

# A. Orientation

## Class Schedule - June 2021

Classes meet Tuesday and Thursday evenings.

The "a" classes begin at 6:00pm, and the "b" classes start at 7:00p and end at 10:30pm.

Any exceptions to the timing of classes are listed with the class title. (e.g., 21a and 21b)

### Week 1

| Date    |    | Title  | Preparation                               | Assignments and Exams   |
|---------|----|--|---|---|
| 6/15/21 | 0a | <b>Orientation:<br/>The TLC Learning<br/>Environment<br/>(ON CAMPUS)</b>               | Packet A: 1-38.                           | Put BlueJeans on your device(s) and log into your Classmarker account.  |
| 6/15/21 | 0b | <b>Orientation:<br/>People, Study Skills,<br/>and Quality of Touch<br/>(ON CAMPUS)</b> | Trail Guide: deltoid.<br>Packet A: 39-56. |   |
| 6/17/21 | 1a | H&H: Disease and Prevention I  | Packet H: 37-45                           |   |
| 6/17/21 | 1b | H&H: Disease and Prevention II   | Packet H: 46-53                           | <b>1b H&amp;H: Disease and Prevention Quiz</b><br>Given towards the end of class. 25 questions in 20 minutes. |

### Week 2

| Date    |    | Title  | Preparation   | Assignments and Exams   |
|---------|----|--|---|---|
| 6/22/21 | 2a | Kinesiology:<br>Names and Locations<br>of Bones and<br>Posterior Muscles       | Trail Guide: trapezius.<br>Salvo: Pages 374-375.<br>Packet E-17.<br>RQ - Packet A-120.                              | <b>Join Quizlet! A-48.</b><br><a href="https://quizlet.com/join/zZf79yQFr">https://quizlet.com/join/zZf79yQFr</a>   |
| 6/22/21 | 2b | H&H:<br>Tools of the Trade   | Salvo: Chapter 3.<br>Packet F: 1-16.<br>RQ - Packet A: 121-122.   |   |
| 6/24/21 | 3a | H&H:<br>Self Care -<br>Health, Wellness,<br>Nutrition, and<br>Stress Reduction | Trail Guide: latissimus<br>dorsi and teres major.<br>Salvo: Chapter 4.<br>Packet H: 1-6.<br>RQ - Packet A: 123-124. | <b>3a Student Handbook<br/>Review Questions.</b><br>Due before class starts. Turn assignments in through Classmarker.com<br>See Packet A: 115-118 for info. |
| 6/24/21 | 3b | Swedish:<br>Body Mechanics,<br>Client Positioning,<br>and Draping              | Salvo: Chapter 7.<br>Packet F: 17-24.<br>RQ - Packet A: 125-126.  | <b>Swedish Supplies:</b><br>For every class have a set of twin-size sheets, a twin-size blanket, and 2 pillowcases.   |

## Week 3

| Date    |    | Title  | Preparation   | Assignments and Exams  |
|---------|----|--|---|--|
| 6/29/21 | 4a | Swedish:<br>Effects of Massage<br>Therapy and Massage<br>Techniques  | Trail Guide: rhomboid<br>major and minor, and<br>triceps brachii.<br>Salvo: Chapter 8.<br>Packet F: 25-28.<br>RQ - Packet A-127.  | <b>4a Autobiography and<br/>Photo</b><br>Due before class starts.<br>See Packet B-4 for more info.                                   |
| 6/29/21 | 4b | Swedish:<br>Technique Demo<br>and Practice -<br>Posterior Upper Body | Packet F: 29-30.  |  |
| 7/1/21  | 5a | A&P:<br>Introduction to the<br>Human Body -<br>Cells                 | Trail Guide: erector spinae<br>group (spinalis,<br>longissimus, iliocostalis).<br>Salvo: Pages 341-349.<br>Packet E: 1-6.<br>RQ - Packet A-128.   |  |
| 7/1/21  | 5b | Kinesiology:<br>AOIs -<br>Posterior Upper Body                       | Use Page A-51 to study<br>the definitions for<br>kinesiology, anterior,<br>posterior, lateral, medial,<br>belly, tendon, action,<br>origin, and insertion. Use<br>Trail Guide to study the<br>AOIs of deltoid, traps lats,<br>teres major, triceps,<br>rhomboids, and erectors. | <b>5b Kinesiology Quiz</b><br>Given at the start of class.<br>25 questions in 20 minutes.<br>See Packet A: 73 and 75-80<br>for info. |

## Week 4

|        |    |  |  |   |
|--------|----|--|--|---|
| 7/6/21 | 6a | A&P:<br>Introduction to the<br>Human Body -<br>Tissues               | Trail Guide: gluteals<br>(maximus, medius, and<br>minimus).<br>Salvo: Pages 349-356.<br>Packet E: 7-10.<br>RQ - Packet A-129.                          |   |
| 7/6/21 | 6b | Swedish: Technique<br>Review and Practice -<br>Posterior Upper Body  | Packet F: 29-30.   | <b>Swedish Supplies:</b><br>Starting today, have your<br>own lubricant and holster.                 |
| 7/8/21 | 7a | A&P:<br>Introduction to the<br>Human Body -<br>Body Compass          | Trail Guide: hamstrings<br>(biceps femoris,<br>semitendinosus,<br>semimembranosus).<br>Salvo: Pages 356-365.<br>Packet E: 11-14.<br>RQ - Packet A-130. | <b>7a Review Questions</b><br>Due before class starts.<br>See Packet A: 119-130, A-113<br>for info. |
| 7/8/21 | 7b | Swedish:<br>Technique Demo<br>and Practice -<br>Posterior Lower Body | Packet F: 31-34.   |   |

## Week 5

| Date    | Title |  | Preparation  | Assignments and Exams  |
|---------|-------|--|--|--|
| 7/13/21 | 8a    | Written Exam Prep  | Trail Guide: gastrocnemius and soleus. Study all packet material from classes: 0b, 2a, 2b, 3a, 3b, 4a, 5a, 6a, and 7a. | <b>8a Written Exam Prep Quiz</b><br>Given at the start of class. 25 questions in 20 minutes. Packet A-73.  |
| 7/13/21 | 8b    | Kinesiology: AOIs - Posterior Lower Body                                       | Use Trail Guide to study the AOIs of gluteals, hamstrings, gastrocnemius, and soleus.                                  | <b>8b Kinesiology Quiz</b><br>Given at the start of class. 25 questions in 20 minutes. Packet A-73.  |
| 7/15/21 | 9a    | H&H: Therapeutic Relationships - Introduction, Confidentiality, and Boundaries | Salvo: Pages 16-28. Packet H: 7-14. RQ - Packet A: 132-133.  |  |
| 7/15/21 | 9b    | Business: Introduction   | Business Mastery: Chapters 1-3. Packet B: 1-30, especially B-5 for the assignment done in class.                       | <b>9b Purpose, Priorities, and Goals</b><br>This will be done in class, assessed, and graded. Packet B: 6-7. Bring your Business book to every business class. |

## Week 6

| Date    | Title |   | Preparation   | Assignments and Exams  |
|---------|-------|---|---|--|
| 7/20/21 | 10a   | Written Exam  | Study all packet material from classes 0b, 2a, 2b, 3a, 3b, 4a, 5a, 5b, 6a, 7a, and 8b.  | <b>10a Written Exam</b><br>Given at the start of class. 50 questions in 40 minutes. Packet A-73.                                     |
| 7/20/21 | 10b   | Swedish: Technique Review and Practice - Posterior Upper and Lower Body | Packet F: 35-36, and 58. You will begin to learn how to write SOAP notes in this class.   | <b>In Class:</b> Partial SOAP notes with first and last names, date, Subjective, and Assessment. Signatures and date on intake form. |
| 7/22/21 | 11a   | H&H: Infection Control  | Trail Guide: tibialis anterior, fibularis longus, and fibularis brevis. Salvo: Pages 159-169. Packet H: 15-20. RQ - Packet A-134. | Note: you will find tibialis anterior in the Trail Guide index under "Extensors of the Ankle and Toes".                              |
| 7/22/21 | 11b   | Swedish: Technique Demo and Practice - Posterior and Anterior Foot      | Packet F: 37-38.  |  |

