

# Corrective Exercise

APK6320C | Class # 27159 | 3 Credits | Spring 2024

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## Course Info

### INSTRUCTOR

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Preferred Method of Contact: **email**

### OFFICE HOURS

Office Hours are Fridays from 12-2pm Eastern Standard time (EST) on [zoom](#). If this time does not fit your schedule, you can schedule an appointment with me [here](#).

### MEETING TIME/LOCATION

Access course through Canvas on [UF e-Learning](#) & the **Canvas** mobile app by **Instructure**. Lectures are pre-recorded so that you may watch them on-demand; please refer to the "Course Schedule" below for the suggested timeline to follow. **Course meets from 9:35am – 12:35pm on Fridays in Florida Gym Room 235**

## COURSE DESCRIPTION

Examines fundamental concepts of human movement and movement impairments on musculoskeletal injury risk. Includes evidence-based program design and practical skills necessary to successfully identify and correct movement impairments in active populations. Content will prepare students to complete the NASM Corrective Exercise Specialist certification exam.

### PREREQUISITE KNOWLEDGE AND SKILLS

None

## REQUIRED AND RECOMMENDED MATERIALS

There is 1 required textbook for this course:

Fahmy, Rich (Ed). NASM Essentials of Corrective Exercise Training Second Edition. Jones & Bartlett Learning. 2022. ISBN: 978-1-284-20089-8

## **COURSE FORMAT**

Students access and complete course assignments through the APK6176 Canvas page. Course topics are organized into weekly learning modules. Each module includes ~4 practice activities corresponding with the module's learning materials (i.e., textbook reading, research articles, and associated lecture videos) as well as a graded module quiz. A midterm exam and final exam are included in addition to the module assignments. Students will have access to all learning modules and assignments from the first day of the course. Students may work at their own pace but must progress according to the course schedule of topics and abide by graded assignment due dates provided on the eLearning course page.

### **COURSE LEARNING OBJECTIVES:**

By the end of this course students will be able to:

1. Describe the etiology of human movement system impairment and the risk of it generating a cumulative injury cycle.
2. Explain movement errors using terminology associated with functional anatomy, biomechanics, and motor control.
3. Collect health information to appraise the risk of injury or illness with exercise.
4. Assess static and dynamic posture to identify risks of human movement impairment according to NASM guidelines for a Corrective Exercise Specialist.
5. Prescribe exercise to improve movement efficiency according to the NASM Corrective Exercise Continuum
6. Administer and interpret the results from the Functional Movement Screen and the Fundamental Capacity Screen according to guidelines from Functional Movement Systems, Inc.
7. List the integrated functions of skeletal muscles involved in human movement.
8. Present recommendations for appropriate recovery modalities to support exercise training.

## **PARTICIPATION POLICY**

Active participation in the course is mandatory. Interaction with the course through graded Discussion boards in each module makes up the participation grade and is part of the final grade in the course.

## **PERSONAL CONDUCT POLICY**

Students are expected to review and adhere to the [UF Netiquette](#) guide for online courses

The University of Florida holds its students to the highest standards, and we encourage students to read the University of Florida Student [Honor Code and Student Conduct Code](#) (Regulation 4.040), so they are aware of our standards. A list of violations of the student honor code is found [here](#). Any violation of the Student Honor Code will result in a referral to the Student Conduct and Conflict Resolution and may result in academic sanctions and further student conduct action. The two greatest threats to the academic integrity of the University of Florida are cheating and plagiarism. Plagiarism includes, but is not limited to stealing, misquoting, insufficiently phrasing, or patch writing; self-plagiarism; submitting materials from any source without proper attribution; submitting a document, assignment, or material that, in whole or in part, is identical or substantially identical to a document or assignment the Student did not author. Students should be aware of their faculty's policy on collaboration, should understand how to properly cite sources, and should not give nor receive an improper academic advantage in any manner through any medium.

