

KINESIOLOGY AND HEALTH SCIENCES

COURSE OUTLINE – Fall 2024

PF2990 (A2): Corrective Exercise Strategies – 3 (3-0-1) 60 Hours for 15 Weeks

Northwestern Polytechnic acknowledges that our campuses are located on Treaty 8 territory, the ancestral and present-day home to many diverse First Nations, Metis, and Inuit people. We are grateful to work, live and learn on the traditional territory of Duncan's First Nation, Horse Lake First Nation and Sturgeon Lake Cree Nation, who are the original caretakers of this land.

We acknowledge the history of this land and we are thankful for the opportunity to walk together in friendship, where we will encourage and promote positive change for present and future generations.

INSTRUCTOR:	Alanna McSorley	PHONE:	N/A
OFFICE:	N/A	E-MAIL:	amcsorley@nwpolytech.ca
OFFICE HOURS:	Email for 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: PE1000 & PE1210

REQUIRED TEXT/RESOURCE MATERIALS: Resources provided by instructor on myClass.

DELIVERY MODE(S): This course consists of lectures, in class discussions, group work, in class exercise and lab activities.

LEARNING OUTCOMES:

Upon successful completion of this course, students will be able to:

- Describe the relationships between the skeletal, nervous, and muscular systems.

- Identify and analyze functional movement patterns and postural assessments in clients to reduce the risk of injury.
- Develop, implement, and modify corrective exercise interventions for the foot, ankle, hip, low back, shoulder, and spine.
- Develop analytical skills regarding human movement.

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.alberta.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:

All due dates and times are in MST.

Lab Assignments	Sundays @ 11:59pm	20%
Midterm	October 24 th in class	20%
Anatomy Review Quizzes	Mondays @ 11:59pm	10%
Corrective Approach Assignment	Dec 10 @ 11:59pm	20%
Final Exam (2 hours)	TBD – Scheduled during exam week	30%
Total		100%

GRADING CRITERIA:

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	95-100	C+	2.3	67-69
A	4.0	85-94	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

STUDENT RESPONSIBILITIES:

Labs: Attendance to labs ARE mandatory. Only excused absences will be able to make up the lab. This needs to be discussed prior the absence, if sick and unable to attend an email is required prior to the start of lab and a Doctor's note may be required before the lab can be completed.

Late Assignments: Assignments will be deducted 10% for each day it is late. If you are struggling to complete your assignment on time due to unexpected circumstances, email the instructor prior to the due date.

Time Management: Adopting and adhering to effective learning habits in this course will likely take up a great deal of time so plan your schedule accordingly. It is difficult to catch up once a student falls behind in required readings and exercises.

Cell Phones: The personal use of cell phones during class time is unprofessional and distracting to the instructor and fellow students. Texting and talking on a cell phone during class is therefore strictly prohibited.

Email: Email is the preferred option to communicate with your instructor. **Email correspondence to your instructor must be sent from your NWP student email account.** Emails should be professionally formatted and include a subject, correct spelling and grammar, and a reference to course material and/or textbook pages, etc. Emails that do not adhere to this format may not be responded to.

STATEMENT ON ACADEMIC MISCONDUCT:

Academic Misconduct will not be tolerated. For a more precise definition of academic misconduct and its consequences, refer to the Student Rights and



Responsibilities policy available

at <https://www.nwpolytech.ca/about/administration/policies/index.html>.

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

Additional Information:

Instructors may include additional information here. Delete this section if not required.

COURSE SCHEDULE/TENTATIVE TIMELINE:

The schedule may be adjusted if necessary.

	Tuesday Lecture	Thursday Lecture	Friday Lab (L123)	Notes
Sept 3-6	Introduction	Nervous and Muscle Systems	No Lab	
Sept 9-13	Office Ergonomics	Back Health	Back Health Lab	Like your HMS
Sept 16-20	Posture Analysis	Posture Analysis	Posture Analysis Lab	Static, Movement, & Sleep
Sept 23-27	Foot/Ankle	Foot/Ankle	Foot/Ankle Lab	Stability, mobility, functional ROM, assessment tools
Sept 30-Oct 4	Hip	Hip	Hip Lab	
Oct 7-11	Low Back	Low Back	Low Back Lab	
Oct 14-18	Thoracic Spine	Thoracic Spine	Thoracic Spine Lab	
Oct 21-25	Review	Midterm	No Lab	
Oct 28-Nov 1	Shoulder	Shoulder	Shoulder Lab	
Nov 4-8	Fascial Lines	Fascial Lines	Fascial Lines Lab	Stretching & functional strength through the fascial lines/chains
Nov 11-15	Fall Break – No Classes			
Nov 18-22	Squat Analysis	Squat Analysis	Squat Analysis	
Nov 25-29	Deadlift Analysis	Deadlift Analysis	Deadlift Analysis	
Dec 2-6	Chest Press Analysis	Chest Press Analysis	Chest Press Analysis	
Dec 9-10	Review			

