

Functional Performance

EXSC - 2415 001

Course Description

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

Pre-Requisite(s): EXSC 2200 or BIOL 2320

Semester(s) Taught: Fall and Spring

Course Student Learning Outcomes

- 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.
- 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.
- Identify mobility and stability dysfunctions utilizing the functional movement criteria.
- Evaluate and explain the role of mobility, motor control, and functional patterns in fundamental movement.

Course Prerequisites

N/A

Engagement Plan

Example language:

- I will respond to email within [insert your timeline]. I will offer feedback on major assignments within [insert your timeline]. The best way to contact me is via the Canvas Inbox, as I will prioritize this email over other modes of communication.
- In this course I will be posting interactive announcements which will offer specific opportunities for class questions and extra credit every other week.
- Additionally, I will be participating in the discussion forums with you to share my perspective within the discipline and to offer some nuances of interpretation that may not be present in your textbook.
- Lastly, we'll be holding small group Q & A sessions, where we can learn from our peers (and faculty) on some of the more difficult units within the course.

Keys for Success (how to succeed in the course)

Keys to Success:

1. Attend and actively participate in all in-class and out-of-class lectures, activities/field trips
2. Be on time for class. Students who arrive late, leave class early, or fail to participate in class will miss vital education.
3. Complete and pass all written exams and assignments.
4. Complete all reading assignments and quizzes prior to class
5. Practice mutual respect and cooperation

Brief Description of Assignments/Exams

Assignments will be composed of canvas quizzes, out of class written assignments, tests and 1 comprehensive final.

Assignment Schedule

Due Date	Assignment Name	Assignment Type	Points
	Introduce Yourself	Discussion	0
	Questions 4 and 8 need attention.	Discussion	0
11/4/24	Athletic Development quiz	Quiz	20
11/26/24	FMS correction summary	Assignment	100
12/10/24	Pre- testing FMS/YBT	Assignment	100
9/2/25	FMS #1 Introduction	Quiz	18
9/2/25	FMS #2 Introduction to the screen/Deep squat & Hurdle step	Quiz	20
9/9/25	FMS #3 Inline Lunge & Shoulder Mobility	Quiz	20
9/16/25	FMS #4 ASLR/Trunk & rotary Stability	Quiz	16
9/23/25	FMS #5 THE SCREEN: Full FMS and running_ your best FMS	Quiz	20
9/30/25	FMS #6 Reporting and Programming	Quiz	20
11/4/25	Athletic body in Balance/FMS quiz	Quiz	24
11/13/25	TGU quiz	Quiz	30

Due Date	Assignment Name	Assignment Type	Points
12/9/25	FMS Certification	Assignment	100

Grading Scale

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 = 500 - 450 (94-100). B- = 369-340 (80-82) D+ = 259-239 (69-67

A- = 449 -420 (93-90) C+ = 339-316 (79-77) D= 235-203 (66-63)

B+ = 419-396 (89-87) C = 315-284 (76-73) D- = 202-180 (62-60)

B= 395-370 (86-83) C- = 283-260 (72-70) E = below 179

How to Navigate to Canvas

Institutional Policies

As members of our academic community, we would like to invite you to review the Institutional Syllabus which covers important policies and procedures. This document contains important links for students on the code of student rights and responsibilities, academic integrity, and grading policies, Title IX and other important acknowledgements.

By familiarizing yourself with this information, you can help us create a safe and respectful environment for everyone.

For more information, navigate to the Institutional Policies tab on the [Institutional Syllabus](#) page.

Learning Support and Tutoring Services

We are pleased to offer a range of tutoring and learning support services to help you achieve your academic goals. Whether you need assistance with a specific subject or want to improve your study skills, you have many options for tutoring or other support.

To learn more about the services we offer and how to access them, visit the [Institutional Syllabus](#) page under the Tutoring and Learning Support tab. We encourage you to take advantage of these resources to help you succeed in your studies. If you have any questions or would like to schedule a tutoring session, please don't hesitate to reach out to us. We are here to support you in any way we can.

Advising and Counseling Support Services

At our institution, we are committed to supporting your academic and personal growth. That's why we offer a range of advising and counseling services to help you navigate the challenges of college life. To learn more about the resources available to you and how to access them, visit the [Institutional Syllabus](#) page under the Advising and Counseling Support Services tab. Our advising team and the support centers across campus are here to support you in achieving your goals and overcoming any obstacles you may face.

Student Academic Calendar

As students you should be aware of all important dates in the semester, such as the day that courses begin and end, as well as the drop date and the last day to withdraw. To learn more about those dates, navigate to the Student Academic Calendar below:

[SLCC Student Academic Calendar](#)

Additional Policies

All students are required to:

1. Attend and actively participate in all in-class and out-of-class lectures, activities/field trips.

*Make-up for absences will not be allowed unless do to illness, family emergencies, military obligations or life situations which will be discussed with the instructor to determine the extension.,

*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 class early, or fail to participate in class will miss vital education.
3. Complete and pass all written exams and assignments.
4. Complete all reading assignments and quizzes prior to class
5. Practice mutual respect and cooperation