

3. Develop, implement, and modify corrective exercise interventions for the foot, ankle, hip, low back, shoulder, and spine.
4. Describe the rationale for the corrective exercise model and the individual components.

TRANSFERABILITY:

Please consult the Alberta Transfer Guide for more information. You may check to ensure the transferability of this course at the Alberta Transfer Guide main page <http://www.transferalberta.ca>.

**** 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	Varies	20%
Social Media Post	Varies	5%
Midterm Exam	Oct 18	15%
Corrective Exercise Program	Dec 6	30%
Final Exam	TBD	30%
Total		100%

GRADING CRITERIA: (The following criteria may be changed to suite the particular course/instructor)

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**.

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:

	Monday Lab	Monday Lecture	Readings	Wednesday Lecture	Readings
Sept 3				Introduction	
Sept 6-10	Labour Day – No Classes			Nervous and Muscle Systems	Page et al. (2010)
Sept 13-17		Foot: Anatomy, Review, Common Errors	Martini et al. (2013)	Foot: Corrective Exercises	
Sept 20-24	Foot Corrective Exercises	Ankle: Anatomy Review, Common Errors	Martini et al. (2018)	Ankle: Corrective Exercises	
Sept 27-Oct 1	Ankle Corrective Exercises	Hip: Anatomy, Review, Common Errors	Martini et al. (2018)	Hip: Corrective Exercises	
Oct 4-8	Hip Corrective Exercises	Low Back: Anatomy Review, Common Errors	Martini et al. (2018)	Low Back: Corrective Exercises	
Oct 11-15	Fall Break – No Classes				
Oct 18-22	Low Back Corrective Exercises	Midterm		Shoulder: Anatomy Review, Common Errors	Martini et al. (2018)
Oct 25-29	Shoulder Corrective Exercises	Shoulder: Corrective Exercises		Spine: Anatomy Review, Common Errors	Martini et al. (2018) Berdishevsky et al. (2016)
Nov 1-5	Spine Corrective Exercises	Social Media as a Tool Learning Commons		Posture Analysis	Houglum (2016) Kritz & Cronin (2008)
Nov 8-12	Static Posture Analysis	Squat Analysis	Starrett & Cordoza (2015) Myer et al. (2014)	Deadlift Analysis	Starrett & Cordoza (2015) Hales (2010)
Nov 15-19	Squat Analysis	Standing Row Analysis		Push Up Analysis	Van den Tillaar (2019)
Nov 22-26	Deadlift/Row Analysis	Chest Press Analysis	Starrett & Cordoza (2015)	Corrective Exercise Programs	Price (2019) Houglum (2016)
Nov 29-Dec 3	Push Up/Chest Press Analysis	Corrective Exercise Programs	Price (2019) Houglum (2016)	Range of Motion Techniques	Price (2019) Guillot et al. (2019)
Dec 6-9	Range of Motion Techniques	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 Calendar at <http://www.gprc.ab.ca/programs/calendar/> or the College Policy on Student Misconduct: Plagiarism and Cheating at <https://www.gprc.ab.ca/about/administration/policies>

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

POLICY ON THE RECORDING OF TEACHING ACTIVITIES

Students may not record classroom activities (such as lectures, group activities, 3rd party presentations, etc.) without the advance written permission of the instructor. This policy is set to protect the privacy and reputation of students, to uphold the copyrights of the instructor and other content creators, and to facilitate free and open discussion of ideas. The classroom is meant to be a psychologically safe environment, where students are free to explore and think through new and controversial ideas without fear of public repercussions. Recording lectures can undermine this goal. If permission to record an activity is granted, the recorded material can only be used for the student's own private use and is not to be posted online or otherwise distributed. Students will be notified in advance by the instructor when someone has been granted permission to record a classroom activity. Students will also be given the option of being excused from actively participating in recorded activities. In the case of student presentations, the recording student must show proof that the presenting student(s) have agreed to be recorded before the instructor will grant permission.

COPYRIGHT NOTIFICATION

Any course material created by your instructor is his/her intellectual property and is provided to you based upon your registration for this class. As such, the material is for your private use only. It is not to be distributed, publicly exhibited, or sold without the permission of the instructor. Third party materials (such as assigned readings) have either been licensed for use in this course or fall under an exception or limitation in Canadian Copyright law.