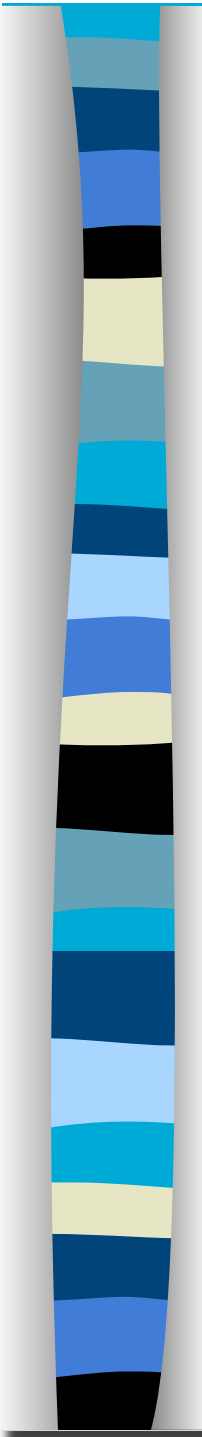


1b Orientation:

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
- Kansas, Minnesota, Vermont, and Wyoming are not
- Hawaii, New York, and Massachusetts are regulated but not using the MBLEx yet
- 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:

(Until June 30th, 18, **Effective July 1st,18**)

- Anatomy and Physiology (12%, **11%**)
- Kinesiology (11%, **12%**)
- Pathology (13%,**14%**)
- Benefits and Effects of Massage Therapy (14%, **15%**)
- Client Assessment and Treatment Planning (**17%**)
- History, Culture, and Modalities of Massage (5%, **removed**)
- Ethics, Boundaries, Laws, and Regulations (15%, **16%**)
- Guideline for Professional Practice (13%, **15%**)

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.

Think of your responsibilities and how you will manage your time with school:

- Bake cupcakes for new class
- Get oil changed
- Mow lawn
- Concert?
- Clean litter boxes
-
-
-
-



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



The screenshot shows the Quizlet website homepage. At the top, there is a blue navigation bar with the Quizlet logo, a search bar, a 'Create a Set' button, and links for 'Log In', 'Sign Up', and 'Help'. Below the navigation bar is a world map with several location pins. A tooltip for a pin in the Netherlands reads 'SS1KGT - Voc. chapter 4A-B Netherlands'. To the left of the map, the text reads 'The world learns on Quizlet' and 'We make simple tools that let you study anything, for free.' Below the map, there is a 'Live Map' link with the text 'What people are studying now!'. At the bottom, there is a dark blue section titled 'Try it in 60 seconds' with the subtitle 'Sample study sets created by people like you'. This section contains five study set cards: 'Literature Vocabulary' (English 101), 'German Food Adjectives' (German I), 'French Animal Names' (AP French Literature), 'Biology Terms - Unit 7' (Honors Biology), and 'Nursing Abbreviations' (NCLEX). A plus sign icon is labeled 'Make your own study set' with the text 'For anything you want to learn'.

A vertical decorative bar on the left side of the slide, composed of various colored segments including shades of blue, yellow, black, and grey, arranged in a pattern that resembles a stylized lighthouse or a segmented column.

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

Latissimus Dorsi
la-tis-i-mus dor-si




A Extend the shoulder (glenohumeral joint)
A Adduct the shoulder (G/H joint)
M Medially rotate the shoulder (G/H joint)

O Inferior angle of scapula, spinous processes of last six thoracic vertebrae, last three or four ribs, thoracolumbar aponeurosis and posterior iliac crest

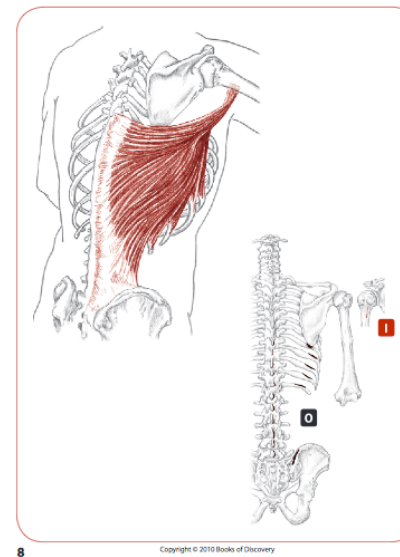
T Intertubercular groove of the humerus

N Thoracodorsal C6, 7, 8

 Location Posterior axilla, lateral trunk
BLMs Lateral border of scapula
Action "Extend and medially rotate your shoulder"

Lateral/posterior view
with posterior and anterior views

8 p. 71, TGB



Trail Guide to the Body

Anatomy MAPP

Especially helpful for those who study best on the go!

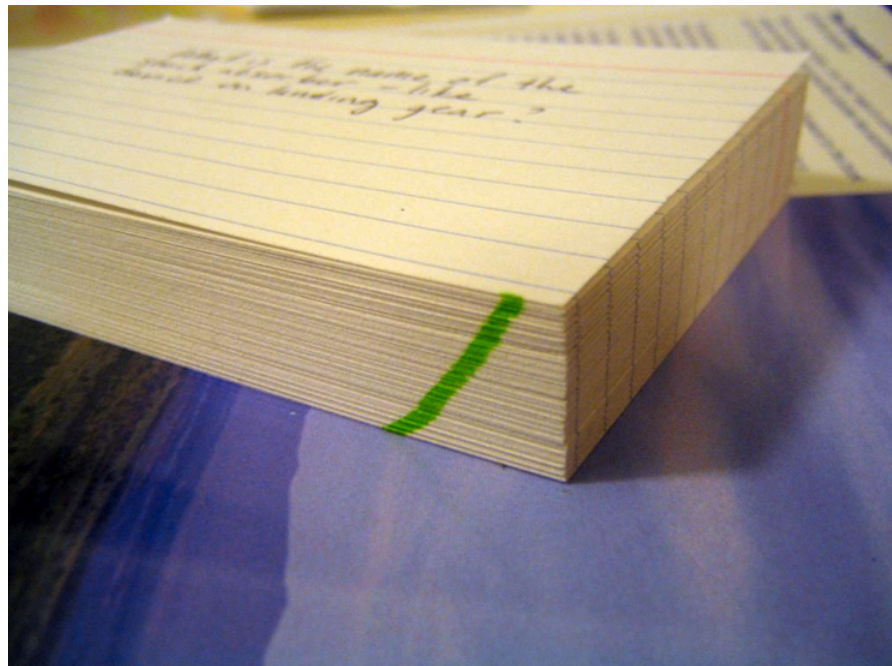
- All 364 images from Flashcards Volumes 1 and 2
- Questions from the Student Workbook
- Audio pronunciation for each muscle
- Available on Apple and Android devices (\$30)
- [Anatomy MAPP Link](#)



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



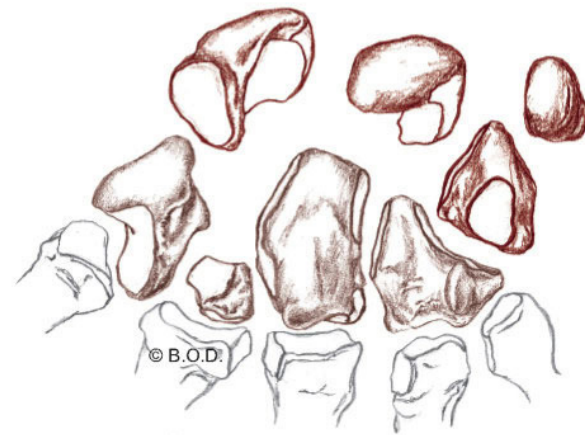
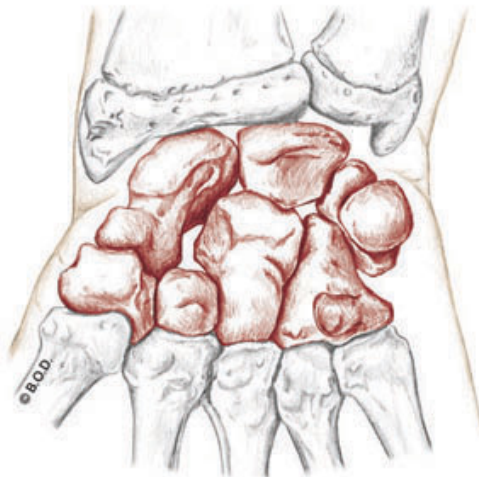
Memorization using Memory Cues

Acronyms, Songs, or Rhymes

Page A-50

“Steve Left The Party To Take Cathy Home”

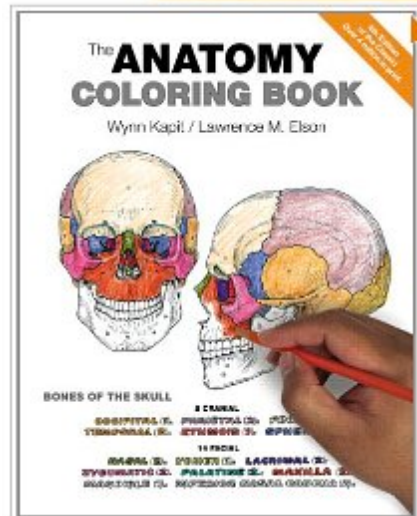
Scaphoid, Lunate, Triquetrum, Pisiform Trapezium, Trapezoid, Capitate, Hamate



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
- [Triquetrum](#)
- Iliopsoas
- Clavicle
- Acromion process
- Scapula



Introduction to Kinesiology

Deltoid

Page A-51

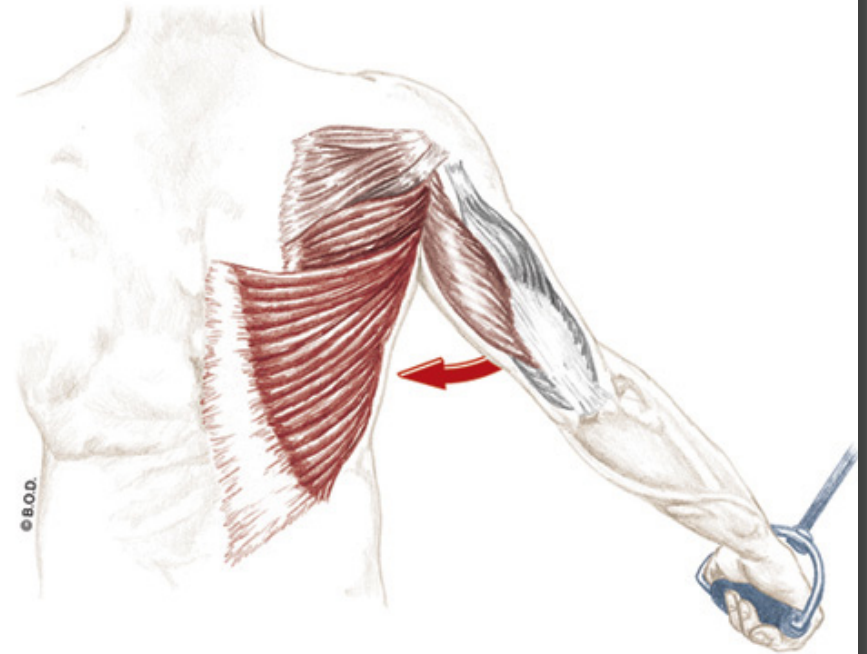
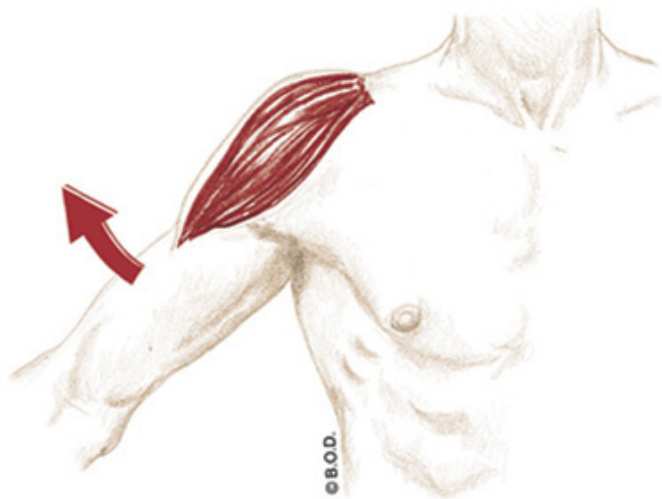
Learning Objective: To introduce some basic terminology to study the kinesiology of the deltoid muscle

Timing: 20 minutes

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

What is Kinesiology?