## Week 7

| Date    |     | Title  | Preparation  | Assignments and Exams  |
|---------|-----|--|--|--|
| 7/27/21 | 12a | Kinesiology:<br>Muscle Names<br>and Locations -<br>Anterior                    | Trail Guide: quadriceps<br>femoris group.<br>Trail Guide: Pages 35-36,<br>61-62, 296-297, and 366-<br>367.   | <b>Note: quadriceps femoris<br/>group includes:</b><br>1. Rectus femoris<br>2. Vastus medialis<br>3. Vastus lateralis<br>4. Vastus intermedius |
| 7/27/21 | 12b | Swedish:<br>Technique Demo<br>and Practice -<br>Anterior Lower Body<br>and Abs | Packet F: 39-44.   |  |
| 7/29/21 | 13a | A&P:<br>Skeletal System -<br>Cells, Tissues, and<br>Bone Shapes                | Trail Guide: pectoralis<br>major & abdominals<br>(rectus abdominis).<br>Salvo: Pages 370-373.<br>Packet E: 15-16.<br>RQ - Packet A-135.                |  |
| 7/29/21 | 13b | Kinesiology:<br>AOIs -<br>Anterior Lower Body<br>and Upper Torso               | Use Trail Guide to study<br>the AOIs of tibialis<br>anterior, fibularis longus,<br>and fibularis brevis,<br>quads, rectus abdominis,<br>and pec major. | <b>13b Kinesiology Quiz</b><br>Given at the start of class.<br>25 questions in 20 minutes.<br>Packet A-73.                                     |

## Week 8

| Date   |     | Title   | Preparation   | Assignments and Exams  |
|--------|-----|---|---|--|
| 8/3/21 | 14a | A&P:<br>Skeletal System -<br>Appendicular and<br>Axial Divisions                        | Trail Guide: biceps brachii<br>and coracobrachialis.<br>Salvo: Pages 373-376.<br>Packet E-17.<br>RQ - Packet A-136.                           |  |
| 8/3/21 | 14b | Swedish:<br>Technique Review<br>and Practice -<br>Feet, Anterior Lower<br>Body, and Abs | Packet F: 45-46, and 58.  | <b>In Class:</b> Internship-<br>evaluated partial SOAP<br>notes first & last names,<br>date, Subjective, and<br>Assessment. Signatures and<br>date on intake form. |
| 8/5/21 | 15a | A&P:<br>Skeletal System -<br>Bony Landmark<br>Palpation                                 | Trail Guide:<br>sternocleidomastoid and<br>levator scapula.<br>Salvo: Pages 374-375 and<br>415-444.<br>Packet E: 19-20.<br>RQ - Packet A-137. |  |
| 8/5/21 | 15b | Swedish:<br>Technique Demo<br>and Practice -<br>Chest and Arms                          | Packet F: 47-50.  |  |

## Week 9

| Date    |     | Title  | Preparation   | Assignments and Exams   |
|---------|-----|--|---|---|
| 8/10/21 | 16a | A&P:<br>Skeletal System -<br>Synovial Joints                               | Trail Guide: scalenes.<br>Salvo: Pages 376-385.<br>Packet E: 21-24.<br>RQ - Packet A-138.   | <b>Note - scalenes include:</b><br>1. Anterior scalenes<br>2. Middle scalenes<br>3. Posterior scalenes  |
| 8/10/21 | 16b | Swedish:<br>Technique Demo<br>and Practice -<br>Neck, Face, and Scalp      | Packet F: 51-54.  | <b>Swedish Supplies:</b><br>Starting with this class, have<br>alcohol-free toner for<br>sensitive skin, cotton squares<br>or balls, and face lotion.                        |
| 8/12/21 | 17a | A&P:<br>Skeletal System -<br>Joint Actions<br>and Articulations            | Trail Guide: temporalis,<br>masseter, occipitofrontalis.<br>Trail Guide: Pages 23-24,<br>and 34.<br>Salvo: Pages 380-385.<br>Packet E: 25-26.<br>RQ - Packet A-139. | <b>17a Review Questions</b><br>Due before class starts.<br>Packet A: 131-140.   |
| 8/12/21 | 17b | Kinesiology:<br>AOIs -<br>Anterior Shoulder,<br>Anterior Neck,<br>and Head | Use Trail Guide to study<br>the AOIs of biceps,<br>coracobrachialis, SCM,<br>levator, scalenes, frontalis,<br>occipitalis, temporalis, and<br>masseter.             | <b>17b Kinesiology Quiz</b><br>Given at the start of class.<br>25 questions in 20 minutes.<br>Packet A-73. <b>Bring colored<br/>pencils, pens, or markers to<br/>class.</b> |

## Week 10

| Date    |     | Title   | Preparation  | Assignments and Exams   |
|---------|-----|---|--|---|
| 8/17/21 | 18a | Written Exam Prep   | Study all packet material<br>from classes: 9a, 9b, 11a,<br>12a, and 13b.   | <b>18a Written Exam Prep Quiz</b><br>Given at the start of class.<br>25 questions in 20 minutes.<br>Packet A-73.  |
| 8/17/21 | 18b | Swedish:<br>Technique Review<br>and Practice -<br>Chest, Arms, Neck,<br>Face, and Scalp | Packet F: 55-56, and 58.   | <b>In Class:</b> Partial SOAP notes<br>with first and last names,<br>date, Subjective, and<br>Assessment. Signatures and<br>date on intake form.  |
| 8/19/21 | 19a | <b>Written Exam Prep<br/>(ON CAMPUS)</b>  | Study all packet material<br>from classes: 13a, 14a, 15a,<br>16a, and 17a.   | <b>19a Written Exam Prep Quiz</b><br>Given at the start of class.<br>25 questions in 20 minutes.<br>Packet A-73.  |
| 8/19/21 | 19b | <b>Swedish:<br/>Guided Full Body<br/>(ON CAMPUS)</b>                                    | Prepare to perform a 60-<br>minute full-body Swedish<br>massage with nothing<br>excluded.<br>Note: the order and pace<br>of the session will be set<br>by the instructor who will<br>be guiding you. | <b>"Dress Like An Intern"</b><br>Packet I: 6-7.<br>*****<br><b>Early Warning!</b><br>Begin assignment 43a<br>Swedish Outside Massages,<br>particularly Case Study #1 -<br>Full Body Swedish Only.<br>Packet A: 59-60. |

## Week 11

| Date    |     | Title   | Preparation  | Assignments and Exams   |
|---------|-----|---|--|---|
| 8/24/21 | 20a | Treatment Planning: Intake, Assessment, and Documentation | Salvo: Chapter 10.<br>Packet F: 57-62.<br>RQ - Packet A: 142-143.  |   |
| 8/24/21 | 20b | Swedish: Full Body Demo and Interviewing Practice         | <b>Note:</b> RQ - Packet A: 144-147 will be done in class.<br>Packet F-58.   |   |
| 8/26/21 | 21a | Written Exam (2 hours)                                    | 2-hour class.<br>Study all packet material from classes 0b, 2a, 2b, 3a, 3b, 4a, 5a, 5b, 6a, 7a, 8b, 9a, 9b, 11a, 12a, 13a, 13b, 14a, 15a, 16a, 17a, and 17b. | <b>21a Written Exam</b><br>Given at the start of class.<br>100 questions in 80 minutes.<br>Cumulative.<br>Packet A-73.            |
| 8/26/21 | 21b | H&H: Emergency Preparedness (2.5 hours)                   | 2.5-hour class.<br>CPR and First Aid certification in this class.<br>Salvo: Pages 170-174.<br>Packet H: 21-26<br>RQ - Packet A-148.                          | <b>Note:</b> This class cannot be made-up in the make-up room. To be exempt bring a copy of your "CPR and First Aid Certificate". |

## Week 12

| Date    |     | Title   | Preparation   | Assignments and Exams   |
|---------|-----|---|---|---|
| 8/31/21 | 22a | H&H: Therapeutic Relationships-Conflict, Transference, Dual Relationship, and Sexual Misconduct (ON CAMPUS) | Trail Guide: supraspinatus.<br>Salvo: Chapter 2.<br>Packet H: 27-34.<br>RQ - Packet A-149.  | Dress Like An Intern<br>Packet I: 6-7.  |
| 8/31/21 | 22b | Swedish: Touch Assessment (ON CAMPUS)   | Prepare to perform Swedish massage on 1 assigned body area. Your receiver will be an instructor who will give you verbal feedback which you will write down and turn in to get credit for the assessment. | 22b Swedish: Touch Assessment Packet A: 81-84.<br><b>Bring A: 83 for grading,</b> optional laptop/tablet for Exam Coach/Quizlet, and be prepared to retake or make up missed tests.<br><b>In Class:</b> Internship-evaluated full SOAP notes.<br>Packet F-58. |
| 9/2/21  | 23a | Pathology: Medications (ON CAMPUS)  | Werner: Appendix C (7e) or Appendix A (5e & 6e).<br>Packet E: 27-36.<br>RQ - Packet A-150.  | <b>"Dress Like An Intern"</b><br>Packet I: 6-7.   |
| 9/2/21  | 23b | Swedish: Practical Exam (ON CAMPUS)   | Prepare to perform a 60-minute full-body Swedish massage with nothing excluded.   | <b>23b Swedish: Practical Exam</b><br>Grader-evaluated full SOAP notes as in 22b. Packet A: 91-94. Packet F: 35, 45, 55, and 58. <b>Bring A: 93 for grading.</b>  |

