



68a Quiz



68a Quiz Class Outline

5 minutes	Attendance, Breath of Arrival, and Reminders
40 minutes	68a Quiz
<u>15 minutes</u>	<u>Review</u>
60 minutes	Total



68a Kinesiology Quiz

Class Reminders

Quizzes:

- 68a Quiz (61a, 62a, 63a, 64a, 65a, and 66a) **NOW!!**

Exams:

- 70a Exam

Special Reminder:

- 71b Sports Massage: Technique Demo and Practice – Pre-Event and Post-Event
 - Please wear athletic clothing to this class.
 - You will be giving and receiving several 10-minute pre- and post-event massages in an athletic context

Preparation for upcoming classes:

- 68b Role Play Scenarios – **bring pillows and face supplies!!**
- 69a History of Massage: Modalities
 - Packet F: 101-104.
- 69b History of Massage: Bodywork Tree and Demo
 - Packet F: 105-108.



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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