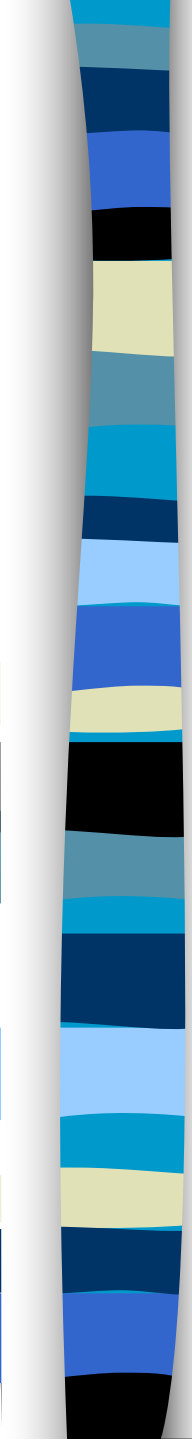


74a MBLE_x PREP



74a MBLEx PREP

5 minutes	Attendance, Breath of Arrival, and Reminders
55 minutes	MBLEx Review
60 minutes total	

74a MBLEx PREP

Class Reminders

Quizzes:

- 78a Kinesiology Quiz (erectors, lats, quadratus lumborum, multifidi, rotatores, gluteals, hamstrings, quads, piriformis, quadratus femoris) – 50 questions in 40 minutes

Spot Checks:

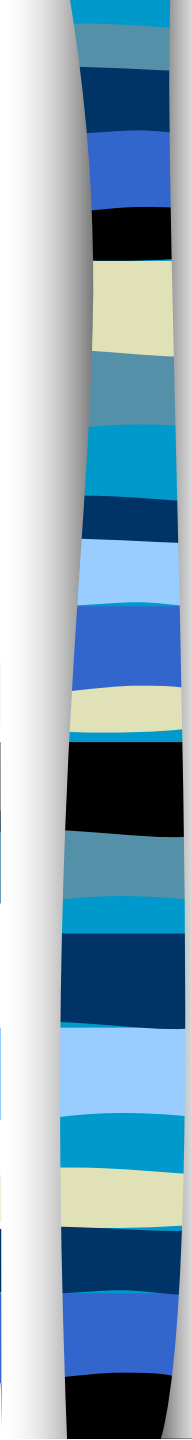
- 75b Orthopedic Massage: Spot Check – Piriformis and Sacroiliac
- 78b Orthopedic Massage: Spot Check – Low Back Pain

Assignments:

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

Preparation for upcoming classes:

- 74b Orthopedic Massage: Technique and Review and Practice – Piri/SI
- Packet J: 55-62 and 63-64
- 75a Intro to Special Populations and Psychiatric Disorders
- Packet K: 1-18
- 75b Orthopedic Spot Check
- Bring A-97 for grading
- 76a Orthopedic Massage: Introduction – Low Back Pain
- Packet j: 65-68
- 76b Orthopedic Massage: Technique Demo and Practice – Low Back Pain
- Packet j: 69-76



Classroom Rules

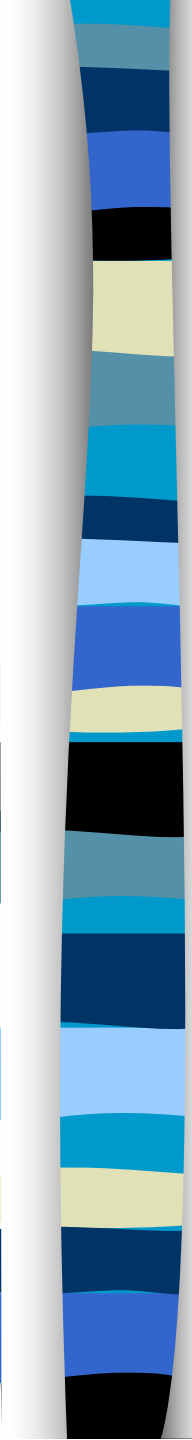
Punctuality - everybody's time is precious

- 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:

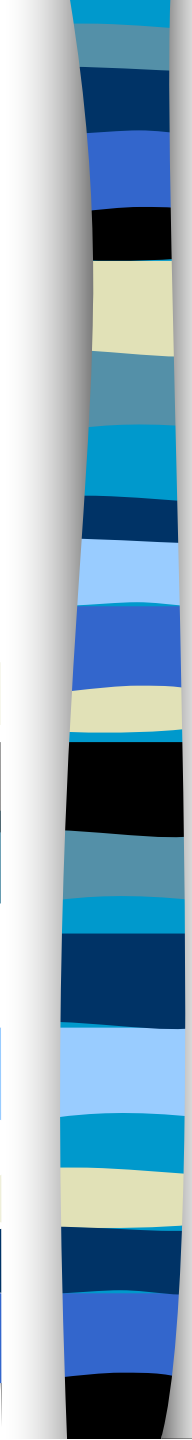
- Bare feet
- Side talking
- Lying down
- Inappropriate clothing
- Food or drink except water
- Phones that are visible in the classroom, bathrooms, or internship

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



74a MBLE_x PREP

See Kahoot! 74a



74a MBLE_x PREP