



DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY

COURSE OUTLINE – FALL 2020

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

INSTRUCTOR: James Phillips **PHONE:** 780-539-2053
OFFICE: K216 **E-MAIL:** Jphillips@gprc.ab.ca
OFFICE HOURS: By zoom appointment

FALL 2020 DELIVERY: Mixed Delivery. This course is delivered remotely with some faceto-face/onsite components at the GPRC Grande Prairie campus.

1. • For the remote delivery components: students must have a computer with a webcam and reliable internet connection. Technological support is available through helpdesk@gprc.ab.ca.
2. • For the onsite components: students must supply their own mask and follow GPRC Campus Access Guidelines and Expectations (insert web link when finalized document is available). The dates and locations of the onsite components can be found on the Course Calendar.

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 Myclass/D2L as necessary.

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

COURSE OBJECTIVES:

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

Commented [KL1]: Add as an required resource material for students:
Essentials Anatomy App ~\$20

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 Discussion/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 myclass. APA format and referencing required.	December 3, 2020
Midterm Exam 15% The Midterm will cover content from the first half of the semester.	October 8, 2020
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.

**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.**

Commented [KL2]: Consider a blog post assignments instead of a strict writing assignment (in addition to corrective exercise assignment)s. Could use APA or a number formatted referencing (lenience on correct referencing). 400-600 words - look up average blog post length.

- E.g. 5 ways to improve weak glute medius
- Start a class blog where they have to publish.
 - One post each week - sign up for a week
 - Submit to me first then correct and publish afterwards

Commented [KL3]: Think about making this less of an academic assignment because the students taking this class are not UT transfer.

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:

Commented [KL4]: The schedule below is flipped from original teaching. This will be a more effective format.

Date	Topic	Labs
Week 1: Sept. 3	Introduction, Zoom basics, Expectations	No Lab
Week 2: Sept. 8 & 10	Nervous and Muscle Systems Foot: Anatomy Review, Common Errors	No Lab
Week 3: Sept. 15 & 17	Foot: Corrective Exercises Ankle: Anatomy Review, Common Errors	Foot Corrective Exercises
Week 4: Sept. 22 & 24	Ankle: Corrective Exercises Hip: Anatomy Review, Common Errors	Ankle Corrective Exercises
Week 5: Sept. 29 & Oct. 1	Hip: Corrective Exercises Low Back: Anatomy Review, Common Errors	Hip Corrective Exercises
Week 6: Oct. 6 & 8	Low Back: Corrective Exercises Midterm	Low Back Corrective Exercises
Week 7: Oct. 13 & 15	Fall Break - No Class	Fall Break - No Class
Week 8: Oct. 20 & 22	Shoulder: Anatomy Review, Common Errors Shoulder: Corrective Exercises	Shoulder Corrective Exercises
Week 9: Oct. 27 & 29	Spine: Anatomy Review, Common Errors Spine: Corrective Exercises	Spine Corrective Exercises
Week 10: Nov. 3 & 5	Posture Analysis Squat Analysis	Static Posture Analysis
Week 11: Nov. 10 & 12	Deadlift Analysis Standing Row Analysis	Squat Analysis
Week 12: Nov. 17 & 19	Lunge Analysis Push Up Analysis	Deadlift/Standing Row Analysis
Week 13: Nov. 24 & 26	Chest Press Analysis Corrective Exercise Programs	Push Up/Chest Press Analysis

Week 14: Dec. 1 & 3	Corrective Exercise Programs Range of Motion Techniques	Range of Motion Techniques
Week 15: Dec. 8 & 10	TBA Review	No Lab

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.