

DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY

COURSE OUTLINE - FALL 2019

PF 2990 (A2): Corrective Exercise Strategies—3 (3-0-1) 60 Hours

INSTRUCTOR: Lorelle Warr PHONE: 780-539-2978
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OFFICE HOURS: Drop in or by appointment.

CALENDAR DESCRIPTION: This course examines human movement to identify movement dysfunction and increased risk potential. Emphasis will be on identifying sources of impairment through muscle and movement assessment techniques. Students will learn to apply corrective exercises to recovery from impairments, reduce injury potential, and improve performance.

PREREQUISITE(S)/COREQUISITE: PE2200, PE1000, and PF1980.

REQUIRED TEXT/RESOURCE MATERIALS: None

Reading materials or links will be made available on Moodle as necessary.

DELIVERY MODE(S): This course work includes lectures, class discussions, group work, assignments, and in-class exercises.

COURSE OBJECTIVES:

- 1. To describe and determine the relationships between the skeletal, nervous, and muscular systems.
- 2. To develop analytical skills regarding human movement.
- 3. To identify functional movement patterns and postural assessments in clients to reduce the risk of injury.
- 4. To acquire the necessary skills to safely and effectively modify corrective exercise interventions for the foot, ankle, hip, low back, shoulder, and spine.
- 5. To describe Exercise is Medicine and chronic disease management through exercise.

LEARNING OUTCOMES:

- 1. Students will be able to describe the interdependent and intradependent relationship of the skeletal, nervous, and muscular system
- 2. Students will perform, interpret, and analyze static and transitional postural assessments.
- 3. Students will develop, implement, and modify corrective exercise interventions for the foot, ankle, hip, low back, shoulder, and spine.

- 4. Students will describe the rationale for the corrective exercise model and the individual components.
- 5. Students will recognize the importance of Exercise is Medicine and how it applies to chronic disease management.

TRANSFERABILITY:

Please consult the Alberta Transfer Guide for more information (http://alis.alberta.ca/ps/tsp/ta/tbi/onlinesearch.html?SearchMode=S&step=2)

** Grade of D or D+ may not be acceptable for transfer to other post-secondary institutions. **Students** are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability

EVALUATIONS:

Lab Assignments 30% Lab assignments will be handed out in lab. Due dates will be posted on the top of each lab assignment.	Varies
Corrective Exercise Program 25% The details of this assignment will be discussed in class and will be posted on Moodle. APA format and referencing required.	December 5, 2019
Midterm Exam 15% The Midterm will cover content from the first half of the semester.	October 15, 2019
Final Exam 30% The final Exam will cover material presented throughout the course with an emphasis on content covered after the Midterm.	TBD

^{*} Late assignments will be deducted 10% per day.

Attendance is mandatory. Those students who have 3 unexcused absences will not be permitted to write the final exam.

GRADING CRITERIA:

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**. This means **DO NOT GET LESS THAN "C-" IF YOU ARE PLANNING TO TRANSFER TO A UNIVERSITY.**

Alpha	4-point	Percentage	Alpha	4-point	Percentage
Grade	Equivalent	Guidelines	Grade	Equivalent	Guidelines
A+	4.0	90-100	C+	2.3	67-69
A	4.0	85-89	С	2.0	63-66
A-	3.7	80-84	C-	1.7	60-62
B+	3.3	77-79	D+	1.3	55-59
В	3.0	73-76	D	1.0	50-54
B-	2.7	70-72	F	0.0	00-49

^{**}All grading criteria and examinations must be completed to receive course credit.

COURSE SCHEDULE/TENTATIVE TIMELINE:

Date	Topic	Labs
Week 1:	Introduction	No Lab
Sept. 5	Nervous and Muscle Systems	
Week 2:	Nervous and Muscle Systems	Static Posture Analysis
Sept. 10 & 12	Posture Analysis	
Week 3:	Squat Analysis	Squat Analysis
Sept. 17 & 19	Deadlift Analysis	
Week 4:	Standing Row Analysis	Deadlift/Standing Row
Sept. 24 & 26	Push Up Analysis	Analysis
Week 5:	Chest Press Analysis	Push Up/Chest Press Analysis
Oct. 1 & 3	Corrective Exercise Programs	
Week 6:	Corrective Exercise Programs	Range of Motion Lecture
Oct. 8 & 10	Range of Motion Techniques	
Week 7:	Midterm	Range of Motion Techniques
Oct. 15 & 17	Foot: Anatomy Review, Common Errors	
Week 8:	Foot: Corrective Exercises	Foot Corrective Exercises
Oct. 22 & 24	Ankle: Anatomy Review, Common Errors	
Week 9:	Ankle: Corrective Exercises	Ankle Corrective Exercises
Oct. 29 & 31	Hip: Anatomy Review, Common Errors	
Week 10:	Hip: Corrective Exercises	Hip Corrective Exercises
Nov. 5 & 7	Low Back: Anatomy Review, Common Errors	
Week 11:	Fall Break - No Class	No Lab
Nov. 12 & 14	Low Back: Corrective Exercises	
Week 12:	Shoulder: Anatomy Review, Common Errors	Low Back Corrective Exercises
Nov. 19 & 21	Shoulder: Corrective Exercises	
Week 13:	Spine: Anatomy Review, Common Errors	Shoulder Corrective Exercises
Nov. 26 & 28	Spine: Corrective Exercises	
Week 14:	TBA	Spine Corrective Exercises
Dec. 3 & 5	Review	

STUDENT RESPONSIBILITIES:

Refer to the College Policy on Student Rights and Responsibilities at www.gprc.ab.ca/d/STUDENTRIGHTSRESPONSIBILITIES

• All assignments must be submitted in typed format adhering to ALL APA format requirements.

- Assignments are due on the dates established by the instructor. Extensions may be offered
 in lieu of SIGNIFICANT student issues and concerns as determined by the instructor.
 ALL extensions requests MUST be submitted to the instructor prior to the due dates.
 Percentage penalties will be applied up to 100 % of the assignment grade if assignments
 are submitted late.
- Regular attendance is integral to success in this course. Classroom activities support student comprehension of materials, content clarification, relevant peer questions and support, and finally, role clarification. It is the student's responsibility to acquire the material missed and to complete assigned readings, in-class work, and assigned homework.
- Students who choose to make attendance intermittent may be excused from the final evaluation processes following three (3) unexcused absences. Students should make it a priority to communicate times and reasons they may not be able to attend BEFORE the absence.

STATEMENT ON PLAGIARISM AND CHEATING:

Cheating and plagiarism will not be tolerated and there will be penalties. For a more precise definition of plagiarism and its consequences, refer to the Student Conduct section of the College Admission Guide at http://www.gprc.ab.ca/programs/calendar/ or the College Policy on Student Misconduct: Plagiarism and Cheating at www.gprc.ab.ca/about/administration/policies/**

**Note: all Academic and Administrative policies are available on the same page.

STATEMENT ON CELL PHONE AND OTHER PERSONAL ELECTRONIC DEVICES:

Users of cell phones and other personal electronic devices must be attentive to the needs, sensibilities and rights of other members of the College community. The use of these devices must not disrupt the functions of the College overall and its classrooms and labs. Instructors have the right to have strict individual policies related to cell phones in order to provide and maintain a classroom environment that is conducive to learning and the respect of others.