
STUDY AIDS

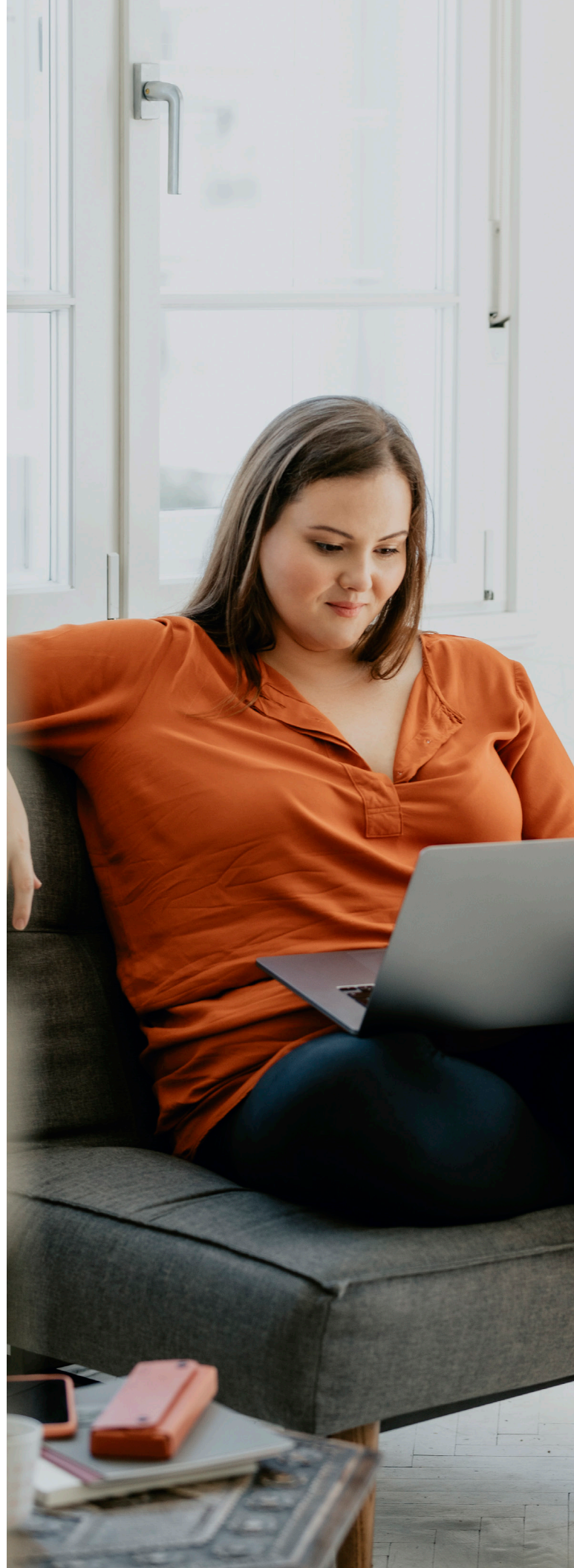
ABMP

MBLEx Prep Curriculum

“

Mind maps, graphic organizers, note-taking forms, and study planning forms are crucial to helping students relate concepts, organize thoughts, and plan ahead. Implement these tools from the start of each cohort and explore with your students how to use them most effectively.

These student
study aids will
help learners
throughout their
entire training
program, *and* as
they prepare for
the MBLEx.



THESE STUDY
AIDS CAN ALSO BE
FOUND IN THE BACK
OF THE **MBLEX PREP**
STUDENT GUIDE
THAT ACCOMPANIES
THIS CURRICULUM.

