



42a Kinesiology – Coxal and Tibiofemoral Joint Muscles



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Class Outline

5 minutes	Attendance, Breath of Arrival, and Reminders
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<u>50 minutes</u>	<u>Review</u>
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60 minutes	Total
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Class Reminders

Assignments:

- 43a Swedish: Outside Massages (Packet A: 57-62)
- 45b Cover Letter and Resume assignment – due before class starts via email or hard copy to your instructor. If LMS is active, assignment must be turned in via LMS.

Quizzes and Exams:

- 43a Kinesiology Quiz
(adductor magnus, gracilis, iliopsoas, sartorius, TFL, piriformis, quadratus femoris)
- 44a Quiz (33b, 35a, 36a, 37a/b, 38a, 39a, 40a, 41a/b, 42b, and 43a)
- 46a Exam

Practical Exam:

- 44b Integration Massage: Practical Exam
(60-minute Swedish, Passive Stretches, and BMTs)
- **Bring your grading sheet for evaluation A: 83**

Preparation for upcoming classes:

- 43a Kinesiology: AOIs - Coxal and Tibiofemoral Joint Muscles
- 44a Quiz
- 47b, 48b, 49b Pregnancy Massage: These classes cannot be made up in the make-up room. To schedule a sit-in, please contact the Student Administrator.



Classroom Rules

Punctuality - everybody's time is precious

- Be ready to learn at the start of class; we'll have you out of here on time
- Tardiness: arriving late, returning late after breaks, leaving during class, leaving early

The following are not allowed:

- Bare feet
- Side talking
- Lying down
- Inappropriate clothing
- Food or drink except water
- Phones that are visible in the classroom, bathrooms, or internship

You will receive one verbal warning, then you'll have to leave the room.



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- Review the AOIs for the coxal and tibiofemoral joint muscles that we've studied so far:
 - Gluteus maximus
 - Gluteus medius
 - Gluteus minimus
 - Biceps femoris
 - Semitendinosus
 - Semimembranosus
 - Rectus femoris
 - Vastus lateralis
 - Vastus medialis
 - Vastus intermedius
 - Gastrocnemius
 - Adductor magnus *
 - Gracilis *
 - Psoas major *
 - Iliacus *
 - Sartorius *
 - Tensor fasciae latae *
 - Piriformis *
 - Quadratus femoris *



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