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

|  |  |
| --- | --- |
| 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%**

|  |  |  |
| --- | --- | --- |
| **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.*

***Contingency Plan***

*If normal class activities are disrupted due to illness, emergency or crisis situation, 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.*

*Additionally, if I become ill then every effort will be made to keep the schedule as consistent as possible and one of my PhD Graduate Teaching Assistants within the School of Kinesiology (Kenzie Friesen, Kyle Wasserberger, or Jessica Downs ) will serve as instructor of record in my absence.*

## **Course Summary:**

| **Date** | **Details** | |
| --- | --- | --- |
| Tue Jan 12, 2021 | Assignment [1hmwk](https://auburn.instructure.com/courses/1322800/assignments/10093542) | due by 11:59pm |
| Assignment [1quiz](https://auburn.instructure.com/courses/1322800/assignments/10093543) | due by 11:59pm |
| Fri Jan 15, 2021 | Assignment [HumanMvt\_hmwk](https://auburn.instructure.com/courses/1322800/assignments/10093537) | due by 11:59pm |
| Mon Jan 18, 2021 | Assignment [HumanMvtquiz](https://auburn.instructure.com/courses/1322800/assignments/10093544) | due by 11:59pm |
| Mon Jan 25, 2021 | Assignment [HumanMvtImpairments\_quiz](https://auburn.instructure.com/courses/1322800/assignments/10093538) | due by 11:59pm |
| Mon Feb 1, 2021 | Assignment [HealthRiskAppraisal\_quiz](https://auburn.instructure.com/courses/1322800/assignments/10093545) | due by 11:59pm |
| Fri Feb 5, 2021 | Assignment [StaticPostureAssessment\_hmwk](https://auburn.instructure.com/courses/1322800/assignments/10093526) | due by 11:59pm |
| Mon Feb 8, 2021 | Assignment [StaticPostureAssessment\_quiz](https://auburn.instructure.com/courses/1322800/assignments/10093541) | due by 11:59pm |
| Fri Feb 12, 2021 | Assignment [MovementAssessment\_hmwk](https://auburn.instructure.com/courses/1322800/assignments/10093521) | due by 11:59pm |
| Mon Feb 15, 2021 | Assignment [MovementAssessment\_quiz](https://auburn.instructure.com/courses/1322800/assignments/10093534) | due by 11:59pm |
| Mon Feb 22, 2021 | Assignment [RangeOfMotion\_quiz](https://auburn.instructure.com/courses/1322800/assignments/10093532) | due by 11:59pm |
| Mon Mar 1, 2021 | Assignment [InhibitoryTechniques\_quiz](https://auburn.instructure.com/courses/1322800/assignments/10093523) | due by 11:59pm |
| Mon Mar 8, 2021 | Assignment [LengtheningQuiz](https://auburn.instructure.com/courses/1322800/assignments/10093522) | due by 11:59pm |
| Fri Mar 12, 2021 | Assignment [StrengthAssessment\_quiz](https://auburn.instructure.com/courses/1322800/assignments/10093533) | due by 11:59pm |
| Mon Mar 15, 2021 | Assignment [ActivationTechniquesQuiz](https://auburn.instructure.com/courses/1322800/assignments/10093525) | due by 11:59pm |
| Wed Mar 17, 2021 | Assignment [Exam 1](https://auburn.instructure.com/courses/1322800/assignments/10093520) | due by 11:59pm |
| Fri Mar 19, 2021 | Assignment [Foot&Annkle\_hmwk](https://auburn.instructure.com/courses/1322800/assignments/10093540) | due by 11:59pm |
| Mon Mar 22, 2021 | Assignment [Foot&Ankle\_quiz](https://auburn.instructure.com/courses/1322800/assignments/10093527) | due by 11:59pm |
| Fri Mar 26, 2021 | Assignment [KneeImpairments\_hmwk](https://auburn.instructure.com/courses/1322800/assignments/10093529) | due by 11:59pm |
| Mon Mar 29, 2021 | Assignment [KneeImpairments\_quiz](https://auburn.instructure.com/courses/1322800/assignments/10093531) | due by 11:59pm |
| Fri Apr 2, 2021 | Assignment [lphc\_hmwk](https://auburn.instructure.com/courses/1322800/assignments/10093546) | due by 11:59pm |
| Mon Apr 5, 2021 | Assignment [lphc\_quiz](https://auburn.instructure.com/courses/1322800/assignments/10093524) | due by 11:59pm |
| Fri Apr 9, 2021 | Assignment [Shoulder\_hmwk](https://auburn.instructure.com/courses/1322800/assignments/10093536) | due by 11:59pm |
| Mon Apr 12, 2021 | Assignment [Shoulder\_quiz](https://auburn.instructure.com/courses/1322800/assignments/10093539) | due by 11:59pm |
| Fri Apr 16, 2021 | Assignment [16hmwkcervical](https://auburn.instructure.com/courses/1322800/assignments/10093535) | due by 11:59pm |
| Mon Apr 19, 2021 | Assignment [CervicalSpine\_quiz](https://auburn.instructure.com/courses/1322800/assignments/10093528) | due by 11:59pm |
| Mon Apr 26, 2021 | Assignment [Final Exam](https://auburn.instructure.com/courses/1322800/assignments/10093530) | due by 11:59pm |