# **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	Break down, clean up, and circle up
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:

- •
- •
- •

- •
- •
- •
- •

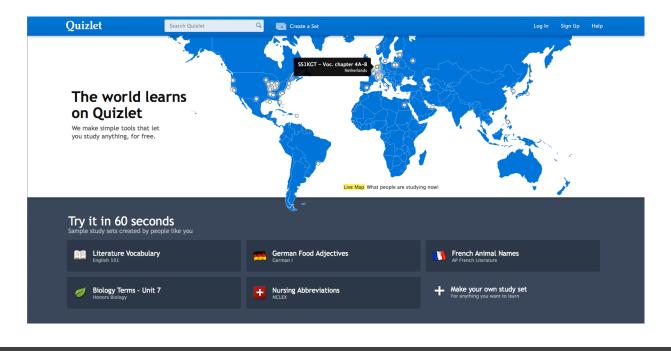
# Daily Goals for Good Grades

- 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

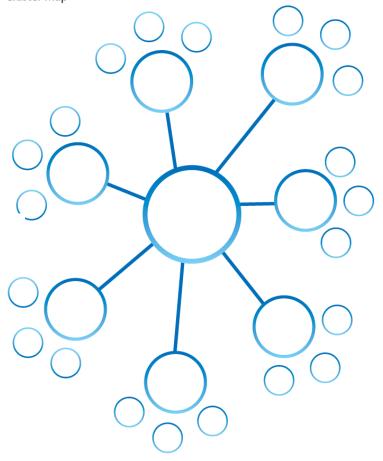
Especially helpful if you don't have time to make your own flashcards!

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



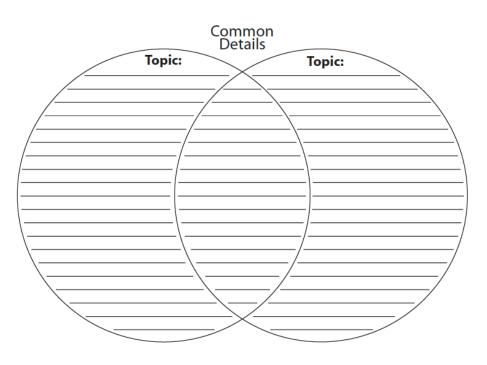
## Active Reading Forms Cluster Map

**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.

	Торіс:	Торіс:
Attribute 1		
Attribute 2		
Attribute 3		
Attribute 4		

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

### **Learning Styles:**

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

- Reading, Writing, and Drawing Flashcards, Textbooks, Note-taking
- Memorization using Memory Cues "What's my Line?"

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

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

- 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

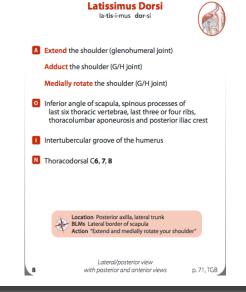
### For people who learn best by reading, writing, and drawing!

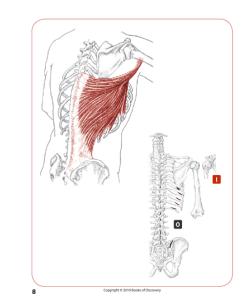
- Quizlet flashcards by LautersteinConway
- Trail Guide muscle flashcards
- Trail Guide Anatomy MAPP
- DIY flashcards

### 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!

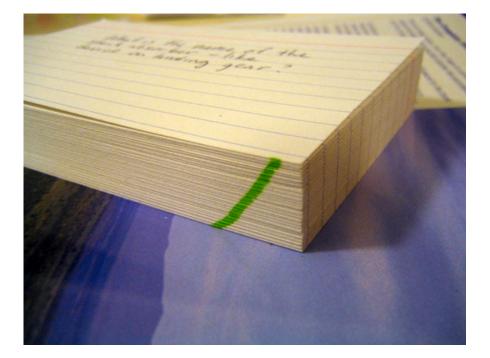
- All 364 images from Flashcards Volumes 1 and 2
- Questions from the Student Workbook
- Audio pronunciation for each muscle
- Available on Apple and Android devices (\$30)
- Anatomy MAPP Link



# DIY Flashcards

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

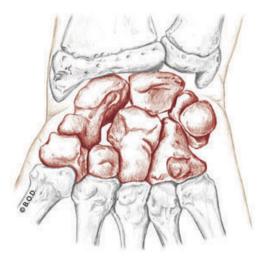
- Making the flashcards can be a major part of the learning process
- 3x5 or 4x6 index cards

