

# COURSE SYLLABUS



COURSE TITLE: KIN 345 - Functional Anatomy and Corrective Exercise

CLASS SECTION: 001 A|B

TERM: 2024 Winter

COURSE CREDITS: 3

DELIVERY METHOD(S): Lecture | Lab

Camosun College campuses are located on the traditional territories of the Lək̓ʷəŋən and W̱SÁNEĆ peoples. We acknowledge their welcome and graciousness to the students who seek knowledge here. Learn more about Camosun's [Territorial Acknowledgement](#).

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## INSTRUCTOR DETAILS

NAME: Steve Van Schubert

EMAIL: [vanschuberts@camosun.ca](mailto:vanschuberts@camosun.ca)

OFFICE: PISE 306

HOURS: Monday 10:00-11:00

*As your course instructor, I endeavour to provide an inclusive learning environment. If you experience barriers to learning in this course, do not hesitate to discuss them with me. Camosun College is committed to identifying and removing institutional and social barriers that prevent access and impede success.*

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## INSTRUCTIONAL ASSISTANT DETAILS

NAME: Dylan Harten

EMAIL: [hartend@camosun.ca](mailto:hartend@camosun.ca)

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## CALENDAR DESCRIPTION

Students will study how dysfunctional movement patterns may be associated with pain and/or increased injury risk. Students will develop a deeper knowledge of functional anatomy and will learn basic assessment techniques related to posture, joint function and overall functional movement. Students will learn to apply appropriate exercises that can address movement impairments, reduce pain and/or injury risk and enhance health, function, and performance.

**PREREQUISITE(S):** C in KIN 241

**CO-REQUISITE(S):** None

**EXCLUSION(S):** None

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## COURSE LEARNING OUTCOMES / OBJECTIVES

Upon successful completion of this course a student will be able to:

- Explain the key causes of movement impairments and their implications for musculoskeletal pain and/or injury risk
- Explain the physiology of pain and its relationship to movement dysfunction
- Perform and correctly interpret various posture and movement assessments
- Generate individualized corrective exercise programs that can allow an individual to return to work and daily living as rapidly as possible
- Critically analyze current research pertaining to rehabilitative exercise program design

## REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

Fahmy, R., & National Academy Of Sports Medicine. (2020). *NASM essentials of corrective exercise training*. Burlington, Massachusetts: Jones & Bartlett Learning.

Cook, G. (2020). *Movement: Functional Movement Systems: Screening, Assessment, Corrective Strategies*. On Target Publications.

## COURSE SCHEDULE, TOPICS, AND ASSOCIATED PREPARATION / ACTIVITY / EVALUATION

The following schedule and course components are subject to change with reasonable advance notice, as deemed appropriate by the instructor.

WEEK - DATE	TOPIC	LAB	NOTES
1 - 09-02	Corrective Exercise   Functional Anatomy	<b>Labour Day</b>	<b>1 lecture</b>
2 - 09-09	Functional Anatomy	Muscle Actions	
3 - 09-16	Motor Control   Motor Learning	Muscle Testing	Quiz 1
4 - 09-23	Inhibitory and Lengthening Techniques	Inhibitory and Lengthening Techniques	Quiz 2 <b>Exam 09-24</b>
5 - 09-30	Activation and Integration Techniques	<b>NDTR</b>	<b>1 lecture</b>
6 - 10-07	Static and Movement Assessments	Activation and Integration Techniques	Quiz 3
7 - 10-14	Mobility Assessments	<b>Thanksgiving</b>	<b>1 lecture</b>
8 - 10-21	Assessment Flow   Case Studies	Static and Movement Assessments	Quiz 4
9 - 10-28	Corrective Strategies - Lower Extremity	Mobility Assessments	Quiz 5
10 - 11-04	Corrective Strategies - Lumbo-Pelvic-Hip Complex	Corrective Strategies - LE	Quiz 6 <b>Exam 11-05</b>
11 - 11-11	Corrective Strategies - Upper Extremity and Spine	<b>Remembrance Day</b>	<b>1 lecture</b>
12 - 11-18	Advanced Assessments and Interventions	Corrective Strategies - LPHC	Quiz 7
13 - 11-25	Advanced Assessments and Interventions	Corrective Strategies - UE and Spine	Quiz 8
14 - 12-02	Application of Corrective Exercise Strategies	Advanced Assessments and Interventions	Quiz 9 Quiz 10

Students registered with the Centre for Accessible Learning (CAL) who complete quizzes, tests, and exams with academic accommodations have booking procedures and deadlines with CAL where advanced notice is required. Deadlines can be reviewed on the [CAL exams page](http://camosun.ca/services/accessible-learning/exams.html). <http://camosun.ca/services/accessible-learning/exams.html>

## EVALUATION OF LEARNING

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DESCRIPTION	WEIGHTING
Quizzes (10 x 1%)	10
In-Term Written Exams (2 x 25%)	50
Final Written Exam	40
<b>TOTAL</b>	<b>100%</b>

## COURSE GUIDELINES & EXPECTATIONS

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Students will participate in activities to learn and practice a variety of practical skills. In the course of learning to perform techniques relevant to the course, students must make appropriate physical contact with other members of the class on a regular basis.

Students will maintain optimum levels of safe behaviour (personal hygiene, decontamination of personal protective equipment, use of proper body mechanics, etc.) with a minimization of potential for disease transmission.

