

FIRST SEMESTER

WEEK	TOPIC	TOPIC	TOPIC
1	TERMINOLOGY of A & P	INTRO: BONY LANDMARKS	Introduction/Scope of Practice/Rules Sheeting/Draping/Order
2	ORGANIZATION OF HUMAN BODY	BONES: SHOULDER/ARM /FOREARM	Posture/Movement/Hygiene/Ethics Endangerment regions/Contraindications
3	ORGANIZATION OF HB; (chem)	BONES: WRIST, HAND	TOUCH, STROKING (face massage)
4	CELLS	BONES: PELVIS/LOWER EXTREMITIES	FRICTION (leg massage)
5	CELLS-cont.	BONES: LOWER EXTREMITIES	KNEADING: Superficial/Petrissage/Rolling/Wringing (arm massage)
6	TISSUES	BONES: VERT. COLUMN/THORAX	KNEADING: Chucking/Palmar/Fist/Digital (back massage)
7	TISSUES-cont.	BONES: CRANIAL	VIBRATION, PERCUSSION (chest/abdomen massage)
8	TISSUES-cont.; (chem)	BONES: FACIAL	MASSAGE THEORY & HISTORY - SELF CARE (neck/foot massage)
9	JOINTS	JOINTS	JOINT MOVEMENTS
10	MUSCULAR SYS (pg 326-333)	SURFACE ANAT./ PALPATORY SKILL	TRADE 1 HR MASSAGE - TALK THROUGH
11	<b>EXAM</b>	LIGAMENTS	TRADE 1 HR MASSAGE
12	OSSEOUS TISSUE	<b>EXAM</b>	PHYSIOLOGICAL EFFECTS OF MASSAGE
13	OSSEOUS TISSUE-cont.	MUSCLES: SHOULDER	<b>EXAM</b>
14	OSSEOUS TISSUE-cont.	MUSCLES: ARM	Practical Exam
15	MUSCULAR TISSUE	MUSCLES: FOREARM & HAND	PHYSIOLOGICAL EFFECTS OF MASSAGE (cont)
16	MUSCULAR TISSUE- cont.	MUSCLES: HIP/THIGH	TOUCH, STROKING, FRICTION, KNEADING
17	MUSCULAR TISSUE- cont.	MUSCLES: LEG/FOOT	VIBRATION, PERCUSSION, JOINT MOVEMENT
18	INTEGUMENTARY SYS (Skin)	MUSCLES: AXIAL SKELETON	CONTRAINDICATIONS
19	INTEGUMENTARY SYS-cont.	MUSCLES: CRANIAL/FACIAL	<b>EXAM</b>
20	ENDANGERMENT SITES	<b>EXAM</b>	ETHICS - 4 hrs
21	<b>EXAM</b>	VESSELS & NERVES OVERVIEW	Practical Exam - 2 hrs/ETHICS - 2 hrs