

# Course Syllabus

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 <p><b>POINT LOMA</b> NAZARENE UNIVERSITY</p>	<p align="center"><b>COLLEGE OF HEALTH SCIENCES</b></p> <p align="center">KIN 3075: Movement Interventions in Kinesiology</p> <p align="center"><b>Number of Units: 2</b></p>
<p align="center"><b>Spring 2022</b></p>	

<b>Meeting days:</b> Thursday	<b>Instructor title and name:</b> Ryan Nokes, PhD, ATC, CNC
<b>Meeting times:</b> 11:15am - 1:00pm	<b>Phone:</b> 559-901-7021
<b>Meeting location:</b> Liberty Station, Room 203	<b>Email:</b> rnokes@pointloma.edu
<b>Final Exam:</b> Thursday. 10:30am - 1:00pm	<b>Office hours:</b> Appointment Only

## PLNU Mission

### To Teach ~ To Shape ~ To Send

Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service is an expression of faith. Being of Wesleyan heritage, we strive to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

## COURSE DESCRIPTION

This course will provide an integrated approach to restoring and maximizing the human movement system. This course is designed to prepare the student to help clients/patients improve quality of

movement. Through a practical and hands on approach, students will learn how to analyze the functional aspect of human movement and identify impairments in the human movement system (postural abnormalities and muscular imbalances). Students will also learn how to prescribe functional exercises to correct faulty movement patterns in order to prevent client/patient injuries and improve performance.

## COURSE LEARNING OUTCOMES

1. Students will be able to explain the importance of identifying dysfunctional movement patterns in patients/clients with faulty movement patterns.
2. Students will be able to recognize and evaluate movement dysfunctions.
3. Students will be able to design a comprehensive movement and treatment plan based on dysfunctional movement patterns identified during patient/client analysis.
4. Students will be able to utilize the most current evidence to evaluate and design movement based interventions for patients with faulty movement patterns and/or postural abnormalities.

## ROLES AND RESPONSIBILITIES

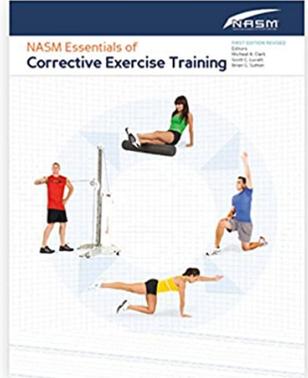
### *Instructor*

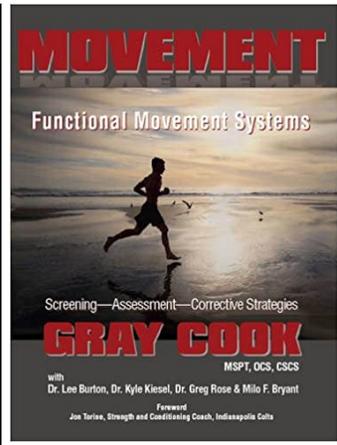
As your instructor, my role is to create a positive, safe, and open learning environment. We will take a team-orientated approach to learning where we will work together to dive deep into the material, have meaningful conversations, and become deep learners. My hope is that you will, in some way, grow both intellectually and personally once this course concludes.

### *Student*

As a student, your role is to engage in the material, become responsible for your learning, and to work as a team with your instructor and your peers to become deep learners. You are required to come to class on-time and prepared to have meaningful conversations. To be successful in this course, you must complete the required readings and assignments on-time.

## REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES

	<p><a href="https://www.amazon.com/NASM-Essentials-Corrective-Exercise-Training/dp/1284050254">NASM Essentials of Corrective Exercise Training, 1st Ed. 2011.</a>  <a href="https://www.amazon.com/NASM-Essentials-Corrective-Exercise-Training/dp/1284050254">_ (https://www.amazon.com/NASM-Essentials-Corrective-Exercise-Training/dp/1284050254)</a></p> <p>National Academy of Sports Medicine</p>
	<p><a href="#">Movement Functional Movement Systems: Screening, Assessment, Corrective Strategies</a></p>



[https://www.amazon.com/Movement-Functional-Systems-Assessment-Corrective/dp/1931046301/ref=sr\\_1\\_1?keywords=gary+gray+movement&qid=1567612145&s=gateway&sr=8-1\)](https://www.amazon.com/Movement-Functional-Systems-Assessment-Corrective/dp/1931046301/ref=sr_1_1?keywords=gary+gray+movement&qid=1567612145&s=gateway&sr=8-1)

Gray Cook

**COURSE CREDIT HOUR INFORMATION**

In the interest of providing sufficient time to accomplish the stated Course Learning Outcomes, this class meets the PLNU credit hour policy for a 2-unit class delivered over 15 weeks. Specific details about how the class meets the credit hour requirement can be provided upon request. (Based on 37.5 hours of student engagement per credit hour.)