## Week 13

| Date   |     | Title  | Preparation   | Assignments and Exams  |
|--------|-----|--|---|--|
| 9/7/21 | 24a | A&P:<br>Muscular System -<br>Organization of<br>Skeletal Muscle          | Trail Guide: infraspinatus<br>and teres minor.<br>Salvo: Pages 395-399.<br>Packet E: 37-40.<br>RQ - Packet A-151. |  |
| 9/7/21 | 24b | Hydrotherapy:<br>Theory and<br>Technique Demo                            | Salvo: Chapter 12.<br>Packet G: 1-14.<br>RQ - Packet A-152.   | <b>Hydrotherapy Supplies:</b><br>Your packet   |
| 9/9/21 | 25a | A&P:<br>Muscular System -<br>Mechanism of<br>Contraction                 | Trail Guide: subscapularis.<br>Salvo: Pages 399-401.<br>Packet E: 41-44.  |  |
| 9/9/21 | 25b | Hydrotherapy:<br>Dry Brushing,<br>Cold Water Wash,<br>and Foot Treatment | Packet G: 15-19.  | <b>Hydrotherapy Supplies:</b><br>Dry brush, wash cloth, 1<br>small wash tub, ice and cold<br>water, either plain table<br>sugar, ground coffee, or sea<br>salt, massage cream or<br>lotion, small mixing bowl<br>and spoon, 3 bath towels, 6<br>hand towels, microwave,<br>slow cooker, hot towel<br>caddy, or really hot water. |

## Week 14

|         |     |  |  |   |
|---------|-----|--|--|---|
| 9/14/21 | 26a | A&P:<br>Muscular System -<br>Fiber Types, Actions,<br>and Contractions | Trail Guide: pectoralis<br>minor.<br>Salvo: Pages 401-405.<br>Packet E: 45-48. |   |
| 9/14/21 | 26b | Hydrotherapy:<br>Cold Water Treading,<br>Facial, and<br>Herbal Wrap    | Packet G: 21-24.   | <b>Hydrotherapy Supplies:</b><br>Pick 2 treatments to repeat<br>from class 25b and have<br>those items ready, 4 hand<br>towels, and your choice of<br>essential oil (optional).           |
| 9/16/21 | 27a | Pathology:<br>Musculoskeletal<br>System                                | Werner: Chapter 3.<br>Packet E: 49-54.<br>RQ - Packet A-153.                   | <b>End of First Quarter:</b><br>You will be issued a<br>Quarterly Report within 2<br>weeks.   |
| 9/16/21 | 27b | Hydrotherapy:<br>Heat, Cold, and<br>Contrast Treatments                | Packet G: 25-28.   | <b>Hydrotherapy Supplies:</b><br>4 styrofoam, paper cups,<br>(filled with water) or baggies<br>(1/4 filled with water) and<br>frozen at least 24 hours prior<br>to use and 4 hand towels. |

## Week 15

| Date    |     | Title  | Preparation  | Assignments and Exams  |
|---------|-----|--|--|--|
| 9/21/21 | 28a | A&P:<br>Integumentary System   | Trail Guide: serratus anterior.<br>Salvo: Chapter 22.<br>Packet E: 55-58.<br>RQ - Packet A-154.    |  |
| 9/21/21 | 28b | Integration Massage:<br>Swedish and Hydrotherapy                         | Packet F: 58, and 63-64.   | <b>Hydrotherapy Supplies:</b><br>Have supplies set up for 3-4 treatments from 25b, 26b, or 27b.<br>*****<br><b>In Class:</b> Full SOAP notes with date, first names, and last names. Signatures and date on intake form. |
| 9/23/21 | 29a | Pathology:<br>Integumentary System                                       | Werner: Chapter 2.<br>Packet E: 59-64.   |  |
| 9/23/21 | 29b | Kinesiology:<br>AOIs -<br>Glenohumeral and Scapulothoracic Joint Muscles | Use Trail Guide to study the AOIs of the 4 rotator cuff muscles, pec minor, and serratus anterior. | <b>29b Kinesiology Quiz</b><br>Given at the start of class.<br>25 questions in 20 minutes.<br>Packet A-73. <b>Bring colored pencils, pens, or markers to class.</b>  |

## Week 16

| Date    |     | Title  | Preparation   | Assignments and Exams  |
|---------|-----|--|---|--|
| 9/28/21 | 30a | Kinesiology:<br>Synergists -<br>Glenohumeral and Scapulothoracic Joint Muscles | Trail Guide: pages 63-66.<br>RQ - Packet A: 155-156.                                | <b>30a Review Questions</b><br>Due before class starts.<br>Packet A: 141-158.                                    |
| 9/28/21 | 30b | Passive Stretches:<br>Technique Demo and Practice -<br>Upper Body              | Salvo: Pages 138-141.<br>Packet F: 65-70.<br>RQ - Packet A-157.                     |  |
| 9/30/21 | 31a | Written Exam Prep  | Study all packet material from classes: 20a, 20b, 21b, 22a, 23a, 24b, 29b, and 30a. | <b>31a Written Exam Prep Quiz</b><br>Given at the start of class.<br>25 questions in 20 minutes.<br>Packet A-73. |
| 9/30/21 | 31b | Passive Stretches:<br>Technique Demo and Practice -<br>Lower Body              | Salvo: Pages 138-141.<br>Packet F: 71-74.   |  |



## Week 17

| Date    |     | Title  | Preparation   | Assignments and Exams  |
|---------|-----|--|---|--|
| 10/5/21 | 32a | Written Exam Prep                                | Study all packet material from classes: 24a, 25a, 26a, 27a, 28a, 29a, 30b, and 31b. | <b>32a Written Exam Prep Quiz</b><br>Given at the start of class.<br>25 questions in 20 minutes.<br>Packet A-73.   |
| 10/5/21 | 32b | Passive Stretches:<br>Guided Full Body           | Packet F: 75-76.  | <b>Early Warning!</b><br>Begin working on your assignment 43a Swedish:<br>Outside Massages,<br>particularly Case Study #2 -<br>Passive Stretches and BMTs<br>Only.<br>Packet A: 61-62. |
| 10/7/21 | 33a | H&H:<br>Communication Skills                     | Salvo: Chapter 2.<br>Packet H: 35-36.   |  |
| 10/7/21 | 33b | Chair Massage:<br>Technique Demo<br>and Practice | Salvo: Chapter 15.<br>Packet C: 1-10.<br>RQ - Packet A-166.                         |  |

## Week 18

| Date     |     | Title  | Preparation  | Assignments and Exams   |
|----------|-----|--|--|---|
| 10/12/21 | 34a | Written Exam<br>(2.5 hours)  | 2.5-hour class.<br>Study all packet material from classes 0b, 2a, 2b, 3a, 3b, 4a, 5a, 5b, 6a, 7a, 8b, 9a, 9b, 11a, 12a, 13a, 13b, 14a, 15a, 16a, 17a, 17b, 20a, 20b, 20b, 22a, 23a, 24a, 24b, 25a, 26a, 27a, 28a, 29a, 29b, 30a, 30b, and 30b. | <b>34a Written Exam</b><br>Given at the start of class.<br>150 questions in 120 minutes.<br>Cumulative.<br>Packet A-73. |
| 10/12/21 | 34b | Chair Massage:<br>Technique Review<br>and Practice (2 hours)                 | 2-hour class.<br>Salvo: Chapter 15.<br>Packet C: 11-12.  |   |
| 10/14/21 | 35a | A&P:<br>Cardiovascular<br>System -<br>Blood Cells, Tissues,<br>and the Heart | Trail Guide: adductor group (magnus & gracilis).<br>Salvo: Pages 633-637.<br>Packet E: 65-68.<br>RQ - Packet A: 159-164.<br>RQ - Packet A-167.   |   |
| 10/14/21 | 35b | Integration Massage:<br>Swedish and<br>Passive Stretches                     | Packet F: 58, and 77-78.   | Full SOAP notes with date,<br>first names, and last names.<br>Signatures & date on intake.                              |

