



## 67b Kinesiology: AOIs - Review



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10 minutes	<b>Break</b> Announce the return time and write it on the board.
5 minutes	<b>Attendance</b> Also project the “Class Reminders” slide.
20 minutes	<b>Cadaver Video:</b> Acland’s DVD Atlas of Human Anatomy
55 minutes	<b>Anatomy in Clay</b>
20 minutes	<b>Break</b> Announce the return time and write it on the board.
30 minutes	<b>67b Kinesiology Quiz</b>
60 minutes	<b>Palpation</b>
10 minutes	<b><u>Break down, clean up, and circle up</u></b>
3h 30m	<b>Total Class Time</b>



# 67b Kinesiology: AOIs - Review

## Exams:

- 70a Exam

## Quizzes:

- 67b Kinesiology Quiz (all 57 muscles covered so far) **NOW!**
- 68a Quiz (61a, 62a, 63a, 64a, 65a, and 66a)

## Preparation for upcoming classes:

- 68a Quiz
- 68b Integration Massage: Receiver's Choice



# Classmarker

## Grading your Quiz/Exam

- Classmarker will automatically grade your assignment and email you a copy of your completed test.
- Retakes. If you did not pass a test you may reserve space in the make-up room. If you are not making up hours, your time there will be at no cost. Retakes may be done at anytime before a student graduates. You may retake it for a grade up to a 70. These are done on paper copies.
- Please refer to your assignment grid on pages A: 29-32.



# Cadaver Video

Show whichever videos are requested by the students or are deemed necessary by the instructor.



### A. Posterior Upper Body

Level 1:

- Spinalis
- Longissimus
- Iliocostalis

Level 2:

- Rhomboids
- Infraspinatus
- Teres minor
- Supraspinatus

Level 3:

- Latissimus dorsi
- Teres major

Level 4:

- Trapezius

### B. Posterior Upper Extremity

Level 1:

- Extensor digitorum
- Triceps brachii, medial head

Level 2:

- Triceps brachii, lateral head
- Triceps brachii, long head

### C. Anterior Upper Extremity

Level 1:

- Flexor digitorum superficialis
- Subscapularis
- Coracobrachialis
- Brachialis
- Brachioradialis

Level 2:

- Biceps brachii

### D. Anterior Upper Extremity

Level 1:

- Pectoralis minor
- Serratus anterior
- Rectus abdominis

Level 2:

- Pectoralis major

Level 3:

- Deltoid

### E. Anterior Neck

Level 1:

- Levator scapula

Level 2:

- Scalenes

Level 3:

- Sternocleidomastoid

### F. Skull

Level 1:

- Frontalis
- Occipitalis
- Temporalis

Level 2:

- Masseter

### G. Lower Extremity Adductors

Level 1:

- Adductor magnus

Level 2:

- Gracilis
- TFL

### H. Posterior Lower Extremity

Level 1:

- Piriformis
- Quadratus femoris
- Gluteus minimus
- Semimembranosus
- Biceps femoris, short head
- Soleus

Level 2:

- Gluteus medius
- Semitendinosus
- Biceps femoris, long head
- Gastrocnemius

Level 3:

- Gluteus maximus

### I. Anterior Lower Extremity

Level 1:

- Iliacus
- Vastus intermedius
- Vastus lateralis
- Vastus medialis
- Peroneus longus
- Peroneus brevis
- Tibialis anterior

Level 2:

- Psoas major
- Rectus femoris

Level 3:

- Sartorius
- Tensor fasciae latae



# Palpation

## Set Up by the Students

- Students form groups of 3.
- Each group sets up a table and gets 1 face cradle, 1 bolster, and 2 chairs.
- Receivers must remain clothed.
- There will be no need of sheets except for a face cradle cover.

## Demo and Practice

- All of the students come to a central table to watch a brief demonstration of how to palpate one of the focus muscles:
  - List and identify the bony landmarks, especially origins and insertions.
  - List and identify the muscle bellies and tendons.
  - List and explain the actions.
  - Demo how to palpate the muscle while simultaneously offer resistance to the action, “Contract, relax. Contract, relax.”
  - The students go back to their table to practice the palpation.
  - 2 students palpate the third student collaboratively.
  - The instructor and assistant circulate to offer guidance and touch comparisons:
- This process repeats for each muscle that will be palpated.
- Once all the focus muscles have been palpated on the first student, repeat the process so that each student will palpate twice and be palpated once.



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