**ASSESSMENT AND GRADING**

**Grading Points (subject to change)**

<b>Course Assignments</b>	<b>Points</b>
<b>Discussion Boards</b>	<b>50</b>
<b>Labs</b>	<b>175</b>
<b>Quizzes</b>	<b>250</b>
<b>Midterm CES Exam</b>	<b>100</b>
<b>Final Project</b>	<b>150</b>
<b>Total Course Points</b>	<b>725</b>

Student grades will be posted in the Canvas grade book no later than midnight on Tuesday of each week beginning in Week Two of this course. It is important to read the comments posted in the grade book as these comments are intended to help students improve their work. Final grades will be posted within one week of the end of the class. Grades will be based on the following:

**Standard Grade Scale Based on Percentages**

A	B	C	D	F
A 93-100	B+ 87-89	C+ 77-79	D+ 67-69	F Less than 59
A- 90-92	B 83-86	C 73-76	D 63-66	
	B- 80-82	C- 70-72	D- 60-62	

## STATE AUTHORIZATION

State authorization is a formal determination by a state that Point Loma Nazarene University is approved to conduct activities regulated by that state. In certain states outside California, Point Loma Nazarene University is not authorized to enroll online (distance education) students. If a student moves to another state after admission to the program and/or enrollment in an online course, continuation within the program and/or course will depend on whether Point Loma Nazarene University is authorized to offer distance education courses in that state. It is the student's responsibility to notify the institution of any change in his or her physical location. Refer to the map on [State Authorization](#) (<https://www.pointloma.edu/offices/office-institutional-effectiveness-research/disclosures>) to view which states allow online (distance education) outside of California.

## INCOMPLETES AND LATE ASSIGNMENTS

All assignments are to be submitted/turned in by the beginning of the class session when they are due—including assignments posted in Canvas. Incompletes will only be assigned in extremely unusual circumstances.

## PLNU COPYRIGHT POLICY

Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside the class may violate the law.

## PLNU ACADEMIC HONESTY POLICY

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. Academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the results of another person's creativity and effort. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for that assignment or examination, or, depending on the seriousness of the offense, for the course. Faculty should follow and students may appeal using the procedure in the university Catalog. See [Academic Policies](#) (<http://catalog.pointloma.edu/content.php?catoid=18&navoid=1278>) for definitions of kinds of academic dishonesty and for further policy information.

## PLNU ACADEMIC ACCOMMODATIONS POLICY

While all students are expected to meet the minimum standards for completion of this course as established by the instructor, students with disabilities may require academic adjustments, modifications or auxiliary aids/services. At Point Loma Nazarene University (PLNU), these students are requested to

register with the Disability Resource Center (DRC), located in the Bond Academic Center. ([DRC@pointloma.edu](mailto:DRC@pointloma.edu) (<mailto:DRC@pointloma.edu>) or 619-849-2486). The DRC's policies and procedures for assisting such students in the development of an appropriate academic adjustment plan (AP) allows PLNU to comply with Section 504 of the Rehabilitation Act and the Americans with Disabilities Act. Section 504 (a) prohibits discrimination against students with special needs and guarantees all qualified students equal access to and benefits of PLNU programs and activities. After the student files the required documentation, the DRC, in conjunction with the student, will develop an AP to meet that student's specific learning needs. The DRC will thereafter email the student's AP to all faculty who teach courses in which the student is enrolled each semester. The AP must be implemented in all such courses.

If students do not wish to avail themselves of some or all of the elements of their AP in a particular course, it is the responsibility of those students to notify their professor in that course. PLNU highly recommends that DRC students speak with their professors during the first two weeks of each semester about the applicability of their AP in that particular course and/or if they do not desire to take advantage of some or all of the elements of their AP in that course.

