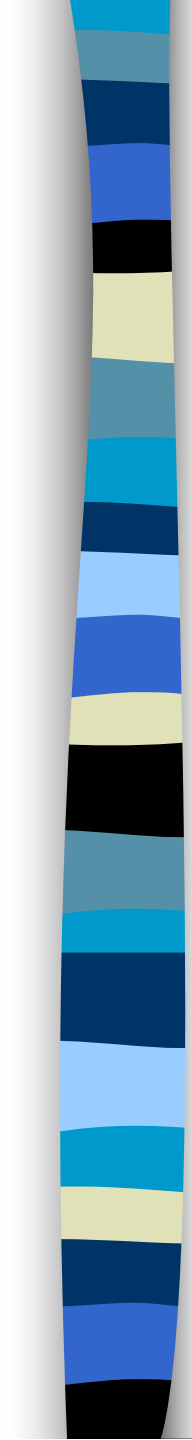


89a Practice MBLEx



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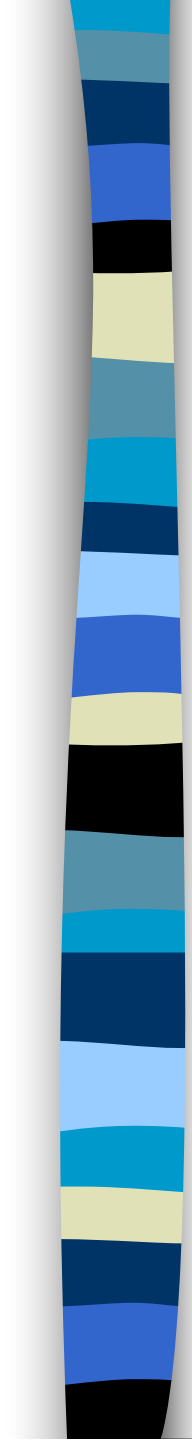
Class Outline

5 minutes Attendance, Breath of Arrival, and Reminders

120 minutes Exam (2 hours and 40 minutes)

25 minutes Exam review

2.5 hours Total



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Class Reminders

■ Exams:

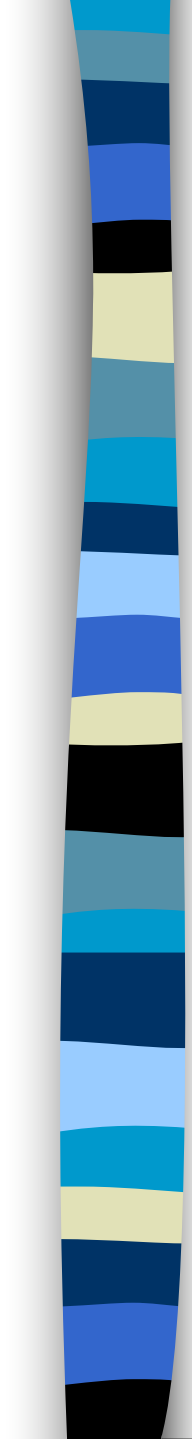
- 89a Practice MBLEx **NOW!!!**

■ Quizzes:

- 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)
 - 50 questions in 40 minutes
- 94a Kinesiology Quiz
 - See syllabus for list of muscles to review
 - 75 questions in 60 minutes

■ Preparation for upcoming classes:

- 89b Chair Massage, BMTs, Passive Stretches, and Side-lying Massage
 - 2-hour class.
- 90b Deep Massage: Technique Demo and Practice – Posterior Back and Neck
 - Lauterstein: Chapter 7.
 - Lauterstein: Pages 140-142 and 166-171.
- 91a Kinesiology: Palpation – Anterior and Posterior Legs, Posterior Back, and Neck



