

## 8b Kinesiology: AOIs – Posterior Lower Body

### Lesson Plan

**PLEASE MAKE YOUR STUDENTS CLEAN THE CLAY OFF OF EVERYTHING!**

<u>Minutes</u>	<u>Activity</u>
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15	<b>Break</b> Announce the return time and write it on the board.
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5	<b>Attendance and Reminders</b> Display the reminders slide.
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20	<b>Cadaver Videos</b> - Acland's DVD Atlas of Human Anatomy, a labeled folder located in the PowerPoints folder (closed captions are available), <b>OR</b> Learnmuscles.com (Let me know if your laptop doesn't have the login saved).
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While they are watching the videos, if you or your assistant hasn't already, retrieve the black supply cart from the teacher's office. It has 4 manikens, 4 containers of clay, tools, clay mats, colored pencils/markers, pencil sharpener, paper, and index cards.

40	<b>Anatomy in Clay OR Drawing, coloring, self-study</b>
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- Students who do not wish to use the clay may spend time self studying, coloring, or drawing. Request that they sanitize the colored pencils/markers before returning them. Let Cristel know if additional supplies (paper, index cards, pencils/markers are needed).
- Students form up to 5 groups and assign muscles to themselves. They collaborate to properly construct and layer the muscles. They interact to test each other's knowledge of the AOIs. When complete, the instructor reviews their work, answers questions, and discusses needed alterations.
- Clay Boundaries: Must wear gloves. "Absolutely no making things other than muscles (hats, guns, etc.). First warm and flatten the clay with your hands before using the roller to smooth it out. Cut it larger than needed so you can make adjustments after you size it up to the Maniken. When done with clay, all traces (zero tolerance) must be cleaned off of the Manikens, knives, rollers, cutting boards, and table surfaces." **Clean everything using DRY paper-towels- assistant or Instructor must confirm.**

15	<b>Break</b> Have the students move the tables and chairs to the walls. Some may be cleaned and put away. Announce the return time and write it on the board.
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30     **8b Kinesiology Quiz** Refer to the actual quiz for instructions

60     **Palpation**

- Students form groups of 3. Each group sets up 1 massage table, gets 1 face cradle, 1 bolster. Receivers must remain clothed and there will be no need of sheets except for a face cradle cover.
- Have the therapists come to a central table to watch a brief demonstration of how to palpate one of the focus muscles. The demonstration should include identification of bony landmarks to find origins, insertions, tendons, and muscle bellies. Remind them of the actions and instruct them on offering resistance to the target muscle while the receiver performs an action. Alternating between “contract” and “relax” will help more clearly reveal the muscle. Then have the students go back to their table to perform the palpation collaboratively. Repeat the instruction process for each of the topic focus muscles. **Consider using [booksofdiscovery.com](http://booksofdiscovery.com) palpation videos.**
- There will be a total of 3 trades so that each student can palpate twice and receive once.
- Sanitize and put massage tables away and move desks back in place.

15     **Break** Announce the return time and write it on the board

10 Break down, clean up, and circle up

3h 30m     **Total Class Time**

**Learning Outcomes**

- Passing grades on multiple-choice quizzes and written exams
- Familiarity and confidence with palpation of topic focus muscles (specifically the origins, insertions, muscle bellies, and tendons)

**Class Schedule – Student Preparation**

- Use Trail Guide to study the AOIs of the topic focus muscles.

**Class Schedule – Assignments and Exams**

- 8b Kinesiology Quiz. Given at the start of class. 25 questions in 20 minutes.
- See Packet A-73, and 75-80 for info.

**Topic Focus**

- Gluteus maximus, gluteus medius, gluteus minimus, biceps femoris, semitendinosus, semimembranosus, gastrocnemius, and soleus.

**Materials, Equipment, and Supplies**

- Cart from teacher's office with clay/art supplies
- Grade book