## Week 19

| Date     |     | Title   | Preparation  | Assignments and Exams   |
|----------|-----|---|--|---|
| 10/19/21 | 36a | A&P:<br>Cardiovascular<br>System -<br>Blood Vessels and<br>Paths of Circulation | Trail Guide: iliopsoas.<br>Salvo: Pages 638-646.<br>Packet E: 69-72.<br>RQ - Packet A-168.   |   |
| 10/19/21 | 36b | Business:<br>Professional Ethics  | Read the State laws and<br>rules by searching for<br>"Texas massage rules" or<br>using these two sites:<br>www.tdlr.texas.gov/mas/<br>masrules.htm and<br>www.tdlr.texas.gov/procr<br>ules.htm<br>Packet B: 31-32. | <b>36b State Law Review<br/>Questions</b><br>Due before class starts.<br>Packet B-8.<br>RQ - Packet A: 159-164. |
| 10/21/21 | 37a | Pathology:<br>Circulatory System  | Werner: Chapter 5.<br>Packet E: 73-74.<br>RQ - Packet A-169.   |   |
| 10/21/21 | 37b | Business:<br>State Massage Law<br>and Find a Job                                | Business Mastery:<br>Chapters 7-11.<br>Packet B: 33-36.<br>RQ - Packet A-170.  |   |

## Week 20

| Date     |     | Title   | Preparation  | Assignments and Exams  |
|----------|-----|---|--|--|
| 10/26/21 | 38a | A&P:<br>Lymphatic System<br>and Immunity                                      | Trail Guide: sartorius and<br>tensor fasciae latae.<br>Salvo: Chapter 27.<br>Packet E: 75-78.<br>RQ - Packet A: 171-172. | Early Warning!<br>Due by class 48b.<br>Get Access to Exam Coach.<br>This will be verified through<br>the Student Progress Tracker.<br>Packet A-74. |
| 10/26/21 | 38b | Body Mobilization<br>Techniques:<br>Technique Demo<br>and Practice -<br>Prone | Packet F: 79-82.   |  |
| 10/28/21 | 39a | Pathology:<br>Lymph and<br>Immune System                                      | Werner: Chapter 6.<br>Packet E: 79-82.<br>RQ - Packet A-173.   |  |
| 10/28/21 | 39b | BMTs:<br>Technique Demo<br>and Practice -<br>Supine                           | Packet F: 83-84.   |  |

## Week 21

| Date    |     | Title                             | Preparation   | Assignments and Exams   |
|---------|-----|-----------------------------------|---|---|
| 11/2/21 | 40a | A&P:<br>Reproductive System       | Trail Guide: lateral rotators of the hip (piriformis and quadratus femoris).<br>Salvo: Chapter 25.<br>Packet E: 83-86.<br>RQ - Packet A-174.  |   |
| 11/2/21 | 40b | BMTs:<br>Guided Full Body         | Packet F: 85-86.  | <b>Early Warning!</b><br>Begin working on your assignment 43a Swedish: Outside Massages, particularly Case Study #2 - Passive Stretches and BMTs only. Packet A: 61-62. |
| 11/4/21 | 41a | Pathology:<br>Reproductive System | Werner: Chapter 11.<br>Packet E: 87-88.<br>RQ - Packet A-175.   | <b>41a Review Questions</b><br>Due before class starts.<br>Packet A: 165-178.   |
| 11/4/21 | 41b | Business:<br>Get a Job            | Business Mastery:<br>Chapters 12, 13, 14, and Pages 204-205, 274-276.<br>Packet B: 37-41.<br>RQ - Packet A-176.<br>*****<br>Bring information to complete a hand-written massage therapy resume and begin a cover letter. | <b>41b Resume</b><br>Done in class.<br>Packet B: 9, and 37-41.<br>We recommend that you bring a laptop or tablet to this class.   |

## Week 22

|          |     |  |   |  |
|----------|-----|--|---|--|
| 11/9/21  | 42a | Written Exam Prep  | Study all packet material from classes: 35a, 36a, 37a, 38a, 39a, 40a, and 41a.  | <b>42a Written Exam Prep Quiz</b><br>Given at the start of class.<br>25 questions in 20 minutes.<br>Packet A-73.   |
| 11/9/21  | 42b | Kinesiology:<br>AOIs -<br>Coxal and<br>Tibiofemoral Joint<br>Muscles       | Use Trail Guide to study the AOIs of adductor magnus, gracilis, iliopsoas, sartorius, TFL, piriformis, and quadratus femoris. | <b>42b Kinesiology Quiz</b><br>Given at the start of class.<br>25 questions in 20 minutes.<br>Packet A-73. <b>Bring colored pencils, pens, or markers to class.</b>                |
| 11/11/21 | 43a | Kinesiology:<br>Synergists -<br>Coxal and<br>Tibiofemoral Joint<br>Muscles | Trail Guide: Pages 302-305. RQ - Packet A-117.  | <b>43a Swedish: Outside Massages</b><br>Due before class starts. Read and complete documentation of 2 Case Study OMFs using Swedish, Passive Stretches, and BMTs. Packet A: 57-62. |
| 11/11/21 | 43b | Integration Massage:<br>Swedish, Passive<br>Stretches, and BMTs            | Packet F: 87-88.  |  |

## Week 23

| Date     |     | Title  | Preparation  | Assignments and Exams  |
|----------|-----|--|--|--|
| 11/16/21 | 44a | <b>Written Exam Prep<br/>(ON CAMPUS)</b>                       | Study all packet material from classes: 33b, 37b, 41b, 42b, and 43a.   | <b>44a Written Exam Prep Quiz</b><br>Given at the start of class.<br>25 questions in 20 minutes.<br>Packet A-73.   |
| 11/16/21 | 44b | <b>Integration Massage:<br/>Practical Exam<br/>(ON CAMPUS)</b> | Prepare to perform a 60-minute full body massage integrating Swedish, Passive Stretches, and BMTs.   | <b>44b Integration Massage:<br/>Practical Exam</b><br>Packet A: 91-92, and 95-96.<br>*****<br><b>Grader-evaluated</b> full SOAP notes as for 35b. Bring A: 95 for grading.   |
| 11/18/21 | 45a | History of Massage:<br>Prehistoric through<br>Modern Era       | Salvo: Chapter 1.<br>Packet F: 89-96.<br>RQ - Packet A-182.  |  |
| 11/18/21 | 45b | Business:<br>Self-employment<br>and Marketing                  | Business Mastery:<br>Chapters 15 and 30, and<br>Skim Chapter 16.<br>Packet B: 42-52.<br>RQ - Packet A-183.<br>*****<br><b>45b Target Market<br/>Analysis</b> Done in class.<br>Packet B: 11-14 | <b>45b Typed Cover Letter</b><br>Due before class starts.<br>Sorry, we won't print it out for you at school or accept digital files. Get help from a classmate or go to a public library if you don't have a printer at home or work.<br>Packet B-9. |

## Week 24

| Date     |     | Title                              | Preparation   | Assignments and Exams   |
|----------|-----|------------------------------------|---|---|
| 11/23/21 | 46a | Written Exam<br>(3 hours)          | 3-hour class.<br>Study all packet material from classes 0b, 2a, 2b, 3a, 3b, 4a, 5a, 6a, 7a, 8b, 9a, 9b, 11a, 12a, 13a, 13b, 14a, 15a, 16a, 17a, 17b, 20a, 20b, 20b, 22a, 23a, 24a, 24b, 25a, 26a, 27a, 28a, 29a, 29b, 30a, 30b, 30b, 35a, 36a, 37a, 37b, 38a, 39a, 40a, 41a, 40b, 42b, and 43a. | <b>46a Written Exam</b><br>Given at the start of class.<br>200 questions in 160 minutes.<br>Cumulative.<br>Packet A-73. |
| 11/23/21 | 46b | Chair Massage:<br>Technique Review | 1.5-hour class.<br>Packet C: 11-12.   |   |
| 11/25/21 |     | Holiday Break                      | No class today.   |   |

## Week 25

| Date     |     | Title  | Preparation  | Assignments and Exams  |
|----------|-----|--|--|--|
| 11/30/21 | 47a | A&P:<br>Pregnancy  | Trail Guide: brachialis.<br>Salvo: Pages 201-208.<br>Salvo: Pages 622-626.<br>Packet E: 89-96.<br>RQ - Packet A-184. |  |
| 11/30/21 | 47b | Side-lying and<br>Pregnancy Massage:<br>Technique Demo<br>and Practice   | Packet F: 97-100.  | <b>Side-lying Supplies:</b><br>4 pillows and 4 pillowcases,<br>or 2 pillows, 1 body pillow, 2<br>pillow cases, and an extra<br>flat sheet or 2 more pillow<br>cases. |
| 12/2/21  | 48a | A&P:<br>Nervous System -<br>Introduction,<br>Physiology, and Cells       | Trail Guide:<br>brachioradialis.<br>Salvo: Pages 571-574.<br>Packet E: 97-102.<br>RQ - Packet A-185.                 | <b>Side-lying Supplies:</b><br>Same as 47b.  |
| 12/2/21  | 48b | Side-lying and<br>Pregnancy Massage:<br>Technique Review<br>and Practice | Packet F: 97-100.  | <b>Get Access to Exam Coach</b><br>Due before class starts.<br>This will be verified through<br>the Student Progress Tracker.<br>Packet A-74.                        |

