

<p><b>ANATOMY &amp; PHYSIOLOGY (11%)</b></p> <p>A. System structure</p> <ul style="list-style-type: none"> <li>• Circulation</li> <li>• Digestive</li> <li>• Endocrine</li> <li>• Integumentary</li> <li>• Lymphatic</li> <li>• Muscular</li> <li>• Nervous</li> <li>• Reproduction</li> <li>• Respiratory</li> <li>• Skeletal</li> <li>• Special Senses</li> <li>• Urinary</li> </ul> <p>B. System function</p> <ul style="list-style-type: none"> <li>• Circulation</li> <li>• Digestive</li> <li>• Endocrine</li> <li>• Integumentary</li> <li>• Lymphatic</li> <li>• Muscular</li> <li>• Nervous</li> <li>• Reproduction</li> <li>• Respiratory</li> <li>• Skeletal</li> <li>• Special Senses</li> <li>• Urinary</li> </ul> <p>C. Tissue injury and repair</p> <p>D. Concepts of energetic anatomy</p> <p><b>KINESIOLOGY (12%)</b></p> <p>A. Components and characteristics of muscles</p> <p>B. Concepts of muscle contractions</p> <p>C. Proprioceptors</p> <p>D. Locations, attachments (origins, insertions), actions and fiber directions of muscles</p> <p>E. Joint structure and function</p> <p>F. Range of motion</p> <ul style="list-style-type: none"> <li>• Active</li> <li>• Passive</li> <li>• Resistant</li> </ul> <p><b>PATHOLOGY, CONTRAINDICATIONS, AREAS OF CAUTION, SPECIAL POPULATIONS (14%)</b></p> <p>A. Overview of Pathologies</p> <p>B. Contraindications</p> <ul style="list-style-type: none"> <li>• Site specific</li> <li>• Pathology related</li> <li>• Special populations</li> <li>• Tools</li> <li>• Special applications</li> </ul> <p>C. Areas of caution</p> <p>D. Special populations</p> <p>E. Classes of medications</p>	<p><b>BENEFITS AND PHYSIOLOGICAL EFFECTS OF TECHNIQUES THAT MANIPULATE SOFT TISSUE (15%)</b></p> <p>A. Identification of the physiological effects of soft tissue manipulation</p> <p>B. Psychological aspects and benefits of touch</p> <p>C. Benefits of soft tissue manipulation for specific client populations</p> <p>D. Soft tissue techniques</p> <ul style="list-style-type: none"> <li>• Types of strokes</li> <li>• Sequence of application</li> </ul> <p>E. Hot/cold applications</p> <p>F. Overview of massage/bodywork modalities</p> <p><b>CLIENT ASSESSMENT, REASSESSMENT &amp; TREATMENT PLANNING (17%)</b></p> <p>A. Organization of a massage/bodywork session</p> <p>B. Client consultation and evaluation</p> <ul style="list-style-type: none"> <li>• Verbal intake</li> <li>• Health history form</li> </ul> <p>C. Written data collection</p> <p>D. Visual assessment</p> <ul style="list-style-type: none"> <li>• General</li> <li>• Postural</li> </ul> <p>E. Palpation assessment</p> <p>F. Range of motion assessment</p> <p>G. Clinical reasoning</p> <ul style="list-style-type: none"> <li>• Ability to rule out contraindications</li> <li>• Client treatment goal setting</li> <li>• Evaluation of response to previous treatment</li> <li>• Formulation of treatment strategy</li> </ul>	<p><b>ETHICS, BOUNDARIES, LAWS, REGULATIONS (16%)</b></p> <p>A. Ethical behavior</p> <p>B. Professional boundaries</p> <p>C. Code of ethics violations</p> <p>D. The therapeutic relationship</p> <p>E. Dual relationships</p> <p>F. Sexual misconduct</p> <p>G. Massage/bodywork-related laws and regulations</p> <p>H. Scope of practice</p> <p>I. Professional communication</p> <p>J. Confidentiality</p> <p>K. Principles</p> <p><b>GUIDELINES FOR PROFESSIONAL PRACTICE (15%)</b></p> <p>A. Proper and safe use of equipment and supplies</p> <p>B. Therapist hygiene</p> <p>C. Sanitation and cleanliness</p> <p>D. Safety practices</p> <ul style="list-style-type: none"> <li>• Facilities</li> <li>• Therapist personal safety</li> <li>• Client safety</li> </ul> <p>E. Therapist care</p> <ul style="list-style-type: none"> <li>• Body mechanics</li> <li>• Protective gear (masks, gowns, gloves, etc)</li> <li>• Self-care</li> <li>• Injury prevention</li> </ul> <p>F. Draping</p> <ul style="list-style-type: none"> <li>• Safe and appropriate</li> <li>• Communication</li> </ul> <p>G. Business Practices</p> <ul style="list-style-type: none"> <li>• Business planning</li> <li>• Strategic planning</li> <li>• Office management</li> <li>• Marketing</li> <li>• Hiring/Interviewing</li> <li>• Documentation and Records <ul style="list-style-type: none"> <li>- Client records</li> <li>- Business records</li> </ul> </li> </ul> <p>H. Healthcare and business terminology</p>
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