



Home Study Course TR-SC16 Skeletal System

Successful completion of this course earns 4 CE's (continuing education contact hours). The following items are required to obtain the contact hours associated with this course: (1) completed Home Study Course (this page), (2) Course Evaluation, and (3) a 70% passing score. While there is no specific deadline for submission, TSI recommends submitting the items within TWO (2) years from the date of purchase.

Materials:

- *Therapeutic Reflexology*, chapter 16

Objectives:

- (1) Know the key terms and definitions in this chapter.
- (2) List five functions of the skeletal system.
- (3) Name the anatomical structures of the axial and appendicular skeletal systems.
- (4) Identify the reflexes of the axial and appendicular skeletal systems.
- (5) Identify and label the segments and vertebrae of the spinal reflex.
- (6) Name the three joint classifications.
- (7) Identify the functions of compact bones and spongy bones.
- (8) Describe three health challenges of the skeletal system.
- (9) Name the direct and helper reflexes of the skeletal system.
- (10) Locate the following reflexes and demonstrate techniques to work them: spinal reflex, spinal segments, shoulder girdle, shoulder, arm, elbow, pelvic girdle, hip, leg, and knee.
- (11) Read and understand the following techniques: spinal walking (basic, enhanced, advanced), spinal twist (basic, enhanced, advanced), and metatarsal looseners (compression, loosener, relaxation, plantar decompression with flexion).
- (12) Read and understand the basic skeletal system protocol (see Table 16.1).

Directions: Write your initials as you complete the steps in the following instructions.

| Initial Below | Step | Instruction |
|---------------|------|--|
| | 1 | Read the Chapter Highlights, Learning Objectives, and Key Terms. |
| | 2 | Read the chapter. |
| | 3 | Read the Summary and verify that you understand the information presented. |
| | 4 | Complete all quizzes in "How Much Did You Learn?" |
| | 5 | Complete the course evaluation form. Include the number of hours required to complete the course. Sign to authenticate your work. |
| | 6 | Mail, email, or fax the "How Much Did You Learn?" and course evaluation form. Both are required for successful completion of the course. |



Course Evaluation TR-SC16 Skeletal System

Your Name: _____ Email: _____
 Street Address: _____ Apartment, Unit: _____
 City: _____ State: _____ Zip/Postal Code: _____
 Country: _____ Website: _____

Your profession(s) or education is/are PhD/Dr NP RN PT OT MT Reflexologist
 Other (please explain) _____

I am taking this course for (check all that apply): continuing education improve my knowledge of the subject
 improve my skills re-credentialing improve job performance self-improvement

| Circle the number that best identifies your agreement or disagreement with the following statements. The assessment system is Strongly Agree (6) to Strongly Disagree (1). | Strongly Agree | | | | | Strongly Disagree |
|---|----------------|---|---|---|---|-------------------|
| 1. The course met the following objectives: | | | | | | |
| 1.1. Know the key terms and definitions in this chapter. | 6 | 5 | 4 | 3 | 2 | 1 |
| 1.2. List five functions of the skeletal system. | 6 | 5 | 4 | 3 | 2 | 1 |
| 1.3. Name the anatomical structures of the axial and appendicular skeletal systems. | 6 | 5 | 4 | 3 | 2 | 1 |
| 1.4. Identify the reflexes of the axial and appendicular skeletal systems. | 6 | 5 | 4 | 3 | 2 | 1 |
| 1.5. Identify and label the segments and vertebrae of the spinal reflex. | 6 | 5 | 4 | 3 | 2 | 1 |
| 1.6. Name the three joint classifications. | 6 | 5 | 4 | 3 | 2 | 1 |
| 1.7. Identify the functions of compact bones and spongy bones. | 6 | 5 | 4 | 3 | 2 | 1 |
| 1.8. Describe three health challenges of the skeletal system. | 6 | 5 | 4 | 3 | 2 | 1 |
| 1.9. Name the direct and helper reflexes of the skeletal system. | 6 | 5 | 4 | 3 | 2 | 1 |
| 1.10. Locate the following reflexes and demonstrate techniques to work them: spinal reflex, spinal segments, shoulder girdle, shoulder, arm, elbow, pelvic girdle, hip, leg, and knee. | 6 | 5 | 4 | 3 | 2 | 1 |
| 1.11. Read and understand the following techniques: spinal walking (basic, enhanced, advanced), spinal twist (basic, enhanced, advanced), and metatarsal looseners (compression, loosener, relaxation, plantar decompression with flexion). | | | | | | |
| 1.12 Read and understand the basic skeletal system protocol (see Table 16.1). | | | | | | |
| 2. Course content: | | | | | | |
| 2.1. The course was interesting. | 6 | 5 | 4 | 3 | 2 | 1 |
| 2.2. Written course instructions were easy to understand. | 6 | 5 | 4 | 3 | 2 | 1 |
| 2.3. Textbook is easy to understand and effective for this subject. | 6 | 5 | 4 | 3 | 2 | 1 |
| 2.4. I would recommend this course to others. | 6 | 5 | 4 | 3 | 2 | 1 |
| 3. Course delivery: | | | | | | |
| 3.1. Home study is conducive to learning the subject. | 6 | 5 | 4 | 3 | 2 | 1 |
| 3.2. I would take another home study course on Therapeutic Reflexology. | 6 | 5 | 4 | 3 | 2 | 1 |

What is the most important information you learned as a result of this course? _____

Comments: _____

It took me _____ hours to complete this course. Date course completed: _____

My signature attests that I completed the course. (Sign your name here) _____

May we use your comments about the course in our materials? Yes No