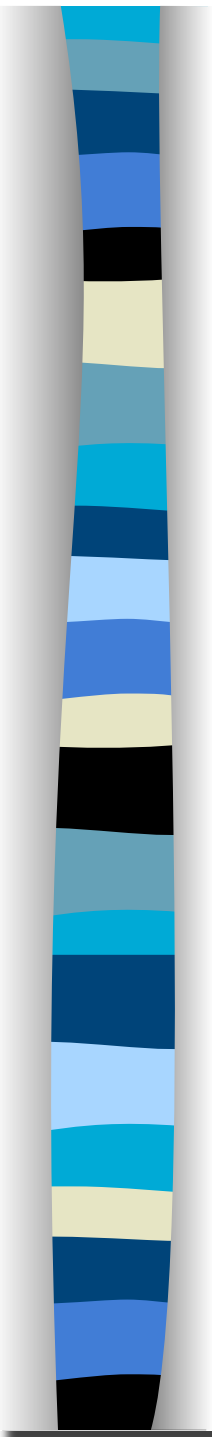


1b Orientation:

People, Study Skills, and Quality of Touch





1b Orientation:

People, Study Skills, and Quality of Touch

Class Outline

10 minutes	Break
5 minutes	Attendance and Breath of Arrival
10 minutes	Howdy Partner
25 minutes	One-minute introductions
5 minutes	Lecture: State License, FSMTB, and MBLEx
25 minutes	Mini-MBLEx
10 minutes	Break
45 minutes	Lecture: Study Skills - Learning how to Learn
35 minutes	Introduction to Kinesiology: Deltoid AOIs
10 minutes	Break
15 minutes	Lecture: Test Anxiety
10 minutes	Lecture: Self Care - Time and energy management
5 minutes	<u>Break down, clean up, and circle up</u>
3h 30m	Total Class Time



Howdy Partner!

Learning objective: To meet and get to know one classmate.

Timing: 10 minutes

Instructions:

1. Stand up and find a classmate with whom you have not yet done Howdy Partner.
2. Take 5 minutes to learn 3 things about each other:
 - a. First and last name
 - b. Most anticipated aspect of massage school
 - c. Favorite color, food, or animal



One-minute Introductions

Learning Objective: To hear a one-minute introduction from each of the students and instructors present.

Timing: 40 minutes

Each person uses 1 minute to share their:

- First and last name
- Motivation to learn massage

10-minute Break

please come back at . . .





FSMTB

The Federation of State Massage Therapy Boards

Page A-39

- To ensure that massage therapy is provided in a safe and effective manner
- Texas and most other states are FSMTB members
- Alaska, Connecticut, Kansas, Massachusetts, Minnesota, New York, Oklahoma, Vermont, and Wyoming are not
- The MBLEx is the licensing exam offered by FSMTB . . .



MBLEx

Massage and Bodywork Licensing Exam

To apply for the exam, complete the online application and pay \$195

100 multiple-choice questions from 8 categories:

- Anatomy and Physiology (12%)
- Kinesiology (11%)
- Pathology (13%)
- Benefits and Effects of Massage Therapy (14%)
- Client Assessment and Treatment Planning (17%)
- History, Culture, and Modalities of Massage (5%)
- Ethics, Boundaries, Laws, and Regulations (15%)
- Guideline for Professional Practice (13%)

Pearson Vue has multiple testing facilities where you can take the MBLEx

We are going to take a Mini-MBLEx now so you know what to expect . . .



Mini-MBLEx

Learning Objective: To get a feel for the scope of the licensing exam.

Timing: 15 minutes

Please remove these pages from your packet A: 41-46 .



Study Skills

Learning how to Learn

Learning Objective: To be aware of what it means to be an adult learner and to explore a variety of study skill techniques.

Timing: 10 minutes

Adult Learners: The Multiple Responsibilities

Daily Goals for Good Grades



Adult Learners

The Multiple Responsibilities

Page A-47

Adult learners in vocational education have multiple responsibilities.

Make a list of your responsibilities and save it for an activity that we'll do later:

-
-
-
-
-
-
-
-



Daily Goals for Good Grades

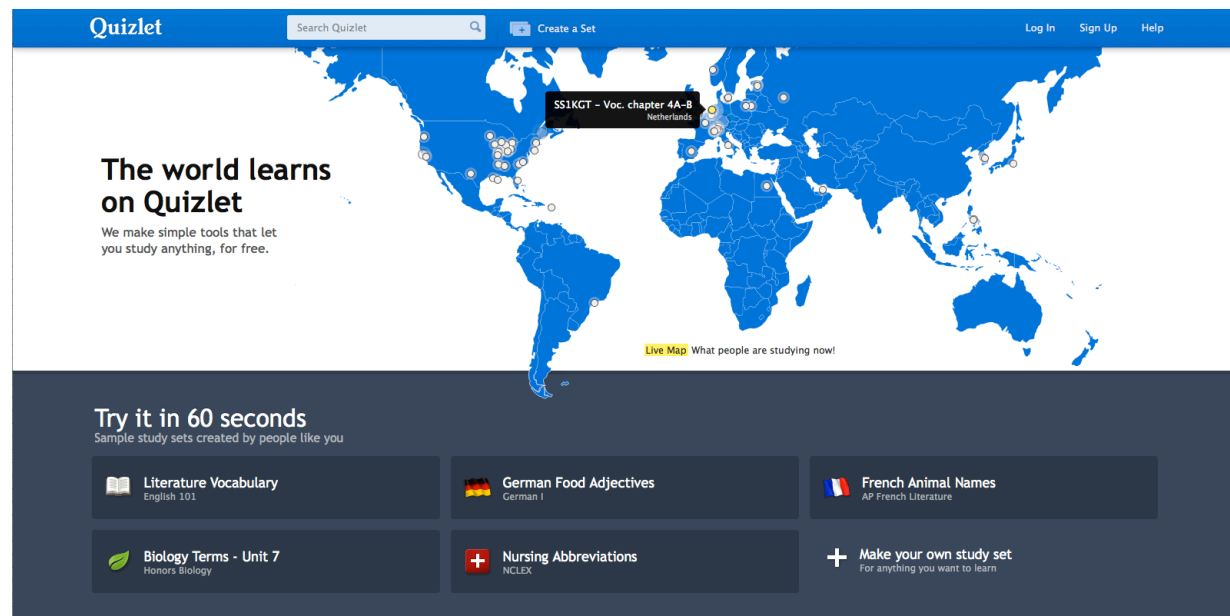
- Active Reading Forms (10 pages of active reading a day)
- Active Study Skills (30 minutes a day)
- Massage Practice (30 minutes a day)

Quizlet Flashcards

by LautersteinConway

Especially helpful if you don't have time to make your own flashcards!

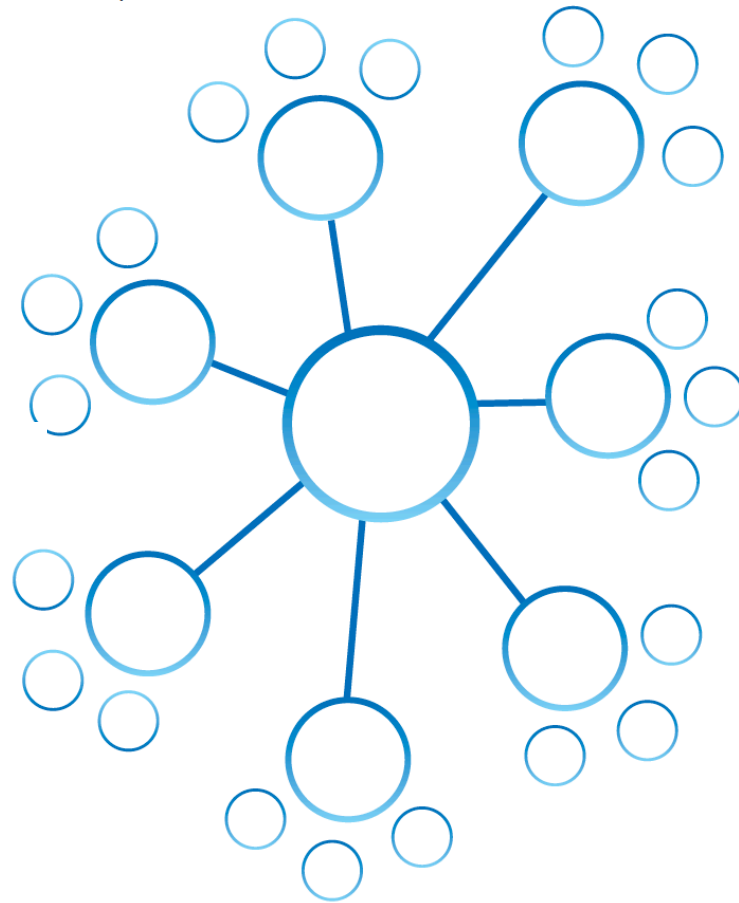
- Turn to A-48 in your packet for Quizlet sign-up information
- Apps are also available for Android and Apple mobile devices



Active Reading Forms

Cluster Map

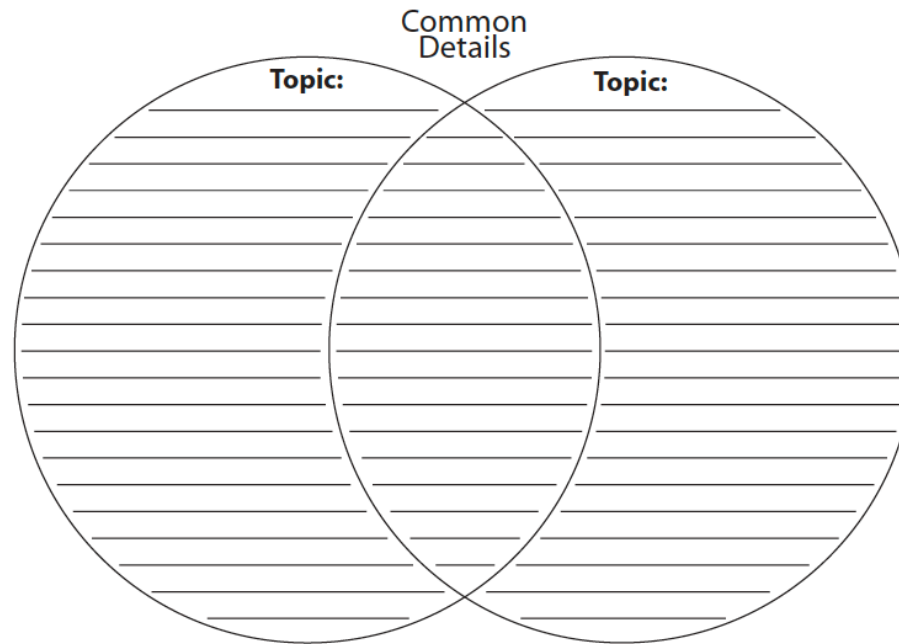
Cluster Map



Active Reading Forms

Common Details Graph

Common Details Graph (Venn Diagram)





Active Reading Forms

Compare and Contrast

Compare and Contrast Attributes Chart

Directions: List two topics at the top and, in the boxes below, compare and contrast their attributes.

	Topic:	Topic:
Attribute 1		
Attribute 2		
Attribute 3		
Attribute 4		



Active Study Skills

Before we look at Active Study Skills, can you name some Learning Styles . . .



Active Study Skills

Learning Styles:

- Reading, Writing, and Drawing - Flashcards, Textbooks, Note-taking



Active Study Skills

Learning Styles:

- Reading, Writing, and Drawing - Flashcards, Textbooks, Note-taking
- Memorization using Memory Cues - “What’s my Line?”



Active Study Skills

Learning Styles:

- Reading, Writing, and Drawing - Flashcards, Textbooks, Note-taking
- Memorization using Memory Cues - “What’s my Line?”
- Visualization - “Seeing is Learning!”



Active Study Skills

Learning Styles:

- Reading, Writing, and Drawing - Flashcards, Textbooks, Note-taking
- Memorization using Memory Cues - “What’s my Line?”
- Visualization - “Seeing is Learning!”
- Kinesthetic - Anatomy in 3D



Active Study Skills

Learning Styles:

- Reading, Writing, and Drawing - Flashcards, Textbooks, Note-taking
- Memorization using Memory Cues - “What’s my Line?”
- Visualization - “Seeing is Learning!”
- Kinesthetic - Anatomy in 3D
- Speaking and Hearing - “Everything I learned in massage school . . . I said out loud!”



Flashcards

Page A-49

For people who learn best by reading, writing, and drawing!

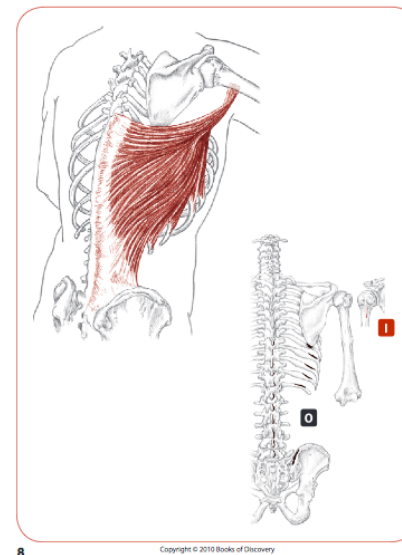
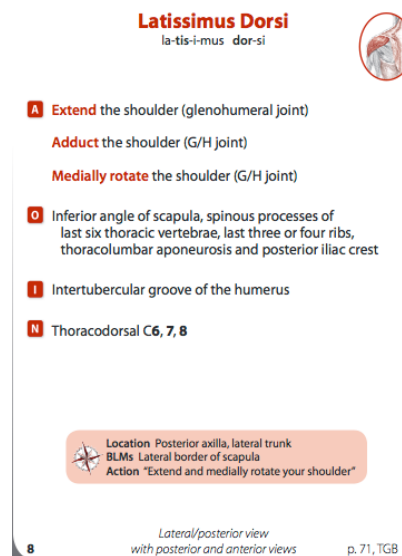
- Quizlet flashcards by LautersteinConway
- Trail Guide muscle flashcards
- Trail Guide Anatomy MAPP
- DIY flashcards

Trail Guide to the Body

Flashcards

Pre-made flashcards that match your textbook!