## **EXAM MAKE-UP POLICY**

Unless excused based on [University policies](#) missed examinations and non-submitted or late assignments will be not be evaluated and will be assigned a grade of 0. Obtaining approval for make-up exams or make-up

assignments is the responsibility of the student. Students with medically or emergency related circumstances should utilize the UF Care Team's [Contact My Instructor](#) service provided by the UF Dean of Students Office. Any non-medical or emergency related circumstances require students to submit a written request explaining why an exception is being requested. The written request must include official documentation that provides proof that the missed coursework was due to acceptable reasons outlined by University policy.

## ACCOMMODATING STUDENTS WITH DISABILITIES

Students requesting accommodation for disabilities must first register with the [Dean of Students Office](#). The Dean of Students Office will provide documentation to the student who must then provide this documentation to the instructor when requesting accommodation. You must submit this documentation prior to submitting assignments or taking the quizzes or exams. Accommodations are not retroactive; therefore, students should contact the office as soon as possible in the term for which they are seeking accommodations.

## COURSE EVALUATIONS

Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Guidance on how to give feedback in a professional and respectful manner is available at <https://gatorevals.aa.ufl.edu/students/>. Students will be notified when the evaluation period opens and can complete evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via <https://ufl.bluera.com/ufl/>. Summaries of course evaluation results are available to students at <https://gatorevals.aa.ufl.edu/public-results/>.

## Getting Help

### HEALTH & WELLNESS

- U Matter, We Care: If you or a friend is in distress, please contact [umatter@ufl.edu](mailto:umatter@ufl.edu) or 352 392-1575
- Counseling and Wellness Center: <https://counseling.ufl.edu/>, 352-392-1575
- Sexual Assault Recovery Services (SARS) - Student Health Care Center, 392-1161
- University Police Department, 392-1111 (or 9-1-1 for emergencies) <http://www.police.ufl.edu/>

### ACADEMIC RESOURCES

- E-learning technical support, 352-392-4357 (select option 2) or e-mail to [Learning-support@ufl.edu](mailto:Learning-support@ufl.edu). <https://lss.at.ufl.edu/help.shtml>
- Career Connections Center, Reitz Union, 392-1601. Career assistance and counseling. <https://career.ufl.edu/>
- Library Support, <http://cms.uflib.ufl.edu/ask>. Various ways to receive assistance with respect to using the libraries or finding resources.
- Teaching Center, Broward Hall, 392-2010 or 392-6420. General study skills and tutoring. <http://teachingcenter.ufl.edu/>
- Writing Studio, 302 Tigert Hall, 846-1138. Help brainstorming, formatting, and writing papers. <http://writing.ufl.edu/writing-studio/>
- Student Complaints On-Campus: <https://sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-code/> On-Line Students Complaints: <http://distance.ufl.edu/student-complaint-process/>

## Grading

Evaluation Components	Course Objectives Met	Points Per Component	Weighted % of Total Grade
Module Quizzes	1-7	186 points	10%
Discussion Boards	1-7	65 points	10%
Applied Assignments	1-7	100 points	10%
Article Synopses (x4)	1-7	20 points	10%
Recovery Modality Presentation	8	50 points	10%
CEC Summary Flyer	5	50 points	10%
Midterm Exam	1-7	100 points	20%
Cumulative Final Exam	1-7	100 points	20%
Extra-credit Bonus points earned from writing module practice questions	1-7	12 total bonus points possible to be added to low quiz scores	Final grade % improvement cannot exceed 2% from all extra-credit opportunities
Final exam score replacing midterm exam score	1-7	If the final exam score is higher than the midterm exam score, the final exam score will replace the midterm exam score	Final grade % improvement cannot exceed 2% from all extra-credit opportunities

