**Corrective Exercise Specialists Preparation [KINE 4690]**

|  |  |
| --- | --- |
| 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.