

What To Bring To First Day Of CORE Classes

Check the list below for materials and/or assignments for first day of classes

CLASS	MATERIALS FOR FIRST CLASS	ASSIGNMENT FOR FIRST CLASS
AP I	Writing materials, textbooks	Premkumar: Ch 1 pp-1-15 (3 rd ed)
AP II	Writing materials, textbook	Premkumar: Ch 1 pp 1-41 (3 rd ed)
AP III	Writing materials, textbook	Premkumar: Ch 1 pp 1-41 (3 rd ed)
Business	Writing materials, textbook	None
Clinic	Writing materials, sheets, face cradle cover, symbol, handouts	See Clinic handout packet- (to be mailed separately)
Communication & Ethics	Writing materials. textbooks	None
Hydrotherapy	Writing materials, textbook	ALL CLASSES: Read Sinclair: Ch 1 & 7 + pp 53-58, 70-79 WEEKEND classes: also read outline – mailed with confirmation letter
Kinesiology Lower Body	Sheets, face cradle cover, oil/lotion, bolster (opt.), writing materials, textbook	Biel : Ch 1 & Ch 6 p. 276-306, 315-318, 328-331 (4 th or 5 th ed)
Kinesiology Upper Body	Sheets, face cradle cover, oil/lotion, bolster (opt.), writing materials, textbook	Biel: Ch 1 & Ch 2 p. 46-68, 71-73. 89-91, 99-106 (4 th or 5 th ed)
Massage Assessment/ Applications	Sheets, face cradle cover, oil/lotion, bolster (opt.), writing materials, textbook	Rattray: Ch 9 and 17
Massage Fundamentals	Writing materials. textbooks	Tappan (6 th ed) or OSM Healing Massage Techniques: History of Massage as a Vocation
Massage Lower Body	Sheets, face cradle cover, bath towel, oil/lotion, bolster (opt.), writing materials, textbooks	Tappan: Review Ch 9; Read Ch 4, & 11 (5 th ed) Biel: Ch 1 (4 th or 5 th ed)
Massage Upper Body	Sheets, face cradle cover, oil/lotion, bolster (opt.), writing materials, textbooks	Tappan: Review Ch 9: Read Ch 4, & 10 (5 th ed) Biel: Ch 1 (4 th or 5 th ed)
Pathology I	Writing materials, textbook	Werner: xi-xxii (5 th ed) or Werner xii-xix (6 th ed)
Pathology II	Writing materials, textbook	Werner: Ch 6 (5 th ed or 6 th ed)
Shiatsu I, II & Shiatsu SF Clinic	Sheets, blanket, bolster or standard size pillows, writing materials, pillow cases	None SF Clinic: 6 practice Shiatsu session write-ups
Statutes	Writing materials	Read Pages 1-4 of Oregon Blue Book (To be emailed with Statutes confirmation)