- Volume 1: 175 cards for bones, ligaments, and joints (\$22)
- Volume 2: 189 cards for muscles (\$22)
- Both are included in Package 3



Trail Guide to the Body

Anatomy MAPP

Especially helpful for those who study best on the go!

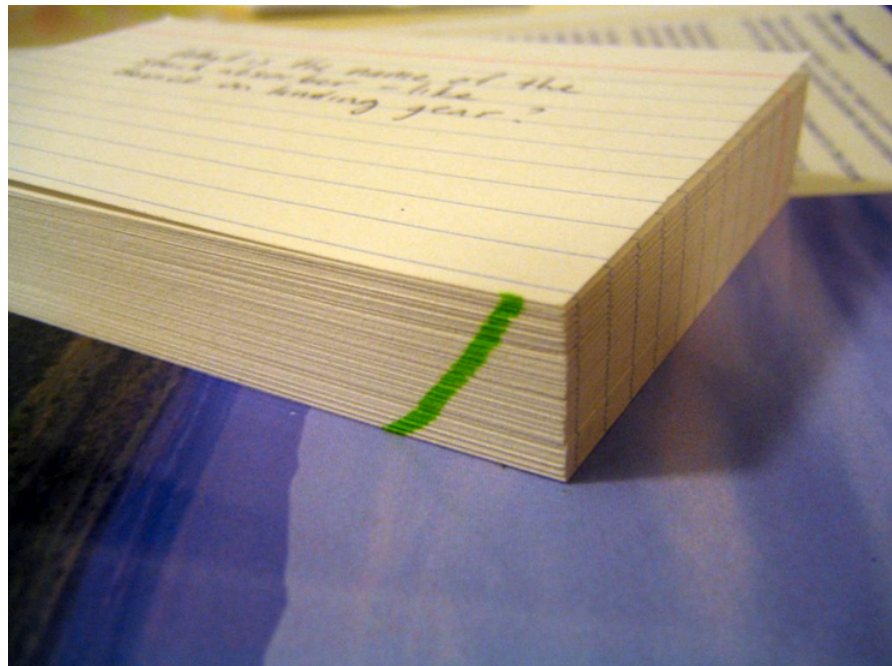
- All 364 images from Flashcards Volumes 1 and 2
- Questions from the Student Workbook
- Audio pronunciation for each muscle
- Available on Apple and Android devices (\$30)
- [Anatomy MAPP Link](#)



DIY Flashcards

Especially helpful for those who learn best by writing and doing!

- Making the flashcards can be a major part of the learning process
- 3x5 or 4x6 index cards



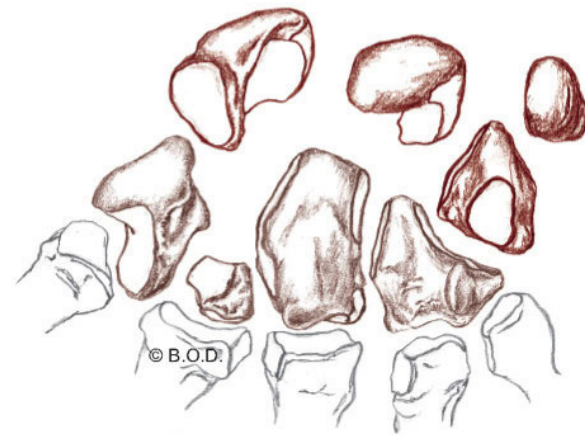
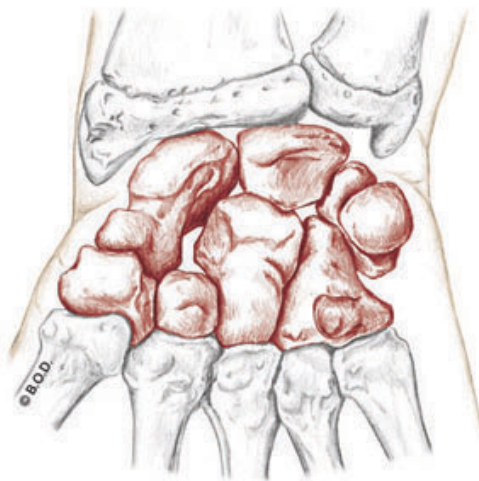
Memorization using Memory Cues

Acronyms, Songs, or Rhymes

Page A-50

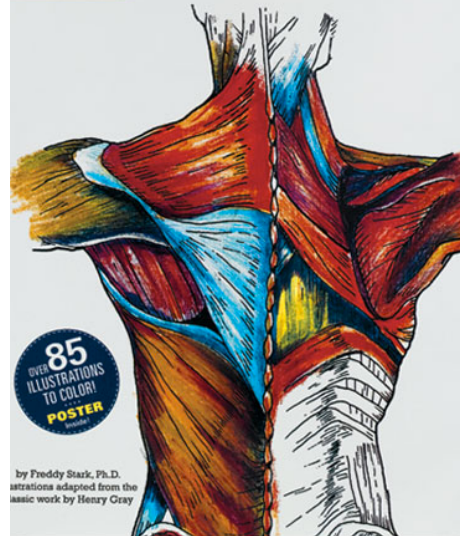
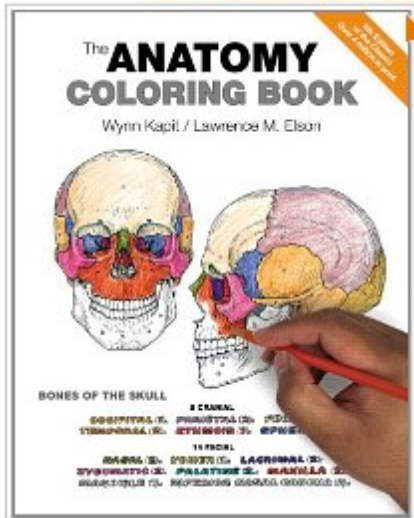
“Steve Left The Party To Take Cathy Home”

Scaphoid, Lunate, Triquetrum, Pisiform Trapezium, Trapezoid, Capitate, Hamate



“Seeing is Learning!”

- Anatomy Coloring Book



Kinesthetic (hands-on activities)

Anatomy in 3D

- Anatomy in Clay Maniken: Human Skeletal Models
- Sculptures, collages, and movement activities
- [You Need to Have Hands-on Learning](#)





Speaking and Hearing

Verbalization and Pronunciation

- www.Merriam-Webster.com
- [Triquetrum](#)
- Iliopsoas
- Clavicle
- Acromion process
- Scapula



Introduction to Kinesiology

Deltoid

Page A-51

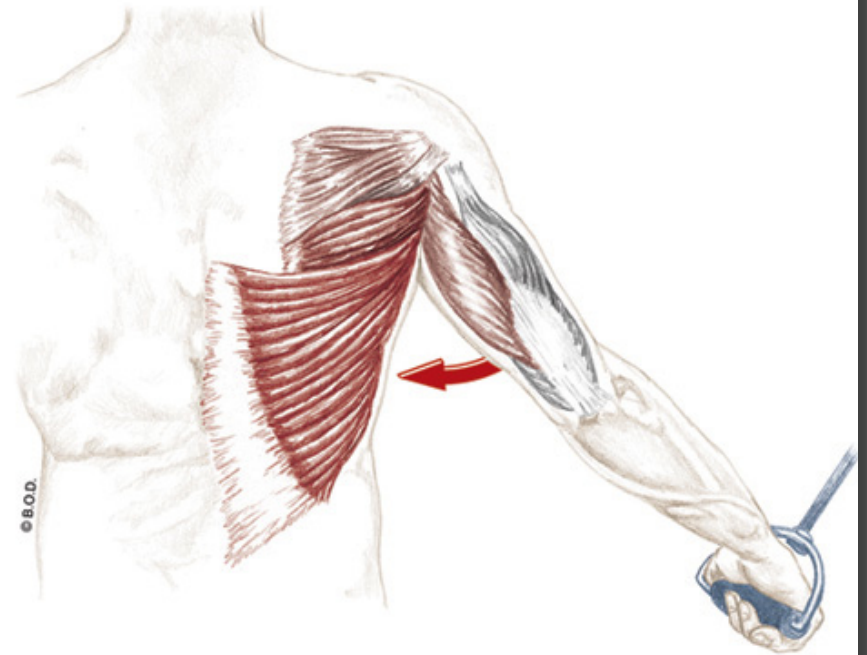
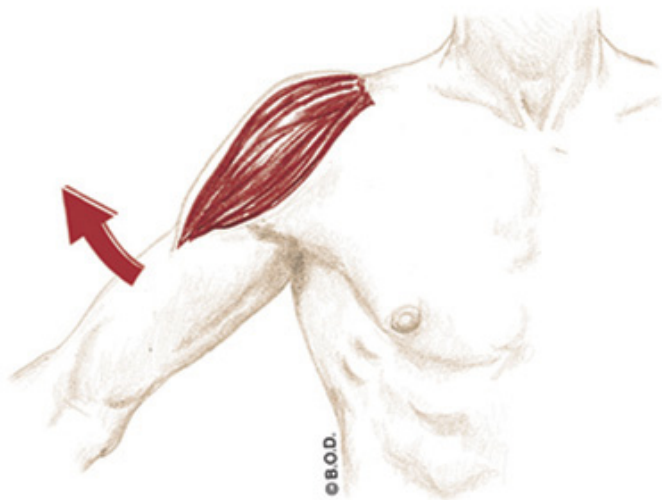
Learning Objective: To introduce some basic terminology to study the kinesiology of the deltoid muscle

Timing: 20 minutes

- What is Kinesiology?
- The Trail Guide to the Body: Introduction to your kinesiology textbook
- Deltoid AOIs

What is Kinesiology?

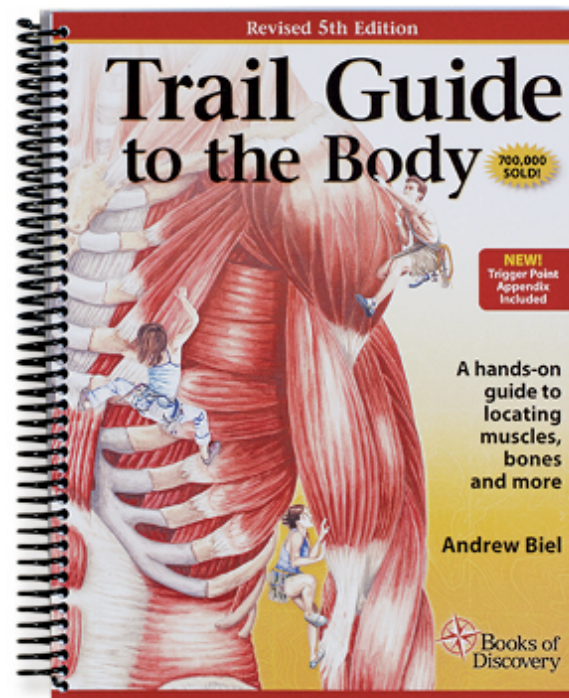
Kinesiology Study of human motion.



The Trail Guide to the Body

Introduction to your kinesiology textbook

Please get out your Trail Guide to the Body

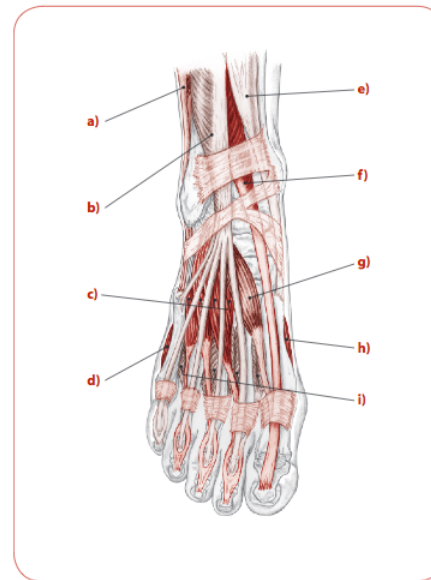


The Trail Guide to the Body

Open the front cover

Helpful Learning Tools - Flashcards:

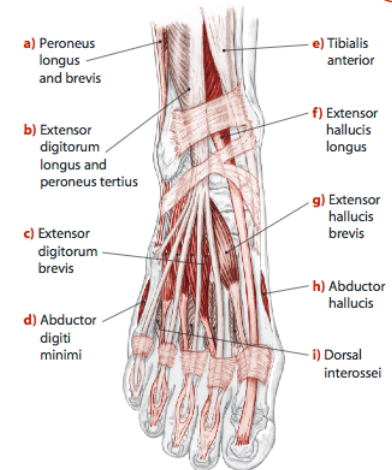
- Volume 1 (bones, \$22)
- Volume 2 (muscles, \$22)



173

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Muscles of the Foot 3



Dorsal view of right foot

173

p. 385, TGB

The Trail Guide to the Body

Turn the Page

e-XPLORE, Your Online Student Resource

- DVD Extras (additional muscle tutorials to complement the DVD)
- Primal Images
 - Interactive software
 - Add and remove layers
 - Rotate the structural model
- Overlay Images
- Audio Clips



The Trail Guide to the Body

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The Trail Guide to the Body

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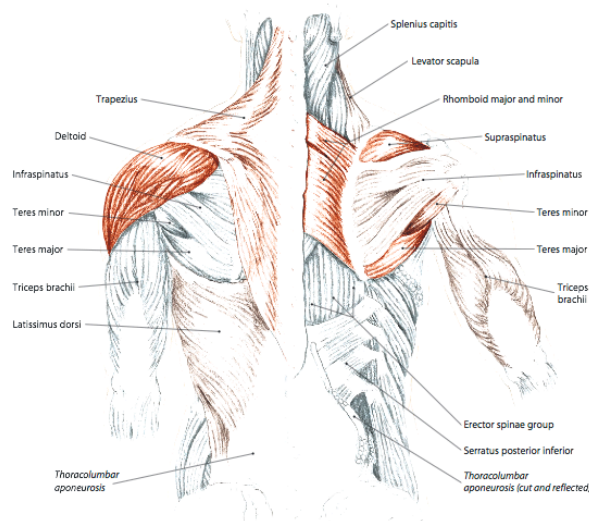
Muscles of the Shoulder and Arm

The muscles of the shoulder and arm are an amazingly diverse group. Some of them span across the back and rib cage, some attach at the cranium while others extend down to the elbow. All of the muscles create movement at the shoulder complex (formed by the scapula, clavicle and humerus). Some also elevate the ribs, extend the head and cervical vertebrae or bend the elbow (2.33–2.35).