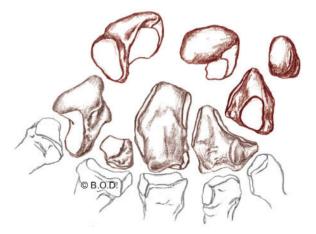


## Memorization using Memory Cues Acronyms, Songs, or Rhymes



"Steve Left The Party To Take Cathy Home" Scaphoid, Lunate, Triquetrum, Pisiform Trapezium, Trapezoid, Capitate, Hamate

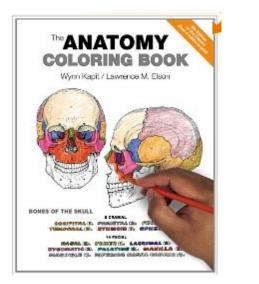


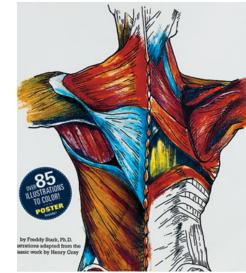




## Visualization "Seeing is Learning!"

- Drawings
- 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
- <u>Triquetrum</u>
- Iliopsoas
- Clavicle
- Acromion process
- Scapula

### Introduction to Kinesiology Deltoid

Page A-51

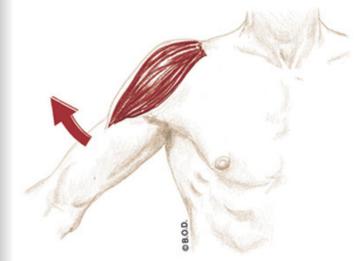
Learning Objective: To introduce some basic terminology to study the kinesiology of the deltoid muscle

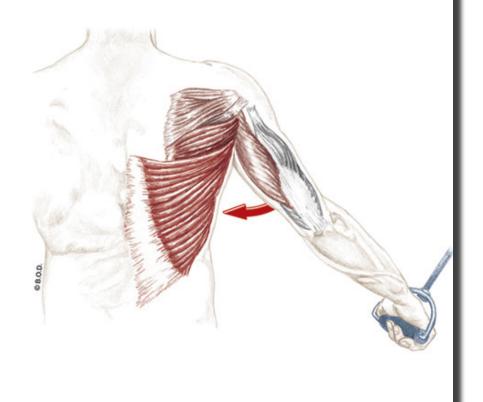
Timing: 20 minutes

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

# What is Kinesiology?

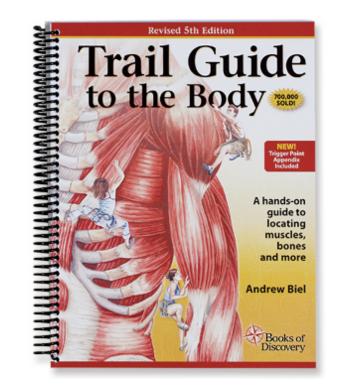
**Kinesiology** Study of human motion.





## The Trail Guide to the Body Introduction to your kinesiology textbook

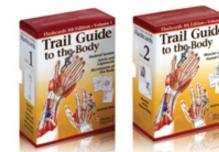
Please get out your Trail Guide to the Body

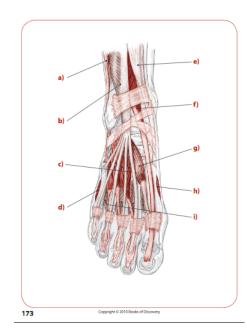


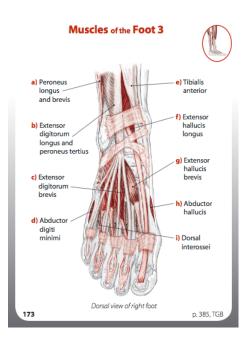
### The Trail Guide to the Body Open the front cover

Helpful Learning Tools - Flashcards:

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







### 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 Table of Contents

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**Topographical Views** 

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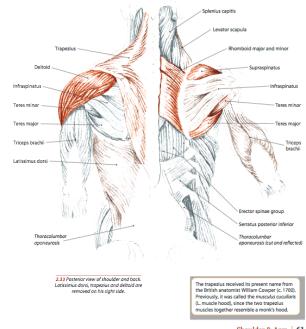
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#### ✤ Muscles of the Shoulder and Arm

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 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.

