



# 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 (erectors, lats, quadratus lumborum, multifidi, rotatores, gluteals, hamstrings, quads, piriformis, quadratus femoris) – 50 questions in 40 minutes

## 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.*



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