**Module Quizzes** - Each learning module contains a graded quiz consisting of 10 objective questions related to all components of the module plus one objective question from each previous learning module. This means that the first quiz will be worth 10 total points, followed by 11 total points for the second, and so on until the final quiz is worth 21 total points. The overall total amount of points earned via module quizzes is 186. Quiz questions will be randomly selected from a question bank specific to each module. Each module quiz question bank contains multiple questions aligning with each individual module objective provided at the top of each learning module page in e-Learning. All quizzes are available from the first day of classes, but each module has a due date corresponding to the end of the week of the module according to the course schedule. Specifically, quizzes are due by Monday at 2:59am EST (Sunday at 11:59pm PST) each week. Students are permitted **ONE** attempt on each module quiz. Students are permitted to utilize their textbooks, lecture notes, or lecture videos while completing the quizzes. Explanations are provided for every question within the quiz question banks and students will be able to see the correct answer along with the corresponding explanation upon submitting the quiz. Honorlock is NOT needed for Module Quizzes.

Module Quiz Number	Corresponding Course Objective(s)
Module 1 Quiz	1, 2
Module 2 Quiz	1-4
Module 3 Quiz	1-4
Module 4 Quiz	1-5

Module 5 Quiz	1-5
Module 6 Quiz	1-5
Module 7 Quiz	1-5
Module 8 Quiz	1-6
Module 9 Quiz	1-6
Module 10 Quiz	1-6
Module 11 Quiz	1-6
Module 12 Quiz	1-6

**Discussion Boards** – Each of the 12 learning modules contains a graded Discussion Board assignment. An additional “Student Introduction” discussion assignment brings the total number of these assignments to 13. These assignments offer students an opportunity to reflect on the application of the course material and how it may impact their personal life and career. Each Discussion Board assignment is worth 5 points. A rubric is used to grade responses to ensure students provide thoughtful reflections and meaningful interactions with their classmates. The rubric used is provided below:

Length of Post: Discussion thread posts should be 25 words or more in length.	<b>1 pts Full Marks</b> Post is 25 or more words in length.	<b>0 pts No Marks</b> Post is less than 25 words in length.
Depth of post: The post demonstrates a thoughtful response to the discussion question.	<b>1 pts Full Marks</b> A thoughtful response to the discussion question is evident in the post.	<b>0 pts No Marks</b> A thoughtful response to the discussion question is not evident in the post.
Accuracy of Post: The post contains information that is supported by the class learning materials.	<b>1 pts Full Marks</b> The post contains information that is supported by the class learning materials.	<b>0 pts No Marks</b> The post contains information that is not supported by the class learning materials.
Writing skill of post: The post should contain proper grammar and spelling.	<b>1 pts Full Marks</b> The post is written with proper grammar and spelling.	<b>0 pts No Marks</b> The post contains one or more grammar or spelling errors.
Collegiality: Each student should reply to at least one of their classmate's posts by the due date of the discussion.	<b>1 pts Full Marks</b> Student replied to at least one of their classmate's posts by the due date.	<b>0 pts No Marks</b> Student did not reply to one of their classmate's posts by the due date.

Discussion Assignment Number	Corresponding Course Objective
Discussion Assignment 1	1, 2
Discussion Assignment 2	1-4
Discussion Assignment 3	1-4

Discussion Assignment 4	1-5
Discussion Assignment 5	1-5
Discussion Assignment 6	1-5
Discussion Assignment 7	1-5
Discussion Assignment 8	1-6
Discussion Assignment 9	1-6
Discussion Assignment 10	1-6
Discussion Assignment 11	1-6
Discussion Assignment 12	1-6

**Applied Assignments** – Students will complete weekly assignments involving the application of program design principles using that week’s topic. Instructions for completing each week’s assignment are provided on Canvas. Many, though not all, of these assignments will provide the student an opportunity to build an evidence-based strength and conditioning program for a tactical population of their choice to use as a template in their careers. The remaining assignments require students to analyze a tactical population different from the one they selected. Each assignment is worth 10 points. Students will perform a Peer Review on each applied assignment submitted by one of their classmates following each submission. A rubric for conducting the peer review is provided for each applied assignment. Students receive a grade of "complete" for the applied assignments when they have submitted their assignment and completed the peer review. Submissions are due each Monday by 2:59am EST (Sunday by 11:59pm PST) and **all peer reviews are due within one week of being assigned**. You will be given a grade of "incomplete" on Canvas until the Peer Review is finished, at which point the grade will be changed to "complete". Each individual applied assignment submission and peer review combined is worth 5 points (for a total of 50 points). Following the submission, review, and editing of all 10 applied assignments, students will submit a final version of all 10 assignments to the course instructor for evaluation. The instructor will use the same rubrics from the peer reviews to assess the attainment of course objectives. The instructor’s final review is worth 50 points. Peer review rubrics differ across applied assignments, but an example of one is provided below:

Transitional Movement Assessment Results: Are results provided for all 5 Transitional Movement Assessments in rows 3 - 7 on the spreadsheet? If images or videos are provided, do you agree with the provided results as they pertain to the images/videos?	<b>1 pts</b> <b>All</b> Yes	<b>0 pts</b> <b>None</b> One or more Transitional Movement Assessment test results are missing OR one or more result does not seem to match with any provided image or video
Loaded Movement Assessments Results Are results provided for all 4 Loaded Movement Assessments in rows 13	<b>1 pts</b> <b>All</b> Yes	<b>0 pts</b> <b>None</b> One or more Loaded Movement Assessment test results are missing

- 16 on the spreadsheet? If images or videos are provided, do you agree with the provided results as they pertain to the images/videos?		OR one or more result does not seem to match with any provided image or video
Dynamic Movement Assessment Results Are results provided for all 3 Dynamic Movement Assessments in rows 22 - 24 on the spreadsheet? If images or videos are provided, do you agree with the provided results as they pertain to the images/videos?	<b>1 pts</b> <b>All</b> Yes	<b>0 pts</b> <b>None</b> One or more Dynamic Movement Assessment test results are missing OR one or more result does not seem to match with any provided image or video.
Potential Overactive Muscles - Transitional Movement Assessments Does the list of potential overactive muscles provided with the Transitional Movement Assessments align with the results of these assessments?	<b>1 pts</b> <b>All</b> Yes	<b>0 pts</b> <b>None</b> One or more muscles is missing from the list..
Potential Underactive Muscles - Transitional Movement Assessments Does the list of potential underactive muscles provided with the Transitional Movement Assessments align with the results of these assessments?	<b>1 pts</b> <b>All</b> Yes	<b>0 pts</b> <b>None</b> One or more muscles is missing from the list

Applied Assignment Number	Corresponding Course Objective
Applied Assignment 1	3
Applied Assignment 2	4
Applied Assignment 3	4

Applied Assignment 4	4
Applied Assignment 5	5
Applied Assignment 6	5
Applied Assignment 7	5
Applied Assignment 8	5
Applied Assignment 9	6
Applied Assignment 10	6

**Article Synopses** - Students will search the available corrective exercise literature using a relevant database of research journals (i.e., Google Scholar, SportDiscus, PubMed) to find 4 peer-reviewed research articles related to one of the course topics for deeper reflection. Article synopses are due at the end of modules 3, 6, 9, and 12, respectively. After reading the article, the student will write a synopsis of it to include the following 5 topic headers: 1. Reason for Selection 2. Purpose of the Study 3. Methods 4. Results 5. Takeaways. Students should briefly summarize why they selected the article, what research problem was addressed in the article, how the experiment was conducted, the most important results and explanations for the results provided by the authors of the study, and what information from the article can be used by classmates in their nutrition recommendation decision making processes. The discussion board assignments in modules 3, 6, 9, and 12 will ask students to paste their article synopsis and a pdf copy of the article to the board so that every member of the class may benefit from the information each other provided. Each article synopsis assignment is worth 5 points and a rubric is used for grading. These assignments may address Course Objectives 1-7 depending on the topic of the research article selected. The rubric is provided below:

Reason for Selection	<b>1 pts Full Marks</b> A description of why the student selected the article is provided.	<b>0 pts No Marks</b> A description of why the student selected the article is not provided.
Transferability	<b>1 pts Full Marks</b> The post demonstrates a thoughtful response to the reflection of how the results may impact different populations from those in the study.	<b>0 pts No Marks</b> The post does not demonstrate a thoughtful response to the reflection of how the results may impact different populations from those in the study.
Takeaways	<b>1 pts Full Marks</b> The student describes what aspects of the article they will use in their own practice.	<b>0 pts No Marks</b> The student does not describe what aspects of the article they will use in their own practice.
Follow Up Study	<b>1 pts Full Marks</b>	<b>0 pts No Marks</b>



	The student proposes a design for a follow up study.	The student does not propose a design for a follow up study
Limitations	<b>1 pts Full Marks</b> The student describes what they would have done differently had they designed the study themselves.	<b>0 pts No Marks</b> The student does not describe what they would have done differently had they designed the study themselves.

**Recovery Modality Presentation** - Students will record a 10-minute presentation regarding an exercise recovery training modality (i.e. equipment) by selecting one from a list of equipment provided by the instructor. The presentation is recorded using Zoom and includes a description of the modality, common techniques and errors when using the modality, common exercise prescription characteristics when using the modality, evidence supporting effectiveness of the modality, and resources related to available certifications involving the modality. Detailed instructions for creating the presentation are provided in Canvas. The Recovery Modality Presentation assignment is worth 50 points. Assignment corresponds to Course Objective #8. A rubric is used for grading and is provided below:

Modality Description and Development	<b>10 pts 6-10 points</b> Thorough and Complete description of the modality and its use in recovery.	<b>5 pts 1-5 points</b> Partial Description of the Modality and/or its development.	<b>0 pts 0 points</b> No descriptor of modality nor discussion of its development.
Common Techniques and Errors	<b>10 pts Full Marks</b> Details on 3 or more common exercises utilizing the modality.	<b>5 pts 1-5 points</b> Details on 1-2 common exercises utilizing the modality.	<b>0 pts No Marks</b> No details of any exercises using the modality.
Common Prescription Characteristics	<b>10 pts 6-10 points</b> Thorough and complete description of how intensity, volume, and frequency are commonly prescribed.	<b>5 pts 1-5 points</b> Partial description of how intensity, volume, and frequency are commonly prescribed.	<b>0 pts 0 points</b> No description of how intensity, volume, nor frequency are commonly prescribed.
Evidence Supporting Use	<b>10 pts 6-10 points</b> Description of 2 or more original research articles involving use of the modality in an athletic population.	<b>5 pts 1-5 points</b> Description of 1 research article involving the use of the modality in an athletic population.	<b>0 pts 0 points</b> No description of any research articles involving the use of the modality in an athletic population.
Certification Resources	<b>10 pts Full Marks</b> Complete listing of organizations offering	<b>5 pts 1-5 points</b> Partial listing of organizations offering	<b>0 pts No Marks</b> No organizations offering certifications

	certifications with modality.	certifications with modality.	in the modality provided.
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**Corrective Exercise Continuum Summary Flyer** - Students will create an educational flyer that could be provided to patients, clients, or athletes throughout their career and that contains a summary of the program design recommendations for the 4 components of the Corrective Exercise Continuum. Detailed instructions for creating the flyer are provided in Canvas. The Program Design Summary Flyer assignment is worth 50 points. Assignment corresponds to Course Objective #5. A rubric is used for grading and is provided below:

Inhibitory Exercise Prescription	<p><b>10 pts Full Marks</b></p> <p>Prescription recommendations for Frequency, Sets, Reps, Intensity, and Duration are provided and match the recommendations provided in the course textbook.</p>	<p><b>5 pts Half Marks</b></p> <p>One to three of the following components are missing or improperly described based on information provided in the course textbook: Prescription recommendations for Frequency, Sets, Reps, Intensity, and Duration.</p>	<p><b>0 pts No Marks</b></p> <p>Four or more of the following components are missing or improperly described based on information provided in the course content: Frequency, Sets, Reps, Intensity, and Duration.</p>
Lengthening Exercise Prescription	<p><b>10 pts Full Marks</b></p> <p>Prescription recommendations for Static, Dynamic, and Neuromuscular stretching techniques are provided and match the recommendations provided in the course textbook.</p>	<p><b>5 pts Half marks</b></p> <p>One to two of the following components are missing or improperly described based on information provided in the course textbook: Prescription recommendations for Static, Dynamic, and Neuromuscular stretching techniques.</p>	<p><b>0 pts No Marks</b></p> <p>All 3 of the following components are missing or improperly described based on information provided in the course content: Static, Dynamic, and Neuromuscular stretching techniques.</p>
Activation Exercise Prescription	<p><b>10 pts Full Marks</b></p> <p>Prescription recommendations</p>	<p><b>5 pts Half marks</b></p> <p>One to three of the following components</p>	<p><b>0 pts No Marks</b></p> <p>All Four of the following components</p>

	ons for Frequency, Sets, Reps, and Tempo are provided and match the recommendations provided in the course textbook.	are missing or improperly described based on information provided in the course content:  Frequency, Sets, Reps, and Tempo	are missing or improperly described based on information provided in the course content:  Frequency, Sets, Reps, and Tempo
Integration Exercise Prescription	<b>10 pts Full Marks</b>  Prescription recommendations for Frequency, Sets, Repetitions, and Duration of Reps are provided and match the recommendations provided in the course textbook.	<b>5 pts Half marks</b>  One to three of the following components are missing or improperly described based on information provided in the course content:  Frequency, Sets, Repetitions, and Duration of Reps	<b>0 pts No Marks</b>  All Four of the following components are missing or improperly described based on information provided in the course content:  Frequency, Sets, Repetitions, and Duration of Reps
Fueling Strategies	<b>10 pts Full Marks</b>  Fueling strategies for both Endurance and Strength athletes related to Pre, Peri, and Post-exercise are provided and match the recommendations provided in the course textbook.	<b>5 pts Half marks</b>  One to three of the following components are missing or improperly described based on information provided in the course content: Fueling strategies for both Endurance and Strength athletes related to Pre, Peri, and Post-exercise.	<b>0 pts No Marks</b>  Four or more of the following components are missing or improperly described based on information provided in the course content: Fueling strategies for both Endurance and Strength athletes related to Pre, Peri, and Post-exercise

**Midterm Exam** – The midterm exam consists of 50 objective questions (multiple choice, matching, true/false) worth **2 points** each. Questions will require the application of course material or knowledge of basic scientific principles covered within each of the first 6 learning modules. Exam questions are generated by the course instructor and are randomly selected from the first 6 module quiz question banks. Students should prepare for the exam by completing all weekly course readings, practice activities, and module quizzes prior to the exam. **ONE** attempt is allowed on the midterm exam. Explanations are provided for every question within the quiz question banks and students will be able to see the correct answer along with the corresponding explanation upon submitting the exam. The exam will be held on **Friday, March 1<sup>st</sup> in Florida Gym Room 235 from 9:35am – 12:35pm.**

**Cumulative Final Exam** - The cumulative final exam will consist of 100 objective questions (multiple choice, matching, true/false) worth **1 point** each. Questions will require the application of course material or knowledge of basic scientific principles covered within each of the 12 learning modules. Exam questions are generated by the course instructor and are randomly selected from all 12 module quiz question banks. Students should prepare for the exam by completing all weekly course readings, practice activities, and module quizzes prior to the exam. **ONE attempt** is allowed on the final exam. In the event that the final exam score is higher than the midterm exam scores the final exam score will replace the midterm score when calculating the final grade in the course. Explanations are provided for every question within the quiz question banks and students will be able to see the correct answer along with the corresponding explanation upon submitting the exam. The exam will be held on **April 30th from 10:00AM – 12:00PM EST** in Florida Gym Room 235.