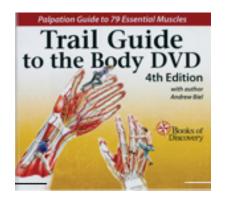


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## The Trail Guide to the Body Back Page

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

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## The Trail Guide to the Body Muscles of the Human Body

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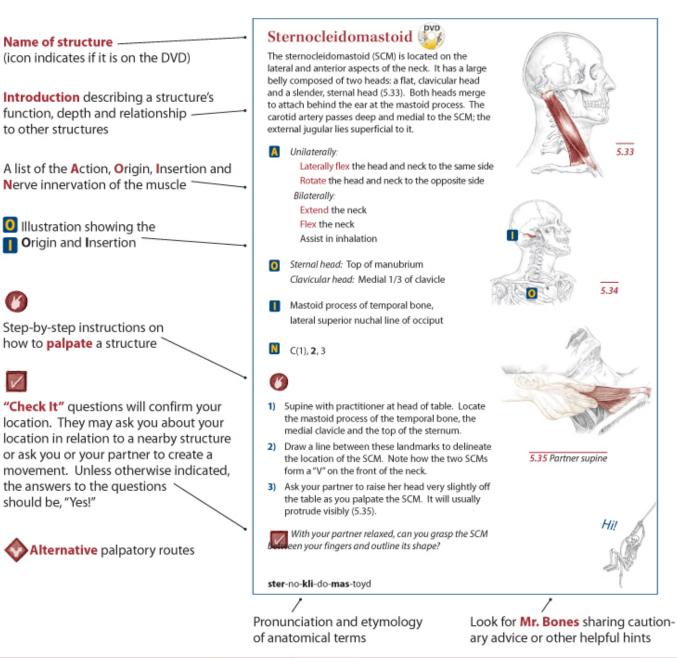
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### Key



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should be, "Yes!"

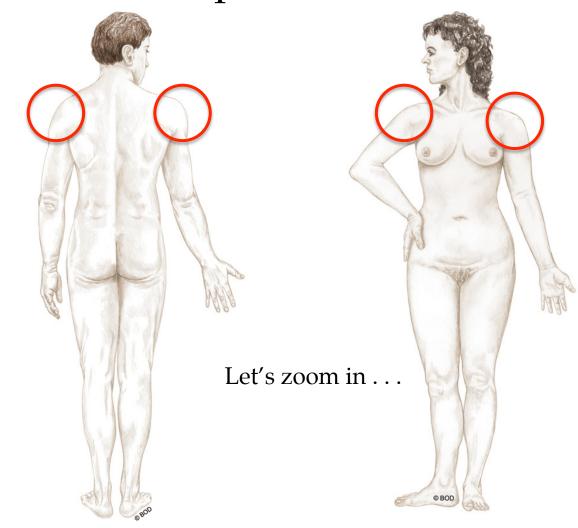
TGB, p.3

# Where are the deltoid muscles located?

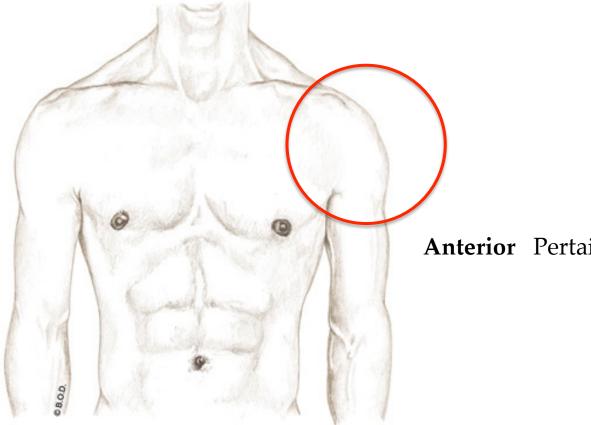


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# The deltoid muscles are located on the caps of the shoulders!



