

Kinesiology



This 36 hour course covers the study of human motion, muscle anatomy and physiology. Learning and understanding kinesiology requires knowledge of bones, boney landmark attachment sites, muscles, joints and their movements.

In this course students will learn:

- Over 60 major skeletal muscles
- Each muscle's attachment sites (boney landmarks), both origins and insertions
- Each muscle's actions, including body positioning and range of motion for contracting each muscle
- Effective clothed techniques for compressing muscle bellies and frictioning tendons within each muscle over their boney landmark attachment sites.

Having an in depth knowledge of Kinesiology, is essential for an effective practice of Deep Tissue massage and all structural bodywork modalities.

Knowledge of Kinesiology is also essential to passing the MBLEx Exam.

This is a required course in SBBTI's 250/550 program and can also be taken A La Carte for students. It is also IDL optional for students studying at a distance, and the hours can be counted towards the science requirements of CAMTC.



2024 Class: Tues, Wed; May 22– June 13, 20
5:15 – 9:15 pm

Reg Fee: \$50 **Tuition:** \$720

Text: *Massage Therapy Principles and Practices, Salvo 7th Edition and Course Handouts*



Dawn Williamson, CAMTC # 7996 , Bodyworker since 2008

Dawn is a graduate of White River School of Massage, UCSB, SBCC. Her natural curiosity has inspired life-long learning habits and a vivacious interest in the form and function of the human body. Dawn has a clinical approach to intuitive massage and has extensive work experience in the wellness industry and spa setting. She attributes her success to the quality of her teachers and is honored to light a beacon for the next generation of therapists.