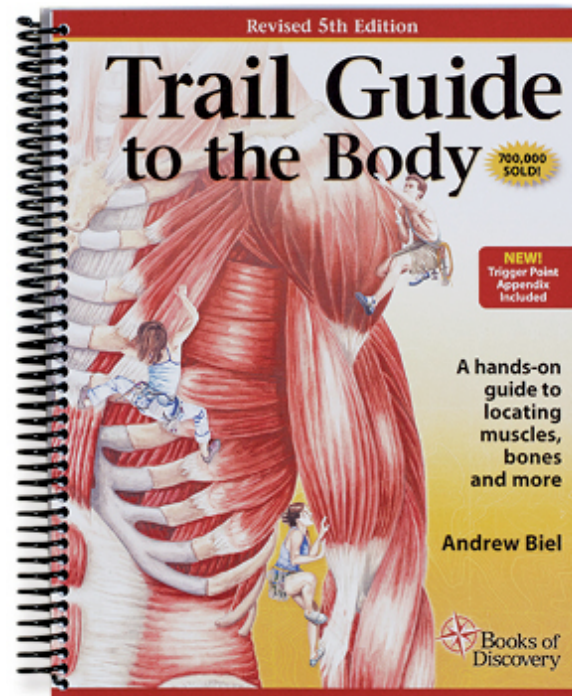
Kinesiology Study of human motion.



The Trail Guide to the Body

Introduction to your kinesiology textbook

Please get out your Trail Guide to the Body

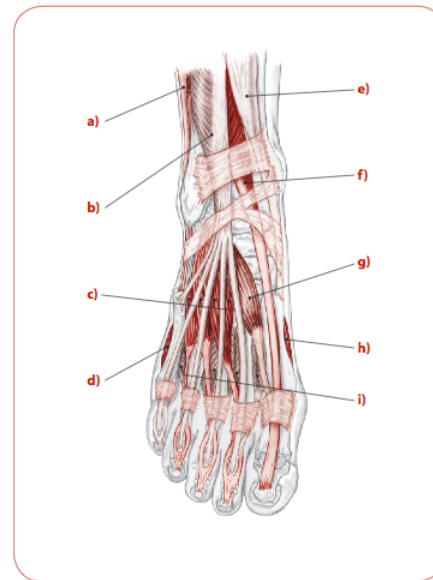


The Trail Guide to the Body

Open the front cover

Helpful Learning Tools - Flashcards:

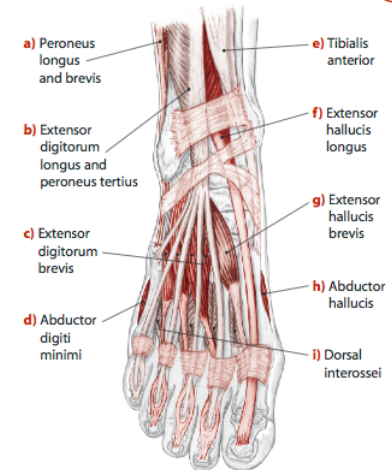
- Volume 1 (bones, \$22)
- Volume 2 (muscles, \$22)



173

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Muscles of the Foot 3



173

Dorsal view of right foot

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

Table of Contents

✧ Table of Contents

Introduction—Tour Guide Tips	1	Chapter 3—Forearm & Hand	107
How To Use This Book	2	Topographical Views	108
Key	3	Exploring the Skin and Fascia	109
Palpation Hints	4	Bones of the Forearm and Hand	110
Creating Your Palpatory Journal	9	Bony Landmarks	111
Exploring the Textural Differences of Structures	10	The Ulna and Radius	112
Learning Objectives	18	Bony Landmark Trails	113
		Muscles of the Forearm and Hand	127
Chapter 1—Navigating the Body	19	Synergists—Muscles Working Together	130
Regions of the Body	20	Brachialis	132
Planes of Movement	21	Brachioradialis	133
Directions and Positions	21	Distinguishing Between the Flexor and Extensor Groups of the Forearm	134
Movements of the Body	23	Extensors of the Wrist and Fingers	135
Systems of the Body	32	Anconeus	139
The Skeletal System	32	Extensor Indicis	139
Types of Joints	34	Flexors of the Wrist and Fingers	140
The Muscular System	35	Pronator Teres	146
The Fascial System	38	Pronator Quadratus	147
The Cardiovascular System	40	Supinator	147
The Nervous System	42	Muscles of the Thumb and Hand	149
The Lymphatic System	43	Muscles of the Thumb	151
		Muscles of the Hand	157
Chapter 2—Shoulder & Arm	45	Other Structures of the Forearm and Hand	160
Topographical Views	46		
Exploring the Skin and Fascia	47	Chapter 4—Spine & Thorax	167
Bones of the Shoulder and Arm	48	Topographical Views	168
The Scapula	49	Exploring the Skin and Fascia	169
The Humerus and Clavicle	50	Bones of the Spine and Thorax	170
Bony Landmark Trails	51	Bony Landmarks	171
Muscles of the Shoulder and Arm	61	Bony Landmark Trails	174
Synergists—Muscles Working Together	63	Muscles of the Spine and Thorax	188
Deltoid	67	Synergists—Muscles Working Together	194
Trapezius	68	Erector Spinae Group	196
Latissimus Dorsi and Teres Major	71	Transversospinalis Group	200
Rotator Cuff Muscles	74	Splenius Capitis and Cervicis	203
Rotator Cuff Tendons	79	Suboccipitals	205
Rhomboid Major and Minor	82	Quadratus Lumborum	207
Levator Scapula	83	Abdominals	209
Serratus Anterior	86	Diaphragm	213
Sternalis	88	Intercostals	215
Pectoralis Major	89	Serratus Posterior Superior and Inferior	216
Pectoralis Minor	92	Intertarsarii	217
Subclavius	94	Interspinalis	217
Biceps Brachii	95	Other Structures of the Spine and Thorax	218
Triceps Brachii	97		
Coracobrachialis	99		
Other Structures of the Shoulder and Arm	100		

✧ Table of Contents

Chapter 5—Head, Neck & Face	225	Chapter 7—Leg & Foot	343
Topographical Views	226	Topographical Views	344
Exploring the Skin and Fascia	227	Exploring the Skin and Fascia	345
Bones and Bony Landmarks of the Head, Neck and Face	228	Bones of the Knee, Leg and Foot	346
Bony Landmark Trails	230	The Tibia, Fibula and Patella	347
Muscles of the Head, Neck and Face	240	Bony Landmarks of the Knee and Leg	348
Synergists—Muscles Working Together	242	Bony Landmark Trails of the Knee	349
Sternocleidomastoid	244	Bones and Bony Landmarks of the Ankle and Foot	354
Scalenes	246	Bony Landmark Trails of the Ankle and Foot	356
Masseter	250	Muscles of the Leg and Foot	366
Temporalis	251	Synergists—Muscles Working Together	369
Suprahyoids and Digastric	253	Gastrocnemius	371
Infrahyoids	255	Soleus	371
Platysma	257	Plantaris	374
Occipitofrontalis	258	Popliteus	375
Medial and Lateral Pterygoids	259	Peroneus Longus and Brevis	376
Longus Capitis and Longus Colli	260	Extensors of the Ankle and Toes	378
Muscles of Facial Expression	261	Flexors of the Ankle and Toes	381
Other Structures of the Head, Neck and Face	270	Muscles of the Foot	384
		Other Muscles of the Foot	390
Chapter 6—Pelvis & Thigh	275	Other Structures of the Knee and Leg	392
Topographical Views	276	Other Structures of the Ankle and Foot	398
Exploring the Skin and Fascia	277		
Bones of the Pelvis and Thigh	278	Muscles of Facial Expression Attachment Sites	407
Bony Landmarks of the Pelvis and Thigh	279	Synergists—Muscles Working Together	408
The Sacrum and Coccyx	281	Glossary of Terms	412
The Femur	283	Pronunciation and Etymology	414
Bony Landmark Trails	284	Bibliography	418
Muscles of the Pelvis and Thigh	296	Index	420
Perineum and Pelvic Floor	300		
Synergists—Muscles Working Together	302		
Quadriceps Femoris Group	306		
Hamstrings	311		
Gluteals	315		
Adductor Group	319		
Tensor Fasciae Latae and Iliotibial Tract	324		
Sartorius	326		
Tendons of the Posterior Knee	327		
Lateral Rotators of the Hip	328		
Iliopsoas	332		
Other Structures of the Pelvis and Thigh	336		

The Trail Guide to the Body

Page 61

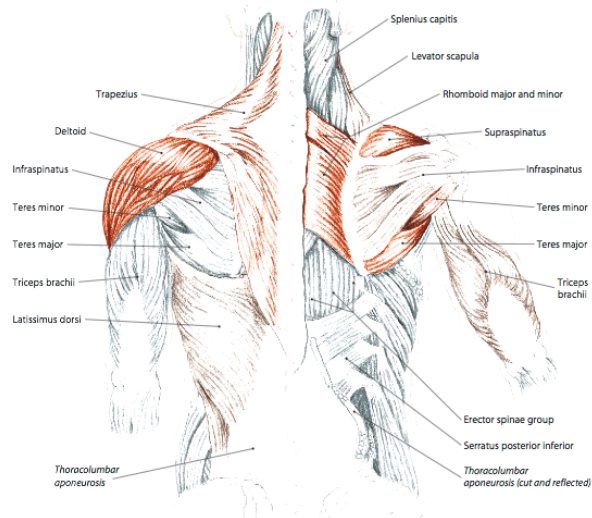
✦ Muscles of the Shoulder and Arm

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.

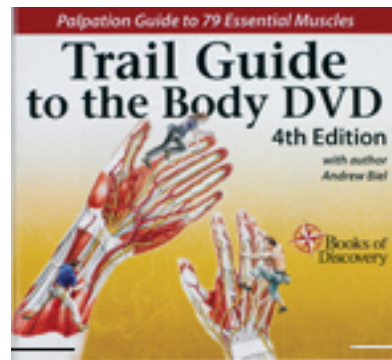
The trapezius received its present name from the British anatomist William Cowper (c. 1700). Previously, it was called the *musculus cucullaris* (L. muscle hood), since the two trapezius muscles together resemble a monk's hood.

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
Brachioradialis	132	Platysma	257
Coracobrachialis	99	Popliteus	375
Deltoid	67	Pronator Teres	146
Diaphragm	213	Psoas Major	332
Erector Spinae Group	196	Pterygoids	259
Extensor Indicis	139	Quadratus Lumborum	207
...		...	



The Trail Guide to the Body

Muscles of the Human Body

Abdominals	209	Pectoralis Major	89
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...		...	

