

**George Mason University**  
**College of Education and Human Development**  
**Exercise, Fitness and Health Promotion**

EFHP 526.DL1 – Prevention, Recognition and Management of Fitness Related Injuries  
3 Credits, Fall 2019  
Online

**Faculty**

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**Prerequisites/Corequisites**

Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Non-Degree or Senior Plus.

**University Catalog Course Description**

Explores content related to evidence-based exercise interventions to correct and prevent common movement dysfunctions and/or injuries in a variety of healthy populations.

**Course Overview**

This course covers current evidence-based exercise interventions to either correct or prevent common movement dysfunctions and/or injuries. Students will demonstrate an understanding of the underlying causes of movement dysfunction and appropriate exercise interventions will be the primary focus of the course. Students will learn about the current best practices to design and implement corrective/preventive exercise programs for a variety of populations. An emphasis will be placed on individualizing programs based on a variety of factors, such as: movement & fitness assessment results, prior injury, lifestyle, job duties, and environmental factors.

**Course Delivery Method**

This course will be delivered online (76% or more) using an asynchronous format via Blackboard Learning Management system (LMS) housed in the MyMason portal. You will log in to the Blackboard (Bb) course site using your Mason email name (everything before @masonlive.gmu.edu) and email password. The course site will be available on Aug 26, 2019 at 7:00am EST.

**Under no circumstances, may candidates/students participate in online class sessions (either by phone or Internet) while operating motor vehicles. Further, as expected in a face-to-face class meeting, such online participation requires undivided attention to course content and communication.**

## *Technical Requirements*

To participate in this course, students will need to satisfy the following technical requirements:

- High-speed Internet access with standard up-to-date browsers. To get a list of Blackboard's supported browsers see:  
[https://help.blackboard.com/Learn/Student/Getting\\_Started/Browser\\_Support#supported-browsers](https://help.blackboard.com/Learn/Student/Getting_Started/Browser_Support#supported-browsers)

To get a list of supported operation systems on different devices see:

[https://help.blackboard.com/Learn/Student/Getting\\_Started/Browser\\_Support#tested-devices-and-operating-systems](https://help.blackboard.com/Learn/Student/Getting_Started/Browser_Support#tested-devices-and-operating-systems)

- Students must maintain consistent and reliable access to their GMU email and Blackboard, as these are the official methods of communication for this course.
- Students may be asked to create logins and passwords on supplemental websites and/or to download trial software to their computer or tablet as part of course requirements.
- The following software plug-ins for PCs and Macs, respectively, are available for free download:
  - Adobe Acrobat Reader: <https://get.adobe.com/reader/>
  - Windows Media Player:  
<https://support.microsoft.com/en-us/help/14209/get-windows-media-player>
  - Apple Quick Time Player: [www.apple.com/quicktime/download/](http://www.apple.com/quicktime/download/)

## *Expectations*

- Course Week:  
Because asynchronous courses do not have a “fixed” meeting day, our week will start on Monday, and finish on Sunday.
- Log-in Frequency:  
Students must actively check the course Blackboard site and their GMU email for communications from the instructor, class discussions, and/or access to course materials at least 3 times per week.
- Participation:  
Students are expected to actively engage in all course activities throughout the semester, which includes viewing all course materials, completing course activities and assignments, and participating in course discussions and group interactions.
- Technical Competence:  
Students are expected to demonstrate competence in the use of all course technology. Students who are struggling with technical components of the course are expected to seek assistance from the instructor and/or College or University technical services.
- Technical Issues:  
Students should anticipate some technical difficulties during the semester and should, therefore, budget their time accordingly. Late work will not be accepted based on individual technical issues.

- Workload:  
Please be aware that this course is **not** self-paced. Students are expected to meet *specific deadlines* and *due dates* listed in the **Class Schedule** section of this syllabus. It is the student's responsibility to keep track of the weekly course schedule of topics, readings, activities and assignments due.
- Instructor Support:  
Students may schedule a one-on-one meeting to discuss course requirements, content or other course-related issues. Those unable to come to a Mason campus can meet with the instructor via telephone or web conference. Students should email the instructor to schedule a one-on-one session, including their preferred meeting method and suggested dates/times.
- Netiquette:  
The course environment is a collaborative space. Experience shows that even an innocent remark typed in the online environment can be misconstrued. Students must always re-read their responses carefully before posting them, so as others do not consider them as personal offenses. *Be positive in your approach with others and diplomatic in selecting your words.* Remember that you are not competing with classmates, but sharing information and learning from others. All faculty are similarly expected to be respectful in all communications.
- Accommodations:  
Online learners who require effective accommodations to insure accessibility must be registered with George Mason University Disability Services.

## **Learner Outcomes or Objectives**

This course is designed to enable students to do the following:

1. Explain the causes of movement dysfunctions and application of corrective exercise regimen to treat common movement dysfunctions.
2. Implement corrective procedures based on current evidence-based research.
3. Develop individualized and group exercise programs based on movement assessment results.
4. Create and present descriptions of various movement dysfunctions and underlying causes.

## **Professional Standards**

Not Applicable

## **Required Texts**

NASM Essentials of Corrective Exercise Training (1<sup>st</sup> Edition). Jones & Bartlett Learning. ISBN-13: 9781284050257

## **Course Performance Evaluation**

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, Tk20, hard copy).