The superficial muscles of the shoulder and back are

presented first, followed by the deeper muscles of the back and, lastly, the muscles of the arm. Some muscles are presented together to better understand how they function as a group.

Although the instructions for each muscle or muscle group specify the position in which to place your partner (prone, supine or seated), exploration in all positions is encouraged for a better understanding of the muscle(s) and the surrounding structures.



2.33 Posterior view of shoulder and back. Latissimus dorsi, trapezius and deltoid are removed on his right side.

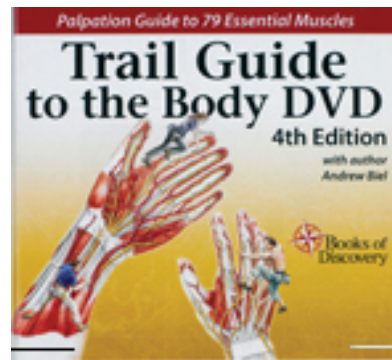
The trapezius received its present name from the British anatomist William Cowper (c. 1700). Previously, it was called the *musculus cucullaris* (L. muscle hood), since the two trapezius muscles together resemble a monk's hood.

The Trail Guide to the Body

Back Page

Trail Guide to the Body DVD

- Watch the video tutorials to prepare you for each muscle we learn





The Trail Guide to the Body

Muscles of the Human Body

Abdominals	209	Pectoralis Major	89
Adductor Group	319	Pectoralis Minor	92
Anconeus	139	Peroneus Longus and Brevis	376
Biceps Brachii	95	Plantaris	374
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Coracobrachialis	99	Popliteus	375
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The Trail Guide to the Body

Muscles of the Human Body

Abdominals	209	Pectoralis Major	89
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Erector Spinae Group	196	Pterygoids	259
Extensor Indicis	139	Quadratus Lumborum	207
...		...	

Please turn to page 67 . . .


Name of structure (icon indicates if it is on the DVD)

Introduction describing a structure's function, depth and relationship to other structures

A list of the **Action**, **Origin**, **Insertion** and **Nerve** innervation of the muscle

O Illustration showing the **O** **I** Origin and Insertion

 Step-by-step instructions on how to **palpate** a structure

 **"Check It"** questions will confirm your location. They may ask you about your location in relation to a nearby structure or ask you or your partner to create a movement. Unless otherwise indicated, the answers to the questions should be, "Yes!"

 **Alternative** palpatory routes

Sternocleidomastoid


The sternocleidomastoid (SCM) is located on the lateral and anterior aspects of the neck. It has a large belly composed of two heads: a flat, clavicular head and a slender, sternal head (5.33). Both heads merge to attach behind the ear at the mastoid process. The carotid artery passes deep and medial to the SCM; the external jugular lies superficial to it.


- A** Unilaterally:
- Laterally flex** the head and neck to the same side
 - Rotate** the head and neck to the opposite side
- Bilaterally:**
- Extend** the neck
 - Flex** the neck
 - Assist in inhalation

- O** Sternal head: Top of manubrium
Clavicular head: Medial 1/3 of clavicle

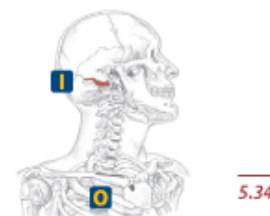
- I** Mastoid process of temporal bone,
lateral superior nuchal line of occiput

- N** C(1), 2, 3

-  1) Supine with practitioner at head of table. Locate the mastoid process of the temporal bone, the medial clavicle and the top of the sternum.
- 2) Draw a line between these landmarks to delineate the location of the SCM. Note how the two SCMs form a "V" on the front of the neck.
- 3) Ask your partner to raise her head very slightly off the table as you palpate the SCM. It will usually protrude visibly (5.35).

-  With your partner relaxed, can you grasp the SCM between your fingers and outline its shape?

ster-no-kli-do-mas-toyd

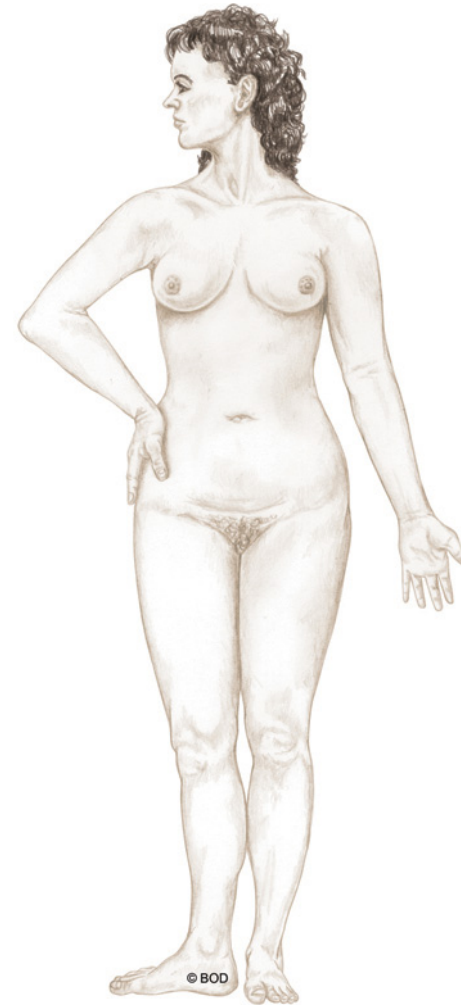


Pronunciation and etymology of anatomical terms

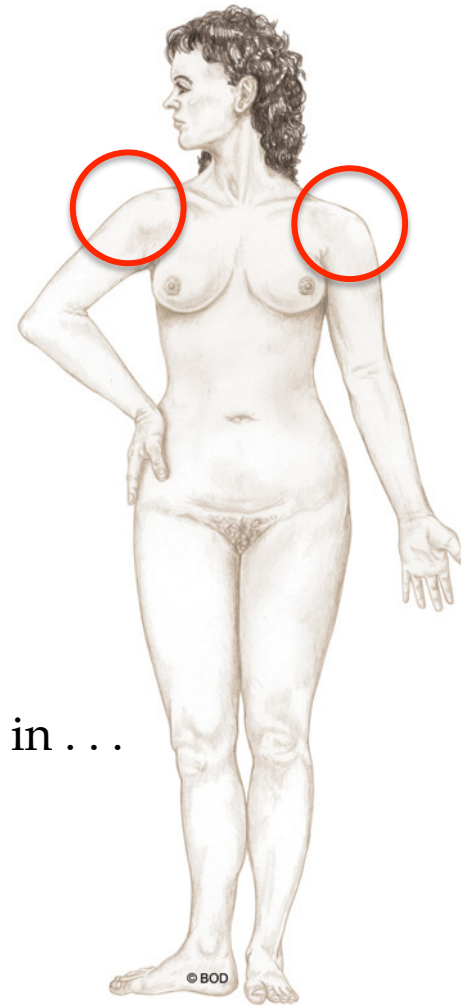
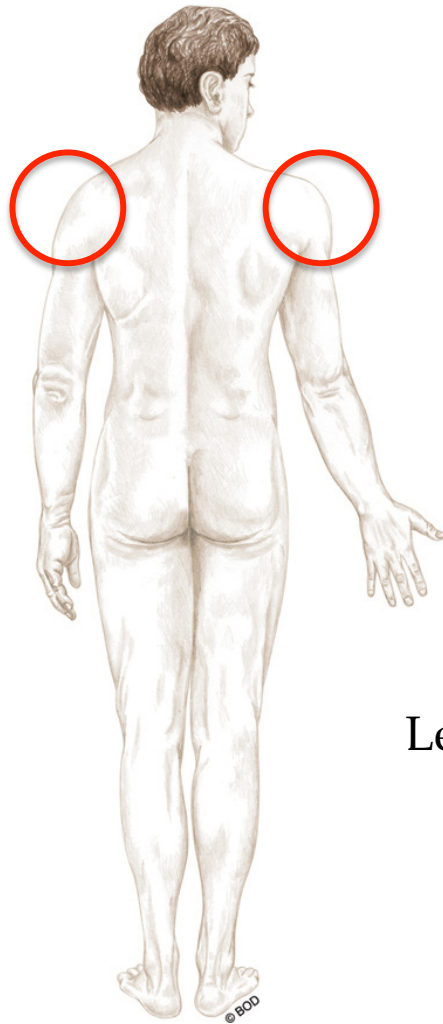
Look for **Mr. Bones** sharing cautionary advice or other helpful hints

TGB, p.3

Where are the deltoid muscles located?

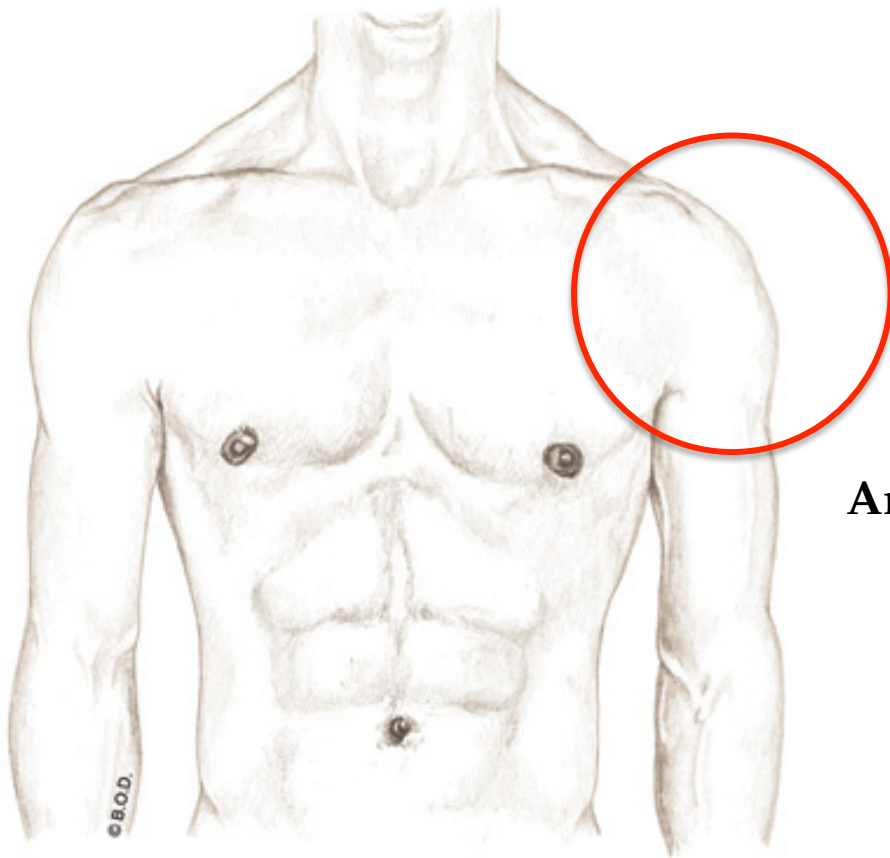


The deltoid muscles are located
on the caps of the shoulders!



Let's zoom in . . .