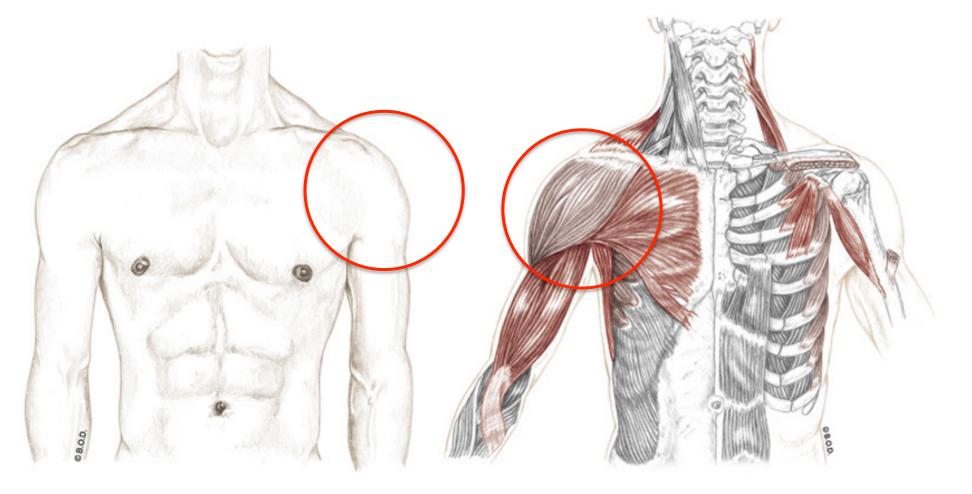
# Anterior view of the deltoid



**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 . . .

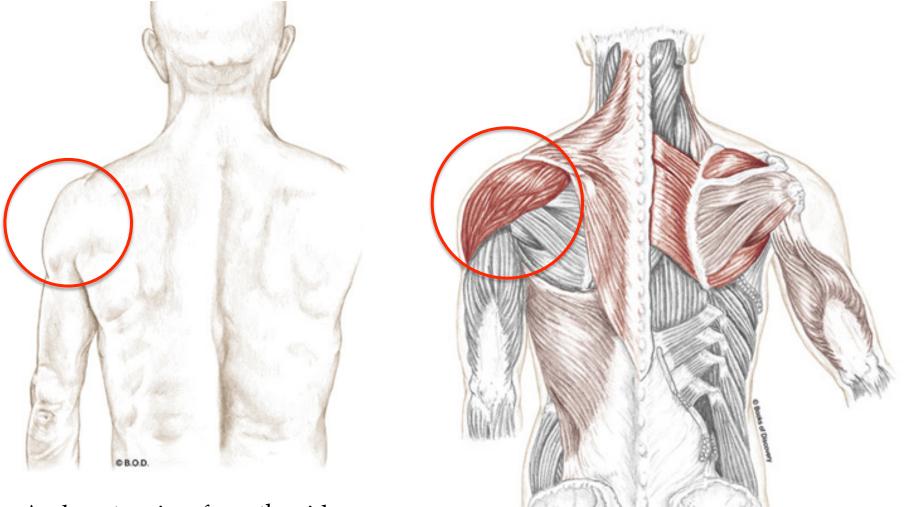
# Posterior view of the deltoid



**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

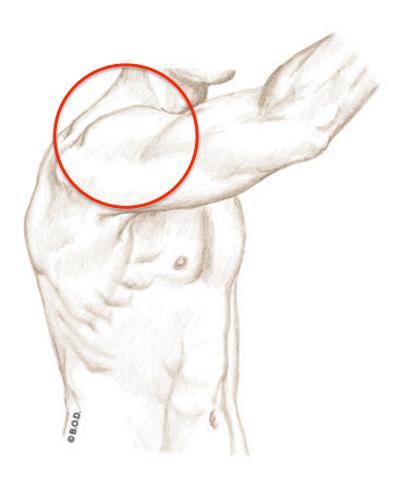
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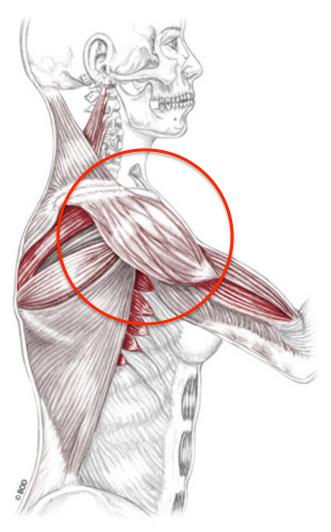
Lateral Oriented farther away from the midline of the body.(lateral is the opposite of medial)

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

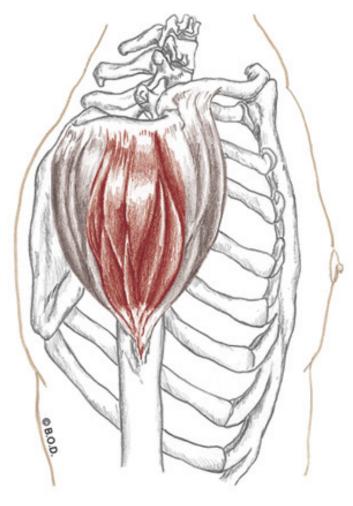
Belly The wide central portion of a skeletal muscle that contains the sarcomeres.