ABMP **MBLEX PREP** **CURRICULUM**

DIRECTORY OF STUDY AIDS

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ANATOMY AND PHYSIOLOGY BODY SYSTEM GRAPHIC ORGANIZER

STRUCTURES												FUNCTIONS											
•																							
•																							
•																							

CLASS DISCUSSION TOPIC ORGANIZER

Question or Interesting Point

Comments

Question or Interesting Point

Comments

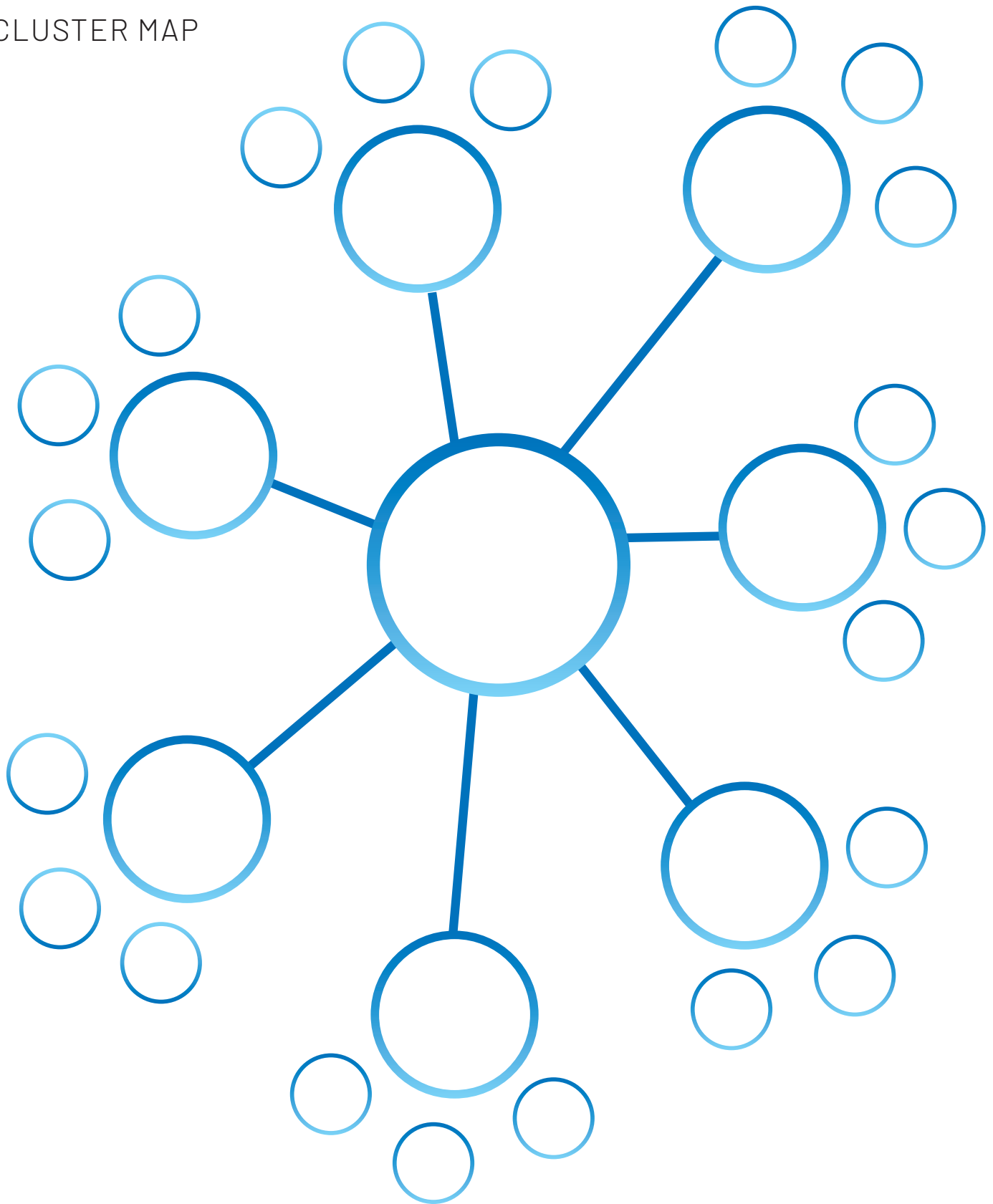
Question or Interesting Point

Comments

Question or Interesting Point

Comments

CLUSTER MAP



Common Details

Topic:

Topic:

COMPARE AND CONTRAST ATTRIBUTES CHART

DIRECTIONS

List two topics at the top; in the boxes below, compare and contrast the attributes.