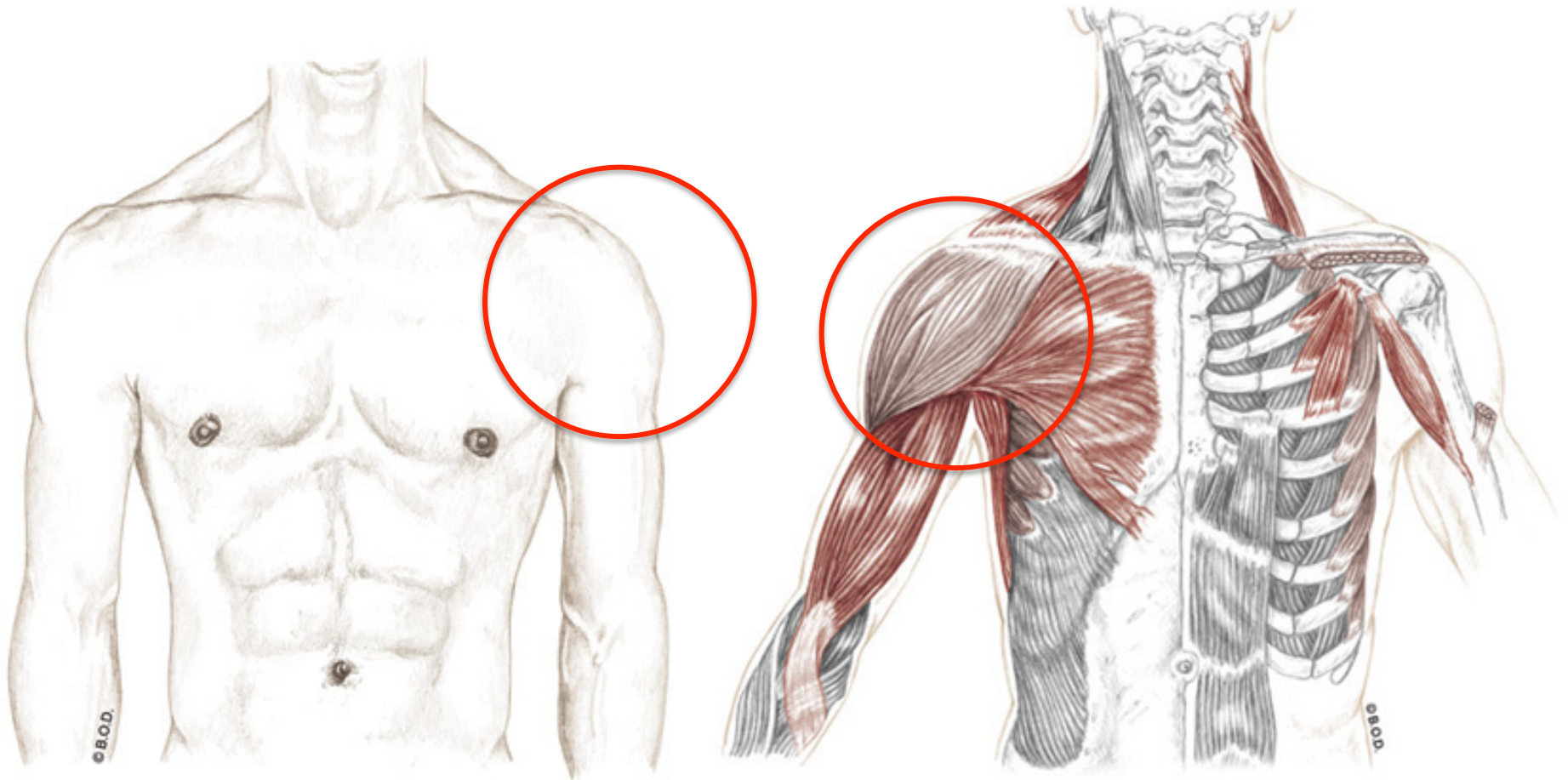
Anterior view of the deltoid



Anterior Pertaining to the front of a structure.

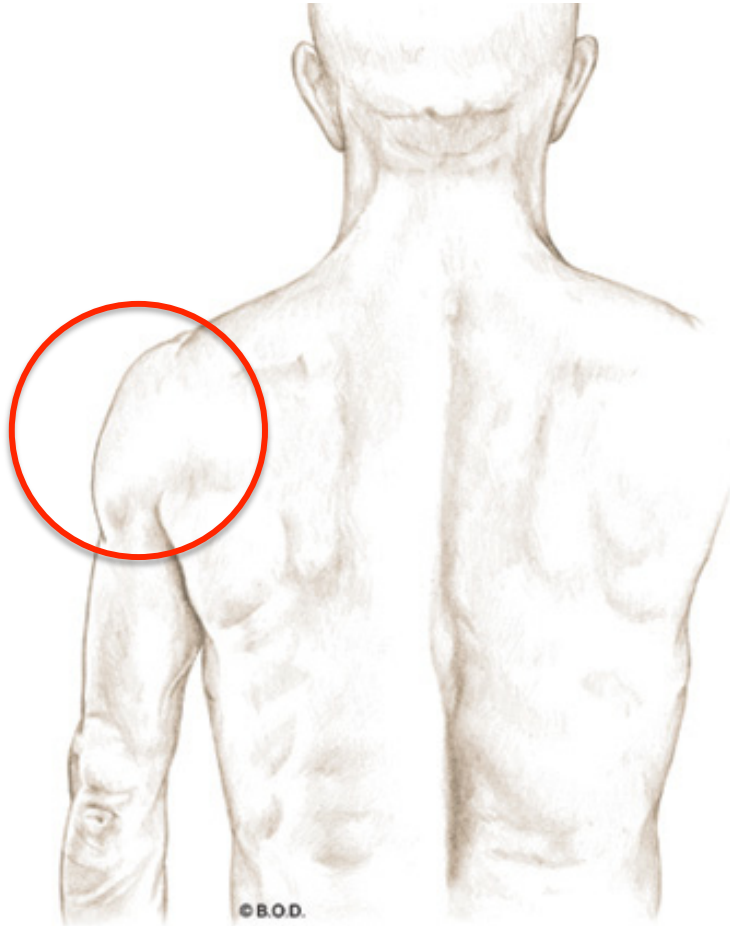
Next let's take a look below the skin . . .

Anterior view of the deltoid



Now let's take a look at deltoid from the back . . .

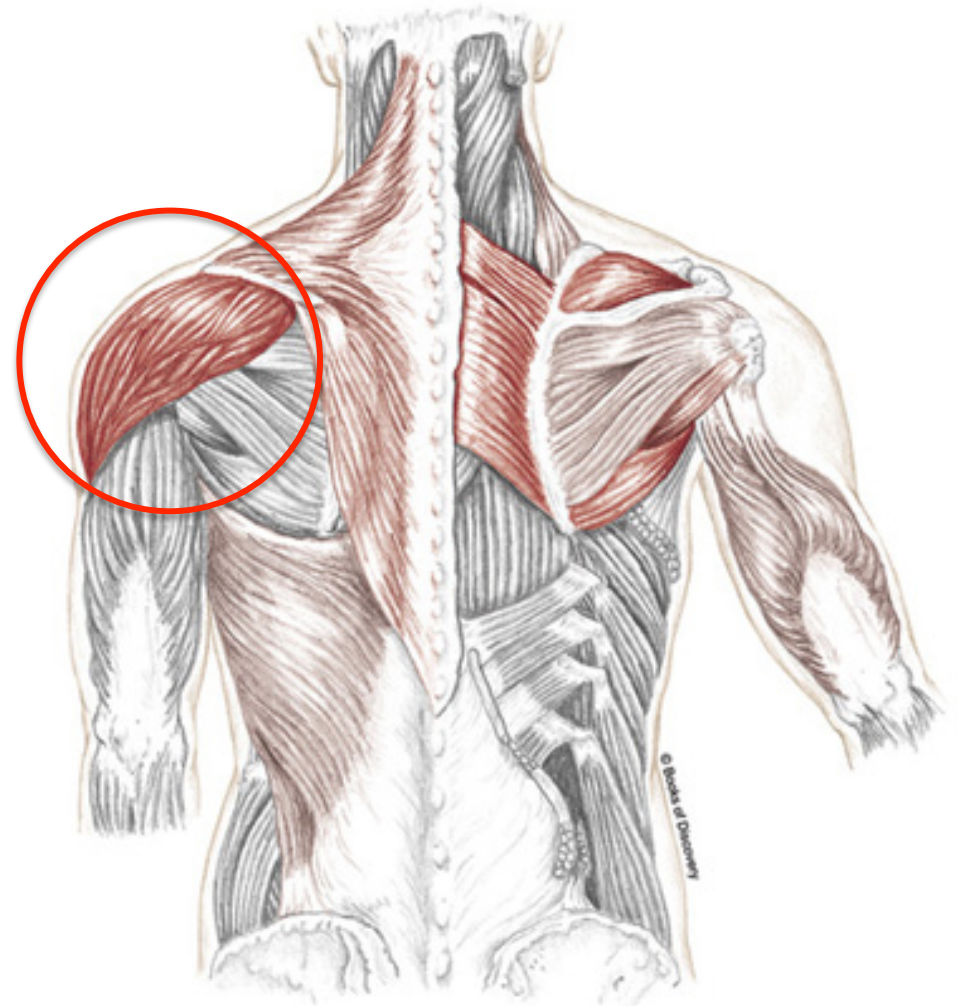
Posterior view of the deltoid



Posterior Pertaining to the back of a structure.
(posterior is the opposite of anterior)

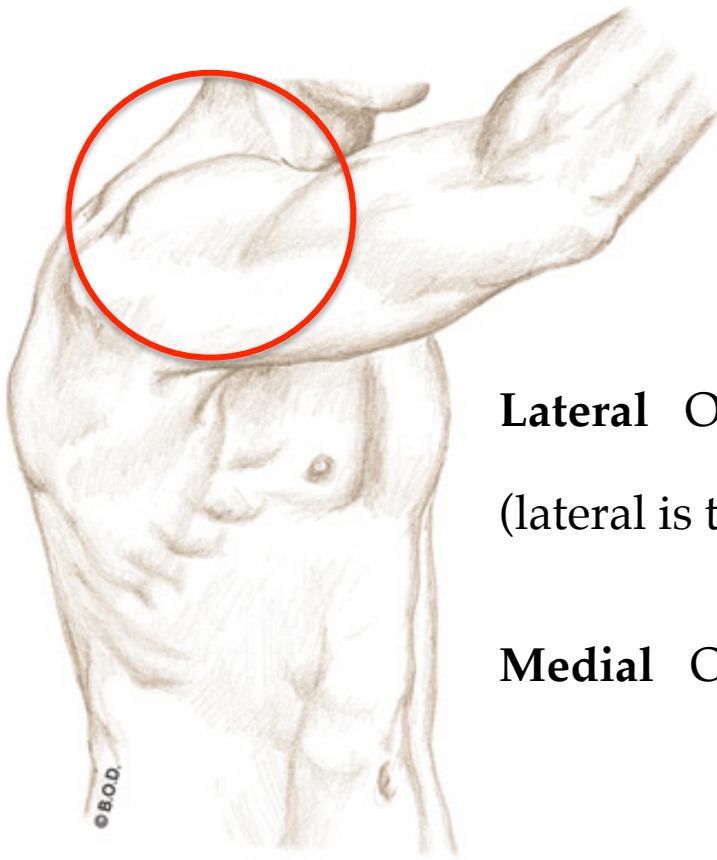
Let's take a deeper look . . .

Posterior view of the deltoid



And next a view from the side . . .

Lateral view of the deltoid

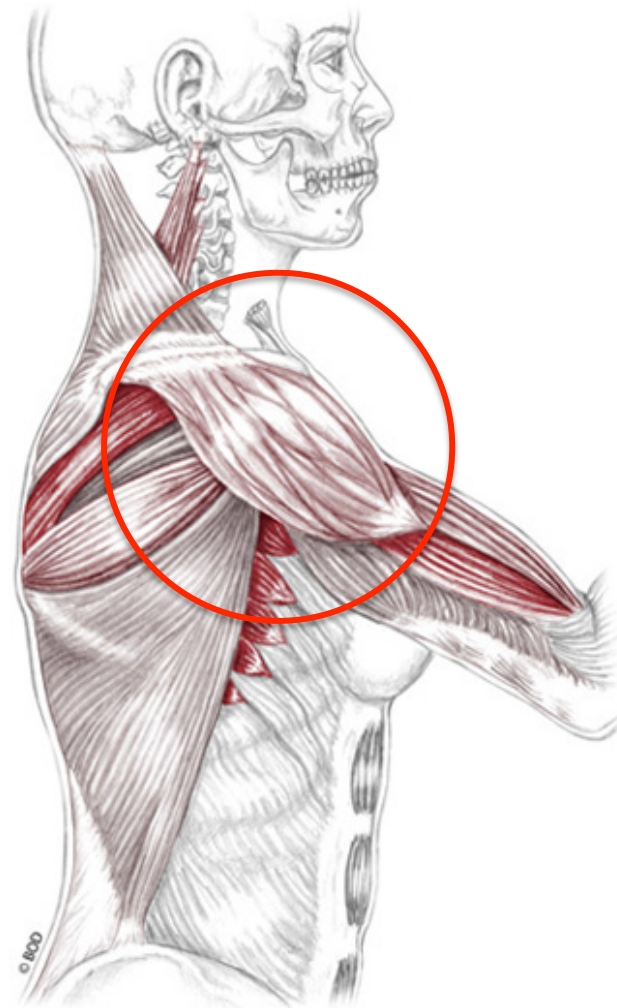
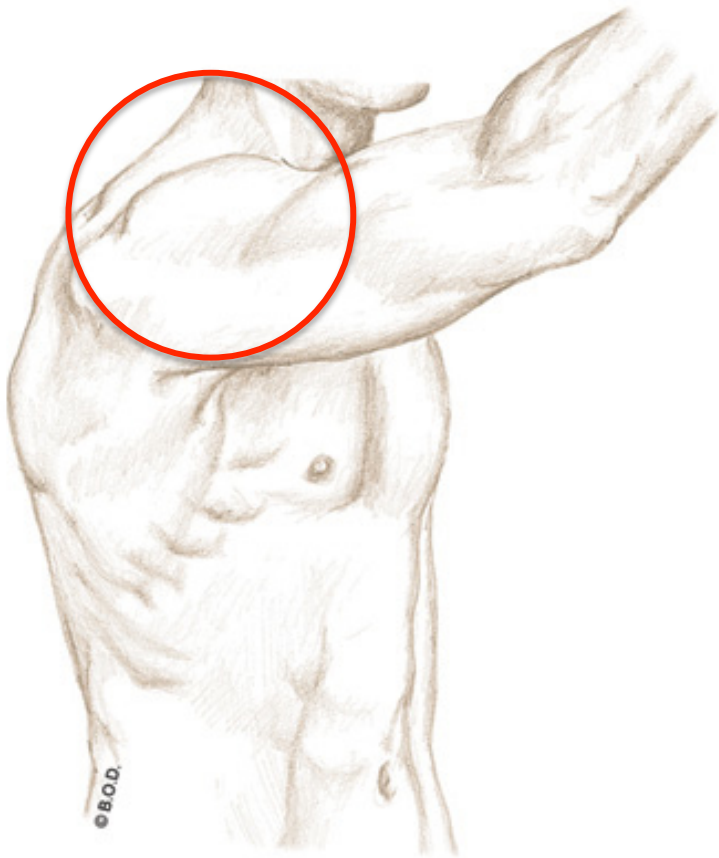


Lateral Oriented farther away from the midline of the body.
(lateral is the opposite of medial)

Medial Oriented toward or near the midline of the body.