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

Lateral View

@ B.O.D.

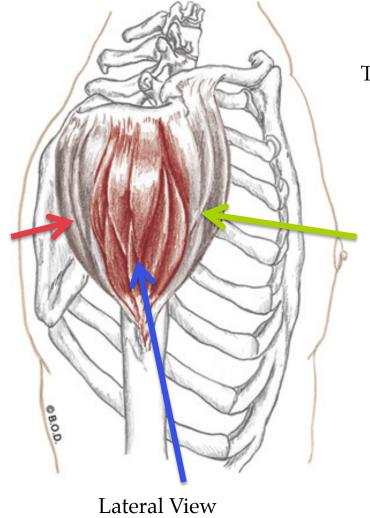
# What does deltoid mean?



Deltoid

- "Triangle-shaped"
- ${\scriptstyle \bullet}$  Delta (  $\Delta )$  is the capital letter D in the Greek alphabet

Lateral View

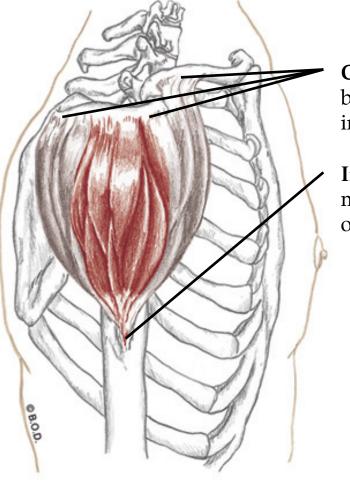


The deltoid fibers can be divided into three segments:

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)

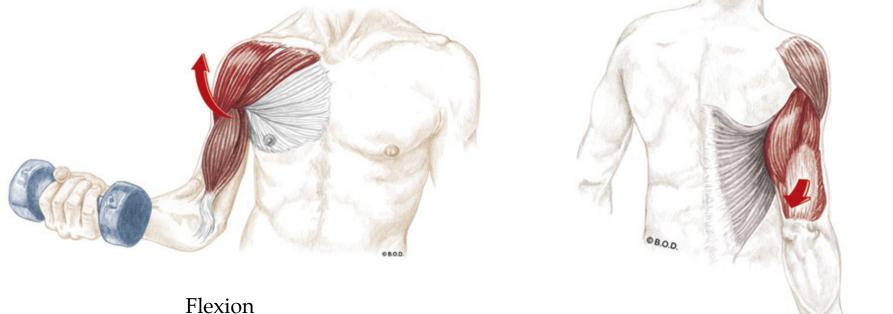


Anterior View

Posterior View

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

# Flex and Extend the Shoulder (glenohumeral joint)

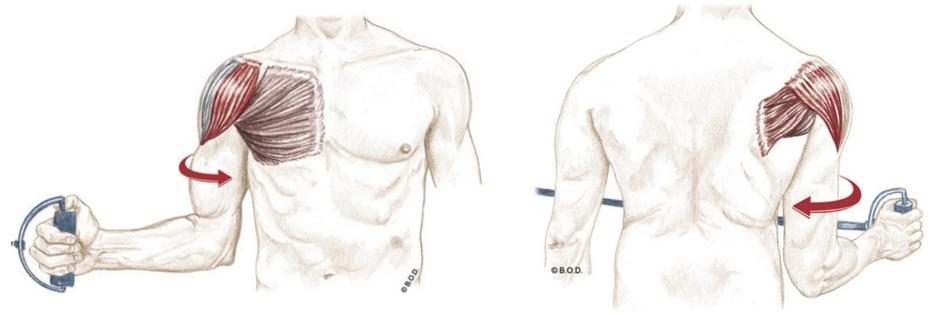


Flexion Anterior View

Extension Posterior View

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

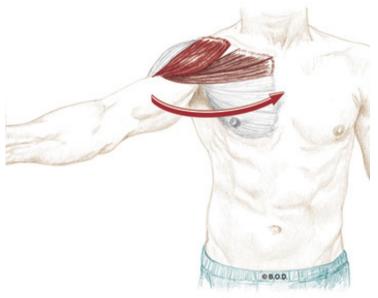
# Medially Rotate and Laterally Rotate (glenohumeral joint)