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

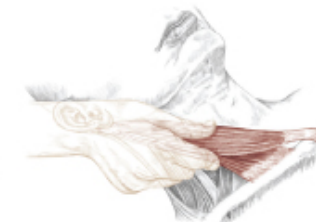
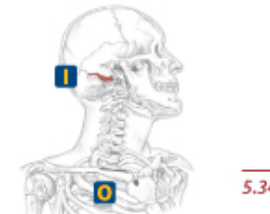
- I** Mastoid process of temporal bone, lateral superior nuchal line of occiput

- 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?*

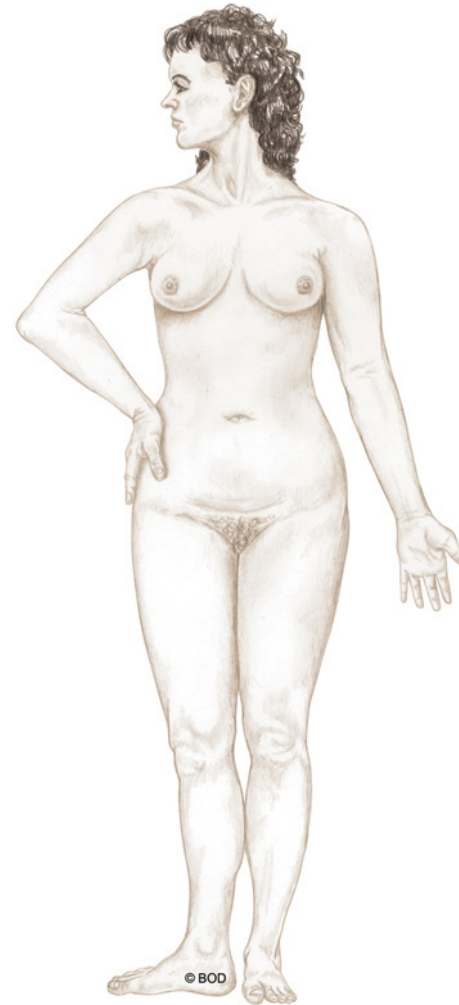
ster-no-kli-do-mas-toyd



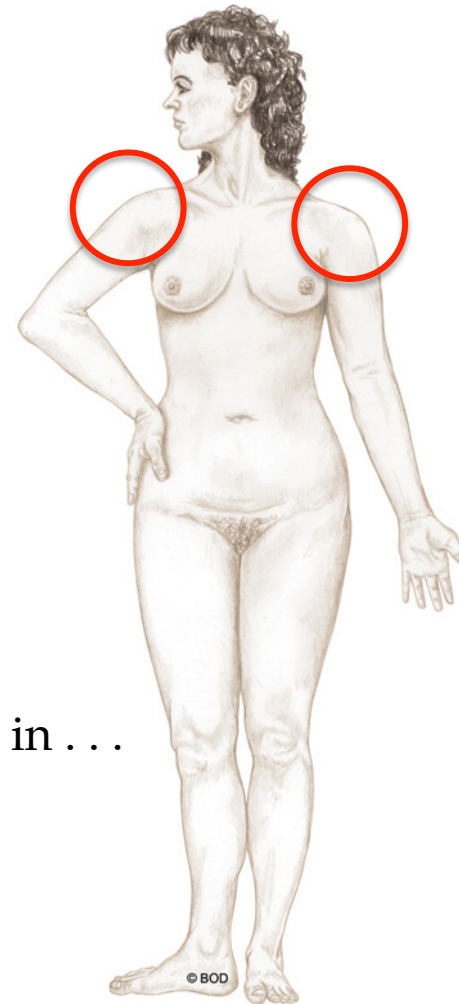
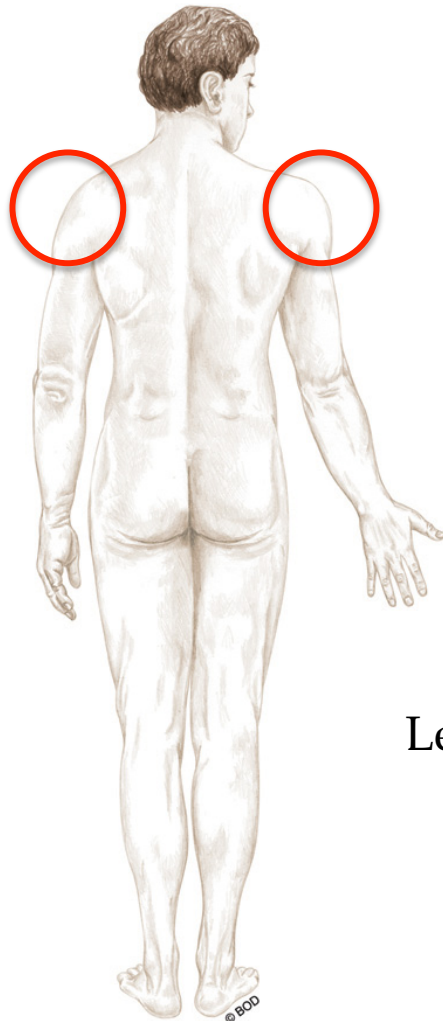
Pronunciation and etymology of anatomical terms

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

Where are the deltoid muscles located?

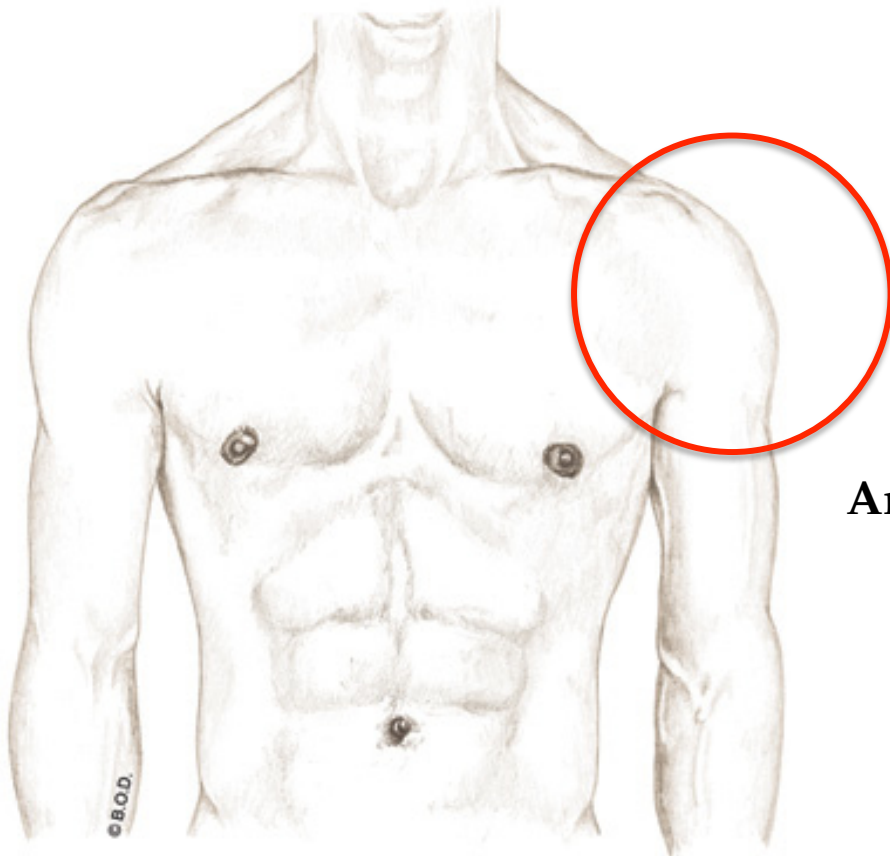


The deltoid muscles are located
on the caps of the shoulders!



Let's zoom in . . .

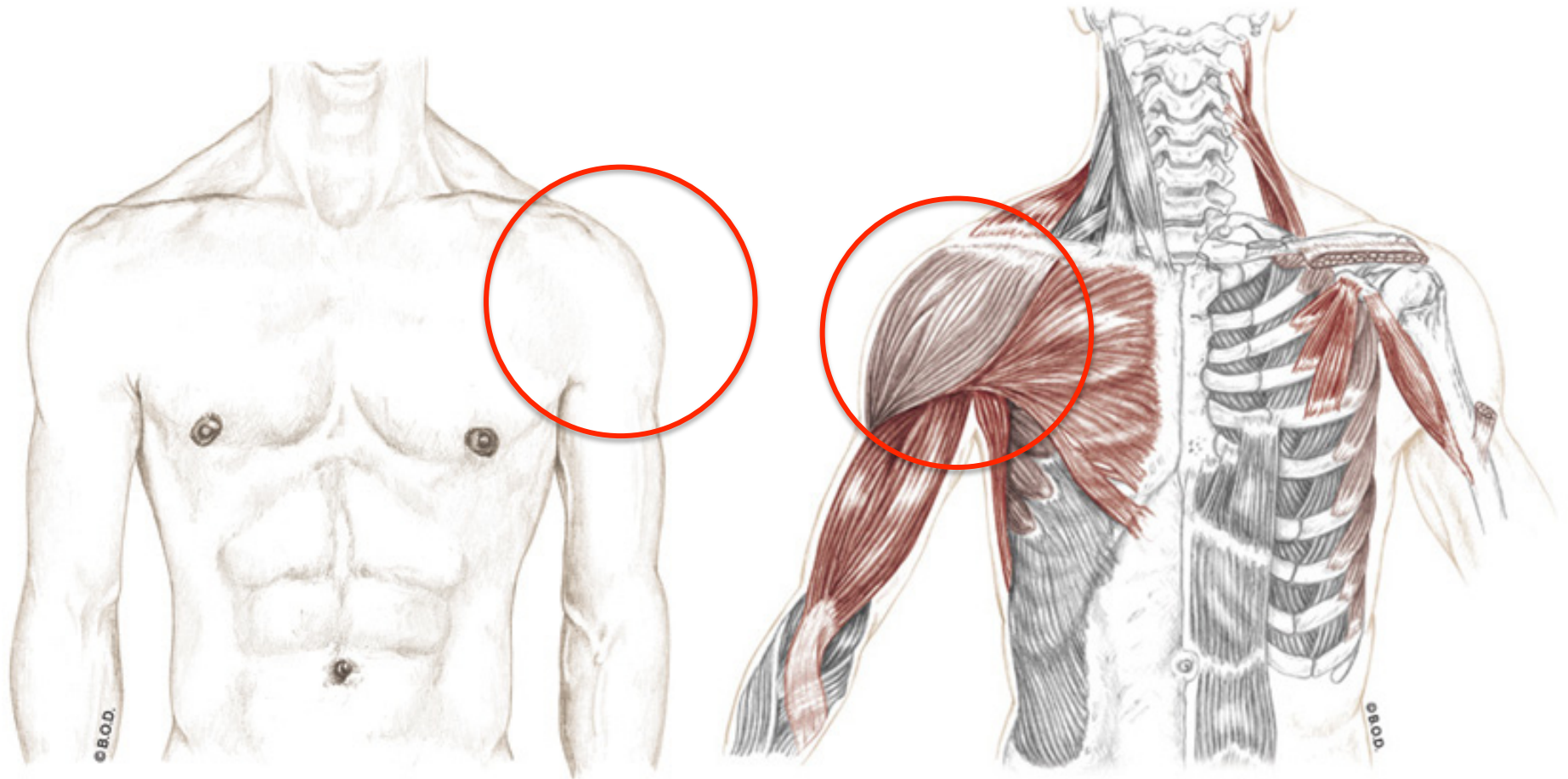
Anterior view of the deltoid



Anterior Pertaining to the front of a structure.

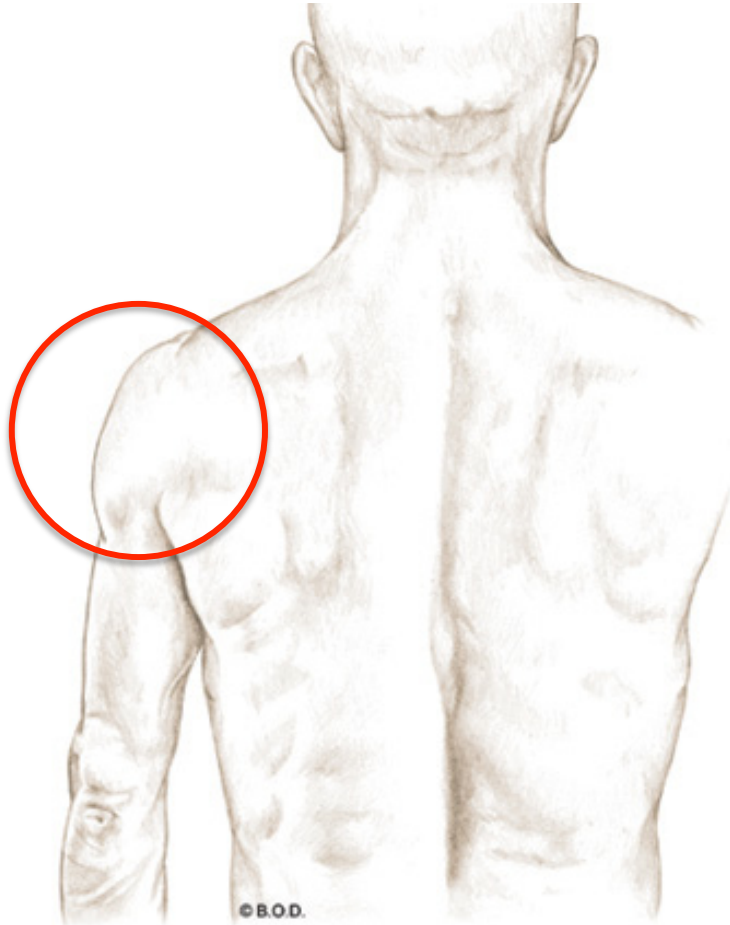
Next let's take a look below the skin . . .