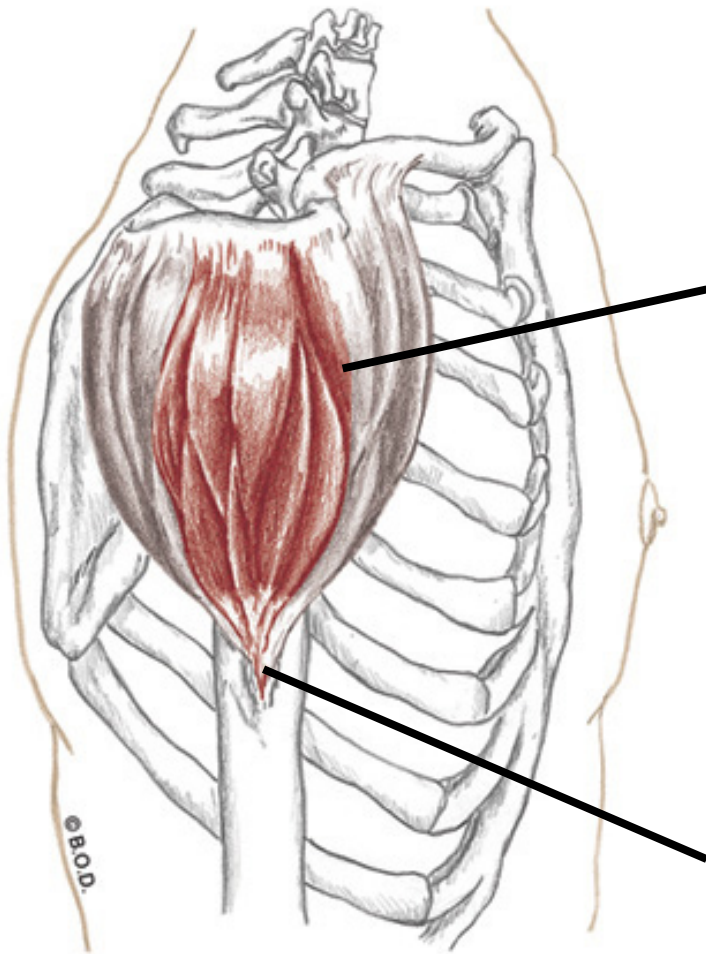
Let's take a deeper look . . .

Lateral view of the deltoid



Next, a view of deltoid by itself . . .

Belly versus Tendon

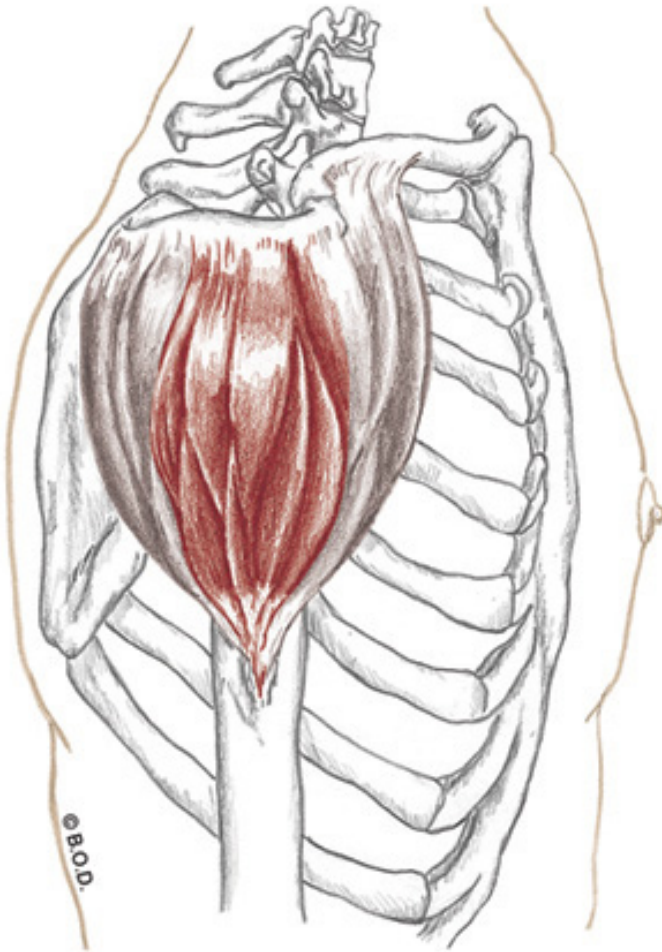


Belly The wide central portion of a skeletal muscle that contains the sarcomeres.

Tendon Cord-like structure anchoring the end of a muscle to a bone.

Lateral View

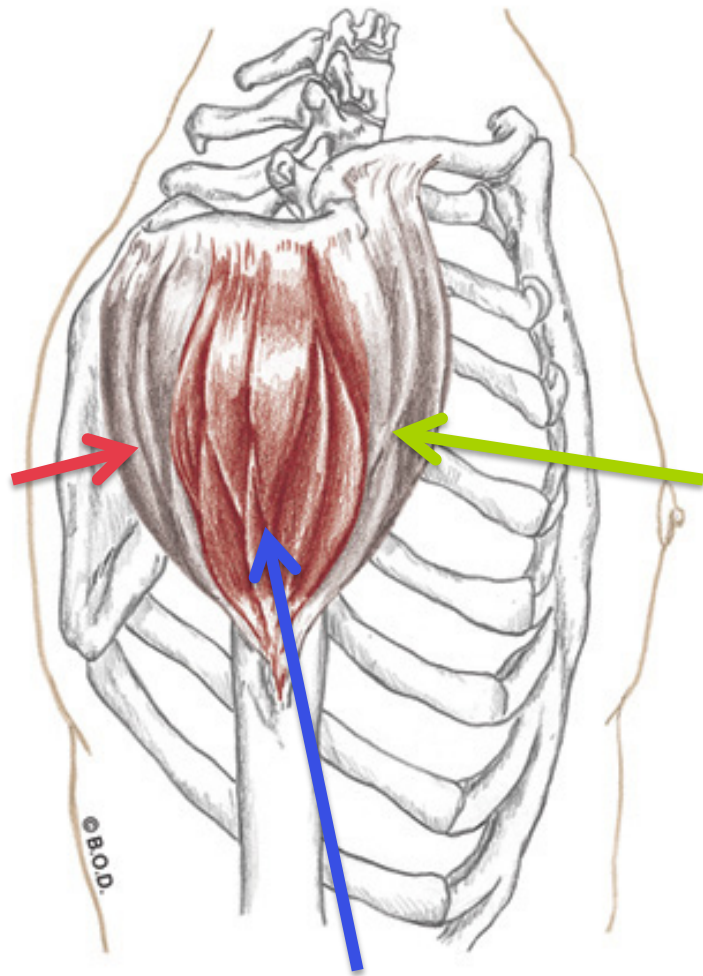
What does deltoid mean?



Lateral View

Deltoid

- “Triangle-shaped”
- Delta (Δ) is the capital letter D in the Greek alphabet



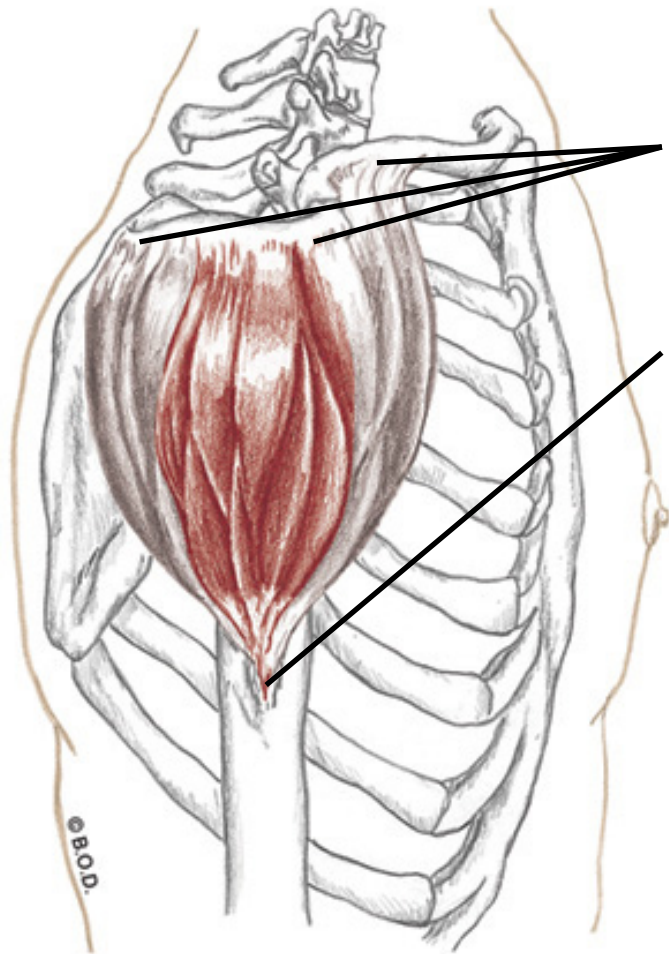
Lateral View

The deltoid fibers can be divided into three segments:

Posterior fibers

Middle fibers

Anterior fibers



Origin Tendinous muscle attachment on the less movable bone or other structure. Typically medial or proximal to the insertion.

Insertion Tendinous muscle attachment on the more movable bone or structure. Typically lateral or distal to the origin.

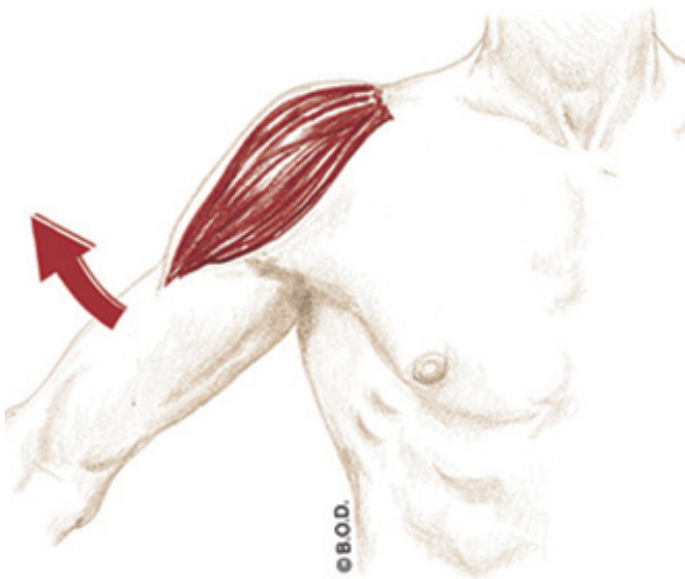
Lateral View

Muscle Actions

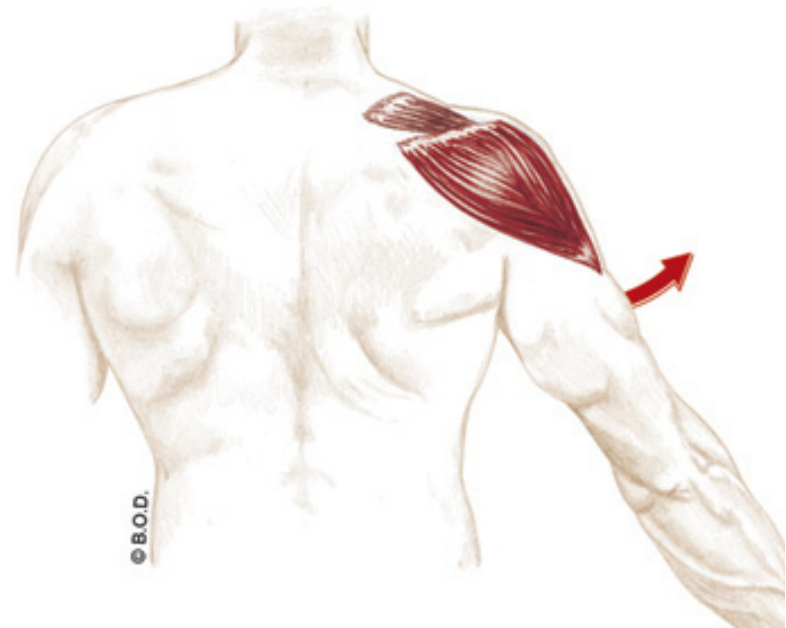
Action The movement or postural stabilization that happens as the result of muscular contraction.

