



78a Quiz



78a Quiz Class Outline

5 minutes	Attendance, Breath of Arrival, and Reminders
40 minutes	78a Quiz
<u>15 minutes</u>	<u>Review</u>
60 minutes	Total



78a Kinesiology Quiz

Class Reminders

Early Warning:

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

Quizzes:

- 78a Kinesiology Quiz (erectors, lats, quadratus lumborum, multifidi, rotatores, gluteals, hamstrings, quads, piriformis, quadratus femoris) – 50 questions in 40 minutes. - **NOW!!**
- 84a Kinesiology Quiz (pec major and minor, coracobrachialis, biceps, SCM, scalenes, rotator cuff, flex. Dig. Super., ext. dig., flex. Pollicis longus, flex dig. profundis) – 50 questions in 40 minutes

Spot Checks:

- 78b Orthopedic Massage: Spot Check – Low Back Pain
- 81b Orthopedic Massage: Spot Check – Rotator Cuff and Carpal Tunnel

Assignments:

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

Preparation for upcoming classes:

- 78b Orthopedic Massage: Spot Check – Low Back Pain
- 79a Orthopedic Massage: Introduction – Rotator Cuff and Carpal Tunnel
-Packet J: 79-84
- 79b Orthopedic Massage: Technique Demo and Practice – Rotator Cuff and Carpal Tunnel
-Packet J: 85-94



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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