Anterior view of the deltoid



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

Posterior view of the deltoid

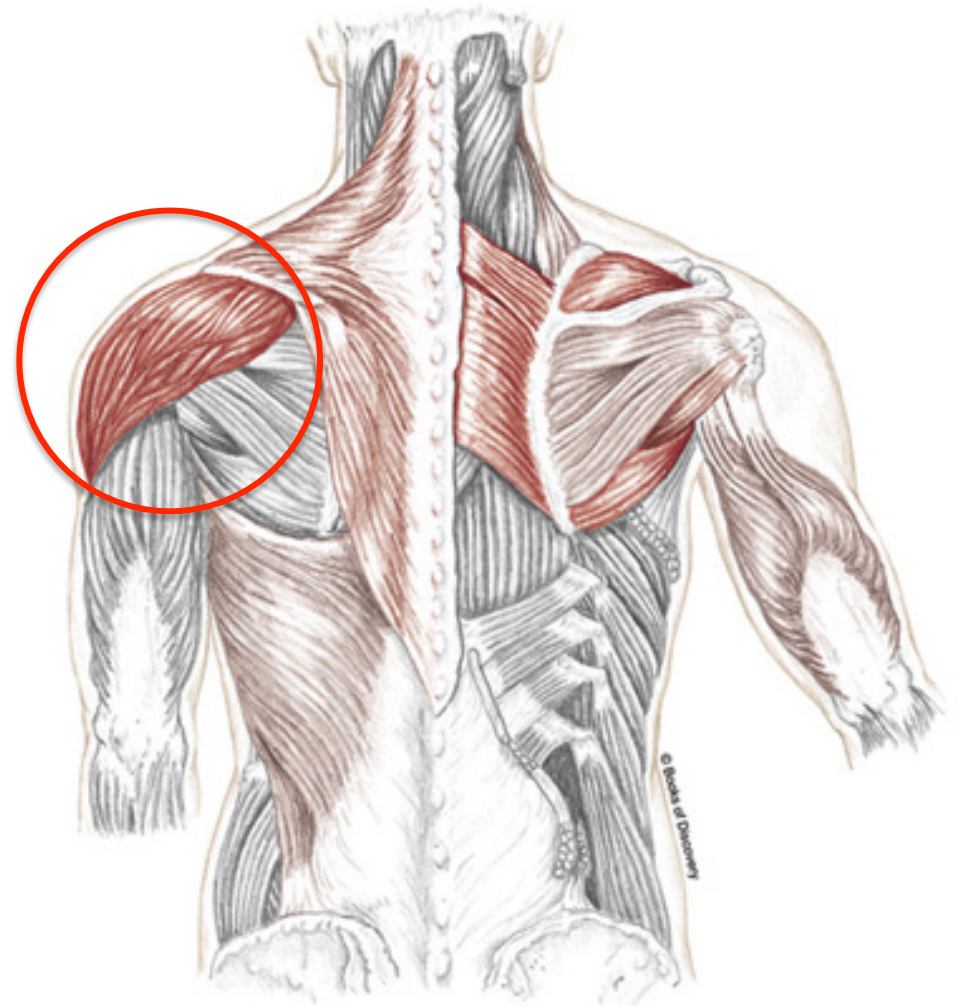
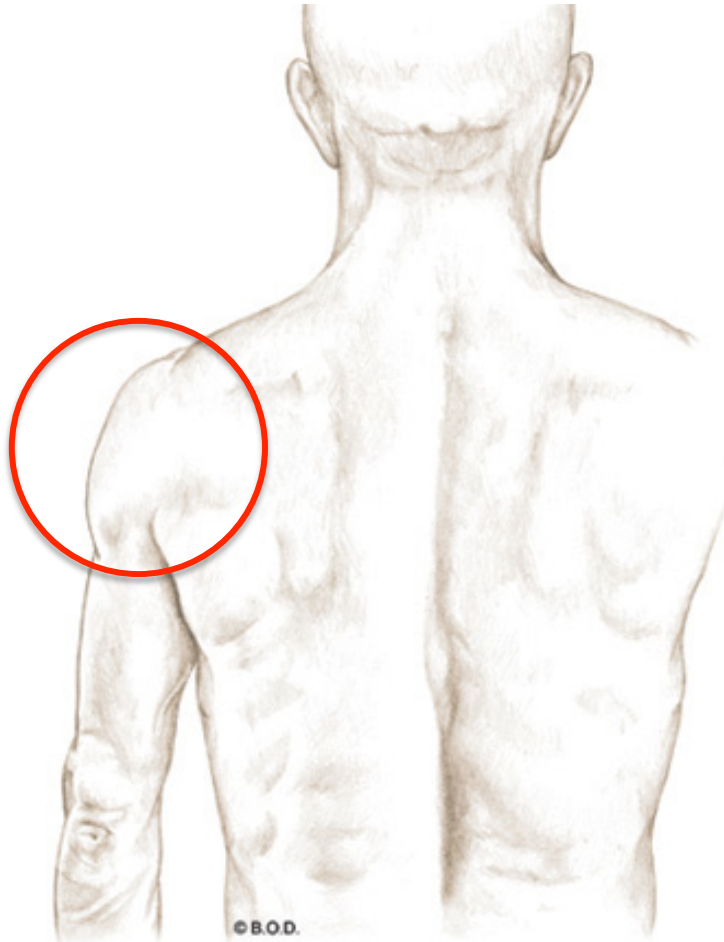


Posterior Pertaining to the back of a structure.

(posterior is the opposite of anterior)

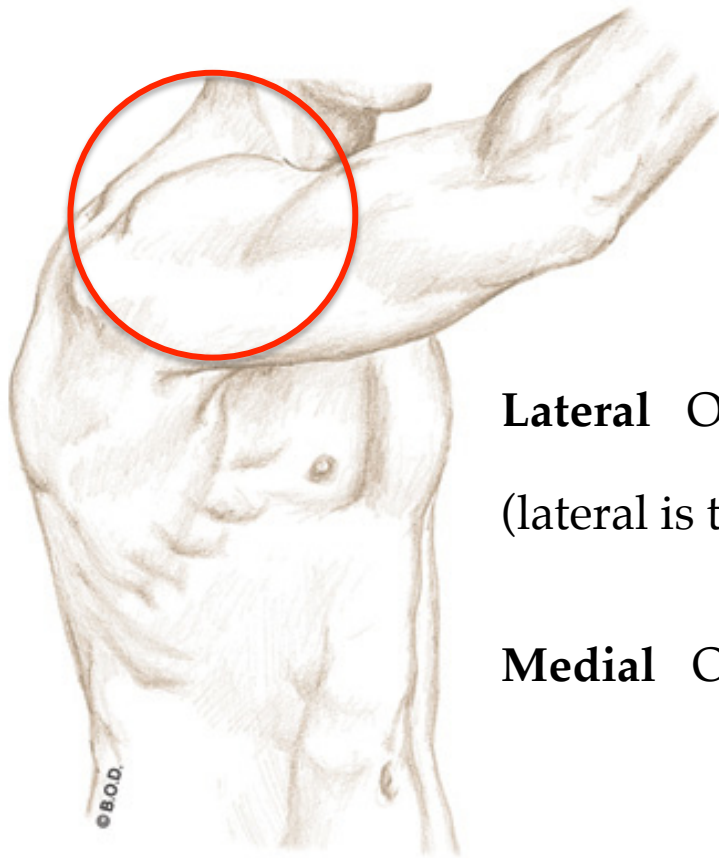
Let's take a deeper look . . .

Posterior view of the deltoid



And next a view from the side . . .

Lateral view of the deltoid

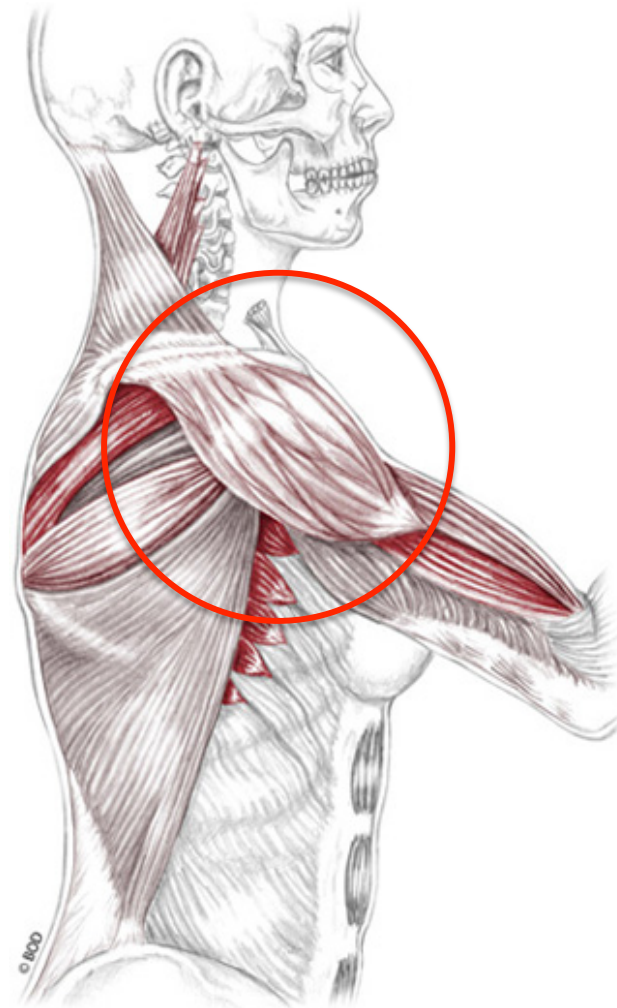
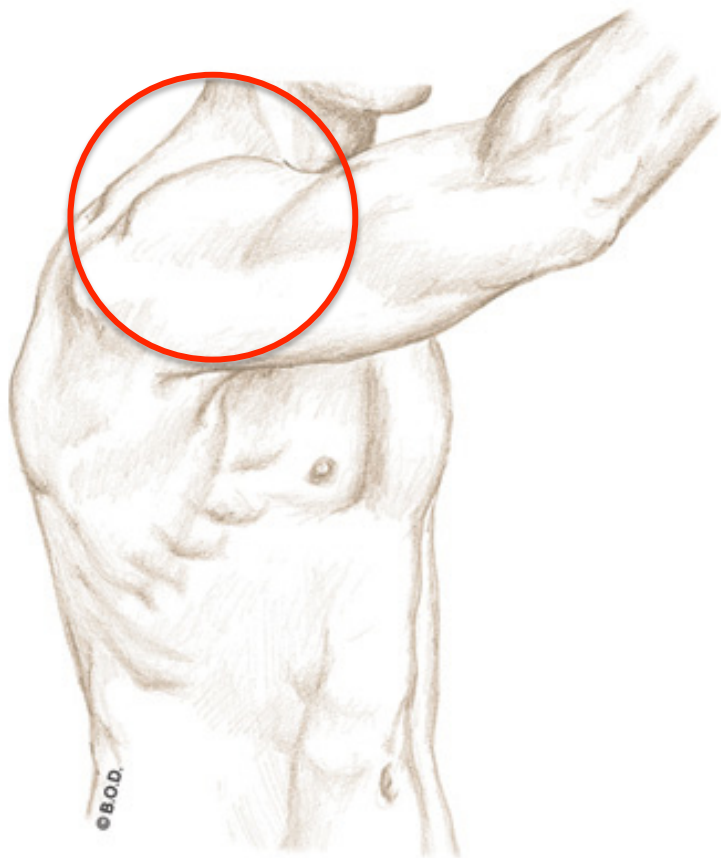


Lateral Oriented farther away from the midline of the body.
(lateral is the opposite of medial)

Medial Oriented toward or near the midline of the body.