What actions of the shoulder can you name . . .

Abduct the Shoulder (glenohumeral joint)



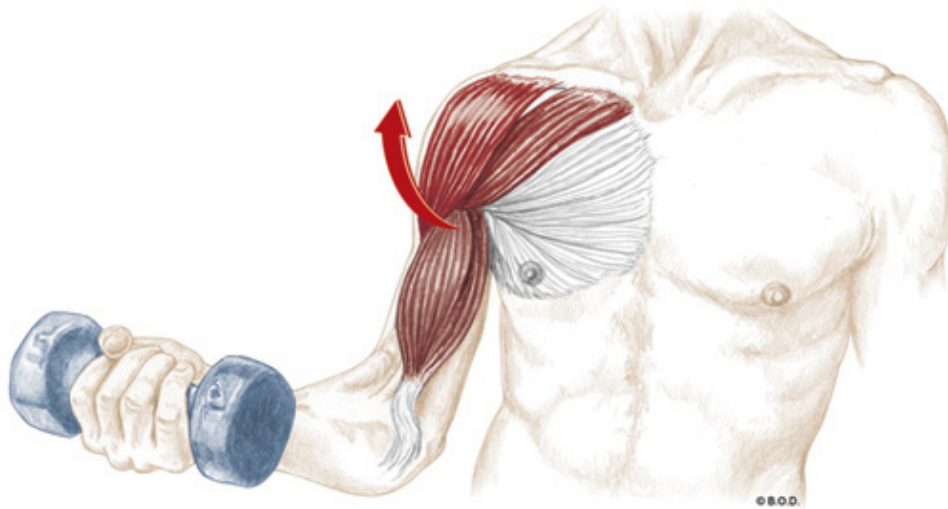
Anterior View



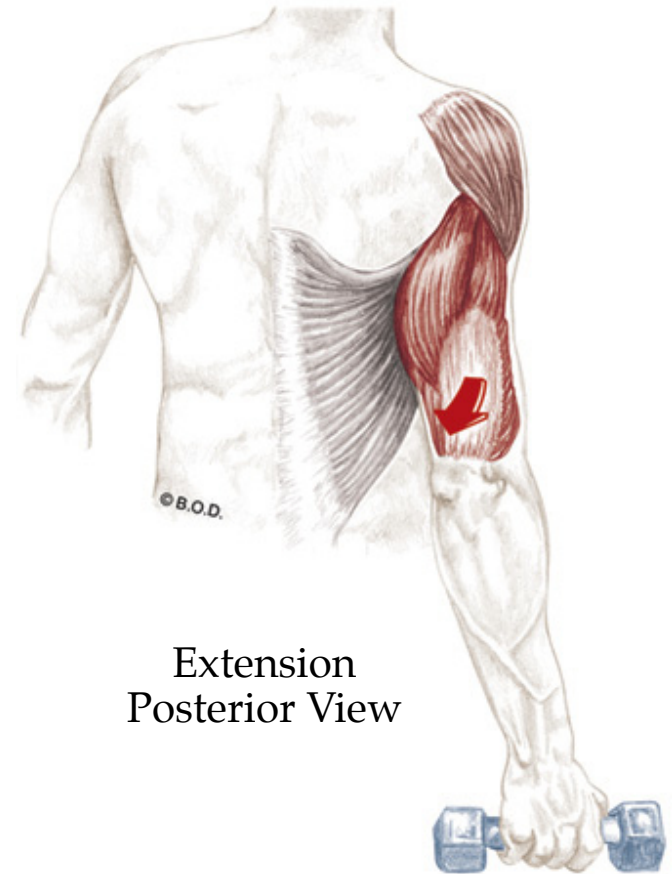
Posterior View

“Lift your arms straight up from the side of your body to make a T”

Flex and Extend the Shoulder (glenohumeral joint)



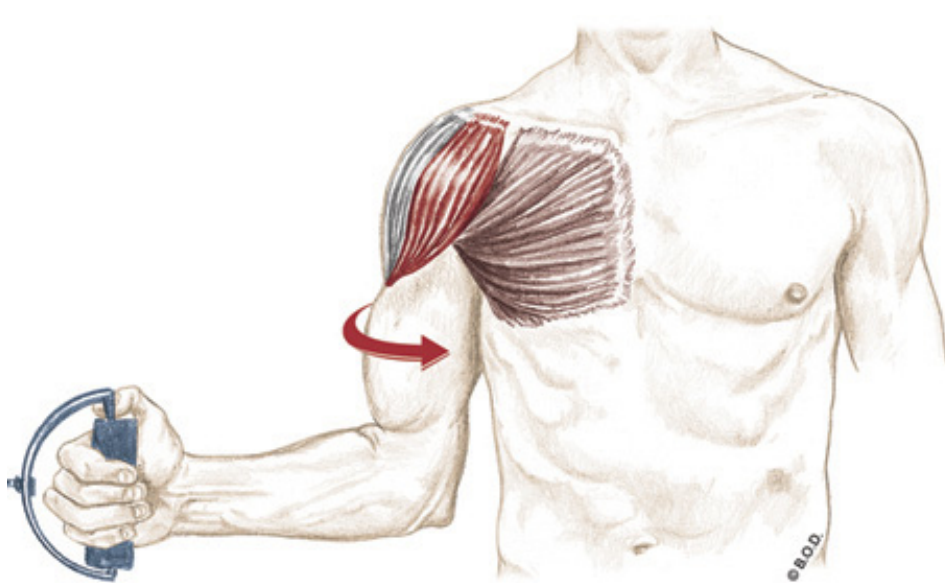
Flexion
Anterior View



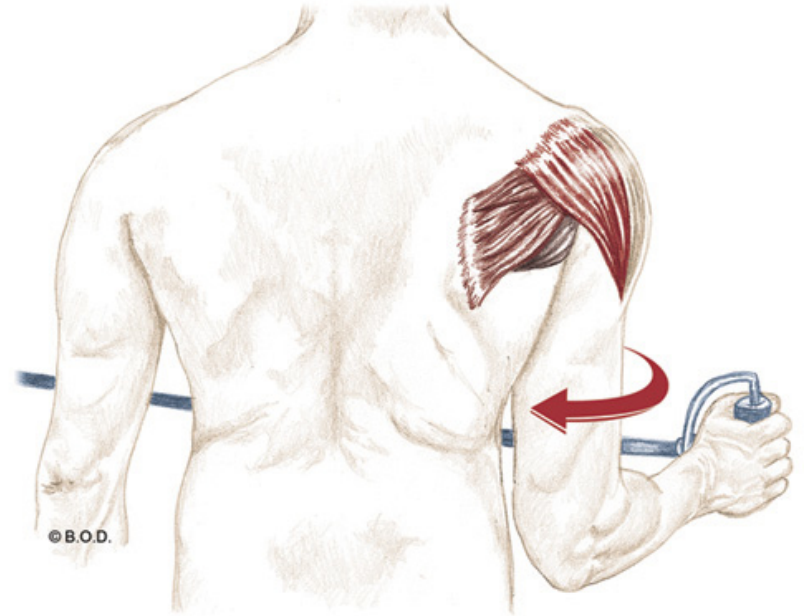
Extension
Posterior View

“Lift one arm straight forward (flexion), the other straight backward (extension)”

Medially Rotate and Laterally Rotate (glenohumeral joint)



Medial Rotation
Anterior View



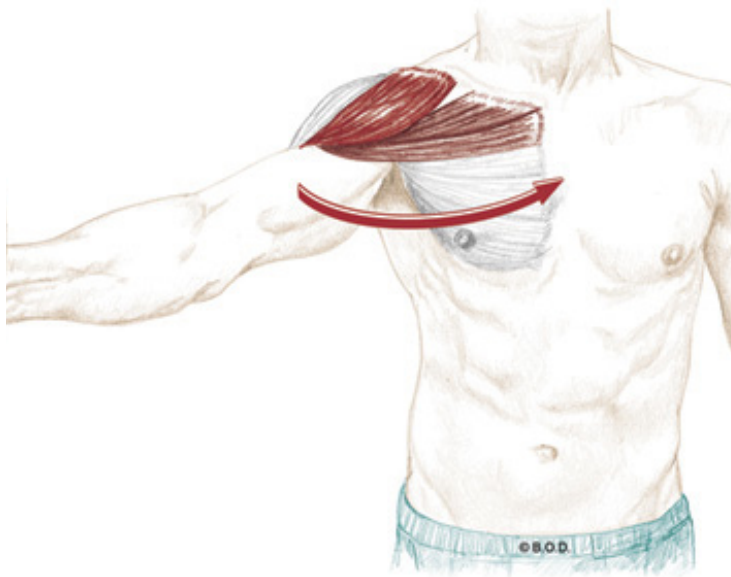
Lateral Rotation
Posterior View

“Flex your elbow and hold it tight against your body so that this movement is easier to see.

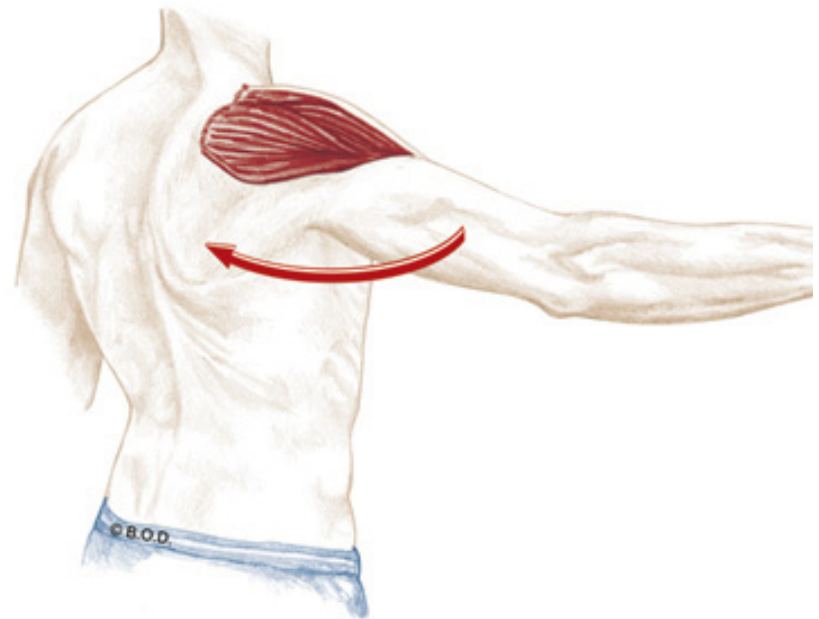
Now rotate your arm so your fist is near your belly (medial rotation).

Then rotate your arm in the other direction (lateral rotation)”

Horizontally Adduct and Horizontally Abduct (glenohumeral joint)



Horizontally Adduct
Anterior View



Horizontally Abduct
Posterior View

“Abduct your arm to the T position.

Keeping it level with the horizon, swing it in toward your chest (horizontal adduction).

Now swing it back the way it came (horizontal abduction)”

Deltoid, Trail Guide page 67

A All fibers:

Abduct the shoulder (G/H joint)

Anterior fibers:

Flex the shoulder (G/H joint)

Medially rotate the shoulder (G/H joint)

Horizontally adduct the shoulder (G/H joint)

Posterior fibers:

Extend the shoulder (G/H joint)

Laterally rotate the shoulder (G/H joint)

Horizontally abduct the shoulder (G/H joint)

O Lateral one-third of clavicle

Acromion

Spine of scapula

I Deltoid tuberosity



Anterior View

Deltoid

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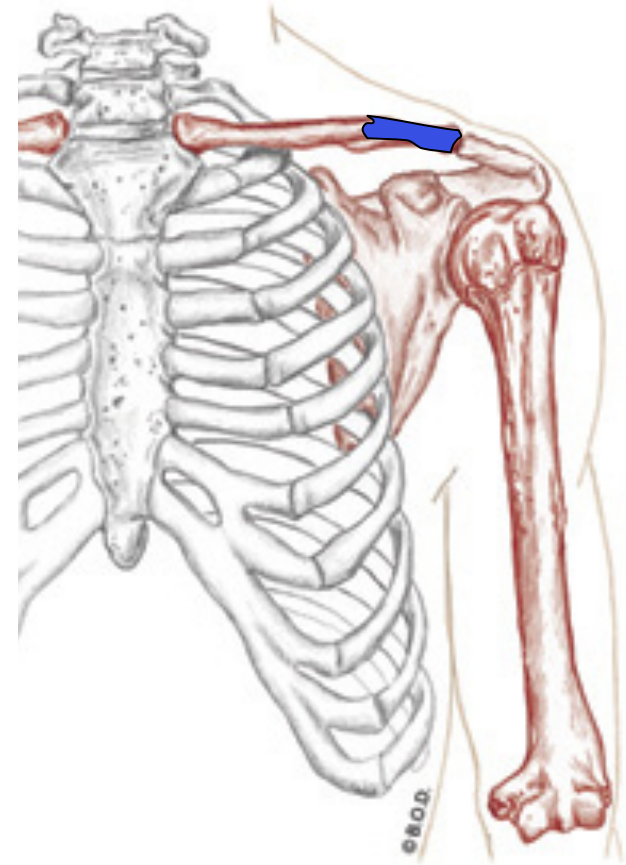
Horizontally abduct the shoulder (G/H joint)