Classroom Rules

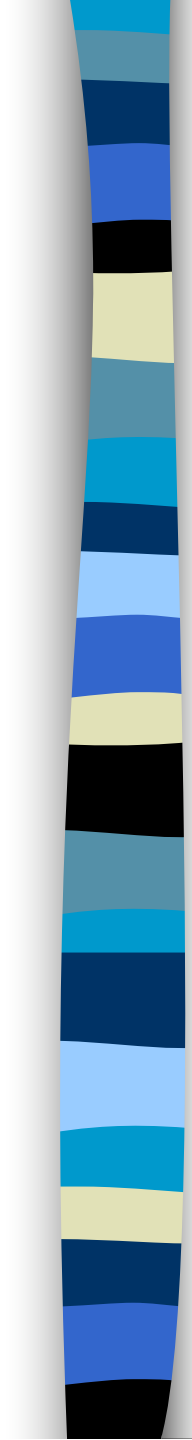
Punctuality - everybody's time is precious

- 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

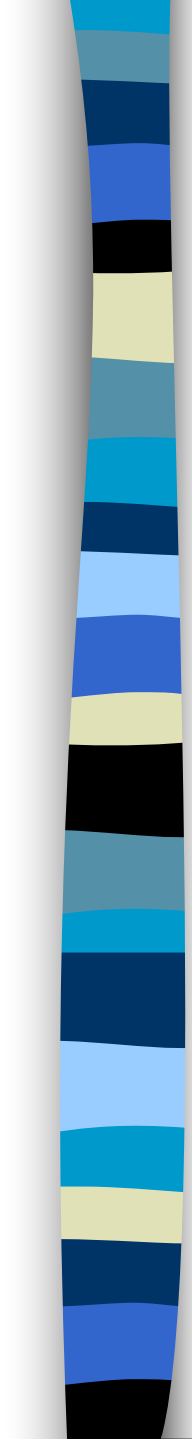
You will receive one verbal warning, then you'll have to leave the room.



Exam

When Class Begins

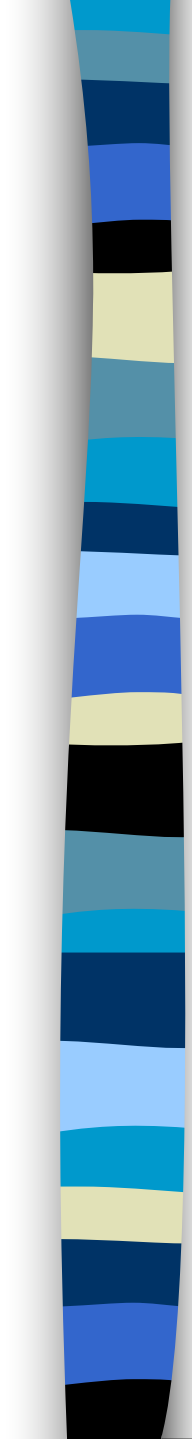
- Take attendance and do Breath of Arrival.
- Have students clear their desks but keep their devices out.
- Answer any questions they may have.
- When you begin the exam, write the start and end times on the board (10a Exam is 40 minutes max).
- Students should remain on campus. Should all students finish 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

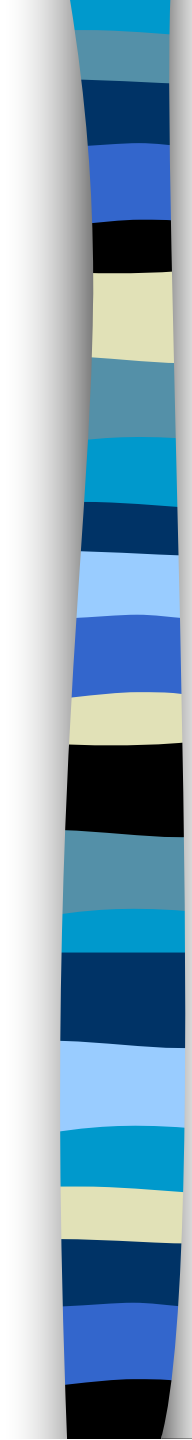
- The exam will last no longer than __120__ minutes.
- The questions are complete as written.
- No further information will be given.
- Scrap paper and ear plugs are available.
- Keep ClassMarker open until you are finished.
- Go hang out in the student lounge or picnic area, I'll come get you when its 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



89a Practice MBLE_x