



Home Study Course TR-SCP17 Muscular System with Practical

Successful completion of this course earns 12 CEs (continuing education contact hours). This course includes the Practical. 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
- *Therapeutic Reflexology*, DVD (included in textbook)

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) Demonstrate 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) Demonstrate 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, and watch the DVD.
	3	Read the Summary and verify that you understand the information presented.
	4	Complete all quizzes, including the Practical, 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-SCP17 Muscular System with Practical

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. 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. Demonstrate 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. Demonstrate the TMJD protocol (see Table 17.2).	6	5	4	3	2	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. DVD is easy to understand and effective for this subject.	6	5	4	3	2	1
2.5. 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