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Anterior View

Deltoid

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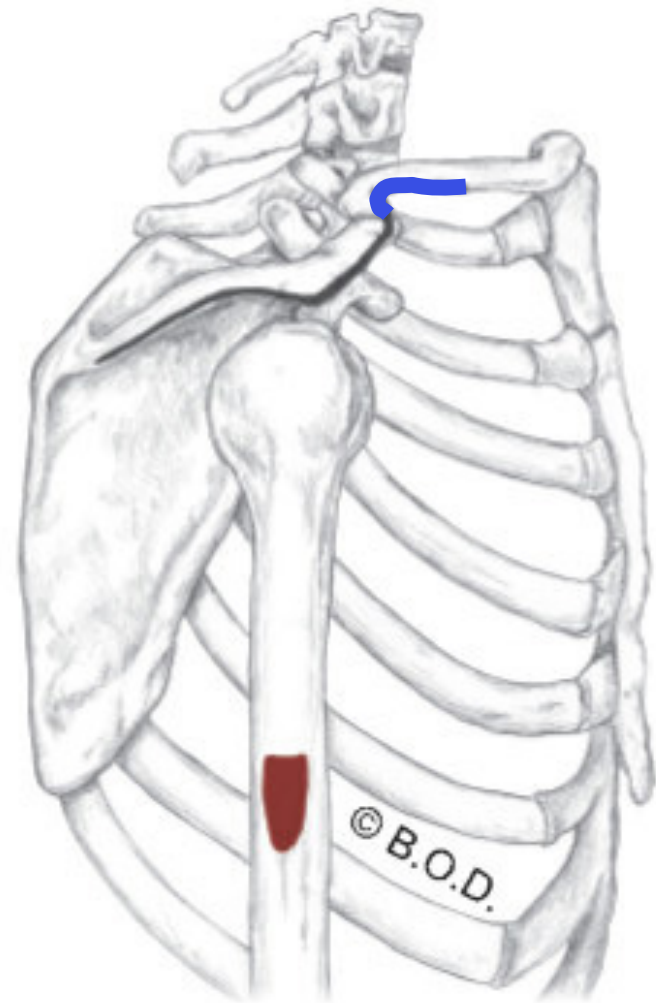
Horizontally abduct the shoulder (G/H joint)

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Lateral View

Deltoid

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Laterally rotate the shoulder (G/H joint)

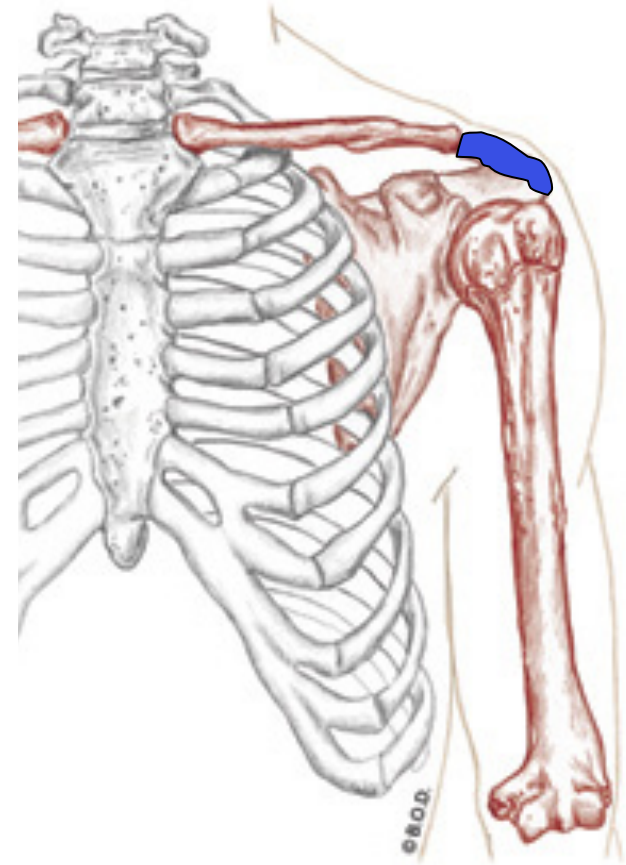
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Laterally rotate the shoulder (G/H joint)

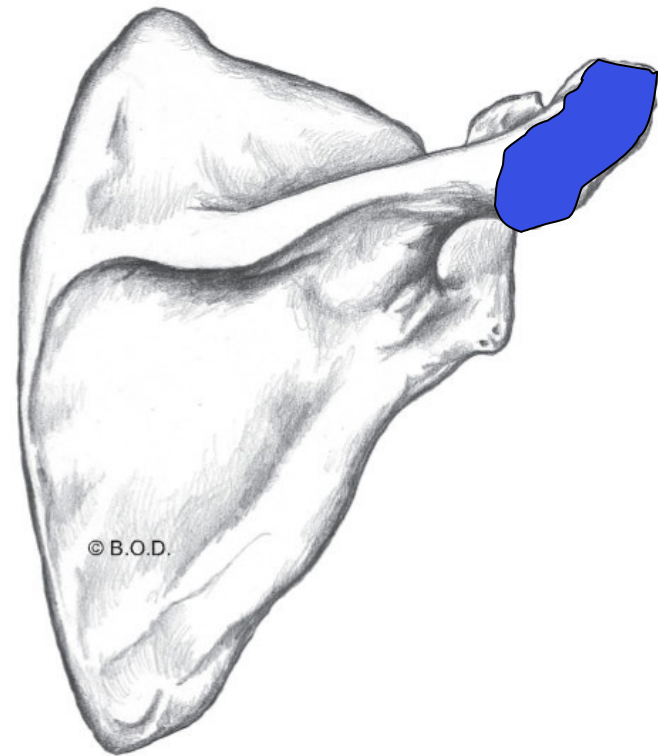
Horizontally abduct the shoulder (G/H joint)

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Acromion

Spine of scapula

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Posterior View

Deltoid

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Laterally rotate the shoulder (G/H joint)

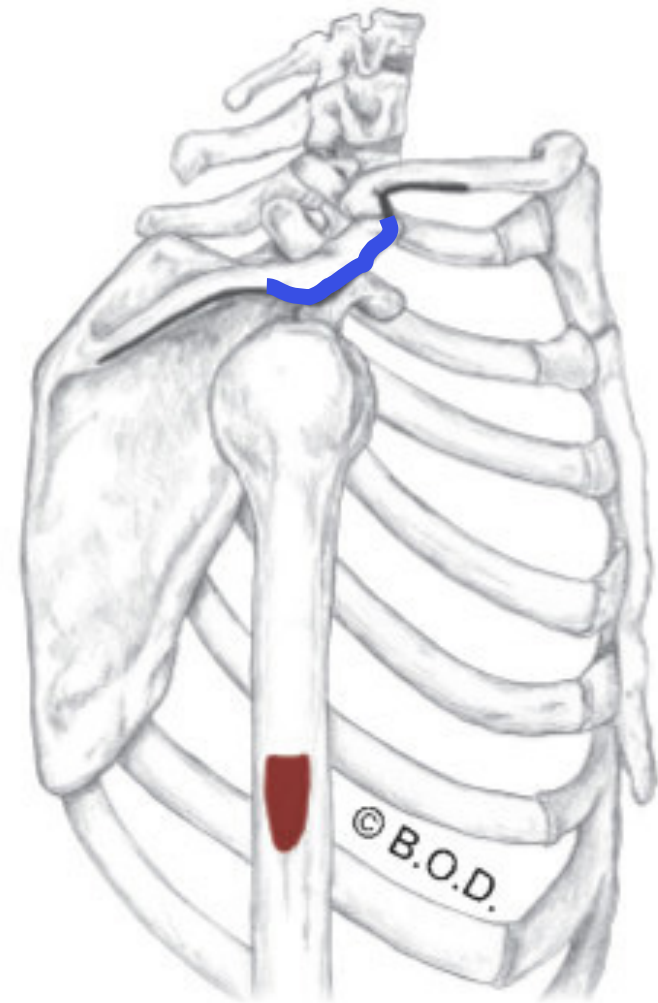
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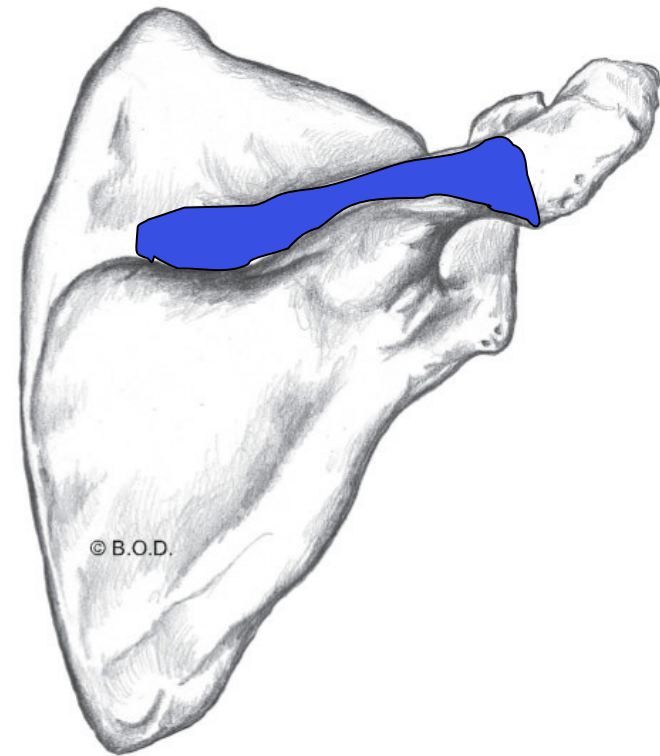
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Spine of scapula

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Laterally rotate the shoulder (G/H joint)

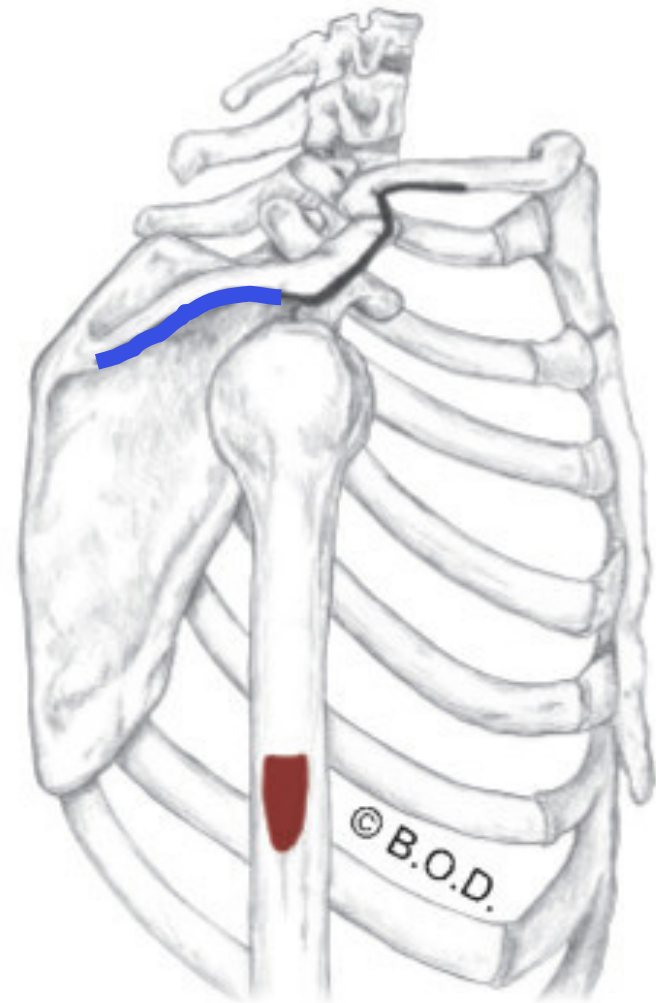
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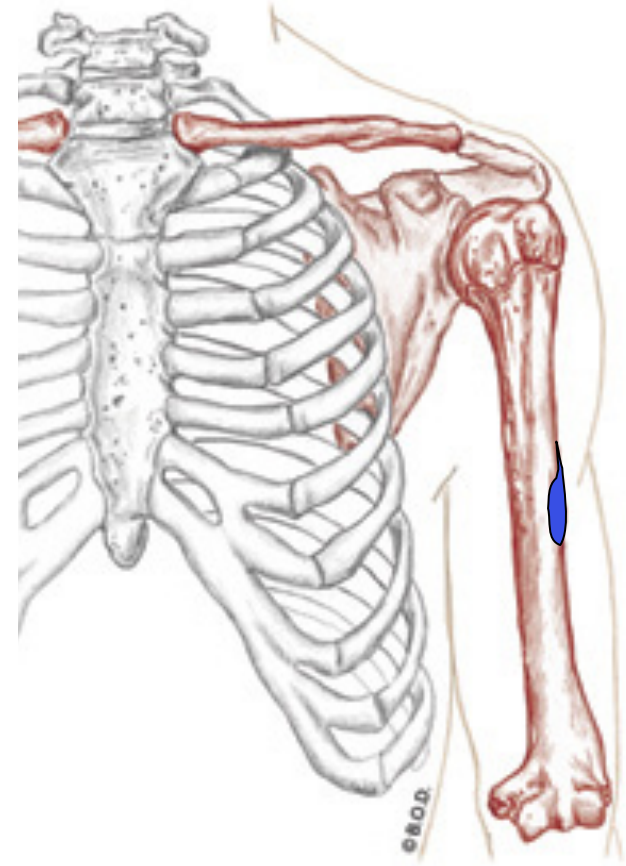
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Anterior View

