

DEPARTMENT of Kinesiology and Health Sciences

COURSE OUTLINE – Fall 2023

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: Lorelle Warr
OFFICE: K215
OFFICE HOURS: By appointment

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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: Reading materials and resources will be provided 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:

1. Describe the relationships between the skeletal, nervous, and muscular systems.
2. Identify and analyze functional movement patterns and postural assessments in clients to reduce the risk of injury.
3. Develop, implement, and modify corrective exercise interventions for the foot, ankle, hip, low back, shoulder, and spine.
4. 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.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	15%
Social Media Assignment	Varies – See assignment details	15%
Build the Bank Assignment	Dec 5 @ 11:59pm	25%
Corrective Approach Assignment	Dec 11 @ 11:59pm	20%
Final Exam	TBD – Scheduled during exam week	25%
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

COURSE SCHEDULE/TENTATIVE TIMELINE:

The schedule may be adjusted if necessary.

	Monday Lecture	Readings	Monday Lab	Wednesday Lecture	Readings
Sept. 6	Labour Day			Introduction	
Sept. 11 & 13	Role of Corrective Exercise		No Lab	Back Health	
Sept. 18 & 20	Back Health		Office Ergonomics	Office Ergonomics	
Sept. 15 & 27	Posture Analysis		Posture Analysis	Posture Analysis	
Oct. 2 & 4	Nervous and Muscle Systems		Movement Analysis	Evaluating Sources <i>Alward Lab</i>	
Oct. 9 & 11	Thanksgiving			Roles of Joints	
Oct. 16 & 18	Mobility vs. Stability		Mobility vs. Stability	Knowledge Translation <i>Alward Lab</i>	
Oct. 23 & 25	Squat Analysis		Squat Analysis	Squat Analysis	
Oct. 30 & Nov. 1	Deadlift Analysis		Deadlift Analysis	Deadlift Analysis	
Nov. 6 & 8	Chest Press Analysis		Chest Press Analysis	Chest Press Analysis	
Nov. 13 & 15	Fall Break				
Nov. 20 & 22	Push Up/Row Analysis		Push Up/Row Analysis	Visual Design <i>Alward Lab</i>	
Nov. 27 & 29	External Observations *Guest movers		External Observations *Guest movers	External Observations *Discussions	
Dec. 4 & 6	Corrective Exercise		Corrective Exercise	Corrective Exercise	
Dec. 11	Review				

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.