- **Assignments and/or Examinations**

- **Discussions**

- There will be 10 threaded discussions at 10 pts each. The first discussion is not graded. All discussions will require an initial post by Wednesday night (11:59pm) and follow-up posts to peers by Sunday night (11:59pm). Minimum is one initial post and one response to peers. No late posts will be accepted.

- **Assignments**

- There will be four (4) assignments throughout the course, each worth 10% of the total grade. No late assignments will be accepted. All assignments must be submitted on Blackboard.

- **Projects**

- Students will complete two projects. The educational project will focus on creating an educational presentation on a specific concept covered in the course. The corrective/preventative exercise program project will focus on developing an exercise intervention for specific population and set of conditions.

- **Final Exam**

- The final exam will be a cumulative examination of the course information presented throughout the semester. Students are encouraged to review the all course material as well as complete the practice exams provided for each chapter.

- **Final Grades:**

- Once your FINAL GRADE at the end of the semester is posted on mymasonportal/blackboard, you will have 24 hours to inquire about it. After that period, your grade will be posted as final.

- **Grading**

Assessments	% of Total Grade	Course Objectives
<b>Discussions</b> (10 @ 10 pts each)	10%	1, 2, 3 & 4
<b>Assignments</b>		1, 2, 3 & 4
Assignment #1 (50 pts)	10%	1 & 4
Assignment #2 (50 pts)	10%	1 & 4
Assignment #3: Movement Assessment Video #1 (Lower Extremity)(50 pts)	10%	1, 2, 3 & 4
Assignment #4: Movement Assessment Video #2 (Upper Extremity)(50 pts)	10%	1, 2, 3 & 4
<b>Projects</b>		1, 2, 3 & 4
<i>Project #1: Educational Presentation (100 pts)</i>	10%	<i>Emphasis on 1 &amp; 4</i>
<i>Project #2: Corrective/Preventative Exercise Program Project (100 pts)</i>	20%	<i>Emphasis on 2 &amp; 3</i>
<b>Final Exam</b>	20%	1, 2, 3 & 4
<b>Total</b>	100%	

The student's final letter grade will be earned based on the following scale:

<b>Grade</b>	<b>Percentage</b>
A	94 – 100%
A-	90 – 93%
B+	88 – 89%
B	84 – 87%
B-	80 – 83%
C	70 – 79%
F	0 – 69%

Note: \* Although a B- is a satisfactory grade for a course, students must maintain a 3.00 average in their degree program and present a 3.00 GPA on the courses listed on the graduation application.

### **Professional Dispositions**

See <https://cehd.gmu.edu/students/polices-procedures/>

Students are expected to exhibit professional behaviors and dispositions at all times.

### **Class Schedule**

<b>Week</b>	<b>Topic</b>	<b>Reading/Assignment Due Date</b>
1	Introduction to Course – Rationale and Evidence	NASM Chapter 1, 2, 3 <b>Discussion 1</b>
2	Causes of Movement Dysfunction & Assessments – Postural and Static	NASM Chapter 5, 6, 7 Fusionetics Academy: Welcome to the Course <b>Discussion 2</b>
3	Causes of Movement Dysfunction & Assessments – Movement Patterns	NASM Chapter 5, 6, 7 Fusionetics Academy: Section 1 <b>Discussion 3</b> <b>Assignment #1 Due</b>
4	Treatment of Muscle Imbalances	Fusionetics Academy: Section 2
5	Muscle Inhibitory and Lengthening Techniques	NASM Chapter 9 & 10 Fusionetics Academy: Section 3 <b>Discussion 4</b>
6	Video Assignment #1 (Lower Extremity)	Fusionetics Academy: ME Test Training Subjects 1-3 <b>Video Assessment #1 Due</b>
7	<b>TBA</b>	Fusionetics Academy: Section 4 <b>Discussion 5</b>
8	Restoration of Muscle Balance	<b>Educational Project Due</b>

9	Muscle Activation and Integration Techniques	NASM Chapter 11 <b>Discussion 6</b>
10	Video Assignment #2 (Upper Extremity)	Fusionetics Academy: Section 5 <b>Video Assignment #2 Due</b>
11	Lower Extremity	NASM Chapter 12, 13 Fusionetics Academy: ME Test Exam #1 <b>Discussion 7</b>
12	Lumbo-pelvic-hip-complex	NASM Chapter 14 Fusionetics Academy: ME Test Exam #2 <b>Discussion 8</b> <b>Assignment #2 Due</b>
13	Upper Extremity	NASM Chapter 15, 16 Fusionetics Academy: ME Test Exam #3 <b>Discussion 9</b>
14	Corrective/Preventative Exercise Program Project Presentations & Discussion	Fusionetics Academy: Course Summary <b>Discussion 10</b>
15	Corrective/Preventative Exercise Program Project Presentations & Discussion	<b>Corrective/Preventative Exercise Program Projects Due</b> <b>Discussion 11</b>
<b>Finals</b>		

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

### **Core Values Commitment**

The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles: <http://cehd.gmu.edu/values/>.

### **GMU Policies and Resources for Students**

#### *Policies*

- Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/> ).

- Students must follow the university policy for Responsible Use of Computing (see <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- Students are responsible for the content of university communications sent to their Mason email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students **solely** through their Mason email account.
- Students with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <https://ds.gmu.edu/>).
- Students must silence all sound emitting devices during class unless otherwise authorized by the instructor.

### *Campus Resources*

- Support for submission of assignments to Tk20 should be directed to [tk20help@gmu.edu](mailto:tk20help@gmu.edu) or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursesupport.gmu.edu/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

**For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/students/> .**