## Week 26

| Date    |     | Title  | Preparation   | Assignments and Exams   |
|---------|-----|--|---|---|
| 12/7/21 | 49a | A&P:<br>Nervous System -<br>Synaptic Transmission<br>and Central<br>Nervous System | Trail Guide: flexors of the<br>wrist and fingers (flexor<br>digitorum superficialis).<br>Salvo: Pages 574-582.<br>Packet E: 103-108.<br>RQ - Packet A-186.      |   |
| 12/7/21 | 49b | Side-lying and<br>Pregnancy Massage:<br>Guided Full Body                           | Packet F: 97-100.   | <b>Side-lying Supplies:</b><br>Same as 47b.                             |
| 12/9/21 | 50a | A&P:<br>Nervous System -<br>Peripheral Nervous<br>System                           | Trail Guide: extensors of<br>the wrist and fingers<br>(extensor digitorum).<br>Salvo: Pages 582-586.<br>Packet E: 109-112.<br>RQ - Packet A-187.                |   |
| 12/9/21 | 50b | Business: Marketing  | Business Mastery:<br>Chapters 24, 26, 27, & 31.<br>Packet B: 53-60.<br>Packet B-55 for the<br>ABMP.com "Website<br>Builder" instructions.<br>RQ - Packet A-188. | <b>50b Strategies and Tactics</b><br>Done in class.<br>Packet B: 17-18. |

## Week 27

| Date     |     | Title   | Preparation   | Assignments and Exams   |
|----------|-----|---|---|---|
| 12/14/21 | 51a | A&P: Nervous System<br>Autonomic Nervous<br>System and Sensory<br>Receptors | Salvo: Pages 586-592.<br>Packet E: 113-116.<br>RQ - Packet A-189.   |   |
| 12/14/21 | 51b | Kinesiology:<br>AOIs -<br>Elbow, Wrist, and<br>Finger Joint Muscles         | Use Trail Guide to study<br>the AOIs of brachialis,<br>brachioradialis, flexor<br>digitorum superficialis,<br>and extensor digitorum. | <b>51b Kinesiology Quiz</b><br>Given at the start of class.<br>25 questions in 20 minutes.<br>Packet A-73. <b>Bring colored<br/>pencils, pens, or markers to<br/>class.</b> |
| 12/16/21 | 52a | Pathology:<br>Nervous System  | Werner: Chapter 4.<br>Packet E: 117-122.<br>RQ - Packet A: 179-180.<br>RQ - Packet A: 190-191.  |   |
| 12/16/21 | 52b | Integration Massage:<br>Deep Swedish  | Packet D: 1-4.  |   |

## Week 28

| Date     |     | Title  | Preparation   | Assignments and Exams   |
|----------|-----|--|---|---|
| 12/21/21 | 53a | Deep Tissue:<br>Introduction   | Trail Guide: quadratus<br>lumborum.<br>Packet D: 5-10.              | <b>53a Internship Orientation<br/>Review Questions</b><br>Due before class starts.<br>Packet A: 179-180.<br>Use Packet I: 1-20 to do this<br>assignment.      |
| 12/21/21 | 53b | Deep Tissue:<br>Technique Demo<br>and Practice -<br>Posterior Upper Body | Packet D: 11-14.  |   |
| 12/23/21 | 54a | A&P:<br>Endocrine System   | Salvo: Chapter 24.<br>Packet E: 123-132.<br>RQ - Packet A: 192-193. |   |
| 12/23/21 | 54b | Deep Tissue:<br>Technique Demo<br>and Practice -<br>Posterior Lower Body | Packet D: 15-18.  | <b>Early Warning!</b><br>Begin working on your<br>assignment 60a, Case Study<br>#3 - Deep Tissue: Posterior<br>Upper and Lower Body<br>Only. Packet A: 63-64. |

## Week 29

| Date     |  | Title        | Preparation     | Assignments and Exams |
|----------|--|--------------|-----------------|-----------------------|
| 12/28/21 |  | Winter Break | No class today. |                       |
| 12/30/21 |  | Winter Break | No class today. |                       |

## Week 30

|        |     |   |   |  |
|--------|-----|---|---|--|
| 1/4/22 | 55a | Pathology:<br>Endocrine System  | Werner: Chapter 9.<br>Packet E: 133-134.<br>RQ - Packet A-194.  | <b>55a Review Questions</b><br>Due before class starts.<br>Packet A: 181-194.<br>*****<br><b>End of Second Quarter:</b><br>You will be issued a<br>Quarterly Report within 2<br>weeks. |
| 1/4/22 | 55b | Deep Tissue:<br>Technique Review<br>and Practice -<br>Posterior Upper and<br>Lower Body | Packet D: 19-20.<br>Packet F-58.  | <b>In Class:</b> Full SOAP notes.  |
| 1/6/22 | 56a | <b>Internship<br/>Orientation<br/>(On Campus)</b>                                       | Packet I: 1-40.<br><b>End of Second Quarter:</b><br>You will be issued a<br>Quarterly Report within 2<br>weeks. | <b>"Dress Like An Intern"</b><br>Packet I: 6-7. Note: This class<br>cannot be made-up in the<br>make-up room.  |
| 1/6/22 | 56b | <b>Mock Internship<br/>(On Campus)</b>  | Packet I: 1-40.<br><b>Note:</b> This class cannot be<br>made-up in the make-up<br>room.                         | <b>In Class:</b> Internship-<br>evaluated full SOAP notes.   |

## Week 31

|         |     |   |  |   |
|---------|-----|---|--|---|
| 1/11/22 | 57a | Written Exam Prep   | Study all packet material<br>from classes: 48a, 49a, 50a,<br>51a, 52a, 54a, and 55a. | <b>57a Written Exam Prep Quiz</b><br>Given at the start of class.<br>25 questions in 20 minutes.<br>Packet A-73.  |
| 1/11/22 | 57b | Deep Tissue:<br>Technique Demo<br>and Practice -<br>Anterior Lower Body | Packet D: 21-26.   |   |
| 1/13/22 | 58a | Written Exam Prep   | Study all packet material<br>from classes: 45a, 45b, 47a,<br>50b, 51b, 56a, and 56b. | <b>58a Written Exam Prep Quiz</b><br>Given at the start of class.<br>25 questions in 20 minutes.<br>Packet A-73.  |
| 1/13/22 | 58b | Deep Tissue:<br>Technique Demo<br>and Practice -<br>Anterior Upper Body | Packet D: 27-30.   | <b>Early Warning!</b><br>Begin working on your<br>assignment 60a Deep Tissue:<br>Outside Massages,<br>particularly Case Study #4 -<br>Deep Tissue: Anterior Upper<br>and Lower Body Only.<br>Packet A: 65-66. |

## Week 32

| Date    |     | Title  | Preparation  | Assignments and Exams   |
|---------|-----|--|--|---|
| 1/18/22 | 59a | A&P:<br>Psychoneuro-immunology   | Packet E: 135-144.<br>RQ - Packet A-196.   |   |
| 1/18/22 | 59b | Deep Tissue:<br>Technique Review<br>and Practice -<br>Anterior Lower and<br>Upper Body | Packet D: 31-32.   |   |
| 1/20/22 | 60a | Written Exam<br>(3.5 hours)  | 3.5-hour class.<br>Study all packet material<br>from classes 0b, 2a, 2b, 3a,<br>3b, 4a, 5a, 6a, 7a, 8b, 9a,<br>9b, 11a, 12a, 13a, 13b, 14a,<br>15a, 16a, 17a, 17b, 20a, 20b,<br>20b, 22a, 23a, 24a, 24b, 25a,<br>26a, 27a, 28a, 29a, 29b, 30a,<br>30b, 30b, 35a, 36a, 37a,<br>37b, 38a, 39a, 40a, 41a, 40b,<br>42b, 43a, 45a, 45b, 47a, 48a,<br>49a, 50a, 50b, 51a, 50b, 52a,<br>54a, 55a, 56a, and 56b. | <b>60a Written Exam</b><br>Given at the start of class.<br>250 questions in 200 minutes.<br>Cumulative.<br>Packet A-73.<br>*****<br><b>60a Deep Tissue: Outside<br/>Massages</b><br>Due before class starts. Read<br>and complete documentation<br>of 2 Case Study OMFs using<br>Deep Tissue. Packet A: 57-58<br>and 63-66. |
| 1/20/22 | 60b | Chair Massage:<br>Technique Review<br>and Practice (1 hour)                            | 1-hour class.<br>Packet C: 11-12.  |   |

