**KINE 7556 – Movement Strategies (3 cr.)**

Dr. Wendi Weimar

**Office**: 20 Kinesiology Building

**Office Hours**: by appointment only

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**Course Meetings**:

Primarily Online

Skype or On campus meetings - TBA

**Course Description**:

A review of the material and tools necessary to become a National Academy of Sports Medicine Corrective Exercise Specialist.

**Course Objectives**:

To demonstrate knowledge of human movement science

To demonstrate knowledge of assessing health risks

To demonstrate knowledge of static posture and movement assessments

To demonstrate knowledge of range of motion assessment

To demonstrate knowledge of manual muscle testing strength assessment

To demonstrate knowledge of inhibitory, lengthening, and activation techniques

To demonstrate knowledge of corrective strategies of lower and upper extremity

**Course Requirements**:

There will be 10 quizzes that cover the material from the preceding lectures as indicated in the course content outline.  The material covered in these quizzes will be that which is covered in the presentations/lectures each week and supporting readings as necessary.  (100 pts)

Midterm will cover the material within the first 7 weeks. (100 pts)

The final will cover everything after the midterm. (100 pts)

**Grading Scale:**

10 Quizzes – 10 pts each:    100 pts

Midterm                                 100 pts

Final                                        100 pts

Total                                        300 pts

A         269-300

B         239--268

C         209-238

D         179-208

F          <179

**Textbook**:

**Required -**

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

**Web Site**:

All lectures and course documents will be posted on Canvas

**\*\*\*Course Work & Evaluation:**

**It is the student's responsibility to be able to navigate and check Canvas on a DAILY basis for Discussion updates/postings, Assessment Deadlines, Grades, and all other Canvas functions.**

All course work will be completed and graded online. It is the student's responsibility to provide themselves with enough time to take the online assessments. Failure to plan ahead will result in the grade that is given.

Quizzes and exams will remain open only for specified dates and times; it is the student's responsibility to check Canvas online frequently to plan ahead for these dates and times. No make-up quizzes/exams will be allowed, and a score of 0 will be recorded for missed assignments.\*

\* Only applicable to unexcused absences. Please refer to the Student Policy eHandbook ([www.auburn.edu/studentpolicies](https://ch1prd0202.outlook.com/owa/redir.aspx?C=J7fYBYMTnk-KeZ2412XCCVbtqftSA88I1ohPwMRxwi8hj_7i9v-LiFmCWchSgiJT858QQYfBsOk.&URL=http%3a%2f%2fwww.auburn.edu%2fstudentpolicies)) for the definitions of excused absences.

**Make-up work must be completed within 5 calendar days.**

**Any concerns regarding points or questions on a quiz/exam must be communicated to the instructor via email within 2 days of the submission deadline.**

Students are expected to take the quizzes/exams on their own without the benefit of a book, notes, or other resources.

The student is responsible for all course material. Students are expected to (as well as encouraged to) participate in online discussions and postings. It is the student’s responsibility to contact the instructor if assignment deadlines are not or cannot be met. Students are responsible for initiating arrangements for missed work within 2 days of the submission deadline.

**University email is the official form of communication for this class; do not send emails through Canvas as they may not be found as quickly as University email. Please feel free to email the instructor with ANY questions (including navigation help) throughout the semester, as she will respond as quickly as possible.**

**Honesty Code**:

The University Academic Honesty Code and the *Student Policy eHandbook* will apply to this class.

**Accommodations:**

Students who need accommodations are asked to electronically submit their approved accommodations through AU Access and 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 alternate time can be arranged. To set up this meeting, please contact me by e-mail. If you have not established accommodations through the Office of Accessibility, but need accommodations, make an appointment with the Office of Accessibility, 1228 Haley Center, 844-2096 (V/TT).

**Course Content**

Week 1 Review syllabus, expectations, introduction to anatomical terms

Week2: Rational for Corrective Exercise

Week 3: Evidence Based Approach to Understanding Movement Impairments (Quiz 1)

Week 4:  Health Risk Appraisal (Quiz 2)

Week 5: Static Posture Assessment (Quiz 3)

Week 6: Movement Assessment (Quiz 4)

Week 7: Range of Motion and Strength Assessment

Week 8: Review & Midterm

Week 9: Inhibitory and Lengthening Techniques (Quiz 5)

Week 10: Activation and Integration Techniques (Quiz 6)

Week 11: Corrective Strategies of Foot, Ankle (Quiz 7)

Week 12: Corrective Strategies of the Knee (Quiz 8)

Week 13: Corrective Strategies of the Lumbopelvic Hip Complex (Quiz 9)

Week 14: Corrective Strategies of the Shoulder and Upper Extremity (Quiz 10)

Week 15: Corrective Strategies of the Cervical Spine and Final Review

Week 16. Final

\* This is a tentative schedule and is subject to change