



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:

<b>Lab Assignments 30%</b> Lab assignments will be handed out in lab. Due dates will be posted on the top of each lab assignment.	Varies
<b>Corrective Exercise Program 25%</b> The details of this assignment will be discussed in class and will be posted on Moodle. APA format and referencing required.	December 5, 2019
<b>Midterm Exam 15%</b> The Midterm will cover content from the first half of the semester.	October 15, 2019
<b>Final Exam 30%</b> 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.

\*\* All grading criteria and examinations must be completed to receive course credit.

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

## COURSE SCHEDULE/TENTATIVE TIMELINE:

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

## STUDENT RESPONSIBILITIES:

Refer to the College Policy on Student Rights and Responsibilities at  
[www.gprc.ab.ca/d/STUDENTRIGHTSRESPONSIBILITIES](http://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/\\*\\*](http://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.