## Week 33

|         |     |  |   |   |
|---------|-----|--|---|---|
| 1/25/22 | 61a | A&P:<br>Respiratory System                               | Trail Guide: diaphragm.<br>Salvo: Chapter 28.<br>Packet E: 145-150.   |   |
| 1/25/22 | 61b | Deep Tissue:<br>Guided Full Body                         | Packet D: 33-34.  |   |
| 1/27/22 | 62a | <b>Pathology:<br/>Respiratory System<br/>(ON CAMPUS)</b> | Werner: Chapter 7.<br>Packet E: 151-152.<br>RQ - Packet A-199.  |   |
| 1/27/22 | 62b | <b>Deep Tissue:<br/>Touch Assessment<br/>(ON CAMPUS)</b> | Prepare to perform a Deep<br>Tissue massage on 1<br>assigned body area such<br>as the posterior upper<br>body, posterior lower<br>body, anterior lower body,<br>or anterior upper body.<br>Your receiver will be an<br>instructor who will give<br>you verbal feedback<br>which you will write<br>down and turn in to get<br>credit for the assessment. | <b>62b Deep Tissue: Touch<br/>Assessment</b><br>Packet A: 81-82, and 85-86.<br>*****<br><b>Bring A: 85 for grading,</b><br>optional laptop/tablet for<br>Exam Coach/Quizlet, and be<br>prepared to retake or make<br>up missed tests. |



## Week 34

| Date   |     | Title   | Preparation  | Assignments and Exams  |
|--------|-----|---|--|--|
| 2/1/22 | 63a | A&P:<br>Digestive System  | Salvo: Chapter 29.<br>Packet E: 153-160.<br>RQ - Packet A: 200-201.  |  |
| 2/1/22 | 63b | Integration Massage:<br>Swedish, Passive<br>Stretches, BMTs,<br>and Deep Tissue | Packet D: 35-38.<br>Packet F-58.   | <b>In Class:</b> Full SOAP notes<br>with date, first names, and<br>last names. Signatures and<br>date on intake form.  |
| 2/3/22 | 64a | Pathology:<br>Digestive System  | Werner: Chapter 8.<br>Packet E: 161-164.<br>RQ - Packet A-202.   |  |
| 2/3/22 | 64b | Business:<br>Taxes and<br>Bookkeeping   | Business Mastery:<br>Chapter 20.<br>Packet B: 23-24, and 61-65.<br>RQ - Packet A-203.<br>*****<br><b>64b Cash Flow Forecast</b><br>Will be completed in this<br>class and then will be<br>summarized in Section 4<br>of the Executive Summary.<br>Packet B: 23-24. | <b>64b Executive Summary</b><br>Packet 21-22, Sections 1-3 to<br>be done <b>before</b> this class.<br>Section 4 will be done in<br>class and then the completed<br>Executive Summary will be<br>handed in at end of class. |

## Week 35

| Date    |     | Title  | Preparation  | Assignments and Exams  |
|---------|-----|--|--|--|
| 2/8/22  | 65a | A&P:<br>Urinary System   | Salvo: Chapter 30.<br>Packet E: 165-170.<br>RQ - Packet A: 204-205.          | <b>ABMP Exam Coach</b><br>Begin looking at the required<br>preparations for the MBLEx<br>Prep classes. Packet A-74.  |
| 2/8/22  | 65b | Business:<br>Meet Employers<br>and Self-employed<br>Therapists | Packet B: 25, and 66-67.<br>Have ready 10 questions<br>to ask the panelists. |  |
| 2/10/22 | 66a | Pathology:<br>Urinary System                                   | Werner: Chapter 10.<br>Packet E: 171-172.<br>RQ - Packet A-206.              | <b>66a Review Questions</b><br>Due before class starts.<br>Packet A: 195-206.  |
| 2/10/22 | 66b | Integration Massage:<br>Side-lying &<br>Pregnancy Massage      | Packet F: 97-100.  | <b>Side-lying Supplies:</b><br>4 pillows and 4 pillowcases,<br>or 2 pillows, 1 body pillow, 2<br>pillow cases, and an extra<br>flat sheet or 2 more pillow<br>cases. |

## Week 36

| Date    |     | Title                                     | Preparation   | Assignments and Exams  |
|---------|-----|---|---|--|
| 2/15/22 | 67a | Written Exam Prep                         | Study all packet material from classes: 59a, 64b, and 65b.                  | <b>67a Written Exam Prep Quiz</b><br>Given at the start of class.<br>25 questions in 20 minutes.<br>Packet A-73. |
| 2/15/22 | 67b | Kinesiology:<br>AOIs -<br>Review          | Use Trail Guide to study the AOIs of <b>all 57 muscles covered so far</b> . | <b>67b Kinesiology Quiz</b><br>Given at the start of class.<br>25 questions in 20 minutes.<br>Packet A-73.       |
| 2/17/22 | 68a | Written Exam Prep                         | Study all packet material from classes: 61a, 62a, 63a, 64a, 65a, and 66a.   | <b>68a Written Exam Prep Quiz</b><br>Given at the start of class.<br>25 questions in 20 minutes.<br>Packet A-73. |
| 2/17/22 | 68b | Integration Massage:<br>Receiver's Choice |   |  |

## Week 37

| Date    |     | Title  | Preparation   | Assignments and Exams  |
|---------|-----|--|---|--|
| 2/22/22 | 69a | History of Massage:<br>Modalities  | Packet F: 101-104.  |  |
| 2/22/22 | 69b | History of Massage:<br>Bodywork Tree<br>and Demo                                     | Packet F: 105-108.  |  |
| 2/24/22 | 70a | Written Exam<br>(4 hours)  | 4-hour class.<br>Study all packet material from classes 0b, 2a, 2b, 3a, 3b, 4a, 5a, 6a, 7a, 8b, 9a, 9b, 11a, 12a, 13a, 13b, 14a, 15a, 16a, 17a, 17b, 20a, 20b, 20b, 22a, 23a, 24a, 24b, 25a, 26a, 27a, 28a, 29a, 29b, 30a, 30b, 30b, 35a, 36a, 37a, 38a, 39a, 40a, 41a, 40b, 42b, 43a, 45a, 45b, 47a, 47b, 48a, 49a, 50a, 50b, 51a, 50b, 52a, 54a, 55a, 56a, 56b, 59a, 61a, 62a, 63a, 64a, 64b, 65a, 65b, 66a, and 67b. | <b>70a Written Exam</b><br>Given at the start of class.<br>300 questions in 240 minutes.<br>Cumulative. Packet A-73. |
| 2/24/22 | 70b | Chair Massage, BMTs,<br>Passive Stretches, and<br>Side-lying Massage<br>(30 minutes) | 30-minute class.<br>Packet C: 11-12.  |  |

## Week 38

|        |     | Title  | Preparation        | Assignments and Exams  |
|--------|-----|--|--------------------|--|
| 3/1/22 | 71a | Sports Massage:<br>Theory  | Packet F: 109-114. |  |
| 3/1/22 | 71b | Sports Massage:<br>Technique Demo<br>and Practice -<br>Pre-Event and<br>Post-Event | Packet F: 115-116. | <b>Sports Massage Day!</b><br>Wear athletic clothing for<br>class so that we will be able<br>to practice massaging each<br>other through our exercise<br>clothing. |
| 3/3/22 | 72a | Orthopedic Massage:<br>Introduction  | Packet J: 1-35.    |  |
| 3/3/22 | 72b | Orthopedic Massage:<br>Techniques & Effects  | Packet J: 36-48.   |  |

## Week 39

| Date    |     | Title  | Preparation   | Assignments and Exams |
|---------|-----|--|---|-----------------------|
| 3/8/22  | 73a | Orthopedic Massage:<br>Introduction -<br>Piriformis & Sacroiliac                   | Trail Guide: lateral<br>rotators of the hip<br>(quadratus femoris and<br>piriformis).<br>Packet J: 49-54. |                       |
| 3/8/22  | 73b | Orthopedic Massage:<br>Technique Demo<br>and Practice -<br>Piriformis & Sacroiliac | Packet J: 55-62.  |                       |
| 3/10/22 | 74a | MBLEx Prep   | <b>ABMP Exam Coach</b><br>"Massage Theory".<br>All 4 Topics. Packet A-74.                                 |                       |
| 3/10/22 | 74b | Orthopedic Massage:<br>Technique Review<br>and Practice - Piri/ SI                 | Packet J: 55-62 and 63-64.  |                       |