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

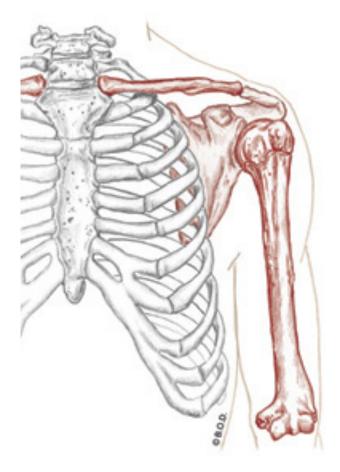
A All fibers: Abduct the shoulder (G/H joint)

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

#### A All fibers:

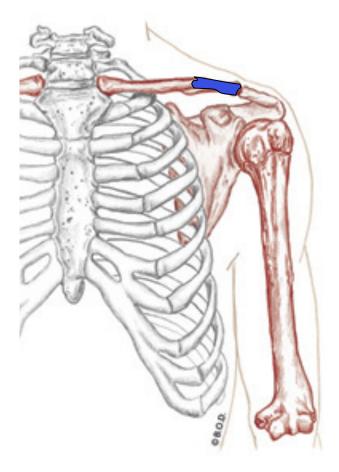
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O Lateral one-third of clavicle Acromion Spine of scapula

I Deltoid tuberosity



Anterior View

#### A All fibers:

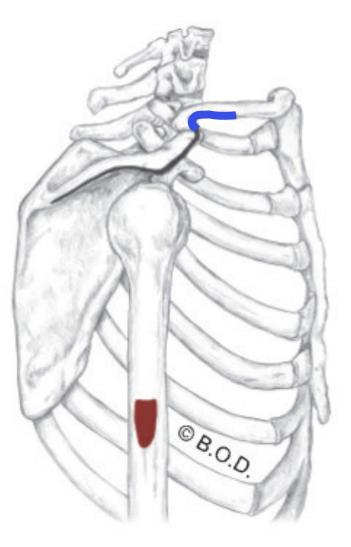
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O Lateral one-third of clavicle Acromion Spine of scapula

I Deltoid tuberosity



Lateral View

#### A All fibers:

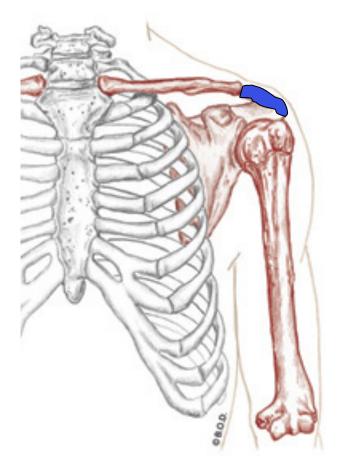
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O Lateral one-third of clavicle Acromion Spine of scapula

I Deltoid tuberosity



Anterior View

#### A All fibers:

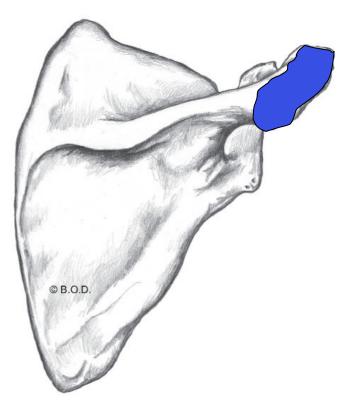
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O Lateral one-third of clavicle Acromion Spine of scapula

I Deltoid tuberosity



Posterior View

## A All fibers:

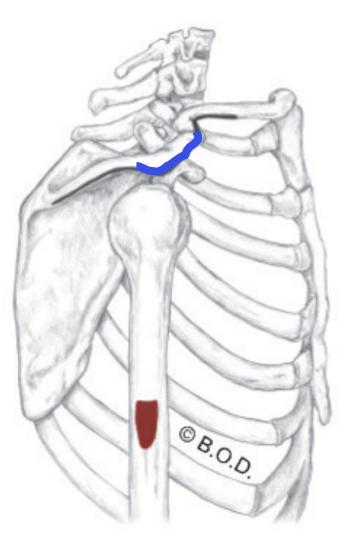
Abduct the shoulder (G/H joint)