	TOPIC	TOPIC
ATTRIBUTE 1		
ATTRIBUTE 2		
ATTRIBUTE 3		
ATTRIBUTE 4		

FACT AND OPINION CHART

DIRECTIONS

Write the topic at the top. The left-hand column provides a space for facts to be listed. The right-hand column provides a space to list opinion, speculation, or ideas.

TOPIC:

FACT	OPINION, SPECULATION, IDEAS



DIRECTIONS

TOPIC:

SUBTOPIC

JOINTS, MUSCLES, AND MOVEMENTS TABLE

DIRECTIONS

List all of the movements available at the defined joint. Fill in the muscles for each movement in order of their ability to create the movement (view sample on next page).

MOVEMENT	MOVEMENT	MOVEMENT	MOVEMENT
Muscles	Muscles	Muscles	Muscles

MOVEMENT	MOVEMENT	MOVEMENT	MOVEMENT
Muscles	Muscles	Muscles	Muscles

JOINTS, MUSCLES, AND MOVEMENTS TABLE—SAMPLE

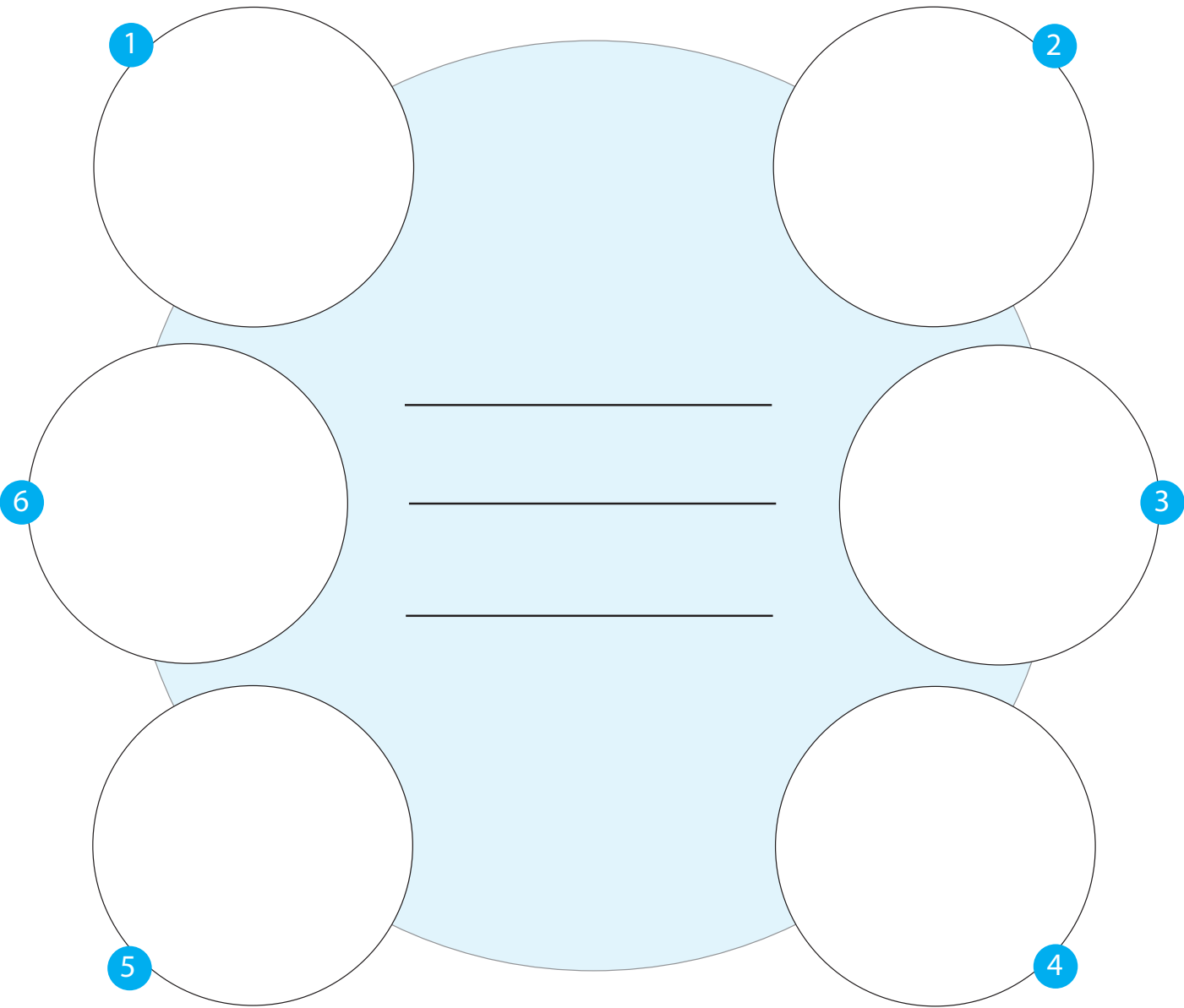
DIRECTIONS

List all of the movements available at the defined joint. Fill in the muscles for each movement in order of their ability to create the movement

MOVEMENT	MOVEMENT	MOVEMENT	MOVEMENT
<i>Flexion</i> Muscles	<i>Extension</i> Muscles	<i>Horizontal Abduction</i> Muscles	<i>Horizontal Abduction</i> Muscles
<i>Deltoid (anterior fibers)</i> <i>Pec major (upper fibers)</i> <i>Biceps brachii</i> <i>Coracobrachialis</i>	<i>Deltoid (posterior fibers)</i> <i>Latissimus dorsi</i> <i>Teres major</i> <i>Pec major (lower fibers)</i> <i>Triceps (long head)</i>	<i>Deltoid (posterior fibers)</i>	<i>Deltoid (anterior fibers)</i> <i>Pec major (upper fibers)</i>

MOVEMENT	MOVEMENT	MOVEMENT	MOVEMENT
<i>Abduction</i> Muscles	<i>Abduction</i> Muscles	<i>Lateral Rotation</i> Muscles	<i>Medial Rotation</i> Muscles