**Final Exam Substitute Option** – Students have the option to complete the CES certification exam offered by the National Academy of Sports Medicine as a substitute for their score on the course final exam. Students who select this option are required to pay for the exam out of pocket. The instructor will provide instructions for registering for the exam early in the course. Students who complete the exam must submit their score report to the instructor and their score will be substituted for their final exam grade only if the certification exam score is higher than the course final exam score. **All students must complete the APK6320C course final exam regardless of whether they choose to complete the CES exam.** The substitution option described here only applies if a student receives a higher percentile score on the CES exam than the APK6320C course final exam and wishes to use it as a substitute. This option is considered a form of extra credit. All extra credit earned throughout the course collectively can only increase a student's final grade by 2%.

**Module Activities** - Approximately three ungraded practice assignments are available in each of the 12 learning modules. Links to the practice assignments are under the "Practice" header on the module learning pages. The practice assignments correspond to the learning material in the module. They may be completed an unlimited number of times, Honorlock is not required, and questions and answers are viewable between attempts. All practice assignments are available from the first day of the course and there are no due dates. These are optional assignments designed to help students gauge their comprehension and application of course learning material as it pertains to stated course objectives and **DO NOT** affect a student's final grade in any way.

**Extra Credit** – This course includes 2 extra credit opportunities:

1. Each learning module contains an extra credit practice-questions assignment. The assignment involves students creating up to 2 practice questions from the module's learning material for inclusion within the practice question banks in the course. Each new question created is worth 0.5 bonus points to be added to the lowest quiz scores following the completion of all 12 module quizzes. This means that a maximum of 12 bonus points could be added to quiz scores. Extra credit assignments are due at 2:59am EST on Mondays at the end of the week the module is assigned in the course schedule.
2. If the grade on the final exam is better than the grade on the midterm exam, the final exam grade will replace the midterm exam grade.
3. Score higher on the NASM-CES exam than the APK6320C course final exam and substitute the higher score.

**NOTE:** UF policy limits the ability of extra credit assignments to improve a student's final grade more than **2%**. Therefore, any combination of the extra credit assignments listed above will be limited to increasing the student's final grade no more than 2 percentage points. For example, if a student's final grade is calculated at 89% (B+) after all required graded assignments, quizzes, and exams have been completed, but the student has earned extra credit via the opportunities listed above, the highest grade they are eligible to earn via the extra credit is a 91% (A-)

### ***Module Completion Recommendations***

The instructor recommends completing each component of a learning module in the following order:

1. Read each assigned chapter from the textbook.
2. Watch the lecture videos located in the module page.
3. Complete the practice quizlet assignment (ungraded assignment).
4. Complete the practice quiz assignment (ungraded assignment).
5. Complete the extra credit practice question assignment (extra credit).
6. Complete the discussion assignment (graded assignment).
7. Complete the peer review for the previous module's applied assignment.
8. Complete the current module's applied assignment.
9. Complete the module quiz.
10. Review your results from the module quiz and attend a virtual office hour if clarification is needed.

## GRADING SCALE

All course assignments are administered and graded within the APK6176 Canvas course page, so students will have access to all grades as they submit assignments. Any assignment that requires the instructor to manually grade some aspect of it will be graded within one week of its due date. Late submission of assignments is accepted without penalty within one week of the original assignment due date when accompanied by a written explanation describing the reasons for the late submission. Assignments submitted more than one week after the due date will not be accepted unless accompanied by a letter from the Dean of Student's Office [Care Team](#) explaining the circumstances for the late submission. Late submissions that are not accepted are assigned a grade of "0" when calculating the final course grade. Final Grades will be rounded up at .5 and above. The table below provides a reference. More detailed information regarding current UF grading policies can be found [here](#). Any requests for additional extra credit or special exceptions to these grading policies will be interpreted as an honor code violation (i.e. asking for preferential treatment and will be handled accordingly.