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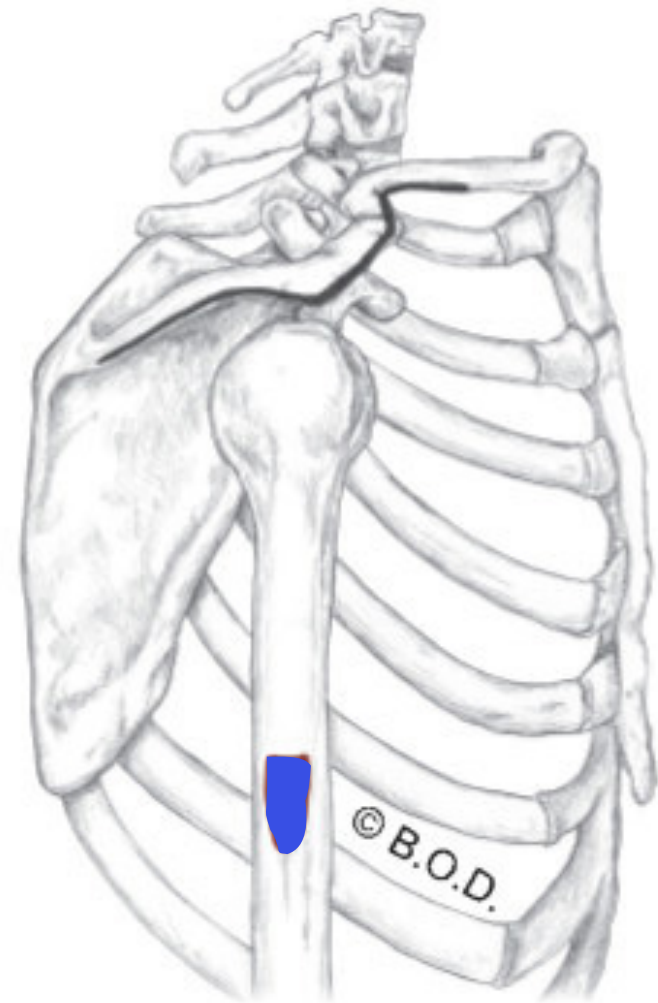
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Lateral View

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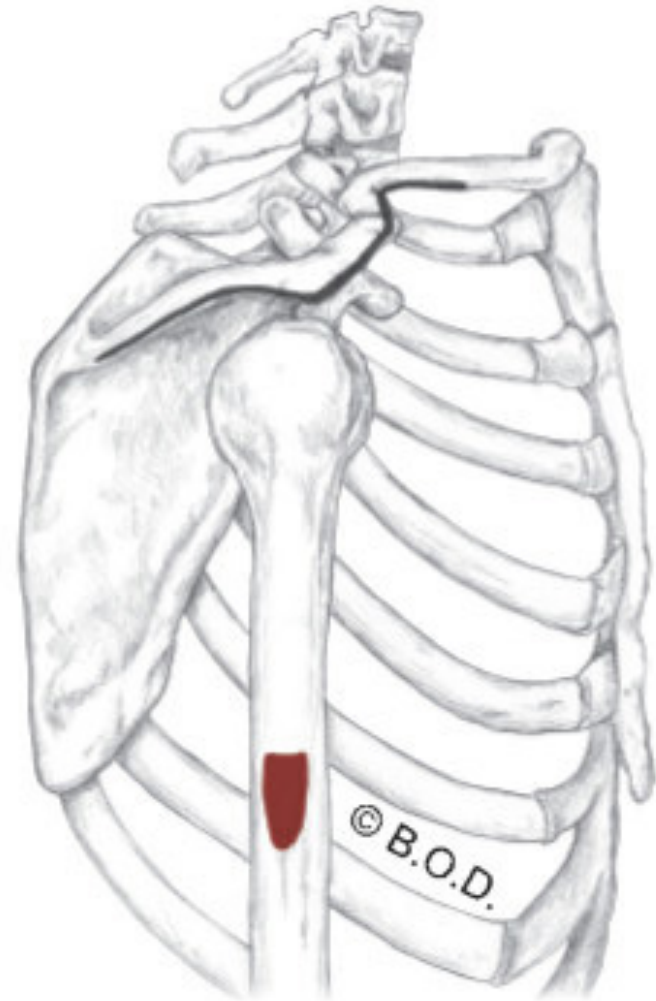
Horizontally abduct the shoulder (G/H joint)

O Lateral one-third of clavicle

Acromion

Spine of scapula

I Deltoid tuberosity



Lateral View



Test Anxiety

Page A-53

Learning Objective: To be aware of test anxiety and reduce its effects.

Timing: 15 minutes

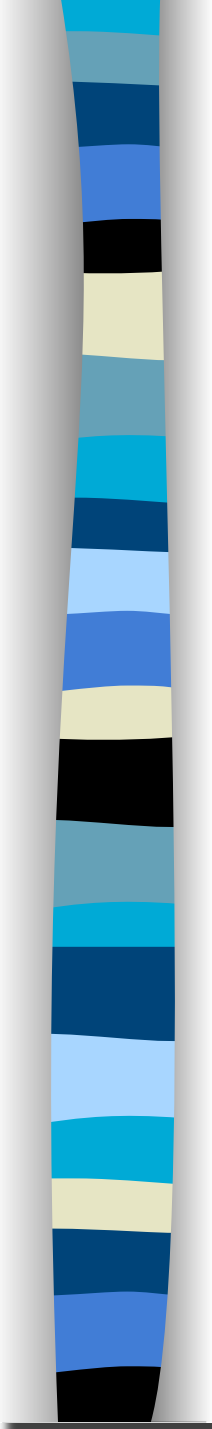
Symptoms

Our Advice as a School who wants you to Succeed

How to Reduce It

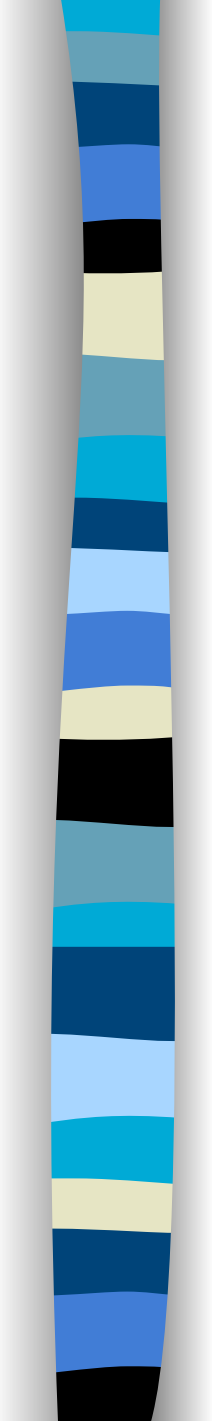
Resources for Coping

Anxiety Reduction Activities



Test Anxiety Symptoms

Can you name any symptoms of test anxiety . . .



Test Anxiety Symptoms

- Nausea / vomiting
- Light headedness
- Diarrhea
- Shaking
- Tearfulness
- Headache
- Racing heart



Test Anxiety

Our Advice as a School who wants you to Succeed

- “I see and recognize that you are suffering from these anxiety symptoms. After the exam we should take a look at a different approach to reduce your anxiety and increase your preparedness”.



Test Anxiety

Our Advice as a School who wants you to Succeed

- Anxiety is not a legal disability, so instructors will not give any special consideration, but they will provide resources.



Test Anxiety

How to Reduce It

What are some ways that you know to reduce test anxiety . . .



Test Anxiety

How to Reduce It

- Share personal stories of test anxiety
- Over-preparing for classes, quizzes, and exams
- Prepare a little bit every day
- Use a variety of study strategies
- Use positive affirmations, put your faith in succeeding, don't bet against yourself
- Breathe
- Give yourself a practice test to warm up



Test Anxiety

Resources for Coping

- Counseling from the student administrator Alana Torrez
- Tutoring with an instructor
- Student Success Guide (online at abmp.com)
- Books:
 - ☐ *"No More Test Anxiety"*, Ed Newman
 - ☐ *"The secrets of taking any test"*, Judith Meyers
 - ☐ *"Test taking strategies and study skills for the utterly confused"*, Laura Rozakis
 - ☐ *"Test-taking strategies"*, Judi Kesselman-Turkel
- Audio tapes:
 - ☐ *"Tame test anxiety"*, Richard Driscoll



Test Anxiety

Anxiety Reduction Activities

- Stand in a circle
- Each student thinks about a simple body movement
- Ask for a volunteer to introduce their movement
- The other students mimic this movement
- Other volunteers introduce their movements and this continues until 2-5 movements total have been introduced
- Everybody cheers and claps their hands



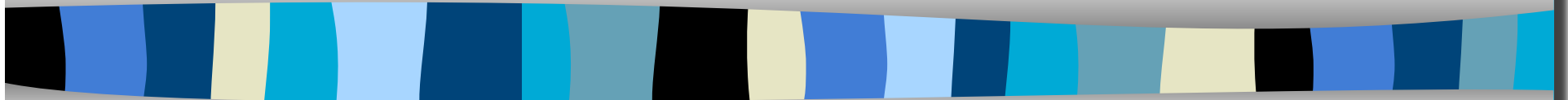
Test Anxiety

Anxiety Reduction Activities

- Long deep breath with eyes closed, repeat the affirmations as they remain physically relaxed.
- “I am mentally, emotionally, and physically ready to take this exam.”
- “My brain is alert and ready. All the information I need is moving to the front of my brain now!”
- “I effortlessly recall the information for the test and I am ready to test now.” (this last one is repeated three times)

10-minute Break

please come back at . . .





Quality of Touch

First in-class hands-on experience

Learning objective: To experience and begin to understand the factors that contribute to quality of touch.

Timing: 20 minutes

Instructions:

1. Find your partner from Howdy Partner and have a seat next to each other
2. Decide who will give and who will receive
3. Giver, begin by introducing yourself and ask the receiver if there are any shoulder areas that require lighter pressure or being avoided completely
4. Giver, get into position standing behind the receiver but do not make contact yet



Quality of Touch

First in-class hands-on experience

We will start by lightly placing our hands on the receiver's shoulders.

This is called a **resting stroke** because our hands just rest there lightly.



Self-Care

Time and Energy Management

Page A-54 (Blank Page)

Learning objective: To become aware of how we spend our time and energy.

Timing: 30 minutes

Instructions:

1. Think about what days you have class here at school
2. Get out your list of responsibilities that we made earlier

Self-Care Time Tracker Form

Time Tracker Form

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 a.m.							
7:00 a.m.							
8:00 a.m.							
9:00 a.m.							
10:00 a.m.							
11:00 a.m.							
12:00 p.m.							
1:00 p.m.							
2:00 p.m.							
3:00 p.m.							
4:00 p.m.							
5:00 p.m.							
6:00 p.m.							
7:00 p.m.							
8:00 p.m.							
9:00 p.m.							
10:00 p.m.							
11:00 p.m.							
12:00 a.m.							
1:00 a.m.							
2:00 a.m.							
3:00 a.m.							
4:00 a.m.							
5:00 a.m.							

Enter those classes and responsibilities into your Time Tracker Form.

Don't forget to add time for:

- ☐ Active Reading
- ☐ Hands-on Practice
- ☐ Laundry
- ☐ PTSs
- ☐ Tutoring
- ☐ Internship . . .



Self-Care Study Log Form

Study Log Form

Directions: Record the number of hours you spend studying for each course each day. Total the numbers for the week and evaluate the time you allocate for each course. You may find that the necessary study time varies significantly from course to course.

Course	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total




































A vertical, narrow, wavy banner composed of horizontal stripes in various shades of blue, black, yellow, and grey, set against a light grey background. The banner has a fluid, undulating shape, with the stripes varying in width and color, creating a dynamic visual effect. The colors include deep navy blue, bright cyan, light sky blue, solid black, and a pale yellow. The banner is positioned on the right side of the page, partially overlapping the main text area.

[illegible]

Phone Calls/E-mails	Appointments	Important Tasks

Self-Care Assignment Calendar

Assignment calendar for the month of _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
						
						
						
						

Here we can see the month at
a glance!

Self-Care Goals for the Year

Message Year Planner: Motivation for the month of _____

	OBSTACLES	ACTIONS	POSITIVE AFFIRMATIONS
ACADEMIC GOALS Note your top five academic goals for this month; identify obstacles and the actions you plan to take to overcome those obstacles. 5 1. 2. 3. 4. 5.			
PERSONAL GOALS Note your top three personal goals for this month; identify obstacles and the actions you plan to take to overcome those obstacles. 3 1. 2. 3.			

You may want to set your academic and personal goals for the month . . .



Self-Care

Monthly Goals in Various Categories

Monthly Goal Form for _____

There is room on this form for two primary goals under each heading. Fill this out at the beginning of each month and post it where you can see it and refer to your goals regularly. At the end of the month, evaluate your progress and identify the goals you achieved. Keep a copy of the finished form for each month so that you can evaluate your goal completion at the end of the year.

Here's another way to set
monthly goals

Academic Goals	Month End Goal Evaluation
1.	
2.	
Personal Self-Improvement Goals	
1.	
2.	
Physical Health Goals	
1.	
2.	
Spiritual Health Goals	
1.	
2.	
Family and Social Goals	
1.	
2.	
Financial Goals	
1.	
2.	
Other Goals	
1.	
2.	



Self-Care Concentration Tracker

Concentration Tracker

Study Task	Distraction	Cause	Strategy

If you are studying
“a lot” but still
not learning,
you may need to
examine what is
distracting you
and find a way
to improve
concentration

1b Orientation

People, Study Skills, and Quality of Touch