<i>Deltoid (all fibers)</i> <i>Supraspinatus</i>	<i>Latissimus dorsi</i> <i>Teres major</i> <i>Infraspinatus</i> <i>Teres minor</i> <i>Pec major</i> <i>Triceps (long head)</i> <i>Coracobrachialis</i>	<i>Deltoid (posterior fibers)</i> <i>Infraspinatus</i> <i>Teres minor</i>	<i>Deltoid (anterior fibers)</i> <i>Latissimus dorsi</i> <i>Teres major</i> <i>Subscapularis</i> <i>Pec major</i>

LEVELS OF ORGANIZATION CHART





MUSCLE GRAPHIC ORGANIZER

Body Region:

Muscle Name:

1. NAME AND LOCATE THE MUSCLE ON THE BODY

- Study the muscle image in ABMP Five-Minute Muscles. Draw a replicate of the muscle in the space provided or on a separate sheet of paper.
- Palpate the muscle on yourself (if accessible).
- View the palpation video for the muscle, then palpate the muscle on a client.
- Outline the muscle on a client using grease pencils.
- Verbally describe the general location of the muscle aloud.
- Verbally describe the fiber direction of the muscle aloud.
- Use arrows to show the fiber direction of the muscle on your drawing.

2. IDENTIFY THE MUSCLE'S ORIGIN AND INSERTION

- Write down the muscle's complete origin and insertion.
- Palpate the muscle's origin and insertion on a client.
- Recite the complete origin and insertion aloud.
- Without using notes, recite from memory the origin, insertion, and actions of this muscle.

ORIGIN:

INSERTION:

3. DISSECTION

- Describe one thing you learned from watching the dissection video from this muscle or muscle group. Do it here and on 139

DISSECTION:

MUSCLE GRAPHIC ORGANIZER (cont.)

4. DEMONSTRATE KNOWLEDGE OF ACTIONS

- List the muscle's actions.
- Perform the actions of this muscle using your own body.
- Use passive range of motion to move a client in the actions of this muscle.
- Write out the language you will use to verbally direct a client to move in the actions of this muscle.
- Verbally direct a client to move in the actions of this muscle.

