

**EXSC 2415 – FUNCTIONAL PERFORMANCE
DEPARTMENT OF EXERCISE SCIENCE
SALT LAKE COMMUNITY COLLEGE**

Instructor:
Office Location:
Consultation hours:
E-Mail Address:
Mailbox Location:

COURSE DESCRIPTION: The purpose of this course is to provide the students with the tools necessary in assessing and implementing corrective movements for participants showing relative risk to decrease neuromuscular coordination, improper motor unit recruitment, and the risk of musculoskeletal compensation on human performance.

Prerequisites: EXSC 2200 Kinesiology or BIOL 2320 Human Anatomy
Credit Hours: 2
Required Text: None
Additional:
Supplies & Tools: Athletic clothing

OBJECTIVES/OUTCOMES:

Students will:

- Students will develop an understanding of optimal movement skills and conditioning performance by assessing mobility with the functional movement screening and stability with the Y-balance test.
- Students will employ a basic understanding of anatomy, kinesiology, and exercise science principles as it relates to correcting dysfunctional movement patterns and will be able to write and execute an exercise prescription.
- Students will prepare utilizing mobility and stability curriculum to take the Functional Movement Systems Level 1 certification
- Students will evaluate and explain the role of mobility, motor control, and functional patterns in fundamental movement.

SLCC is committed to fostering and assessing the following College-wide student learning outcomes across the curriculum:

- Acquire substantive knowledge in the field of each student's choice
- Communicate effectively
- Develop quantitative literacy
- Think critically and creatively
- Be a community engaged learner and scholar
- Develop skills to work with others in a professional manner
- Develop computer and information literacy

The Core Themes of SLCC's Mission to provide quality Higher Education to the Broader Community are:

- Access and Success
- Transfer Education

- Workforce Education
- Community Engagement

COURSE REQUIREMENTS:

All students are required to:

1. Attend and actively participate in all in-class lectures.
 **Make-up for absences will not be allowed- notification must be 7 days prior to excused absence
 **If you choose not to attend, you accept the responsibility for what occurs during your absence.
2. Be on time for class. Students who arrive late, leave early, or fail to participate will lose participation points.
3. Complete and pass all written exams, assignments.
4. Practice mutual respect and cooperation.

POLICY STATEMENT:

1. Exams: No makeups will be arranged unless dire circumstances are present.
2. Quizzes: No makeups will be allowed.
3. Extra Credit: There will be no extra credit unless assigned by the instructor.
4. All work must be turned in on time. Work will not be accepted late.
5. All work must be typed (when applicable) and double-spaced on 8.5 by 11 inch paper.

GRADING:

The final grade for this course will be computed as follows:

Points Possible

Exam/Final (FMS Certification)	200
Quiz	100
Evaluation Assignments/Article Review	200

Totals **500**
POINTS:

A	460-500	C	268-299
A-	428-459	C-	244-267
B+	396-427	D+	204-243
B	364-395	D	172-203
B-	332-363	D-	140-171
C+	300-331	E	Below 140

COURSE SCHEDULE:

This class meets for **3** lecture hours per week.

The content of this course includes:

Week#1	FMS	Screening/ computer/layout/ athletic body in balance quiz
Week#2	YBT	Screening/computer YBT review (lower and upper)
Week# 3	Fundamental skill development (balance, posture) Strategies for performance	Pg.143-155 Gambetta Pg.67-80 Gambetta <ul style="list-style-type: none"> • Myofascial techniques • Athletic development quiz
Week#4	Shoulder Screening	*Shoulder corrective strategies * Impingement articles
Week #5	Trunk stability	*Trunk stability corrective strategies
Week# 6	Rotary Stability	*Rotary stability corrective exercises
Week#7	Hip and Knee Screening	* Hip and knee corrective exercises
Week#8	ASLR	ASLR corrective strategies
Week#9	Test#1	Student client assignment Test#2
Week#10	Athletic Core	Pg.157-176 Gambetta * Medicine ball training
Week#11	FMS Turkish Get up	* TGU corrective strategies * TGU quiz
Week #12	FMS Turkish Get up	* TGU corrective strategies
Week#13	Athletic Turkish Get up	Spotting, Loading
Week#14	Turkish get up Evaluation	Test#2 client exercise program due
Week#15	Retest FMS	Data analysis
Week#16	Retest YBT	Data analysis

INCOMPLETES:

An incomplete is a conditional grade given only in extraordinary cases where a student has completed a major portion of the class but is unable to complete course work due to circumstances beyond their control such as a major illness/injury or a death in the family. Written documentation from your physician will be required.

STUDENT CODE OF CONDUCT:

The student is expected to follow the SLCC Student Code of Conduct found at http://www.slcc.edu/policies/docs/Student_Code_of_Conduct.pdf

ADA:

SLCC values inclusive learning environments and strives to make all aspects of the College accessible to our students. If you have a disability and believe you need accommodations to improve access to learning materials or the learning environment, please contact the Disability Resource Center: (phone) 801-957-4659; (email) drc@slcc.edu; (website) www.slcc.edu/drc.

EMERGENCY EVACUATION:

In case of emergency, please walk to the nearest exit on the _____ end of the building and meet outside next to _____.