

40b BMTs: Guided Full Body

Lesson Plan

<u>Minutes</u>	<u>Activity</u>
20	Transition Break Announce the return time and write it on the board.
75	Attendance and Reminders Display the reminders slide. Receivers Undressing and Givers Stretching First Trade
20	Reset the tables for the next session Break Announce the return time and write it on the board.
75	Receivers Undressing and Givers Stretching See above for details. Second Trade Refer to first trade for details.
20	Tables undressed, cleaned, and put away Circle up Review the “Reminders” for upcoming classes.
3h 30m	Total Class Time

Learning Outcomes

- **Class Level**
 - Students will learn/practice to combine and utilize passive stretches, joint mobilization, and traction techniques for the prone body
 - Understand, identify and consider contraindications for client safety.

Class Schedule – Student Preparation

- Packet F: 85-86.

Topic Focus

- To become familiar enough with prone and supine BMTs to be able to improve their skills by practicing it at home.