## Week 40

| Date    |     | Title  | Preparation   | Assignments and Exams   |
|---------|-----|--|---|---|
| 3/15/22 | 75a | MBLEx Prep   | Use Trail Guide to study the AOIs of gluteals, erectors, lats, biceps femoris, quadratus femoris, and piriformis.<br>*****<br><b>ABMP Exam Coach</b><br>"Massage Professional Practices". All 4 Topics.<br>Packet A-74. | <b>75a Kinesiology Quiz</b><br>Given at the start of class.<br>25 questions in 20 minutes.<br>Packet A-73.  |
| 3/15/22 | 75b | Orthopedic Massage:<br>Spot Check -<br>Piriformis & Sacroiliac           | Prepare to perform the Piriformis & Sacroiliac protocol. There will be spot checks in which the instructor will ask you to demonstrate a particular aspect of the protocol.<br>Packet J: 63-64.<br>Packet F-58.         | <b>75b Orthopedic Massage: Spot Check - Piriformis &amp; Sacroiliac</b> Packet A: 91-92, and 97-98. <b>Bring A: 97 to class for grading.</b><br>In Class: Grader-evaluated full SOAP notes. |
| 3/17/22 | 76a | Orthopedic Massage:<br>Introduction-<br>Low Back Pain                    | Trail Guide: quadratus lumborum, and transversospinalis group (multifidi and rotatores).<br>Packet J: 65-68   |   |
| 3/17/22 | 76b | Orthopedic Massage:<br>Technique Demo<br>and Practice -<br>Low Back Pain | Packet J: 69-76.  | <b>Early Warning!</b><br>Begin working on Case Study #5 - Piriformis & Sacroiliac OR Low Back Pain. Packet A: 67-68.  |

## Week 41

|         |     |  |  |   |
|---------|-----|--|--|---|
| 3/22/22 | 77a | Special Populations:<br>Introduction                                       | Salvo: Pages 208-222.<br>Packet K: 1-10.   |   |
| 3/22/22 | 77b | Orthopedic Massage:<br>Technique Review<br>and Practice -<br>Low Back Pain | Packet J: 69-76 and 77-78.   |   |
| 3/24/22 | 78a | Special Populations:<br>Psychiatric Disorders                              | Use Trail Guide to study the AOIs of erectors, lats, quadratus lumborum, multifidi, and rotatores.<br>Werner: Pages 170-187.<br>Packet K: 11-18. | <b>78a Kinesiology Quiz</b><br>Given at the start of class.<br>25 questions in 20 minutes.<br>Packet A-73.  |
| 3/24/22 | 78b | Orthopedic Massage:<br>Spot Check -<br>Low Back Pain                       | Prepare to perform the Low Back Pain protocol. There will be spot checks.<br>Packet J: 77-78.<br>Packet F-58.<br>A - 20                          | <b>78b Orthopedic Massage: Spot Check - Low Back Pain</b> Packet A: 91-92, and 99-100. <b>Bring A: 99 to class for grading.</b> Grader-evaluated full SOAP notes. |

## Week 42

| Date    |     | Title   | Preparation   | Assignments and Exams |
|---------|-----|---|---|-----------------------|
| 3/29/22 | 79a | Orthopedic Massage:<br>Introduction -<br>Rotator Cuff &<br>Carpal Tunnel                  | Trail Guide: flexors of the<br>wrist and fingers (flexor<br>pollicis longus and flexor<br>digitorum profundus).<br>Packet J: 79-84. |                       |
| 3/29/22 | 79b | Orthopedic Massage:<br>Technique Demo and<br>Practice - Rotator Cuff<br>& Carpal Tunnel   | Packet J: 85-94.  |                       |
| 3/31/22 | 80a | MBLEx Prep  | <b>ABMP Exam Coach</b><br>"Ethics, Boundaries, and<br>Laws".<br>All 4 Topics. Packet A-74.  |                       |
| 3/31/22 | 80b | Orthopedic Massage:<br>Technique Review and<br>Practice - Rotator Cuff<br>& Carpal Tunnel | Packet J: 95-96.  |                       |

## Week 43

| Date   |     | Title  | Preparation   | Assignments and Exams   |
|--------|-----|--|---|---|
| 4/5/22 | 81a | MBLEx Prep   | Use Trail Guide to study the<br>AOIs of the rotator cuff, flex.<br>dig. super. , ext. dig. , flex.<br>pollicis long., and flex. dig.<br>profundus.<br>*****<br><b>ABMP Exam Coach</b><br>"Client Assessment and<br>Session Planning".<br>All 8 Topics. Packet A-74. | <b>81a Kinesiology Quiz</b><br>Given at the start of class.<br>25 questions in 20 minutes.<br>Packet A-73.  |
| 4/5/22 | 81b | Orthopedic Massage:<br>Spot Check -<br>Rotator Cuff &<br>Carpal Tunnel     | Prepare to perform the<br>Rotator Cuff & Carpal<br>Tunnel. There will be spot<br>checks in which the<br>instructor will ask you to<br>demonstrate a particular<br>aspect of the protocol.<br>Packet J: 95-96. Packet F-58.  | <b>81b Orthopedic Massage:<br/>Spot Check - Rotator Cuff &amp;<br/>Carpal Tunnel</b> Packet A: 91-<br>92, and 91-102. <b>Bring A: 101<br/>to class for grading.</b><br>Grader-evaluated full SOAP<br>notes. |
| 4/7/22 | 82a | Orthopedic Massage:<br>Introduction -<br>Thoracic Outlet                   | Trail Guide: scalenes,<br>pectoralis minor, and<br>coracobrachialis.<br>Packet J: 97-101.   |   |
| 4/7/22 | 82b | Orthopedic Massage:<br>Technique Demo<br>and Practice -<br>Thoracic Outlet | Packet J: 102-106.  | <b>Early Warning!</b> Begin<br>working on your Case Study<br>#6 - Rotator & Carpal or<br>Thoracic Outlet. Packet A: 69-<br>70.  |

## Week 44

| Date    |     | Title  | Preparation  | Assignments and Exams   |
|---------|-----|--|--|---|
| 4/12/22 | 83a | Special Populations:<br>HIV and AIDS   | Packet K: 19-22.   |   |
| 4/12/22 | 83b | Orthopedic Massage:<br>Technique Review<br>and Practice -<br>Thoracic Outlet | Packet J: 102-106 & 107-108.   | <b>End of Third Quarter:</b><br>A Quarterly Report will be issued within 2 weeks.   |
| 4/14/22 | 84a | MBLEx Prep   | Use Trail Guide to study the AOIs of pec. major & minor, coracobrachialis, biceps, SCM, and scalenes.<br>*****<br><b>ABMP Exam Coach</b><br>"Pathology". Only Basics, Medications, and Integumentary System. | <b>84a Kinesiology Quiz</b><br>Given at the start of class.<br>25 questions in 20 minutes.  |
| 4/14/22 | 84b | Orthopedic Massage:<br>Spot Check -<br>Thoracic Outlet                       | Prepare to perform the Thoracic Outlet protocol. Same as class 81b.<br>Packet J: 107-108.  | <b>84b Orthopedic Massage: Spot Check - Thoracic Outlet</b><br>Packet A: 91-92, and 103-104.<br><b>Bring A: 103 to class for grading.</b> In Class: Grader-evaluated full SOAP notes. |

## Week 45

| Date    |     | Title   | Preparation   | Assignments and Exams   |
|---------|-----|---|---|---|
| 4/19/22 | 85a | Orthopedic Massage:<br>Introduction -<br>Neck Pain                  | Trail Guide:<br>transversospinalis (semispinalis capitis), and splenius capitis and cervicis.<br>Packet J: 109-112. | <b>85a Orthopedic Massage: Outside Massages</b><br>Due before class starts.<br>Packet A: 57-58 and 67-70. |
| 4/19/22 | 85b | Orthopedic Massage:<br>Technique Demo and<br>Practice - Neck Pain   | Packet J: 113-116.  |   |
| 4/21/22 | 86a | MBLEx Prep  | <b>ABMP Exam Coach</b><br>"Special Populations".<br>All 7 Topics. Packet A-74.                                      |   |
| 4/21/22 | 86b | Orthopedic Massage:<br>Technique Review and<br>Practice - Neck Pain | Packet J: 113-116 & 117-118.  |   |

