

Corrective Exercise

APK6320C | Class # 28316, -17, -18 | 3 Credits | Spring 2023

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Course Info

INSTRUCTOR

Blain Harrison, Ph.D, CSCS*D
Office: 106B FLG
Office Phone: 352-294-1704
Email: blainharrison@ufl.edu
Preferred Method of Contact: **email**

OFFICE HOURS

Office Hours are by appointment on [zoom](#). 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**. This is a fully online course, so there are no in-person meetings. 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 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

Research articles are provided in each learning module as additional required reading

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 readings and associated lecture videos) as well as a graded module quiz. Additional assignments are due throughout the course. A midterm exam and final exam are included in addition to the module assignments. Students will have access to learning modules and assignments a minimum of one week before they are assigned according to the course schedule. 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. Administer and interpret the results from the Functional Movement Screen and the Fundamental Capacity Screen according to guidelines from Functional Movement Systems, Inc.
2. Summarize the components of the NASM Corrective Exercise Continuum
3. Explain movement errors using terminology associated with functional anatomy, biomechanics, and motor control
4. List the integrated functions of skeletal muscles involved in human movement
5. Describe the etiology of human movement system impairment and the risk of it generating a cumulative injury cycle
6. Collect health information to appraise the risk of injury or illness with exercise
7. Assess static and dynamic posture to identify risks of human movement impairment according to NASM guidelines for a Corrective Exercise Specialist.

PARTICIPATION POLICY

This is an asynchronous online course; therefore, there are no required days nor times that a student must be in attendance online. However, active participation in the course is mandatory. Interaction with the course online Yellowdig discussion board makes up the participation grade and is part of the final grade in the course. Further explanation is provided in the "Grading" section of this syllabus.

PERSONAL CONDUCT POLICY

Students are expected to review and adhere to the [UF Netiquette](#) guide for online courses. UF students are bound by The Honor Pledge which states, "We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honor and integrity by abiding by the Honor Code. On all work submitted for credit by students at the University of Florida, the following pledge is either required or implied: "On my honor, I have neither given nor received unauthorized aid in doing this assignment." The [Honor Code](#) specifies a number of behaviors that are in violation of this code and the possible sanctions. Furthermore, you are obliged to report any condition that facilitates academic misconduct to appropriate personnel. If you have any questions or concerns, please consult the instructor or TA in this class.

EXAM MAKE-UP POLICY

Exams may NOT be submitted late. Students will be permitted to access the exams early upon receipt of evidence of a viable explanation for the need for such an accommodation. Requirements for class attendance

and make-up exams, assignments, and other work in this course are consistent with university policies that can be found in the [online catalog](#).

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 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. <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/>

INCLUSION, DIVERSITY, EQUITY, AND ACCESSIBILITY RESOURCES

The instructor strives to create an accessible and inclusive environment that is equal for all students regardless of race, gender, ethnicity, or ability. Derogatory, rude, or hurtful interactions with classmates or the instructor are not tolerated. Questions or concerns related to this statement are welcomed by the instructor or may be addressed to members of the APK IDEA Committee:

- Dr. Linda Nguyen, APK IDEA Liaison, linda.nguyen@hhp.ufl.edu
- Dr. Rachael Seidler, APK Graduate Coordinator, rachaelseidler@ufl.edu
- Dr. Joslyn Ahlgren, APK Undergraduate Coordinator, jahlgren@ufl.edu

Grading

Evaluation Components	Course Objectives Met	Points Per Component	Weighted % of Total Grade
Module Quizzes	1-12	255 points	10%
Yellowdig Participation	1-12	100 points	10%
Applied Assignments	1-12	100 points	10%
Article Synopses (x4)	1-12	4 x 10pts = 40 pt	10%
Midterm Exam	1-12	100 points	25%
Cumulative Final Exam	1-12	100 points	35%

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 24 total points. The overall total amount of points earned via module quizzes is 255. 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. Honorlock is NOT needed for Module Quizzes.

Yellowdig Participation - This course incorporates an application called Yellowdig that provides a social media-like discussion board providing opportunities for engagement, discussion, and reflection of course topics between classmates and the instructor. Points are earned for each interaction a student has with the Yellowdig platform. Students have the ability to earn a maximum total of 2,000 points each week in Yellowdig and the app sums the weekly totals throughout the semester to create a cumulative final point total. Students earning totals of 14,000 points or higher in Yellowdig by the last day of classes in this academic semester will earn a score of "100" for the Yellowdig Participation assignment on Canvas. The percentage of total points out of 14,000 will be used as the grade for the Yellowdig Participation Assignment on Canvas for students earning less than 14,000 total points. Yellowdig is included within e-Learning, no additional downloads are required.

Applied Assignments – Students will complete assignments during weeks 2-11 involving the application of course material. Instructions for completing each week's assignment are provided on Canvas. 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.

Article Synopses - Students will post 4 research article synopses to the Yellowdig discussion board throughout the course. One research article synopsis is due at the end of weeks 4, 7, 11, and 15, respectively. Each article synopsis requires students to search a relevant database of research journals (i.e. Google Scholar, SportDiscus, PubMed) to find a peer-reviewed research article related to one of the course topics for deeper reflection. Students should read the selected articles in their entirety and then post a brief synopsis of the article(s) to Yellowdig and to the corresponding assignment in e-Learning. The synopsis should be written and should include the following headers: 1. Reason for Selection 2. Research Problem 3. Methods 4. Results/Conclusions 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. A pdf copy of the article should be uploaded to both the Yellowdig post and e-Learning assignment. The same written synopsis can be submitted to both Yellowdig and e-Learning.

