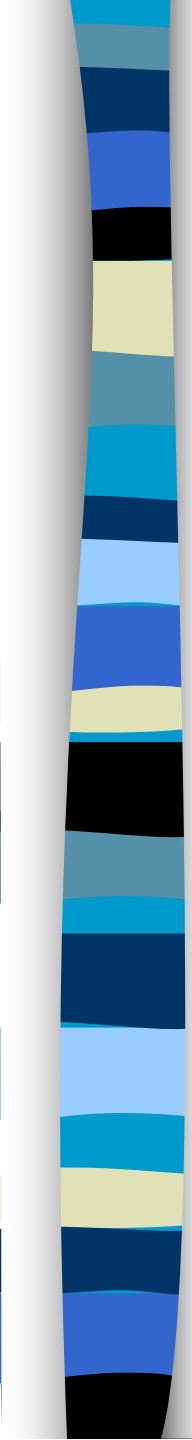
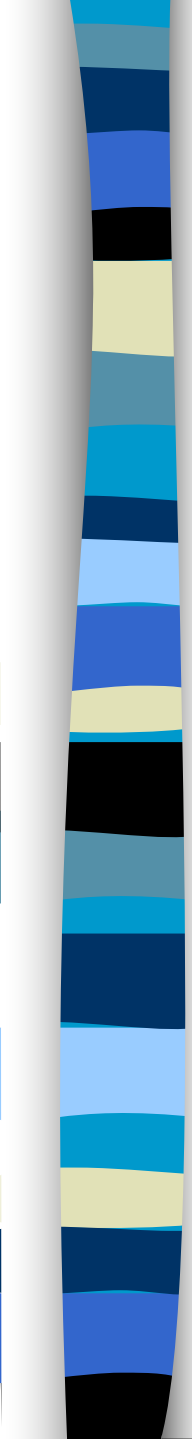


87a MBLE_x PREP



87a MBLEx PREP

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



87a MBLEx PREP

Class Reminders

Spot Checks and Assessments:

- 87b Orthopedic touch Assessment

Exams and Quizzes:

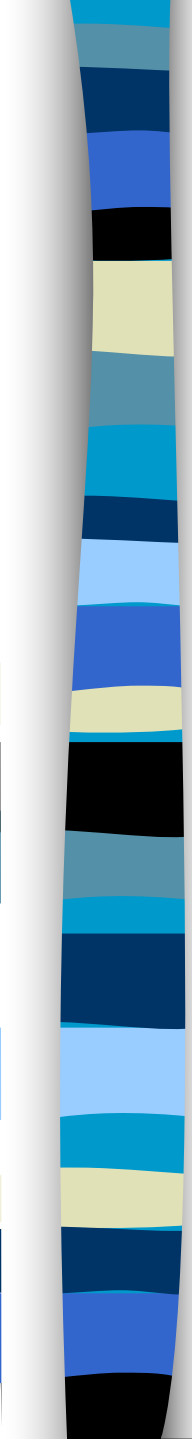
- 89a Practice MBLEx
 - 100 Questions in 120 minutes
- 90a Kinesiology Quiz (erectors, multifidi, rotatores, quadratus lumborum, levator scapula, trapezius, splenius capitis, splenius cervicis, semispinalis capitis, gluteals, fibularis longus and brevis, tibialis anterior, soleus, gastrocnemius, hamstrings, TFL, and quads)

Assessments:

- 87b Orthopedic Touch Assessment

Preparation for upcoming classes:

- 87b Orthopedic Touch Assessment
- 88a Deep Massage History
- 88b Deep Massage Introduction



Classroom Rules

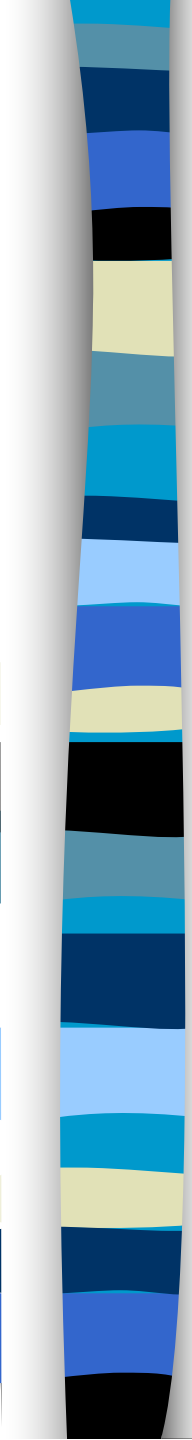
Punctuality - everybody's time is precious

- 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:

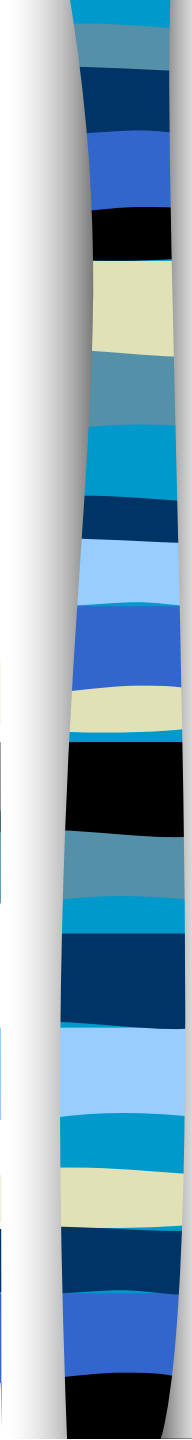
- Bare feet
- Side talking
- Lying down
- Inappropriate clothing
- Food or drink except water
- Phones that are visible in the classroom, bathrooms, or internship

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



87a MBLE_x PREP

**See Kahoot! 87a
or
MBLE_x Prep Jeopardy!**



87a MBLE_x PREP