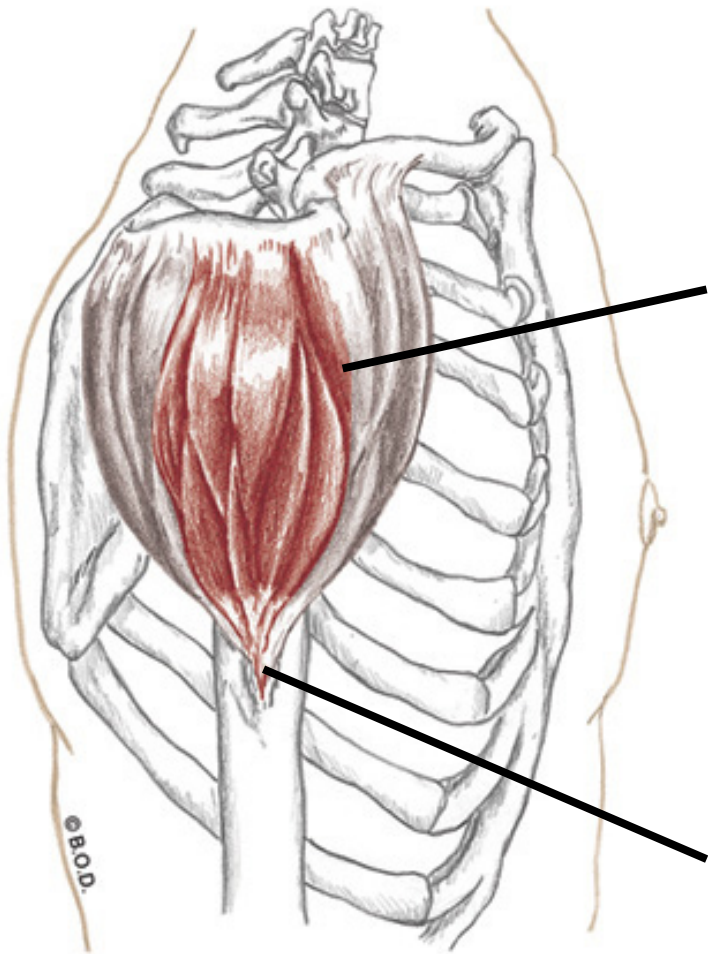
Let's take a deeper look . . .

Lateral view of the deltoid



Next, a view of deltoid by itself . . .

Belly versus Tendon

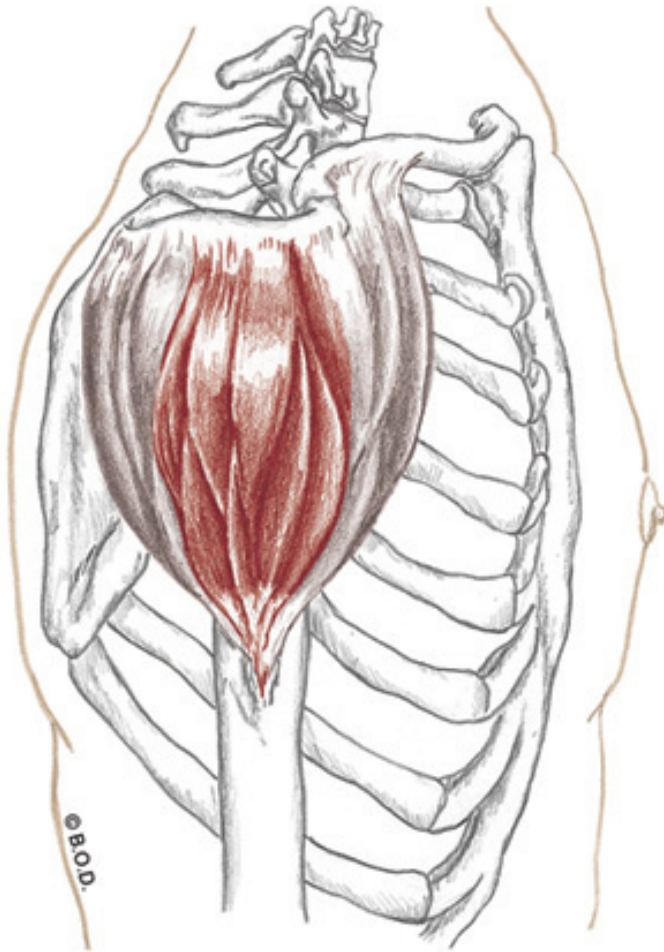


Belly The wide central portion of a skeletal muscle that contains the sarcomeres.

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

Lateral View

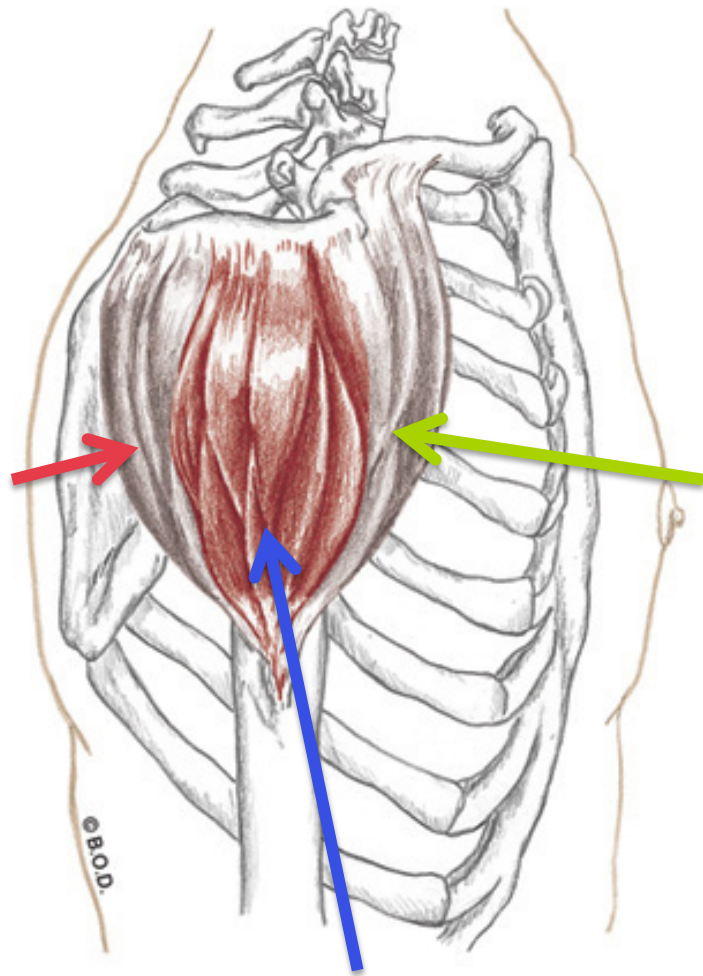
What does deltoid mean?



Lateral View

Deltoid

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



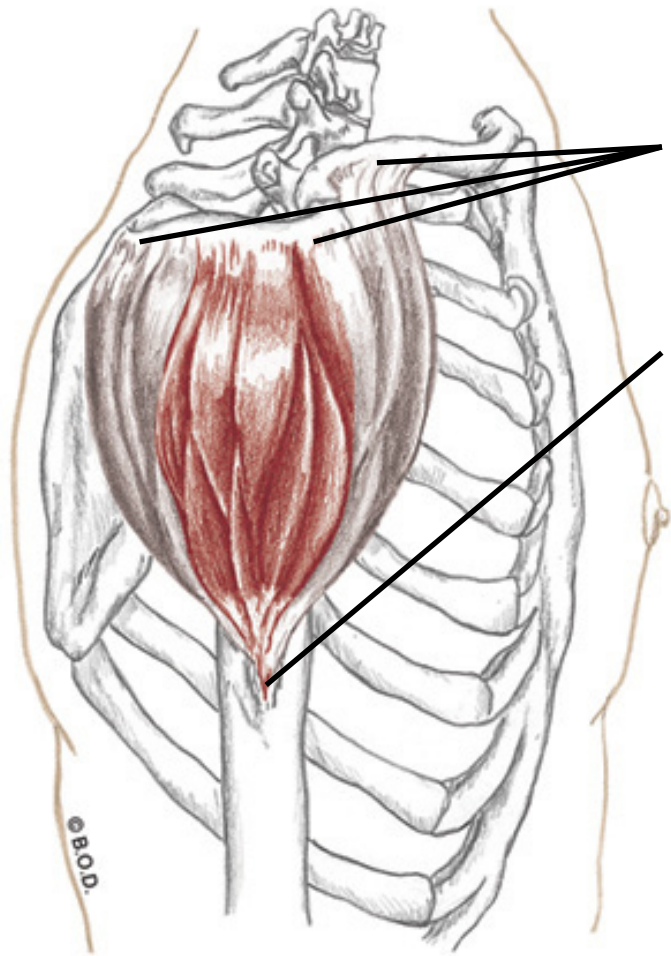
Lateral View

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.

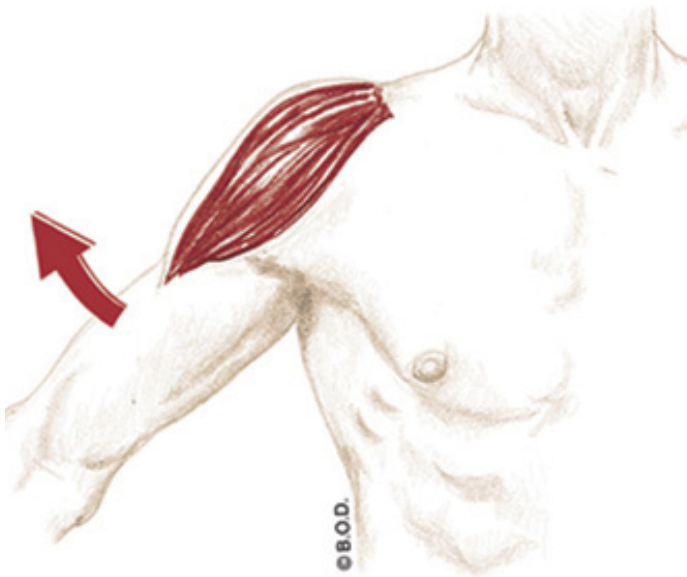
Lateral View

Muscle Actions

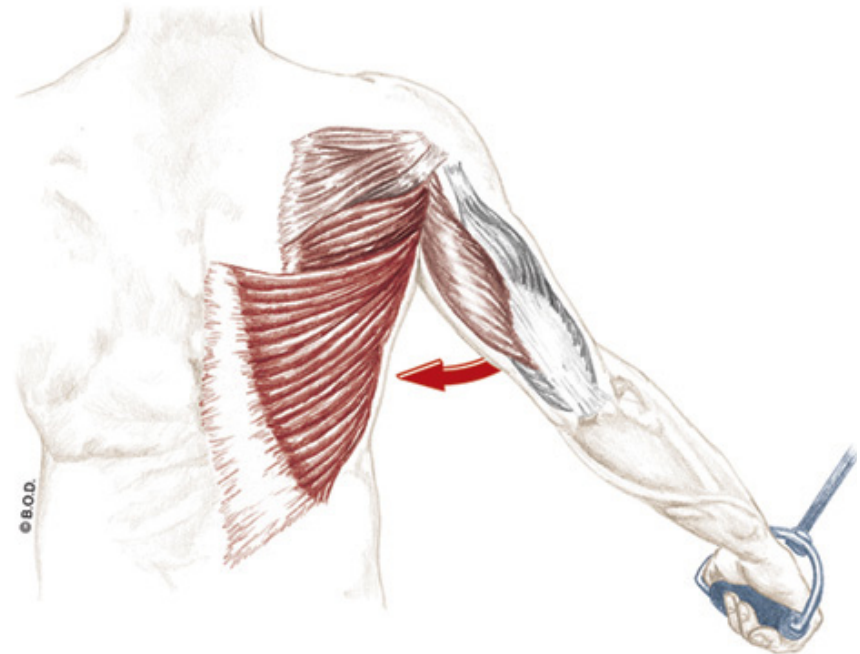
Action The movement or postural stabilization that happens as the result of muscular contraction.