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 7 learning modules. Exam questions are generated by the course instructor and are randomly selected from the first 7 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. The exam is not timed; however, **the Honorlock proctoring service is required to complete it.** Honorlock is included on the e-Learning platform and no additional downloads are required. **ONE** attempt is allowed on the midterm exam. Bonus points earned from the submission of extra credit practice questions (see "Extra Credit" below) are added to the exam score following the due date. The exam will be available for one week following Module 7 in the course schedule.

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 15 learning modules. Exam questions are generated by the course instructor and are randomly selected from all 15 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. The exam is not timed; however, the Honorlock proctoring service is required to complete it. Honorlock is included on the e-Learning platform and no additional downloads are required. **ONE attempt** is allowed on the final exam. In the event that the “raw” final exam score (i.e. the score without any bonus points added) is higher than the midterm exam score (including added bonus points), the raw final exam score will replace the midterm score when calculating the final grade in the course. Bonus points earned from the submission of extra credit practice questions (see “Extra Credit” below) are added to the exam score following the due date. The exam will be available for the week of final exams as outlined in the academic calendar for this semester.

Module Activities - Approximately four 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. Scores earned from any practice assignment DO NOT affect a student’s final grade in any way. Aligns with course objectives 1-12.

Extra Credit – This course includes 3 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 next closest exam to the module (either the midterm or the final exam). Extra credit assignments are due at 11:59pm EST on Fridays at the end of the week the module is assigned in the course schedule.
2. Students earning 30,000 points in Yellowdig by the last day of classes will earn 1 bonus point that will be added to their final overall grade.
3. Students who include one multiple choice question related to an article synopsis they post to Yellowdig will receive one bonus point to be added to a low module quiz score at the end of the semester. Students who answer multiple choice questions related to article synopses on Yellowdig will also earn one bonus point to be added to a low module quiz score at the end of the semester. A maximum of **10 bonus points** to be added to module quiz scores can be earned from this opportunity.

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. 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: <https://catalog.ufl.edu/UGRD/academic-regulations/grades-grading-policies/>. 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
B-	79.5 – 82.49	2.7
C+	76.5-79.49%	2.33
C	72.5-76.49%	2.0
C-	69.5 – 72.49	1.7
D+	66.5-69.49%	1.33
D	62.5-66.49%	1.0
D-	59.5 – 62.49	0.7
E	0-59.49%	0

Weekly Course Schedule

CRITICAL DATES & UF OBSERVED HOLIDAYS

- Complete list available here: <https://catalog.ufl.edu/UGRD/dates-deadlines/2021-2022/>

WEEKLY SCHEDULE

Week	Dates	Assigned Module & Schedule Notes	Assessments Due
1	January 9 - 13	Ch. 1 – Rationale for Corrective Exercise Ch. 2 – Human Movement Science and Corrective Exercise Lab: FMS	Module 1 Quiz (Due Monday Jan 23rd at 2:59am EST)
2	January 16 - 20	Ch. 7 – Client Intake and Assessment Ch. 17 – Self-Care and Recovery Lab: FCS Part 1 <i>Monday, January 16th is a holiday</i>	Module 2 Quiz Applied Assignment 1
3	January 23 - 27	Ch. 8 – Static Assessments Lab: FCS Part 2	Module 3 Quiz Applied Assignment 2
4	Jan 30 – Feb 3	Ch. 9 – Movement Assessments Lab: NASM Movement Assessments	Module 4 Quiz Applied Assignment 3 Article Synopsis 1
5	February 6 - 10	Ch. 10 – Mobility Assessments Lab: NASM Mobility Assessments	Module 5 Quiz Applied Assignment 4
6	February 13 - 17	Ch. 3 – Inhibitory Techniques Lab: Self-Myofascial Release	Module 6 Quiz Applied Assignment 5
7	February 20 - 24	Ch. 4 – Lengthening Techniques Lab: PNF Stretching	Module 7 Quiz Applied Assignment 6 Article Synopsis 2
8	Feb 27 – Mar 3	Ch. 5 – Activation Techniques Ch. 6 – Integration Techniques Lab: Activation and Integration Techniques	Module 8 Quiz Module 9 Quiz
9	March 6 - 10	Midterm Exam	Midterm Exam Due Monday 3/13 by 2:59am EST
10	March 13 - 17	Spring Break	None
11	March 20 - 24	Ch. 11 – Corrective Exercise for Foot and Ankle Impairments	Module 10 Quiz Applied Assignment 7

		Lab: Balance Training	
12	March 27 - 31	Ch. 12 – Corrective Exercise for Knee Impairments Lab: Reactive Neuromuscular Training	Module 11 Quiz Applied Assignment 8 Article Synopsis 3
13	April 3 - 7	Ch. 13 – Corrective Strategies for Lumbo-Pelvic-Hip Lab: Core Stability Training	Module 12 Quiz Applied Assignment 9
14	April 10 - 14	Ch. 14 – Corrective Strategies for T-Spine and Shoulder Lab: Indian Clubs	Module Quiz 13 Applied Assignment 10
15	April 17 - 21	Ch. 15 – Corrective Strategies for Wrist and Elbow Ch. 16 – Corrective Strategies for Cervical Spine	Module 14 Quiz Final Applied Assignment Submission
16	April 24 - 26	Ch. 18 – Real-World Application of Corrective Exercise Strategies	Module 15 Quiz Article Synopsis 4

Comprehensive Final Exam – Due Saturday May 6th at 2:59am EST

SUCCESS AND STUDY TIPS:

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
- Twenty percent of the final grade comes from participation activities including posting comments to the Yellowdig board and submitting the research article synopses. 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 APK6320 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 APK6320 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

