

Department of Kinesiology

KIN 3075: Movement  
Interventions in  
Kinesiology (3 units)

Spring 2019

**Instructor:**

Ryan Nokes, PhDc, ATC

**Meeting day & time:**

Mondays 2:00-3:45PM

**Phone:**

Professor Nokes: 559-901-7021

**Meeting location:**

KIN 2

**E-mail:**

[rnokes@pointloma.edu](mailto:rnokes@pointloma.edu)

**Additional Information:**

N/A

**Office Hours:**

By appointment as needed

**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 becomes an expression of faith. Being of Wesleyan heritage, we aspire 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 (CLO)

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.

## INSTITUTIONAL LEARNING OUTCOMES (ILO)

1. **Learning, Informed by our Faith in Christ**
2. Students will acquire knowledge of human cultures and the physical and natural world while developing skills and habits of the mind that foster lifelong learning.
3. **Growing, In a Christ-Centered Faith Community**
4. Students will develop a deeper and more informed understanding of others as they negotiate complex professional, environmental and social contexts.
5. **Serving, In a Context of Christian Faith**
6. Students will serve locally and/or globally in vocational and social settings.

## REQUIRED TEXT

- [NASM Essentials of Corrective Exercise Training, 1st Ed. 2011. \(Links to an external site.\)](#)
- [Movement, by Gray Cook. 2010 \(Links to an external site.\)](#)
  - [Ebook copy \(Links to an external site.\)\\$9.99 \(Links to an external site.\)](#)

## ASSESSMENT AND GRADING

### *Grading Points*

Course Assignments	Points
Discussion Boards	100
Midterm CES Exam	150
Video/Written Assignments	250

<b>Final Project</b>	<b>250</b>
<b>Quizzes</b>	<b>250</b>
<b>Total Course Points</b>	<b>1000</b>

### ***Grade Scale***

<b>A 93-100</b>	<b>B- 80-82</b>	<b>D+ 67-69</b>
<b>A- 90-92</b>	<b>C+ 77-79</b>	<b>D 63-66</b>
<b>B+ 87-89</b>	<b>C 73-76</b>	<b>D- 60-62</b>
<b>B 83-86</b>	<b>C- 70-72</b>	<b>F 0-59</b>

### **ASSIGNMENTS**

#### **Discussion Board Participation (10%)**

We have supplemented our lectures with various online materials including videos, articles, and case studies. The aim of the supplemental materials is to prepare you for the quizzes, online discussions and other assignments due each week. The materials will also assist with in-class participation. To receive full credit for Discussion Board participation, students will:

1. Supply a detailed response to the question(s) or prompts with the use of scientific references whenever possible.
2. Respond to at least 2 classmates' posts with constructive criticism and/or questions helping clarify and encourage continued discussion.

*\*Note:* the expectations for graduate level discussions are that you will bring a well-thought out, refined and robust point of view to every post that you make. Be sure to spend considerable time contemplating a response prior to your posts.

#### **CES Practice Exam (15%)**

You will be required to take a graded CES practice examination. The purpose of this midterm exam is to prepare you to take the certification examination should you wish to sign up for it after you complete the course.

#### **Video/Written Assignments (25%)**

In several weeks of the course, you will be given prompts asking you to create a video that shows your capacity to demonstrate a technique, and explain it in a succinct, clear, and compelling way. In the weeks where there is not a video assignment, you will be given prompts to respond with a detailed, well-researched response.

### **Weekly Quizzes (25%)**

During most weeks, you will have a quiz that assesses your understanding of the reading, as well as the content covered in-class. The quizzes are worth 25 points each (100 total) and comprise 15% of your total grade.

### **Final Group Project (25%)**

In groups of 2-3, students will be given a case-study in which they are expected to identify effective movement assessment tools (based on one or more of the systems covered in class). On a number of weeks you will be asked to prescribe a safe and individualized corrective exercise program. This final project will be a culmination of your previous projects and will be presented in class. Students may choose to use a powerpoint presentation and/or a professional video outlining and presenting the information in detail. The presentation and video should portray a thorough, robust, and comprehensive understanding of all class materials while showcasing effective intervention strategies for your clients and to the general public. This video will be explained in detail over the weeks leading up to your final class session.

## **ATTENDANCE AND PARTICIPATION**

Regular and punctual attendance at all classes is considered essential to optimum academic achievement. If the student is absent from more than 10 percent of class meetings, the faculty member has the option of filing a written report which may result in de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice. If the date of de-enrollment is past the last date to withdraw from a class, the student will be assigned a grade of W or WF consistent with university policy in the grading section of the catalog. Although attendance will be rarely taken, there is a strong negative correlation between number of absences and grade percentage in this class.

## **INCOMPLETES AND LATE ASSIGNMENTS**

- All assignments are to be submitted/turned by the beginning of the class session when they are due.
- Late assignments will be deducted 20% and if over 1-week late the resulting score will be a 0.
- Missed exams may ONLY be made up with a legal, written excuse. A missed exam for an approved reason MUST be completed prior to returning to the next class meeting.

## **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 PoliciesLinks to an external site.](#) for definitions of kinds of academic dishonesty and for further policy information.

### **ACADEMIC ACCOMMODATIONS**

If you have a diagnosed disability, please contact PLNU's Disability Resource Center (DRC) within the first two weeks of class to demonstrate need and to register for accommodation by phone at 619-849-2486 or by e-mail at [DRC@pointloma.edu](mailto:DRC@pointloma.edu). See [Disability Resource CenterLinks to an external site.](#) for additional information.

### **FINAL EXAMINATION POLICY**

Successful completion of this class requires taking the final examination **on its scheduled day**. The final examination schedule is posted on the [Class SchedulesLinks to an external site.](#) site. No requests for early examinations or alternative days will be approved.

### **COPYRIGHT POLICY**

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