



## Home Study Course TR-SC17 Muscular System

Successful completion of this course earns 4 CEs (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 17

### Objectives:

- (1) Know the key terms and definitions in this chapter.
- (2) Identify and differentiate between the three types of muscles.
- (3) Identify the four functions of the muscular system.
- (4) State the three types of muscle tissue.
- (5) Describe the relationship between the muscular, skeletal, and nervous systems.
- (6) Identify the muscular system reflexes in the foot.
- (7) Name the direct and helper reflexes of the muscular system.
- (8) Describe five health challenges of the muscular system.
- (9) Read and understand the following techniques: stretches (medial foot rocking, single leg stretch, ankle loosener, lymphatic pump, ankle and posterior leg stretch, ankle and anterior leg stretch).
- (10) Locate the following reflexes and demonstrate techniques to work them: pelvis/hip, leg/knee, shoulder, arm/elbow.
- (11) Read and understand the TMJD protocol (see Table 17.2).

**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-SC17 Muscular 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
<b>1. The course met the following objectives:</b>						
1.1. Know the key terms and definitions in this chapter.	6	5	4	3	2	1
1.2. Identify and differentiate between the three types of muscles.	6	5	4	3	2	1
1.3. Identify the four functions of the muscular system.	6	5	4	3	2	1
1.4. State the three types of muscle tissue.	6	5	4	3	2	1
1.5. Describe the relationship between the muscular, skeletal, and nervous systems.	6	5	4	3	2	1
1.6. Identify the muscular system reflexes in the foot.	6	5	4	3	2	1
1.7. Name the direct and helper reflexes of the muscular system.	6	5	4	3	2	1
1.8. Describe five health challenges of the muscular system.	6	5	4	3	2	1
1.9. Read and understand the following techniques: stretches (medial foot rocking, single leg stretch, ankle loosener, lymphatic pump, ankle and posterior leg stretch, ankle and anterior leg stretch).	6	5	4	3	2	1
1.10. Locate the following reflexes and demonstrate techniques to work them: pelvis/hip, leg/knee, shoulder, arm/elbow.	6	5	4	3	2	1
1.11. Read and understand the TMJD protocol (see Table 17.2).	6	5	4	3	2	1
<b>2. Course content:</b>						
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
<b>3. Course delivery:</b>						
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