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



Lateral View

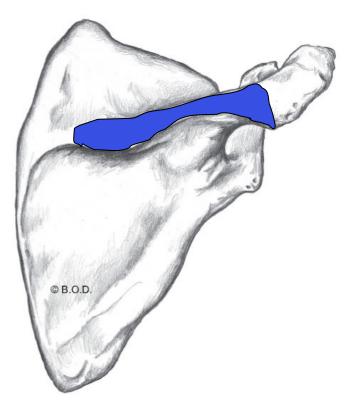
#### A All fibers:

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- O Lateral one-third of clavicle Acromion Spine of scapula
- I Deltoid tuberosity



Posterior View

A All fibers: Abduct the shoulder (G/H joint)

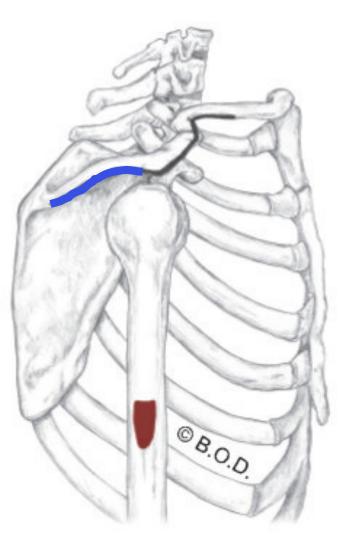
Anterior fibers: Flex the shoulder (G/H joint) Medially rotate the shoulder (G/H joint) Horizontally adduct the shoulder (G/H joint)

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



Lateral View

#### A All fibers:

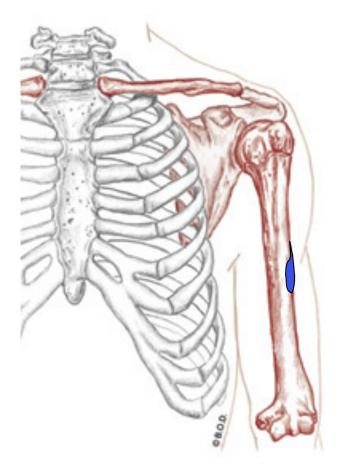
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O Lateral one-third of clavicle Acromion Spine of scapula

I Deltoid tuberosity



Anterior View

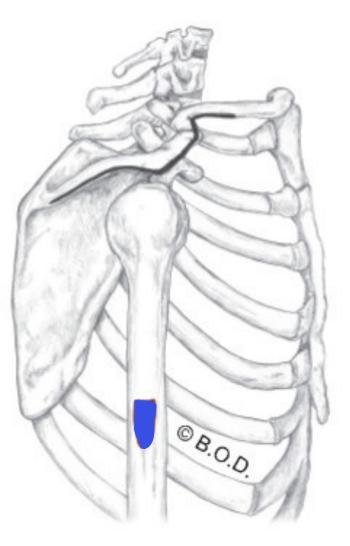
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Lateral View

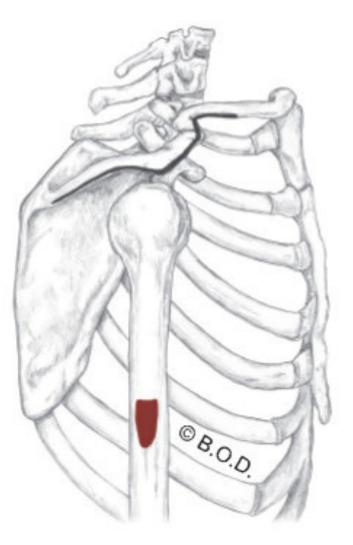
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Lateral View

# 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
- $\Box$  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

#### Self-Care Weekly Study Plan

Weekly Study Plan

Monday	Tuesday	Wednesday
Thursday	Friday	Saturday/Sunday
-	-	<b>u</b>
• • •		

 Phone Calls/E-mails
 Appointments
 Important Tasks

With this form you can organize your weekly studying, assignments, quizzes, and exams

#### 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

Massage Year Planner: Motivation for the month of\_

ACADEMIC GOALS	OBSTACLES	ACTIONS	POSITIVE AFFIRMATIONS
Note your top five academic goals for this month; identify obstacles and the actions you plan to take to overcome those obstacles.			
0			
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.			
8			
1.			
2.			

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.

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.	

Here's another way to set monthly goals

#### 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