What actions of the shoulder can you name . . .

Abduct and Adduct the Shoulder (glenohumeral joint)



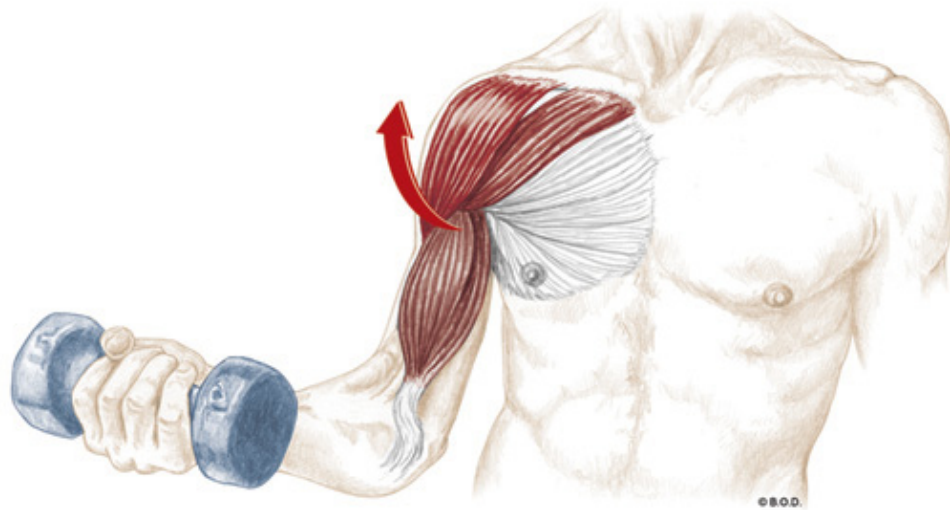
Glenohumeral Abduction
Anterior View



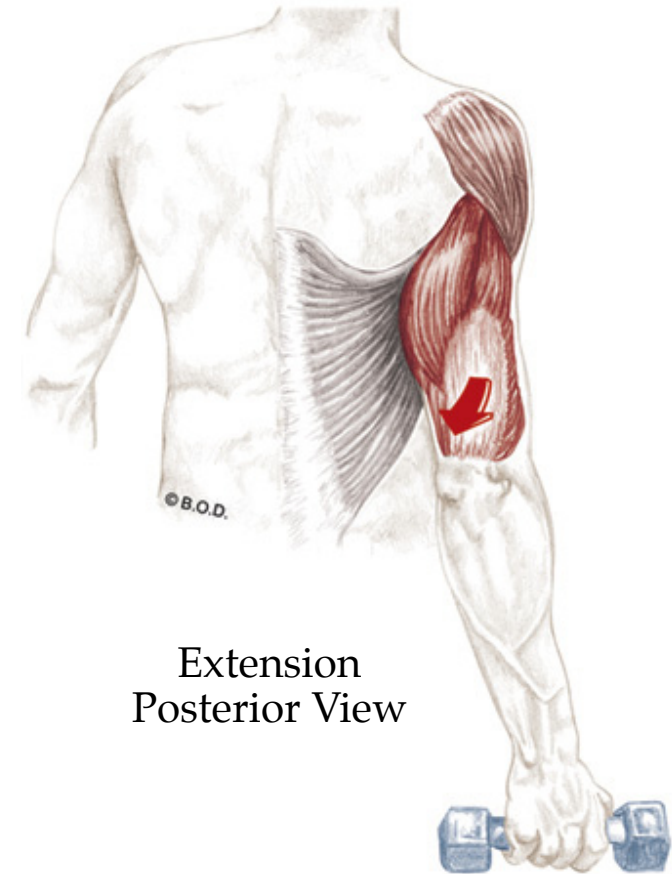
Glenohumeral Adduction
Posterior View

“Lift your arms straight up from the side of your body to make a T (abduction),
And then bring them back down to along side the body (adduction).”

Flex and Extend the Shoulder (glenohumeral joint)



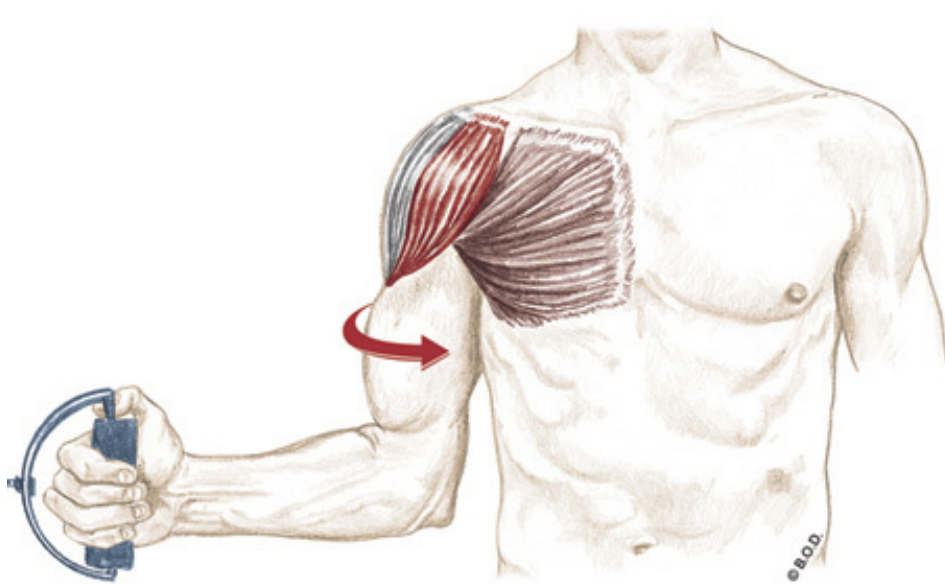
Flexion
Anterior View



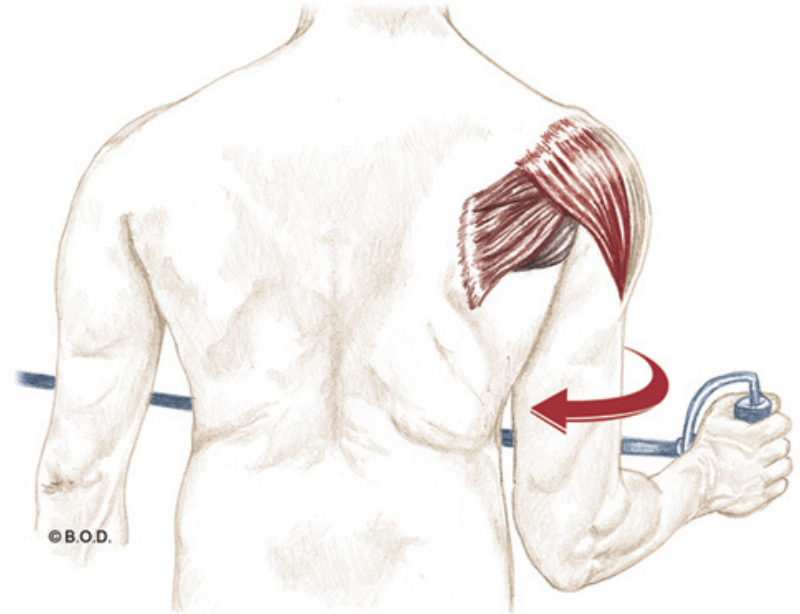
Extension
Posterior View

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

Medially Rotate and Laterally Rotate (glenohumeral joint)



Medial Rotation
Anterior View



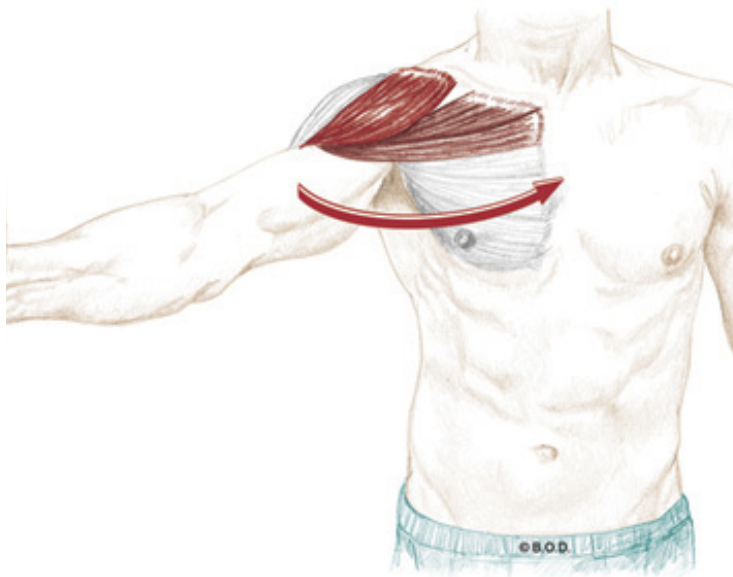
Lateral Rotation
Posterior View

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

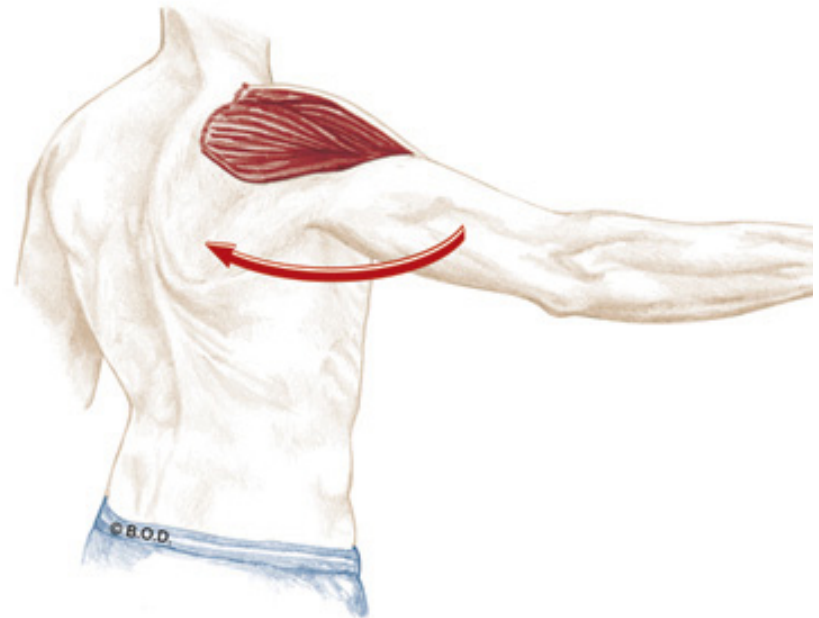
Now rotate your arm so your fist is near your belly (medial rotation).