Students must come appropriately dressed to perform the activities of the course, and to allow for hands on application of practical techniques.

## STUDENT RESPONSIBILITY

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Enrolment at Camosun assumes that the student will become a responsible member of the College community. As such, each student will display a positive work ethic, assist in the preservation of College property, and assume responsibility for their education by researching academic requirements and policies; demonstrating courtesy and respect toward others; and respecting expectations concerning attendance, assignments, deadlines, and appointments.

## SUPPORTS AND SERVICES FOR STUDENTS

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Camosun College offers a number of services to help you succeed in and out of the classroom. For a detailed overview of the supports and services visit <http://camosun.ca/students/>.

Support Service	Website
Academic Advising	<a href="http://camosun.ca/advising">http://camosun.ca/advising</a>
Accessible Learning	<a href="http://camosun.ca/accessible-learning">http://camosun.ca/accessible-learning</a>
Counselling	<a href="http://camosun.ca/counselling">http://camosun.ca/counselling</a>
Career Services	<a href="http://camosun.ca/coop">http://camosun.ca/coop</a>
Financial Aid and Awards	<a href="http://camosun.ca/financialaid">http://camosun.ca/financialaid</a>
Help Centres (Math/English/Science)	<a href="http://camosun.ca/help-centres">http://camosun.ca/help-centres</a>
Indigenous Student Support	<a href="http://camosun.ca/indigenous">http://camosun.ca/indigenous</a>
International Student Support	<a href="http://camosun.ca/international/">http://camosun.ca/international/</a>
Learning Skills	<a href="http://camosun.ca/learningskills">http://camosun.ca/learningskills</a>
Library	<a href="http://camosun.ca/services/library/">http://camosun.ca/services/library/</a>
Office of Student Support	<a href="http://camosun.ca/oss">http://camosun.ca/oss</a>
Ombudsperson	<a href="http://camosun.ca/ombuds">http://camosun.ca/ombuds</a>
Registration	<a href="http://camosun.ca/registration">http://camosun.ca/registration</a>
Technology Support	<a href="http://camosun.ca/its">http://camosun.ca/its</a>
Writing Centre	<a href="http://camosun.ca/writing-centre">http://camosun.ca/writing-centre</a>

**If you have a mental health concern**, please contact Counselling to arrange an appointment as soon as possible. Counselling sessions are available at both campuses during business hours. If you need urgent support after-hours, please contact the Vancouver Island Crisis Line at 1-888-494-3888 or call 911.

## COLLEGE-WIDE POLICIES, PROCEDURES, REQUIREMENTS, AND STANDARDS

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### Academic Accommodations for Students with Disabilities

The College is committed to providing appropriate and reasonable academic accommodations to students with disabilities (i.e. physical, depression, learning, etc). If you have a disability, the [Centre for Accessible Learning](http://camosun.ca/services/accessible-learning/) (CAL) can help you document your needs, and where disability-related barriers to access in your courses exist, create an accommodation plan. By making a plan through CAL, you can ensure you have the appropriate academic accommodations you need without disclosing your diagnosis or condition to course instructors. Please visit the CAL website for contacts and to learn how to get started: <http://camosun.ca/services/accessible-learning/>

### Academic Integrity

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.13.pdf> for policy regarding academic expectations and details for addressing and resolving matters of academic misconduct.

### Academic Progress

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.1.pdf> for further details on how Camosun College monitors students' academic progress and what steps can be taken if a student is at risk of not meeting the College's academic progress standards.

### Course Withdrawals Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.2.pdf> for further details about course withdrawals. For deadline for fees, course drop dates, and tuition refund, please visit <http://camosun.ca/learn/fees/#deadlines>.

### Grading Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf> for further details about grading.

### Grade Review and Appeals

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf> for policy relating to requests for review and appeal of grades.

### Medical / Compassionate Withdrawals

Students who are incapacitated and unable to complete or succeed in their studies by virtue of serious and demonstrated exceptional circumstances may be eligible for a medical/compassionate withdrawal. Please visit <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.8.pdf> to learn more about the process involved in a medical/compassionate withdrawal.

### Sexual Violence and Misconduct

Camosun is committed to creating a campus culture of safety, respect, and consent. Camosun's Office of Student Support is responsible for offering support to students impacted by sexual violence. Regardless of when or where the sexual violence or misconduct occurred, students can access support at Camosun. The Office of Student Support will make sure students have a safe and private place to talk and will help them understand what supports are available and their options for next steps. The Office of Student Support respects a student's right to choose what is right for them. For more information see Camosun's Sexualized Violence and Misconduct Policy: <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.9.pdf> and [camosun.ca/sexual-violence](http://camosun.ca/sexual-violence). To contact the Office of Student Support: [oss@camosun.ca](mailto:oss@camosun.ca) or by phone: 250-370-3046 or 250-3703841

### Student Misconduct (Non-Academic)

Camosun College is committed to building the academic competency of all students, seeks to empower students to become agents of their own learning, and promotes academic belonging for everyone. Camosun also expects that all students to conduct themselves in a manner that contributes to a positive, supportive, and safe learning environment. Please review Camosun College's Student Misconduct Policy at <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.5.pdf> to understand the College's expectations of academic integrity and student behavioural conduct.

**Changes to this Syllabus:** Every effort has been made to ensure that information in this syllabus is accurate at the time of publication. The College reserves the right to change courses if it becomes necessary so that course content remains relevant. In such cases, the instructor will give the students clear and timely notice of the changes.