

15a A&P: Skeletal System – Bony Landmark Palpation

Lesson Plan

Minutes Activity

Reminders 10 minutes before class begins display the reminders slide.

Room set up Have students do this as they arrive.

- No lecture table set up is required for this class.
- Students form groups of 3.
- Each group sets up 1 massage table, gets 1 face cradle, 1 bolster, and 3 chairs.
- Sit in the chairs and use the massage table as a desk for the teaching of the AOs.
- No need of sheets except for a face cradle cover.

5 **Attendance and Breath of Arrival**

15 **AOs:** sternocleidomastoid and levator scapula.

40 **Guided Palpation** Bones and bony landmarks.

- Receivers may remain clothed except for shoes which must be removed.

60m **Total Class Time**

Learning Outcomes

- **Program Level:** grasp how understanding skeletal system enhances ability to do effective massage
- **Course Level:** see how structure and function of this system contribute to the organism.
- **Class Level:** palpate the bones and bony landmarks on each other.

Class Schedule – Student Preparation

- Trail Guide: sternocleidomastoid and levator scapula.
- Salvo: Pages 419-420 and 452-479.
- Packet E: 19-20.

- RQ - Packet A-136.

Thoughts, Advice, or Warnings

- See previous A class examples