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)

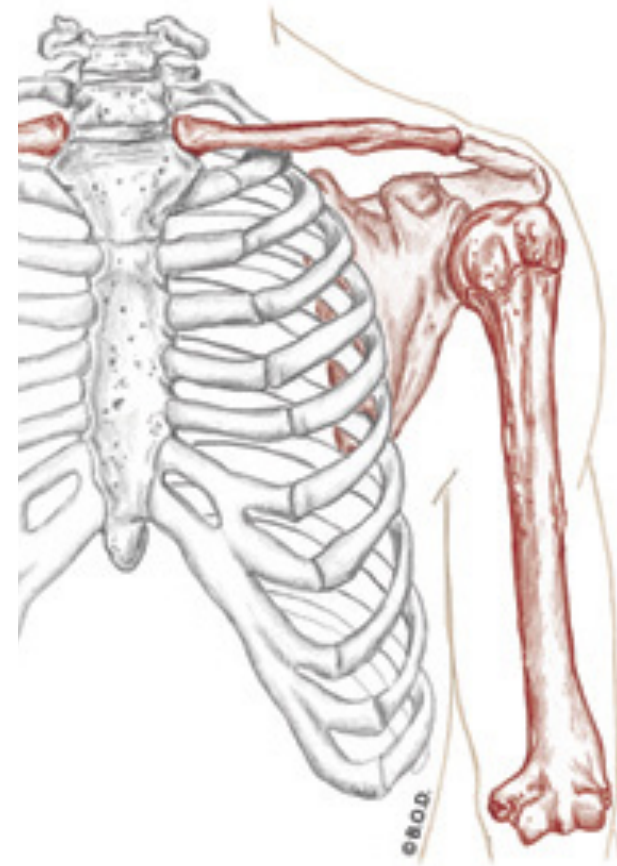
Horizontally abduct the shoulder (G/H joint)

O Lateral one-third of clavicle

Acromion

Spine of scapula

I Deltoid tuberosity



Anterior View

Deltoid

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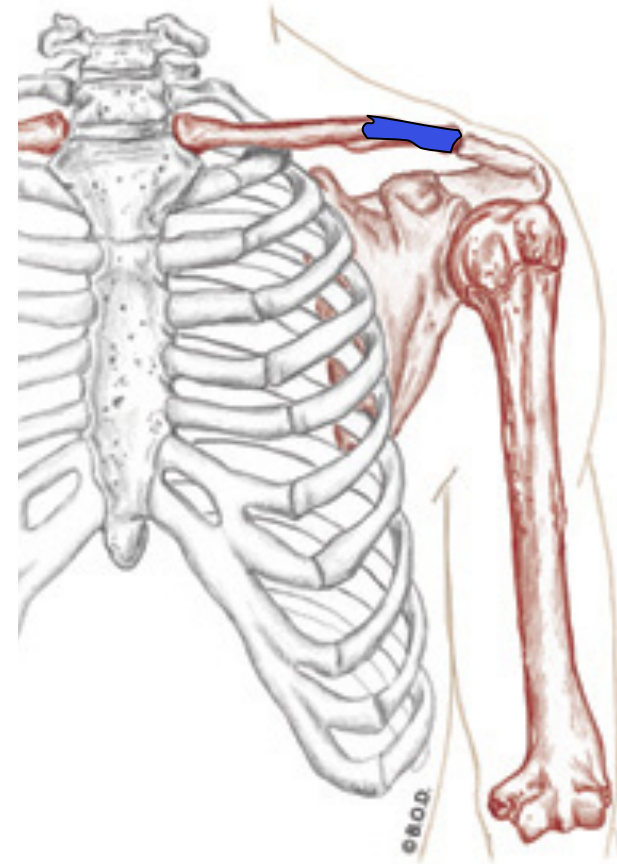
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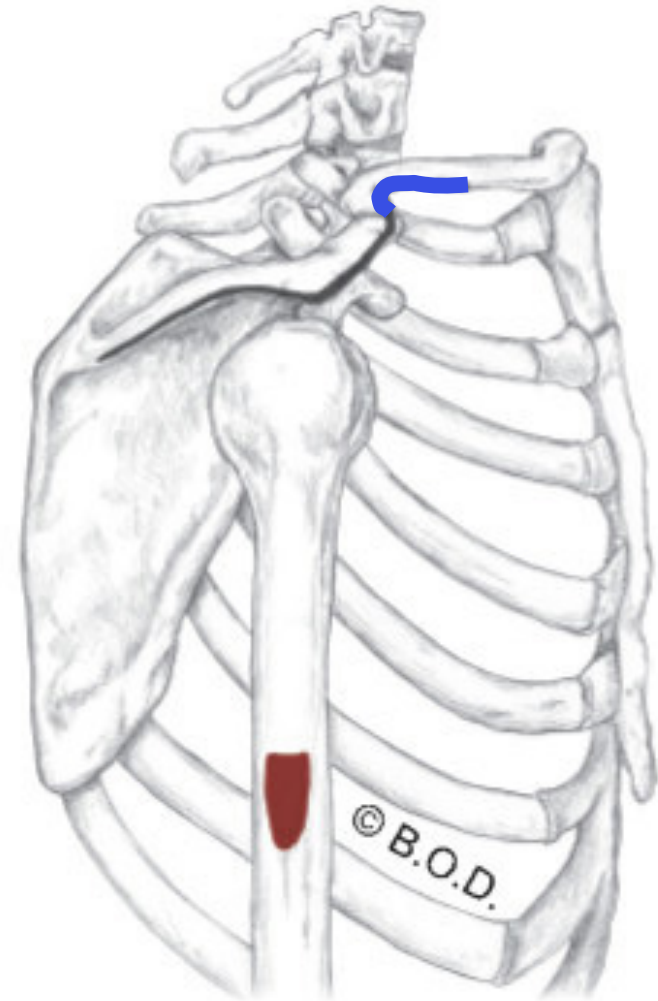
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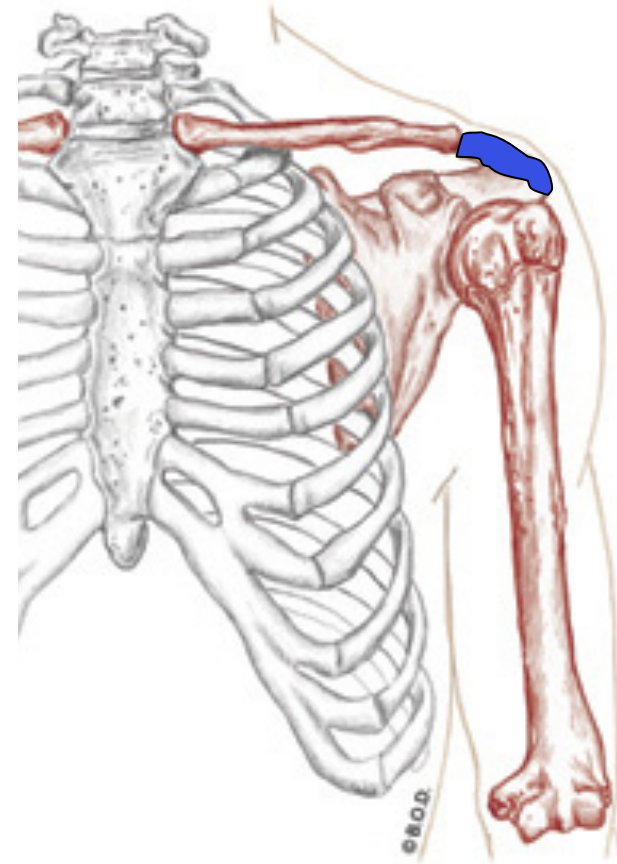
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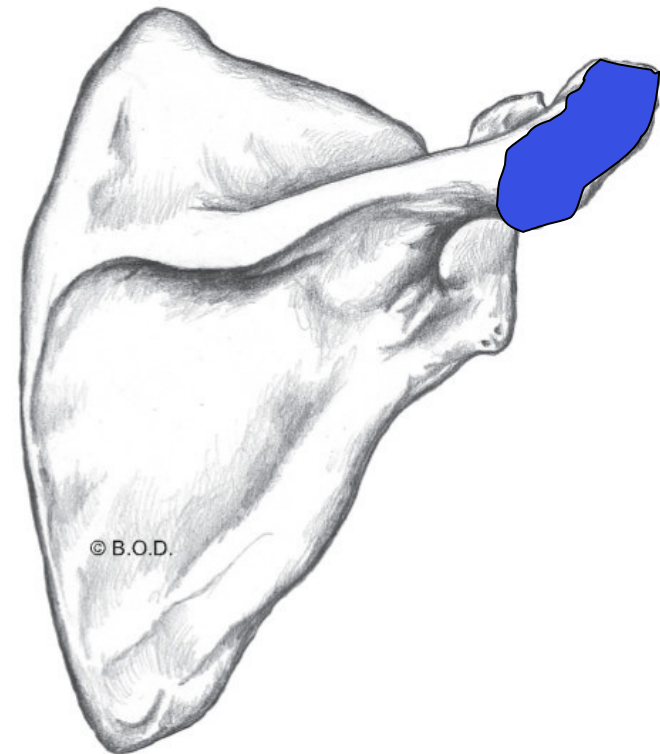
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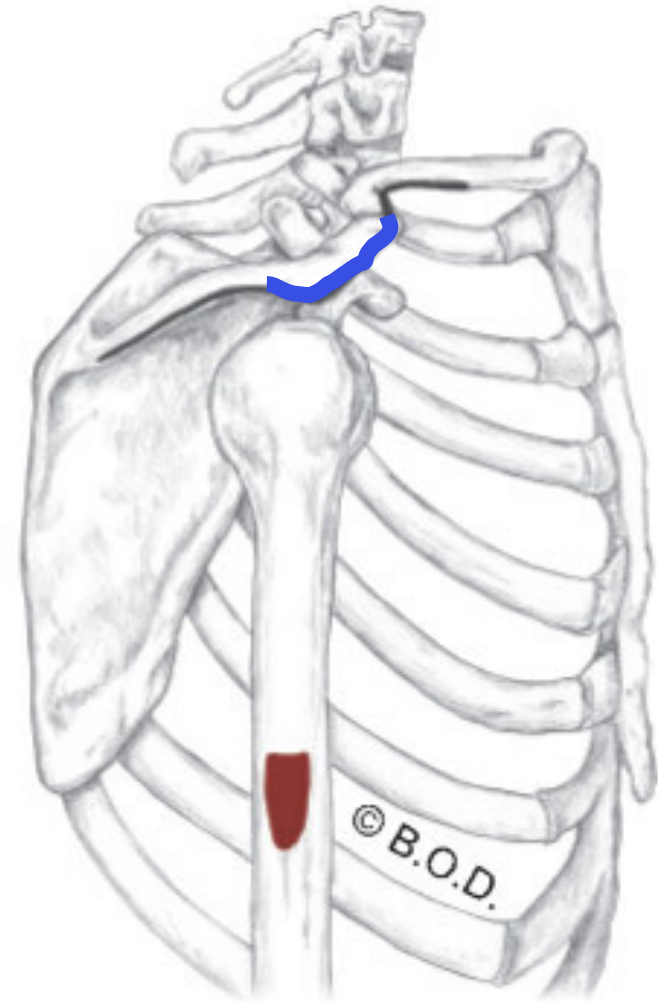
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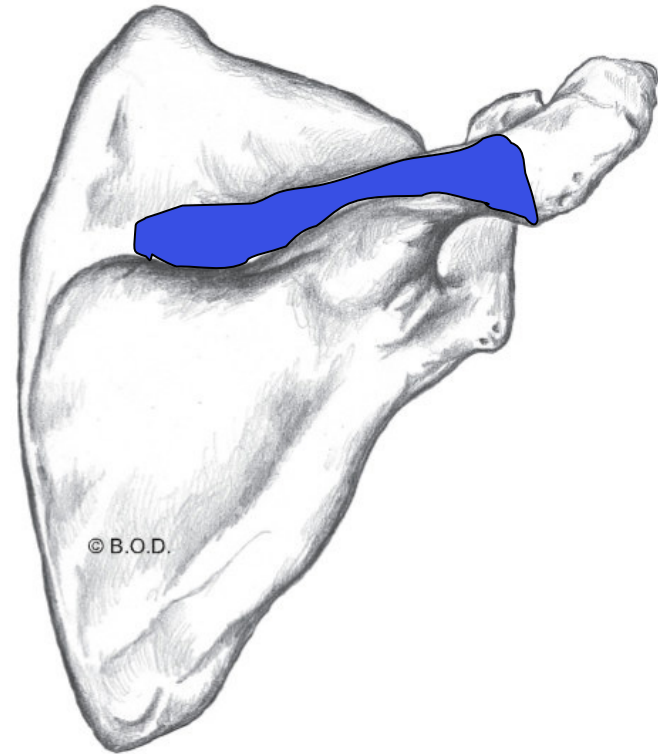
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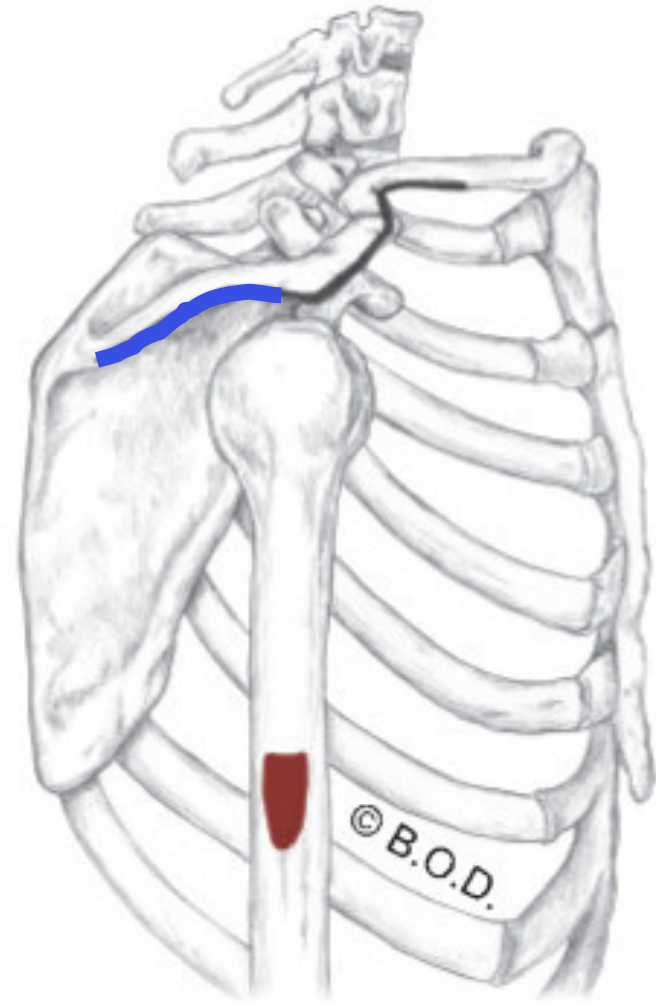
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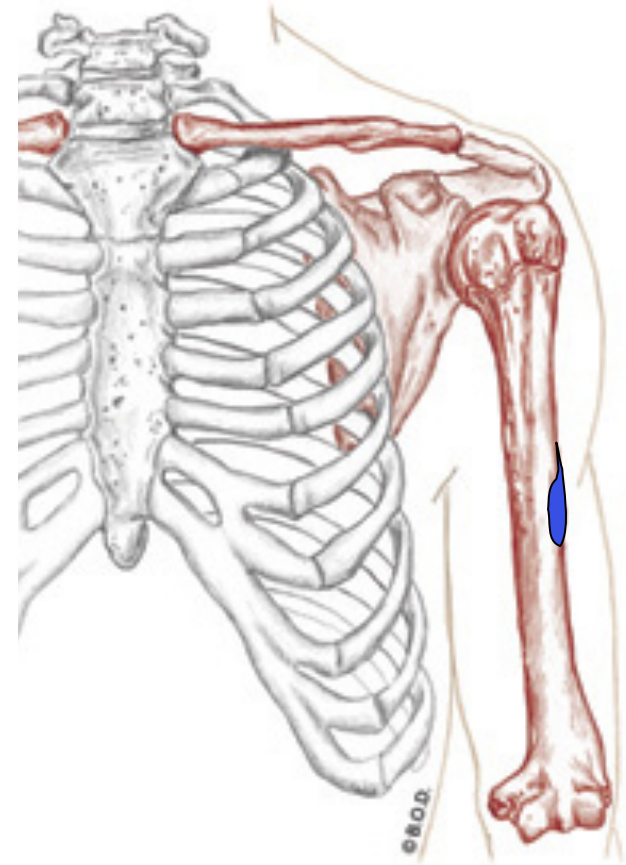
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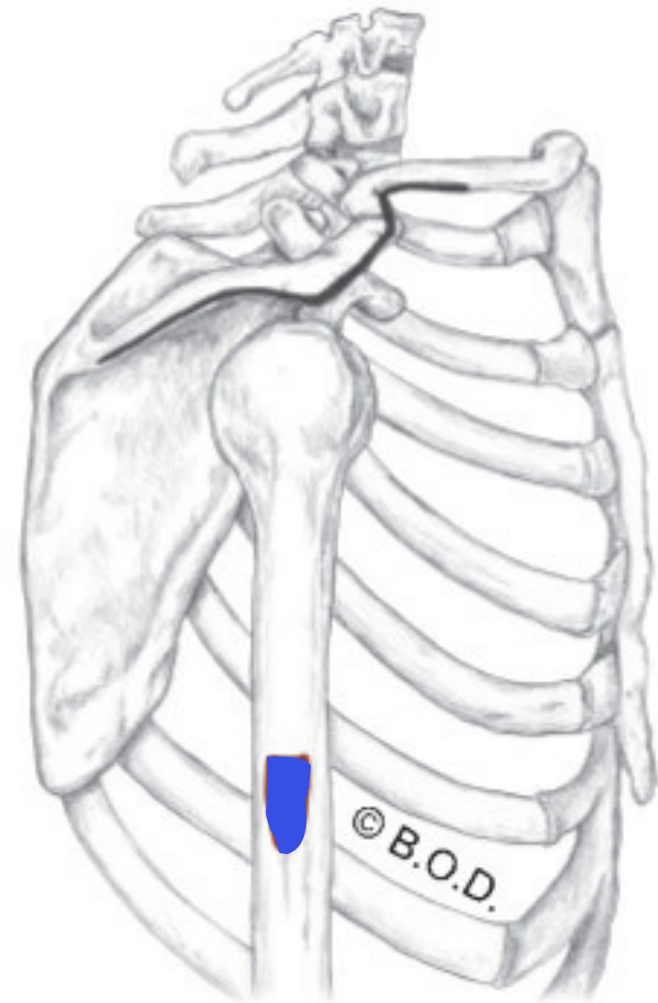
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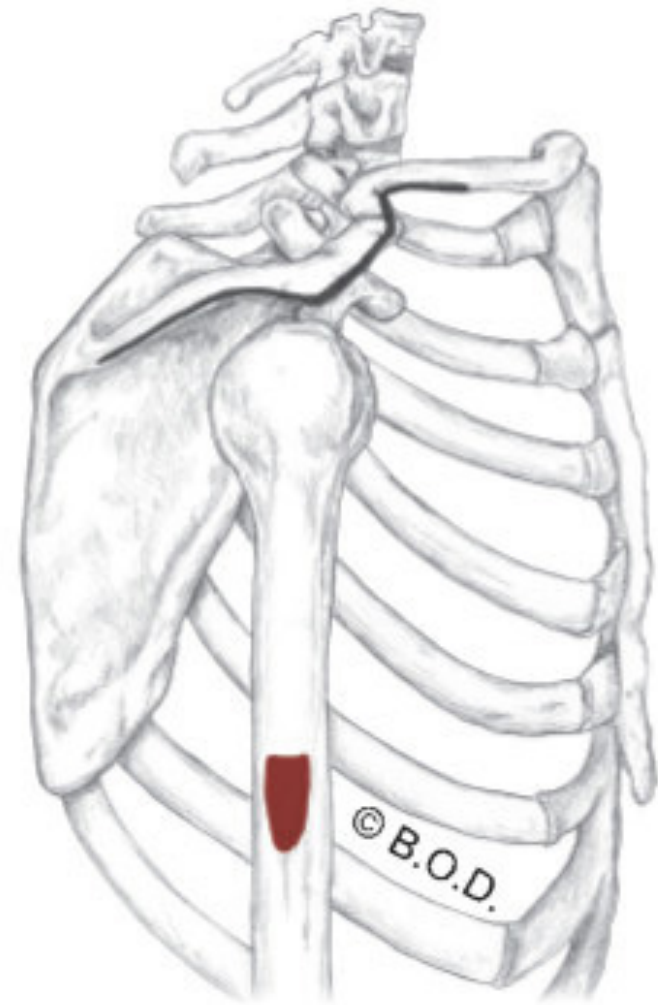
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Lateral View



