**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.

## **Course Summary:**

| **Date** | **Details** | **Due** |
| --- | --- | --- |
| Fri Jan 13, 2023 | Quiz [1hmwk](https://auburn.instructure.com/courses/1478491/assignments/13285054) | due by 11:59pm |
| Tue Jan 17, 2023 | Quiz [1quiz](https://auburn.instructure.com/courses/1478491/assignments/13285053) | due by 11:59pm |
| Thu Jan 19, 2023 | Quiz [HumanMvt\_hmwk](https://auburn.instructure.com/courses/1478491/assignments/13285037) | due by 11:59pm |
| Fri Jan 20, 2023 | Quiz [HumanMvtImpairments\_quiz](https://auburn.instructure.com/courses/1478491/assignments/13285051) | due by 11:59pm |
| Tue Jan 24, 2023 | Quiz [HumanMvtquiz](https://auburn.instructure.com/courses/1478491/assignments/13285048) | due by 11:59pm |
| Thu Jan 26, 2023 | Quiz [HealthRiskAppraisal\_quiz](https://auburn.instructure.com/courses/1478491/assignments/13285055) | due by 11:59pm |
| Fri Jan 27, 2023 | Quiz[StaticPostureAssessment\_hmwk](https://auburn.instructure.com/courses/1478491/assignments/13285043) | due by 11:59pm |
| Mon Jan 30, 2023 | Quiz [StaticPostureAssessment\_quiz](https://auburn.instructure.com/courses/1478491/assignments/13285034) | due by 11:59pm |
| Fri Feb 3, 2023 | Quiz [MovementAssessment\_hmwk](https://auburn.instructure.com/courses/1478491/assignments/13285042) | due by 11:59pm |
| Mon Feb 6, 2023 | Quiz [MovementAssessment\_quiz](https://auburn.instructure.com/courses/1478491/assignments/13285049) | due by 11:59pm |
| Mon Feb 13, 2023 | Quiz [RangeOfMotion\_quiz](https://auburn.instructure.com/courses/1478491/assignments/13285035) | due by 11:59pm |
| Mon Feb 20, 2023 | Quiz [InhibitoryTechniques\_quiz](https://auburn.instructure.com/courses/1478491/assignments/13285059) | due by 11:59pm |
| Mon Feb 27, 2023 | Quiz [LengtheningQuiz](https://auburn.instructure.com/courses/1478491/assignments/13285036) | due by 11:59pm |
| Fri Mar 3, 2023 | Quiz [StrengthAssessment\_quiz](https://auburn.instructure.com/courses/1478491/assignments/13285052) | due by 11:59pm |
| Mon Mar 13, 2023 | Quiz [ActivationTechniquesQuiz](https://auburn.instructure.com/courses/1478491/assignments/13285057) | due by 11:59pm |
| Thu Mar 16, 2023 | Quiz [Exam 1](https://auburn.instructure.com/courses/1478491/assignments/13285039) | due by 11:59pm |
| Mon Mar 20, 2023 | Quiz [Foot&Annkle\_hmwk](https://auburn.instructure.com/courses/1478491/assignments/13285033) | due by 11:59pm |
| Fri Mar 24, 2023 | Quiz [Foot&Ankle\_quiz](https://auburn.instructure.com/courses/1478491/assignments/13285038) | due by 11:59pm |
| Mon Mar 27, 2023 | Quiz [KneeImpairments\_hmwk](https://auburn.instructure.com/courses/1478491/assignments/13285045) | due by 11:59pm |
| Fri Mar 31, 2023 | Quiz [KneeImpairments\_quiz](https://auburn.instructure.com/courses/1478491/assignments/13285056) | due by 11:59pm |
| Mon Apr 3, 2023 | Quiz [lphc\_hmwk](https://auburn.instructure.com/courses/1478491/assignments/13285046) | due by 11:59pm |
| Fri Apr 7, 2023 | Quiz [lphc\_quiz](https://auburn.instructure.com/courses/1478491/assignments/13285044) | due by 11:59pm |
| Mon Apr 10, 2023 | Quiz [Shoulder\_hmwk](https://auburn.instructure.com/courses/1478491/assignments/13285041) | due by 11:59pm |
| Fri Apr 14, 2023 | Quiz [Shoulder\_quiz](https://auburn.instructure.com/courses/1478491/assignments/13285047) | due by 11:59pm |
| Mon Apr 17, 2023 | Quiz [16hmwkcervical](https://auburn.instructure.com/courses/1478491/assignments/13285050) | due by 11:59pm |
| Mon Apr 24, 2023 | Quiz [CervicalSpine\_quiz](https://auburn.instructure.com/courses/1478491/assignments/13285058) | due by 11:59pm |
| Tue May 2, 2023 | Quiz [Final Exam](https://auburn.instructure.com/courses/1478491/assignments/13285040) | due by 11:59pm |