

Syllabus

PTR258: Corrective Exercise Specialist

COURSE CREDITS

5 quarter credits

COURSE LENGTH

6 months

PREREQUISITES

Certified Fitness Trainer

CO-PREREQUISITE

Basic Adult CPR with AED

TEXTBOOKS AND MATERIALS

Waterbury, Chad. *Corrective Exercise: A Comprehensive Guide to Corrective Movement Training*, Int'l Sports Sciences Association.

COURSE DESCRIPTION

This course covers the skills necessary to use evidence based corrective exercise interventions to restore physical performance, improve physical performance, and reduce injury risk for those with movement dysfunctions. Students learn to identify the complex factors associated with poor movement patterns and correct them with the simplest methods possible.

Please note: The information provided in this course is for general educational purposes only. The material is not a substitute for consultation with a healthcare provider regarding particular medical conditions and needs.

COURSE OBJECTIVES

After completing this course, students will be able to:

- Understand the roles that a personal trainer or health care practitioner are legally and ethically allowed to play when correcting physical dysfunctions
- Explain the structure and function of the human skeletal system
- Describe the structure and function of the skeletal muscle system
- Explain the structure and function of the nervous system
- Describe the primary joint actions and the muscles that drive them
- Explain how movement is initiated, maintained, and modified
- Describe the four necessary steps to prepare for your client

- Explain the essential roles of motivation, feedback and exercise capacity
- Outline the steps to perform a movement analysis for any exercise
- Explain the steps to restore structural alignment and stability from head to toe
- Describe the corrective exercises that correspond with the most common movement dysfunctions
- Describe soft tissue assessments and correctives for the most common joint restrictions

COURSE OUTCOMES

After completing this course, students will:

- Identify which muscles and joints are compromising movement and performance
- Develop a clear understanding for how the nervous system regulates movement
- Understand and apply the coaching strategies that enhance your client's motivation
- Interpret quantifiable functional data for upper- and lower-body movements
- Administer a movement analysis for any exercise and identify the physical impairments
- Identify when a client requires a medical referral before participating in a corrective exercise program.
- Administer and interpret tests of functional stability and ways to correct them
- Program metabolically challenging corrective exercises into your client's training plan
- Determine when a corrective exercise is necessary to increase your client's performance
- Test and correct soft tissue limitations, and identify when your client has an overuse injury
- Customize a corrective exercise program for clients at any level of the fitness spectrum

COURSE OUTLINE

All modules run from Monday morning at midnight to Sunday night at midnight.

Module 1: Introduction, Skeletal System, Muscle and Fascia

Module 2: Nervous System, Joint Actions

Module 3: Movement and Motor Learning

Module 4: Preparing for Your Client, Understanding Client Motivation, Identifying Performance Goals

Module 5: Create a Just Right Challenge, Corrective Exercise Programming Fundamentals

Module 6: Perform a Single Joint Movement Analysis, Perform an Upper Body Multi-Joint Movement Analysis

Module 7: Perform a Lower Body Multi-Joint Movement Analysis, Restore Structural Alignment and Stability

Module 8: Restore Mobility Through Stability

Module 9: Soft Tissue Assessments and Correctives

Module 10: Final Examination

INSTRUCTIONAL METHODS

This course will include online lectures, reading assignments, written assignments, discussions, and quizzes.

PROCTORED FINAL EXAMINATION

The course concludes with a closed-book, one-hour, timed, proctored examination. Module 6 of this course includes an assignment to schedule your proctor and report your proctoring appointment details to your instructor. The assignment provides all instructions for scheduling. Review this assignment as soon as possible, and no later than Module 6.

INSTRUCTOR CHAT HOURS

Instructor chat hours will be posted in the News Forum in Module 1.

GRADING: Review "How to Score Well" under "Course Home" for general guidance on how your written submissions are evaluated. In addition, pay close attention to the assignment-specific guidelines, pointers, and expectations that the Instructor posts in the News Forum.

- **ASSIGNMENTS:** Students will complete written assignments that will be graded on accuracy and depth of thought. Assignments are due by the posted deadline.
- **QUIZZES:** Quizzes are true/false and multiple choice. Quiz completion is due by the posted deadline. Quizzes are automatically graded by the LMS upon submission.
- **DISCUSSION PARTICIPATION:** Students participate in discussions by creating an original response to the posted discussion and commenting on the posts of two peers.
- **FINAL EXAMINATION:** The final exam is a closed-book, proctored exam during the final module of the course. The final exam is automatically graded by the LMS upon submission.

Component:	% of Grade:
Assignments	23%

Quizzes	19%
Discussion Participation	14%
Case Studies	20%
Final Exam	24%
Total	100%

Letter Grade:	Percentage:
A+	97-100
A	94-96
A-	90-93
B+	87-89
B	84-86
B-	80-83
C+	77-79
C	74-76
C-	70-73
D+	67-69
D	64-66
D-	60-63
F	59 or below

EARNING YOUR CERTIFICATE - MINIMUM REQUIREMENTS

To earn your certificate, you must:

- **Earn a course score of 75% or better**
- **Submit all case studies**
- **Complete the final exam**
- **Current Adult CPR/AED** must be on file with the ISSA Professional Division.
 - **(See Module 10 for submission instructions).**
- **All fees must be paid in full.**