



# 70a Exam



# 70a Exam Class Outline

5 minutes      Attendance, Breath of Arrival, and Reminders

160 minutes      Exam (2 hours and 40 minutes)

15 minutes      Exam review

3 hours      Total



# 70a Exam Class Reminders

## Exams:

- 70a Exam **NOW!**

## Quizzes:

- 78a Kinesiology Quiz (gluteals, erectors, lats, biceps femoris, quadratus femoris, piriformis, erectors, lats, QL, multifidi, rotatores)

## Spot Checks:

- 75b Orthopedic Massage: Spot Check – Piriformis & Sacroiliac

## Preparation for upcoming classes:

- 70b Chair Massage, BMTs, Passive Stretches, and Side-lying Massage
  - Packet C: 11-12
- 71a Sports Massage: Theory
  - Packet F: 109-114.
- 71b Sports Massage: Technique Demo and Practice – Pre-Event and Post-Event
  - Packet F: 115-116.
  - 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



# 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.*



# Exam

## When Class Begins

- Take attendance and do Breath of Arrival.
- Have students clear their desks but keep their devices out.
- Answer any questions they may have.
- When you begin the exam, write the start and end times on the board (10a Exam is 40 minutes max).
- Students should remain on campus. Should all students finish early, class will resume at that time.
- Any student suspected of cheating MUST be immediately asked to collect their belongings and leave the room. If possible, the student must go talk with Mark Dauenhauer immediately.



# Exam

## Exam Information

- The exam will last no longer than \_\_\_\_ minutes.
- The questions are complete as written.
- No further information will be given.
- Scrap paper and ear plugs are available.
- Keep ClassMarker open until you are finished.
- Go hang out in the student lounge or picnic area, I'll come get you when its time.
- This exam is given on the honor system. Do your own work.
- If you are suspected of cheating, you will be immediately asked to collect your belongings and leave the room.



# Exam

## **When time has passed**

- Call the students back into the classroom
- Record their grades
- View the statistics (blue button) by question and review most of the questions that were not answered correctly by 50% of the class.
- Open the floor to questions about the written exam content



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