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

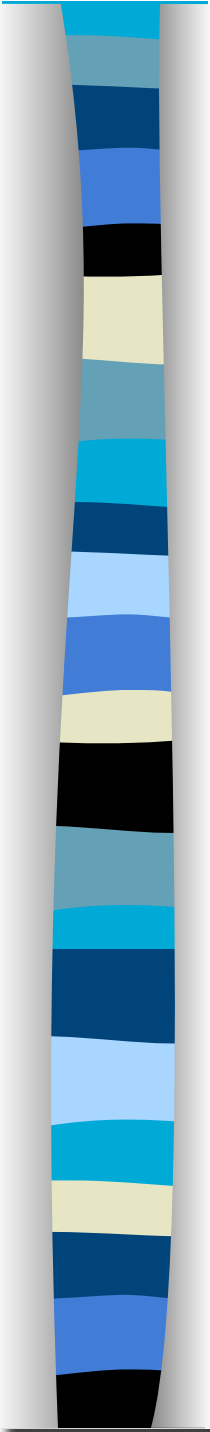
How to Reduce It

Resources for Coping

Anxiety Reduction Activities

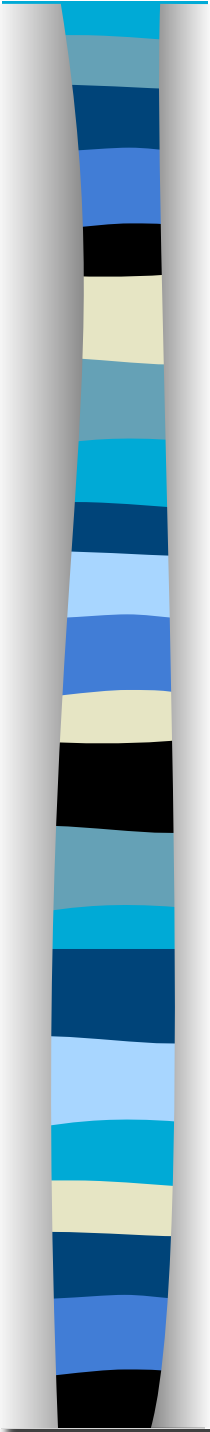
Test Anxiety Symptoms

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

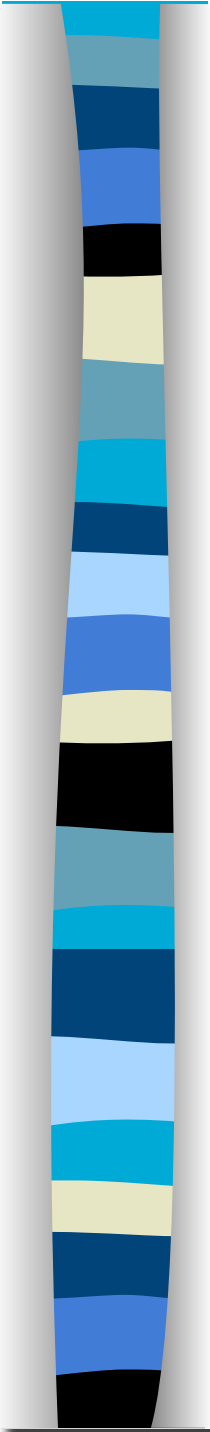
Our Advice as a School who wants you to Succeed

- 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 Tila Tapp
- 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

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. Go over packet and how to look ahead and be prepared
3. How will you manage your responsibilities and school

1b Orientation

People, Study Skills, and Quality of Touch