Letter Grade	Percent of Total Points Associated with Each Letter Grade	GPA Impact of Each Letter Grade
A	92.5-100%	4.0
A-	89.5 – 92.49%	3.7
B+	86.5-89.49%	3.33
B	82.5-86.49%	3.0
C+	76.5-79.49%	2.33
C	72.5-76.49%	2.0
D+	66.5-69.49%	1.33
D	62.5-66.49%	1.0
E	0-59.49%	0

## Addressing Student Concerns

Students should bring any questions or concerns related to the course to the attention of the instructor via email through Canvas or directly at [blaincharrison@ufl.edu](mailto:blaincharrison@ufl.edu). Examples of concerns include, but are not limited to:

- Clarification on quiz or exam questions
- Clarification on instructions for article synopsis, discussion board, nutrition supplement, or sports Nutrition flyer assignments
- Difficulty accessing course materials.
- Clarification on the suitability of a research article to review for the article synopsis assignments.

The instructor will respond to all questions or concerns within 24 hours on weekdays and 48 hours on weekends and will recommend a zoom appointment if needed.

## Weekly Course Schedule

### CRITICAL DATES & UF OBSERVED HOLIDAYS

- Complete list available [here](#)

### WEEKLY SCHEDULE

Week	Dates	Assigned Module & Schedule Notes	Assessments Due
1-2	January 8 - 19	Module 1	Module 1 Quiz Module 1 Discussion
3	January 22 - 26	Module 2	Module 2 Quiz Module 2 Discussion Applied Assignment 1
4	Jan/Feb 29 - 2	Module 3	Module 3 Quiz Module 3 Discussion Applied Assignment 2 Article Synopsis 1
5	February 5 - 9	Module 4	Module 4 Quiz Applied Assignment 3 Module 4 Discussion
6	February 12 - 16	Module 5	Module 5 Quiz Applied Assignment 4 Module 5 Discussion
7	February 19 - 23	Module 6	Module 6 Quiz Applied Assignment 5 Module 6 Discussion Article Synopsis 2
8	Feb/March 26 - 1	Midterm Exam	<b>Midterm Exam Due Monday March 4 by 2:59am EST</b>
9	March 4 - 8	Module 7	Module 7 Quiz Applied Assignment 6 Module 7 Discussion
10	March 11 - 15	Spring Break	No Assignments Due
11	March 18 - 22	Module 8	Module 8 Quiz Applied Assignment 7 Module 8 Discussion Article Synopsis 3 Recovery Modality Presentation
12	March 25 - 29	Module 9	Module 9 Quiz Applied Assignment 8

			Module 9 Discussion
13	April 1 - 5	Module 10	Module 10 Quiz Applied Assignment 9 Module 10 Discussion
14	April 8 - 12	Module 11	Module 11 Quiz Module 11 Discussion Applied Assignment 10 Summary Flyer Assignment
15	April 15 - 19	Module 12	Module 12 Quiz Final Applied Assignment Module 12 Discussion Article Synopsis 4
16	April 22 - 24	No Module Assigned	Prepare for the Final Exam
<b>Comprehensive Final Exam – April 30 at 10:00am EST</b>			

### SUCCESS AND STUDY TIPS

- Utilize the module practice assignments as study tools. You may complete them as many times as you like. Complete the assignments while you are working through the module and then again when you are reviewing for the exams
- Complete the extra credit opportunities.
- Sixty percent of the final grade comes from graded assignments that allow you to use any learning material to complete them. Take advantage of these assignments to bring up any quiz or exam grades in which you are disappointed.
- Perform well on the final exam.

\*Note Regarding Program Comprehensive Exam - If you choose APK6611 as one of the courses to include within your comprehensive exam, know that the exam will contain 60 objective questions (multiple choice, true/false, matching) that are pulled at random from a question bank similar to the quizzes and exams in this course. If you complete the exam in a future semester, you will be able to access this APK6611 Canvas course and review lecture videos and exam questions and answers. If you complete the exam during this semester, you will need to work ahead in the course to ensure you have been introduced to all of the topics that are found on it. All modules and assignments are available from the first week of the course. I recommend completing the practice quizzes in each module as many times as needed to gain practice with course content not yet covered by the time you take the exam