ACTION:

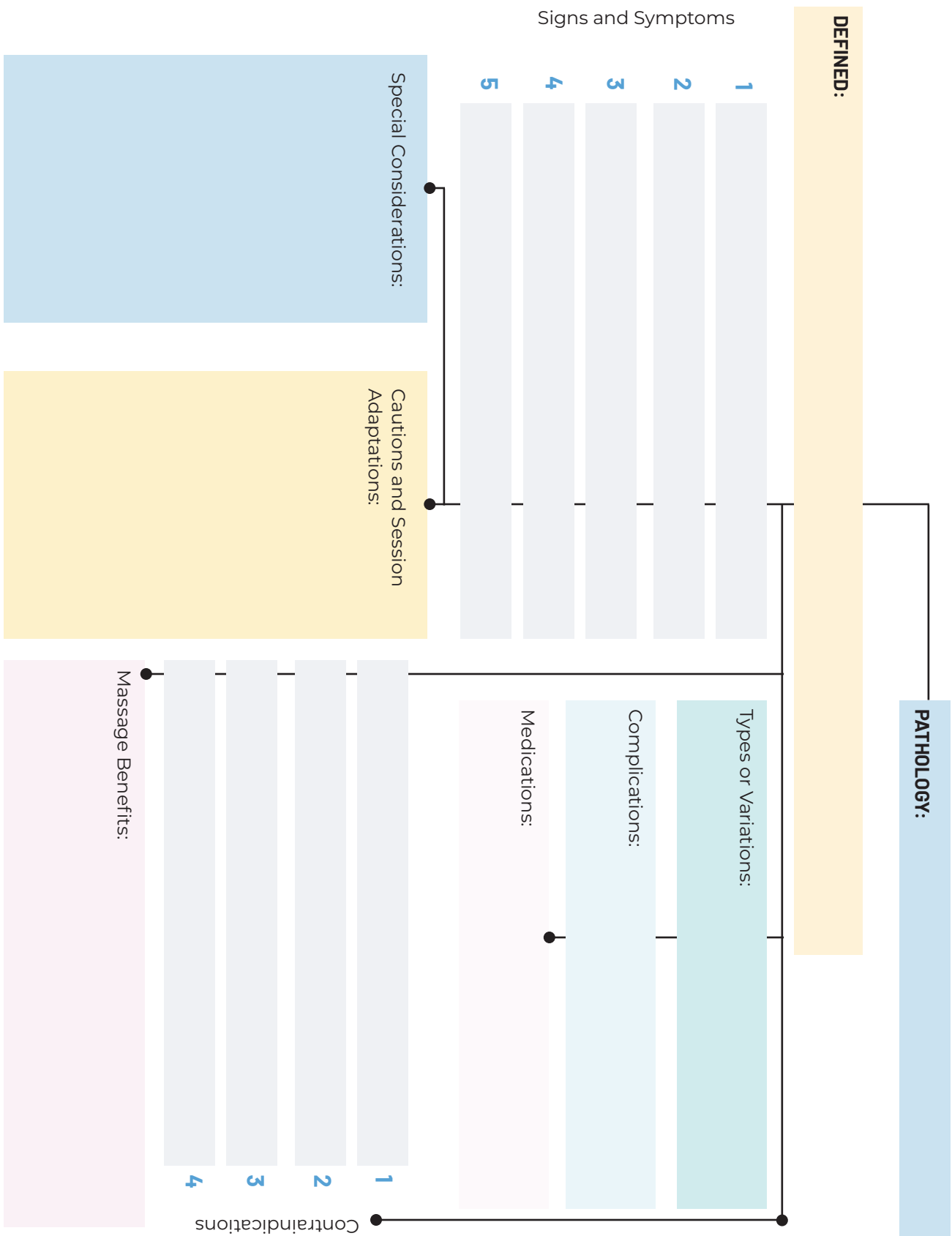
VERBAL DIRECTIONS:

ACTIVE READING FORM

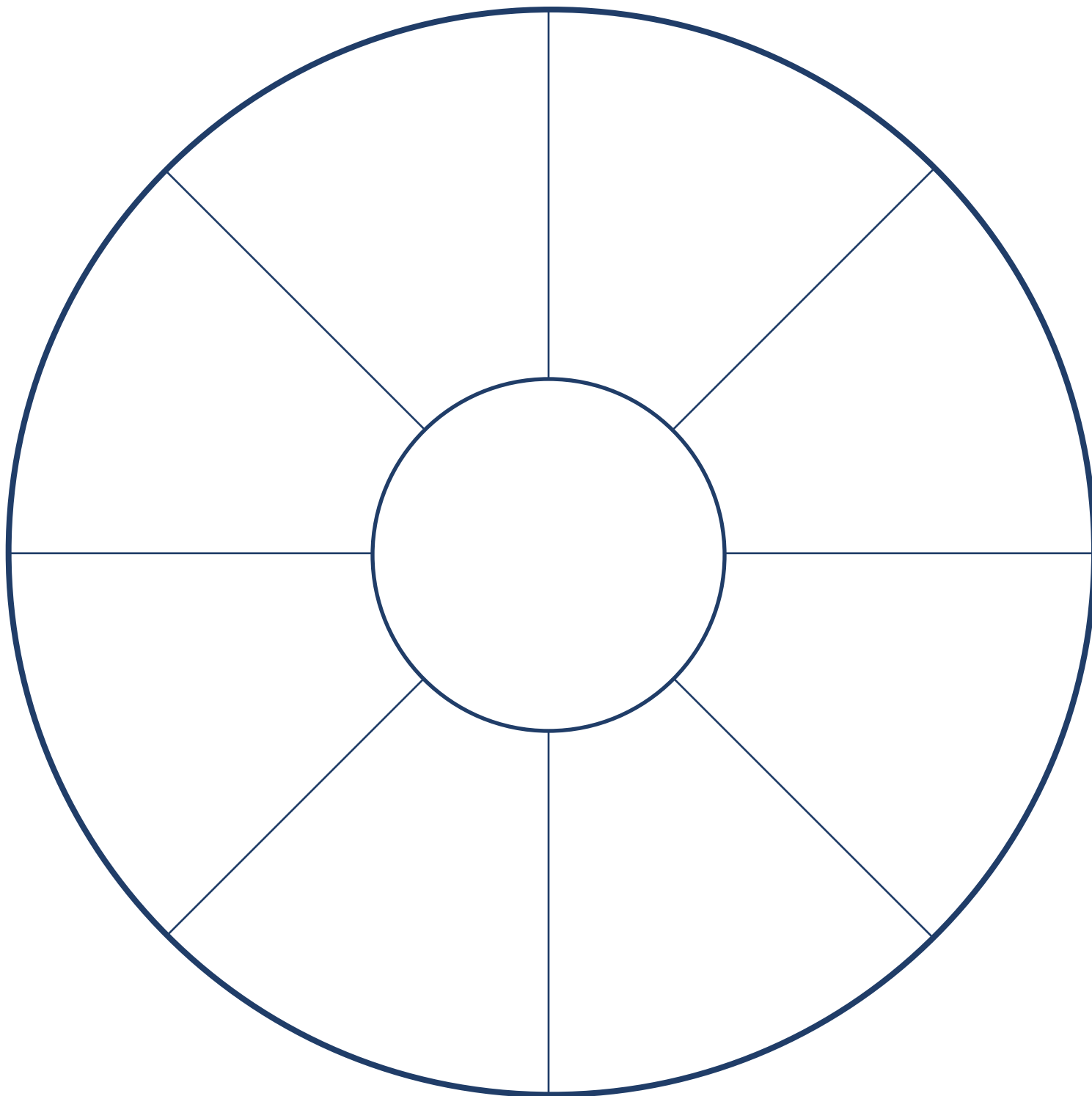
Fill in the synergistic and antagonistic muscles for each action of this muscle. List palpation notes on how to access this muscle.

ACTION	SYNERGISTS	ANTAGONISTS	PALPATION NOTES

PATHOLOGY GRAPHIC ORGANIZER



PIE CHART





SEQUENCE TYPE 1

A mind map template for 'SEQUENCE TYPE 1'. It features a central light blue circle with three horizontal lines for a central topic. Six rectangular boxes, each with a blue border, are arranged around the circle, numbered 1 through 6 in blue. Boxes 1 and 2 are at the top, 3 and 4 are in the middle, and 5 and 6 are at the bottom.

