

53a Deep Tissue: Introduction

Lesson Plan

<u>Minutes</u>	<u>Activity</u>
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	Reminders 10 minutes before class begins display the reminders slide.
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	53a Internship Orientation Review Questions. Due before class starts.
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	Gather completed review questions, secure with a binder clip and put them on Tammie's desk in the clinic/make-up room. Should clinic be in session, hand it to Jessica at the front desk to give to Tammie.
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5	Attendance and Breath of Arrival
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55	Lecture
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60m	Total Class Time
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Lesson Plan

Learning Outcomes

- **Program Level:**
- **Course Level:**
- **Course Level:**

- **Class Schedule – Student Preparation**
 - Trail Guide: quadratus lumborum.
 - Packet D: 5-10.

Class Schedule – Assignments and Exams

- 53a Internship Orientation Review Questions.
- Due before class starts.
- Packet A: 179-180.
- Use Packet I: 1-20 to do this assignment.

Topic Focus

- Introduction to deep tissue massage.

Thoughts, Advice, or Warnings

- None

Materials, Equipment, and Supplies

- PowerPoint presentation, packet, attendance book
- Computer, projector, projector remote, projector screen, laser pointer
- Whiteboard with dry erase markers and eraser