## **PLNU ATTENDANCE AND PARTICIPATION POLICY**

Regular and punctual attendance at all synchronous class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions (virtual or face-to-face), the faculty member will issue a written warning of de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university drop date or, after that date, receive the appropriate grade for their work and participation. In some courses, a portion of the credit hour content will be delivered asynchronously and attendance will be determined by submitting the assignments by the posted due dates. See [Academic Policies](#) (<http://catalog.pointloma.edu/content.php?catoid=18&navoid=1278>) in the Undergraduate Academic Catalog. If absences exceed these limits but are due to university excused health issues, an exception will be granted.

### **Asynchronous Attendance/Participation Definition**

A day of attendance in asynchronous content is determined as contributing a substantive note, assignment, discussion, or submission by the posted due date. Failure to meet these standards will result in an absence for that day. Instructors will determine how many asynchronous attendance days are required each week.

### **Synchronous Attendance/Participation**

Students taking online courses are expected to attend each week of the course. Attendance is defined as participating in an academic activity within the online classroom which includes posting in a graded activity in the course. (Note: Logging into the course does not qualify as participation and will not be counted as meeting the attendance requirement.) Students who do not attend at least once in any 3

consecutive days will be issued an attendance warning. Students who do not attend at least once in any 7 consecutive days will be dropped from the course retroactive to the last date of recorded attendance.

## SPIRITUAL CARE

Please be aware PLNU strives to be a place where you grow as whole persons. To this end, we provide resources for our students to encounter God and grow in their Christian faith.

If students have questions, a desire to meet with the chaplain or have prayer requests you can contact the [Office of Spiritual Development](https://www.pointloma.edu/offices/spiritual-development) (<https://www.pointloma.edu/offices/spiritual-development>)

## USE OF TECHNOLOGY

In order to be successful in the online environment, you'll need to meet the minimum technology and system requirements; please refer to the [Technology and System Requirements](https://help.pointloma.edu/TDClient/1808/Portal/KB/ArticleDet?ID=108349) (<https://help.pointloma.edu/TDClient/1808/Portal/KB/ArticleDet?ID=108349>) information.

Problems with technology do not relieve you of the responsibility of participating, turning in your assignments, or completing your class work.

## ASSIGNMENTS AT-A-GLANCE

The table below lists our assignments and their due dates. Click on any assignment to review it.

## Course Summary:

Date	Details	Due
Mon Jun 7, 2021	 <a href="#">FINAL PROJECT: Movement Intervention Presentation</a> <a href="#">REVISED</a> <a href="https://canvas.pointloma.edu/courses/60625/assignments/749941">https://canvas.pointloma.edu/courses/60625/assignments/749941</a>	due by 11:59pm
Thu Jan 13, 2022	 <a href="#">Week 1 Discussion: About Me</a> <a href="https://canvas.pointloma.edu/courses/60625/assignments/749936">https://canvas.pointloma.edu/courses/60625/assignments/749936</a>	due by 11:59pm
Thu Jan 20, 2022	 <a href="#">Week 2 Discussion: Rationale for Corrective Exercise Interventions</a> <a href="https://canvas.pointloma.edu/courses/60625/assignments/749937">https://canvas.pointloma.edu/courses/60625/assignments/749937</a>	due by 11:59pm
Sun Jan 23, 2022	 <a href="#">Quiz 1: Chapters 1-3 NASM Text</a> <a href="https://canvas.pointloma.edu/courses/60625/assignments/749931">https://canvas.pointloma.edu/courses/60625/assignments/749931</a>	due by 11:59pm
Sun Jan 30, 2022	 <a href="#">Lab 1: Postural Assessment</a> <a href="https://canvas.pointloma.edu/courses/60625/assignments/749947">https://canvas.pointloma.edu/courses/60625/assignments/749947</a>	due by 11:59pm

