



## 84a Kinesiology Quiz and MBLEx PREP

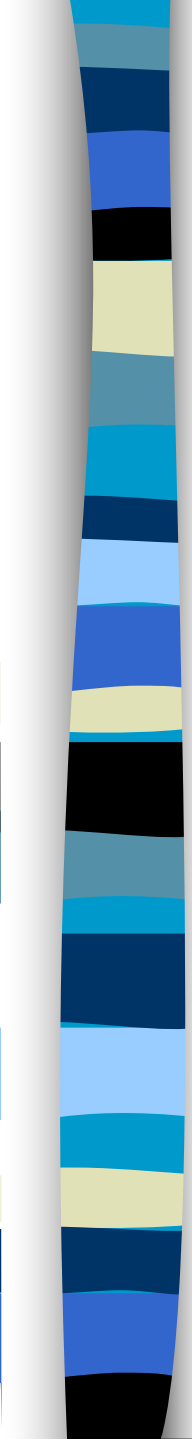


## 84a Kinesiology Quiz and MBLEx PREP

5 minutes                      Attendance, Breath of Arrival, and Reminders

55 minutes                    MBLEx Review

60 minutes total



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## Class Reminders

### Final Warning:

- 85a Orthopedic Massage: Outside Massages – Finish these now!

### Quizzes:

- 84a Kinesiology Quiz (pectoralis major, pectoralis minor, coracobrachialis, biceps brachii, sternocleidomastoid, scalenes, rotator cuff, flexor digitorum superficialis, extensor digitorum, Flexor pollicis longus, and flexor digitorum profundis) – **NOW!!**
  - 50 questions in 40 minutes

### Spot Checks and Assessments:

- 84b Orthopedic Massage: Spot Check – Thoracic Outlet
- 87b Orthopedic touch Assessment

### Assignments:

- 85a Orthopedic Massage: Outside Massages (2 due at the start of class)

### Preparation for upcoming classes:

- 84b Orthopedic Massage: Spot Check – Thoracic Outlet
- 85a Orthopedic Massage: Introduction – Neck Pain
  - Packet J: 109-112
- 85b Orthopedic Massage: Technique Demo and Practice – Neck Pain
- 86a MBLEx Prep – Special Populations – all 7 topics
- 86b Orthopedic Massage: Technique review and Practice – Neck Pain
- 87a MBLEx Prep



# 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.*



## **84a Kinesiology Quiz and MBLEx PREP**

**See Kahoot! 84a**



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