken within 5 days of the missed exam. Students who miss an exam because of illness should inform the Dr. Oliver prior to the missed class if possible. A doctor's statement for verification of sickness is required and should clear the absence with Dr. Oliver the day the return to class. Other unavoidable absences from campus must be documented and cleared with Dr. Oliver in advance. No late assignments or quizzes will be accepted outside of extreme circumstances noted by the Dr. Oliver. Please carefully adhere to established assignment deadlines. In such a case Dr. Oliver will have the discretion of lowering the assignment a percentage of the overall grade for each day that it is late.

**Questions/ Help:** Students are encouraged to ask questions and seek extra help on a regular basis. Please do not wait until the day before an exam.

### **Classroom Policies:**

- All electronic devices must be turned off during classroom or laboratory periods, with the exception of laptops, which may be used for note taking only. NO phones or text messaging during class is allowed. All phones and electronic devices must be put away prior to the start of class. If these are found out – The student will be asked to leave the class.
- Students are expected to arrive to class on time. Those arriving late will not be permitted to hand in homework. Likewise, classes will end promptly at the scheduled time.
- Students are expected to come to class having completed the reading and prepared to discuss them.

**Professionalism:** As faculty, staff, and students interact in professional settings, they are expected to demonstrate professional behaviors as defined in the College's conceptual framework. These professional commitments or dispositions are listed below:

- Engage in responsible and ethical professional practices
- Contribute to collaborative learning communities
- Demonstrate a commitment to diversity
- Model and nurture intellectual vitality

## **TENTATIVE SCHEDULE**

[SEACSM Greenville South Carolina, February 13-15; February 18-21 Lexington Kentucky; Noraxon Los Angeles California February 27- March 01; IOC World Conference of Injury and Illness, Monaco, April 10-12]. ALL COURSE MATERIALS WILL BE POSTED ON CANVAS: It is expected that students check the course on CANVAS regularly as well as email. Announcements will be sent via canvas to individual student's email.

Week 01: 01/08 Introduction/Rational for Corrective Exercises

Week 02: 01/13 Understanding Impairments

Week 03: 01/22 Health Risk

Week 04: 01/27 Static Postural Assessment

Week 05: 02/03 Movement Assessment

Week 06: 02/10 Range of Motion

Week 07: 02/17 Strength Assessments; **EXAM 1**

Week 08: 02/24 Inhibitory Techniques

Week 09: 03/03 Lengthening Techniques

Week 10: 03/10 SPRING BREAK

Week 11: 03/17 Activation Techniques

Week 12: 03/24 Foot

Week 13: 03/31 Knee

Week 14: 04/7 LPHC

Week 15: 04/14 Shoulder

Week 16: 04/21 Spine; **EXAM 2**