## Week 46

| Date    |     | Title   | Preparation  | Assignments and Exams  |
|---------|-----|---|--|--|
| 4/26/22 | 87a | <b>MBLEx Prep<br/>(ON CAMPUS)</b>                               | Use Trail Guide to study the AOIs of semispinalis, splenius capitis & cervicis.<br>*****<br><b>ABMP Exam Coach</b><br>"Career Development".<br>All 4 Topics. Packet A-74.                      | <b>87a Kinesiology Quiz</b><br>Given at the start of class.<br>25 questions in 20 minutes.<br>Packet A-73.   |
| 4/26/22 | 87b | <b>Orthopedic Massage:<br/>Touch Assessment<br/>(ON CAMPUS)</b> | Prepare to perform 1 of the 5 orthopedic protocols.  | <b>87b Orthopedic Massage:<br/>Touch Assessment</b><br>Packet A: 81-82, and 87-88.<br><b>Bring A: 87 to class for grading,</b> laptop / tablet for Exam Coach / Quizlet, and be prepared to retake / make up missed tests. |
| 4/28/22 | 88a | Deep Massage:<br>History  | Packet L: 1-8.<br>Lauterstein: Chapters 1-2.   |  |
| 4/28/22 | 88b | Deep Massage:<br>Introduction                                   | Packet L: 9-16.<br>Lauterstein: Chapters 3-6 and pages 102-104, and 172-174.<br>Thixotrophy, Tensegrity, and Role of the Nervous System, Steps of a Fulcrum, Working State, and Working Signs. |  |

## Week 47

|        |     |   |   |  |
|--------|-----|---|---|--|
| 5/3/22 | 89a | Practice MBLEx<br>(2.5 hours)   | 2.5-hour class.<br>The previous 88 classes are the preparation for this written exam.   | <b>89a Practice MBLEx</b><br>Given at the start of class.<br>100 questions in 120 minutes.<br>Packet A-73. |
| 5/3/22 | 89b | Chair Massage, BMTs,<br>Passive Stretches, and<br>Side-lying Massage<br>(2 hours) | 2-hour class.<br>Packet C: 11-12.   |  |
| 5/5/22 | 90a | Kinesiology:<br>Palpation -<br>Posterior Back<br>and Neck                         | Use Trail Guide to study the AOIs of erectors, multifidi, rotatores, quadratus lumborum, levator scapula, trapezius, splenius capitis, splenius cervicis, and semispinalis capitis. | <b>90a Kinesiology Quiz</b><br>Given at the start of class.<br>25 questions in 20 minutes.<br>Packet A-73. |
| 5/5/22 | 90b | Deep Massage:<br>Technique Demo<br>and Practice - Posterior<br>Back and Neck      | Packet L: 17-26.<br>Lauterstein: Chapter 7<br>Lauterstein: Pages 140-142, and 166-171.  |  |

## Week 48

| Date    |     | Title   | Preparation  | Assignments and Exams  |
|---------|-----|---|--|--|
| 5/10/22 | 91a | Kinesiology:<br>Palpation -<br>Anterior and<br>Posterior Legs                       | Use Trail Guide to study<br>the AOIs of gluteals,<br>hamstrings,<br>gastrocnemius, soleus,<br>TFL, quads, tibialis<br>anterior, fibularis longus,<br>and fibularis brevis. | <b>91a Kinesiology Quiz</b><br>Given at the start of class.<br>25 questions in 20 minutes.<br>Packet A-73. |
| 5/10/22 | 91b | Deep Massage:<br>Technique Demo<br>and Practice -<br>Anterior and Posterior<br>Legs | Packet L: 27-36.<br>Lauterstein: Chapters 9<br>and 11.   |  |
| 5/12/22 | 92a | Deep Massage:<br>Working at Interface &<br>The Seven Dimensions<br>of Touch         | Packet L: 37-40.<br>Lauterstein: Chapters 6, 8,<br>10, 12, 14, 16, and 18.<br>Lauterstein: Pages 13-23.  |  |
| 5/12/22 | 92b | Deep Massage:<br>Technique Review<br>and Practice -<br>Posterior                    | Packet L: 17-30.<br>Lauterstein: Chapter 7, 9,<br>and 11 and pages 140-142,<br>and 166-171.  |  |

## Week 49

| Date    |     | Title  | Preparation  | Assignments and Exams  |
|---------|-----|--|--|--|
| 5/17/22 | 93a | Kinesiology:<br>Palpation -<br>Anterior Torso<br>and Arms                              | Use Trail Guide to study<br>the AOIs of rectus<br>abdominis, diaphragm,<br>pectoralis major, deltoid,<br>biceps brachii, brachialis,<br>and triceps brachii. | <b>93a Kinesiology Quiz</b><br>Given at the start of class.<br>25 questions in 20 minutes.<br>Packet A-73. |
| 5/17/22 | 93b | Deep Massage:<br>Technique Demo<br>and Practice -<br>Anterior Torso and<br>Arms        | Packet L: 41-48.<br>Lauterstein: Chapter 13<br>and 15.   |  |
| 5/19/22 | 94a | Kinesiology:<br>Palpation -<br>Neck, Face, and Scalp                                   | Use Trail Guide to study<br>the AOIs of scalenes,<br>frontalis, temporalis, and<br>masseter.   | <b>94a Kinesiology Quiz</b><br>Given at the start of class.<br>25 questions in 20 minutes.<br>Packet A-73. |
| 5/19/22 | 94b | Deep Massage:<br>Technique Demo<br>and Practice -<br>Anterior Neck,<br>Face, and Scalp | Packet L: 49-54.<br>Lauterstein: Chapter 17.   |  |



## Week 50

|         |     |   |   |  |
|---------|-----|---|---|--|
| 5/24/22 | 95a | Special Populations:<br>Seniors                                 | Packet K: 23-28.  |  |
| 5/24/22 | 95b | Deep Massage:<br>Technique Review<br>and Practice -<br>Anterior | Packet L: 31-36 and 41-54.<br>Lauterstein: Chapters 15<br>and 17. |  |
| 5/26/22 | 96a | Special Populations:<br>Hospice and<br>End of Life              | Packet K: 29-38.  |  |
| 5/26/22 | 96b | Deep Massage:<br>Guided Full Body                               | Packet L: 16.<br>Lauterstein: Chapter 19.                         |  |

## Week 51

| Date    |     | Title   | Preparation   | Assignments and Exams   |
|---------|-----|---|---|---|
| 5/31/22 | 97a | <b>Special Populations:<br/>Cancer<br/>(ON CAMPUS)</b>                            | Packet K: 39-58.  |   |
| 5/31/22 | 97b | <b>Deep Massage:<br/>Touch Assessment<br/>(ON CAMPUS)</b>                         | Prepare to massage 1<br>assigned body area such<br>as the posterior upper<br>body, posterior lower<br>body, anterior lower body,<br>or anterior upper body.<br>Your receiver will be an<br>instructor who will give<br>you verbal feedback<br>which you will write<br>down and turn in to get<br>credit for the assessment. | <b>97b Deep Massage: Touch<br/>Assessment</b><br>Packet A: 81-82 and 89-90.<br><b>Bring A: 89 to class for<br/>grading,</b> optional<br>laptop/tablet for Exam<br>Coach/Quizlet, and be<br>prepared to retake or make<br>up missed tests. |
| 6/2/22  | 98a | Practice MBLEx<br>(2.5 hours)   | 2.5-hour class.<br>The previous 97 classes<br>are the preparation for this<br>written exam.   | <b>98a Practice MBLEx</b><br>Given at the start of class.<br>100 questions in 120 minutes.<br>Packet A-73.  |
| 6/2/22  | 98b | Chair Massage, BMTs,<br>Passive Stretches, and<br>Side-lying Massage<br>(2 hours) | 2-hour class.<br>Packet C: 11-12.   |   |

## Week 52

| Date   | Title |  | Preparation  | Assignments and Exams   |
|--------|-------|--|--|---|
| 6/7/22 | 99a   | <b>Completion<br/>(OPTIONAL ONLINE<br/>OR ON CAMPUS)</b>                                 | Be prepared to share thoughts, feelings, and experiences to bring closure to your TLC education. | <b>Clean Sweep!</b><br>Please continue to maintain records of your grades at least until you get your official transcript. Thank you! |
| 6/7/22 | 99b   | <b>Integration Massage:<br/>Receiver's Choice<br/>(OPTIONAL ONLINE<br/>OR ON CAMPUS)</b> |  |   |

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