Date	Details	Due
Sun Feb 6, 2022	 <a href="https://canvas.pointloma.edu/courses/60625/assignments/749928">Quiz 2: Chapter 6 NASM Text</a> <a href="https://canvas.pointloma.edu/courses/60625/assignments/749928">https://canvas.pointloma.edu/courses/60625/assignments/749928</a>	due by 11:59pm
Sun Feb 13, 2022	 <a href="https://canvas.pointloma.edu/courses/60625/assignments/749948">Lab 2: Transitional &amp; Dynamic Movement Assessments</a> <a href="https://canvas.pointloma.edu/courses/60625/assignments/749948">https://canvas.pointloma.edu/courses/60625/assignments/749948</a>	due by 11:59pm
Sun Feb 20, 2022	 <a href="https://canvas.pointloma.edu/courses/60625/assignments/749929">Quiz 3: NASM Text Chapters 9-11. Inhibitory, Lengthening and Activation Techniques</a> <a href="https://canvas.pointloma.edu/courses/60625/assignments/749929">https://canvas.pointloma.edu/courses/60625/assignments/749929</a>	due by 11:59pm
Sun Feb 27, 2022	 <a href="https://canvas.pointloma.edu/courses/60625/assignments/749933">Quiz 4a: Movement Interventions for the Foot, Ankle and Knee</a> <a href="https://canvas.pointloma.edu/courses/60625/assignments/749933">https://canvas.pointloma.edu/courses/60625/assignments/749933</a>	due by 11:59pm
Sun Feb 27, 2022	 <a href="https://canvas.pointloma.edu/courses/60625/assignments/749930">Quiz 4b: Movement Interventions for the Lumbo-Pelvic-Hip Complex</a> <a href="https://canvas.pointloma.edu/courses/60625/assignments/749930">https://canvas.pointloma.edu/courses/60625/assignments/749930</a>	due by 11:59pm
Fri Mar 4, 2022	 <a href="https://canvas.pointloma.edu/courses/60625/assignments/749949">Lab 3: Corrective Exercise Program Design</a> <a href="https://canvas.pointloma.edu/courses/60625/assignments/749949">https://canvas.pointloma.edu/courses/60625/assignments/749949</a>	due by 11:59pm
Fri Mar 4, 2022	 <a href="https://canvas.pointloma.edu/courses/60625/assignments/749932">Quiz 5: Movement Interventions for the Shoulder and C Spine</a> <a href="https://canvas.pointloma.edu/courses/60625/assignments/749932">https://canvas.pointloma.edu/courses/60625/assignments/749932</a>	due by 11:59pm
Sun Mar 20, 2022	 <a href="https://canvas.pointloma.edu/courses/60625/assignments/749934">NASM Practice Exam Midterm</a> <a href="https://canvas.pointloma.edu/courses/60625/assignments/749934">https://canvas.pointloma.edu/courses/60625/assignments/749934</a>	due by 11:59pm
Thu Mar 24, 2022	 <a href="https://canvas.pointloma.edu/courses/60625/assignments/749935">FMS Discussion Board</a> <a href="https://canvas.pointloma.edu/courses/60625/assignments/749935">https://canvas.pointloma.edu/courses/60625/assignments/749935</a>	due by 11:59pm
Sun Mar 27, 2022	 <a href="https://canvas.pointloma.edu/courses/60625/assignments/749943">FMS Part 1: FMS Lab</a> <a href="https://canvas.pointloma.edu/courses/60625/assignments/749943">https://canvas.pointloma.edu/courses/60625/assignments/749943</a>	due by 11:59pm
Sun Apr 10, 2022	 <a href="https://canvas.pointloma.edu/courses/60625/assignments/749946">FMS Part 2: FMS Correctives Lab</a> <a href="https://canvas.pointloma.edu/courses/60625/assignments/749946">https://canvas.pointloma.edu/courses/60625/assignments/749946</a>	due by 11:59pm

Date	Details	Due
Sun May 1, 2022	 <a href="https://canvas.pointloma.edu/courses/60625/assignments/749939">Course Evaluation Extra Credit</a> ( <a href="https://canvas.pointloma.edu/courses/60625/assignments/749939">https://canvas.pointloma.edu/courses/60625/assignments/749939</a> )	due by 11:59pm
Thu May 5, 2022	 <a href="https://canvas.pointloma.edu/courses/60625/assignments/749940">FINAL PROJECT: Movement Intervention Presentation</a> ( <a href="https://canvas.pointloma.edu/courses/60625/assignments/749940">https://canvas.pointloma.edu/courses/60625/assignments/749940</a> )	due by 11:59pm
	 <a href="https://canvas.pointloma.edu/courses/60625/assignments/749931">Quiz 1: Chapters 1-3 NASM Text</a> ( <a href="https://canvas.pointloma.edu/courses/60625/assignments/749931">https://canvas.pointloma.edu/courses/60625/assignments/749931</a> ) (1 student)	