1

2

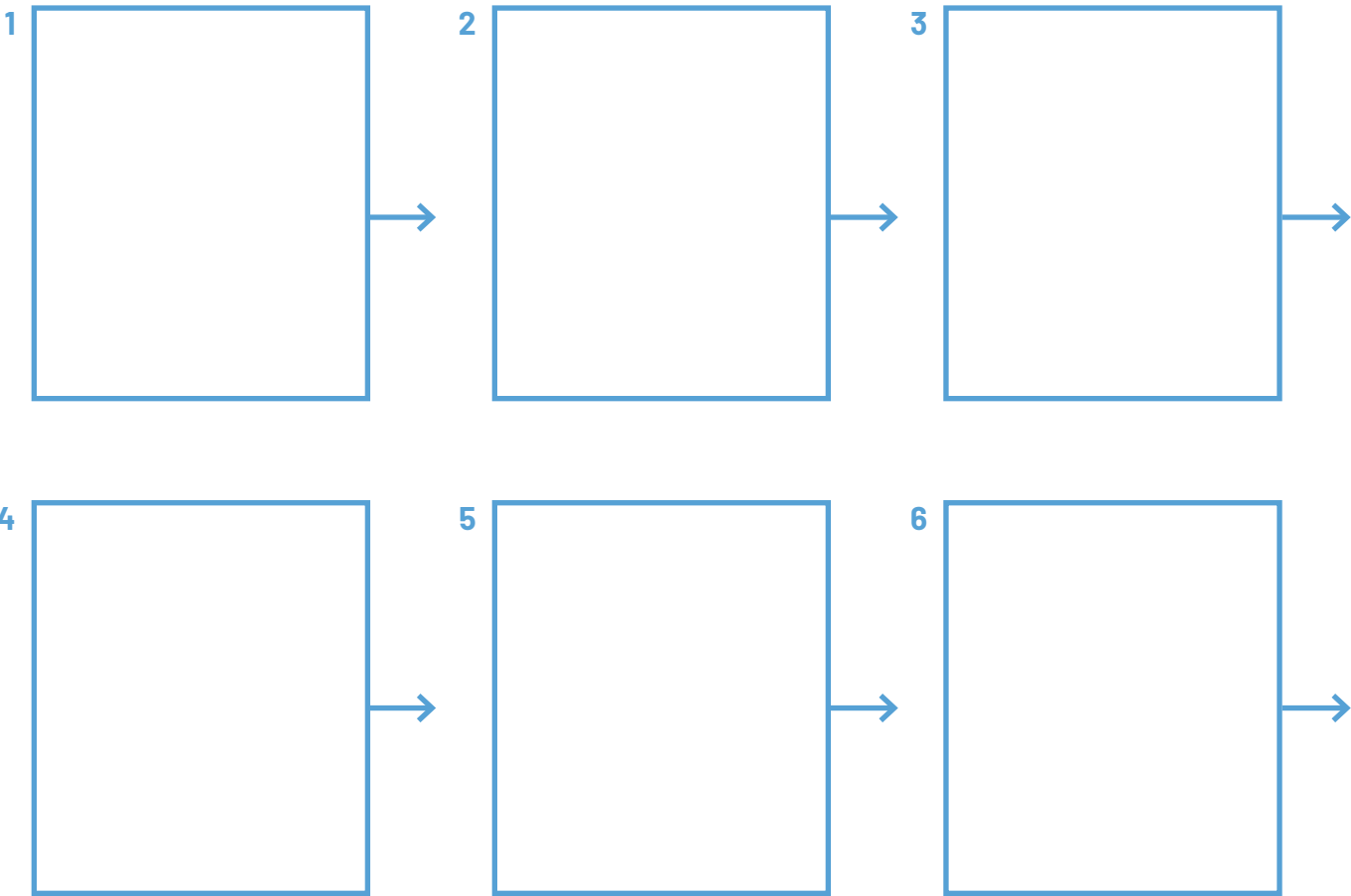
3

4

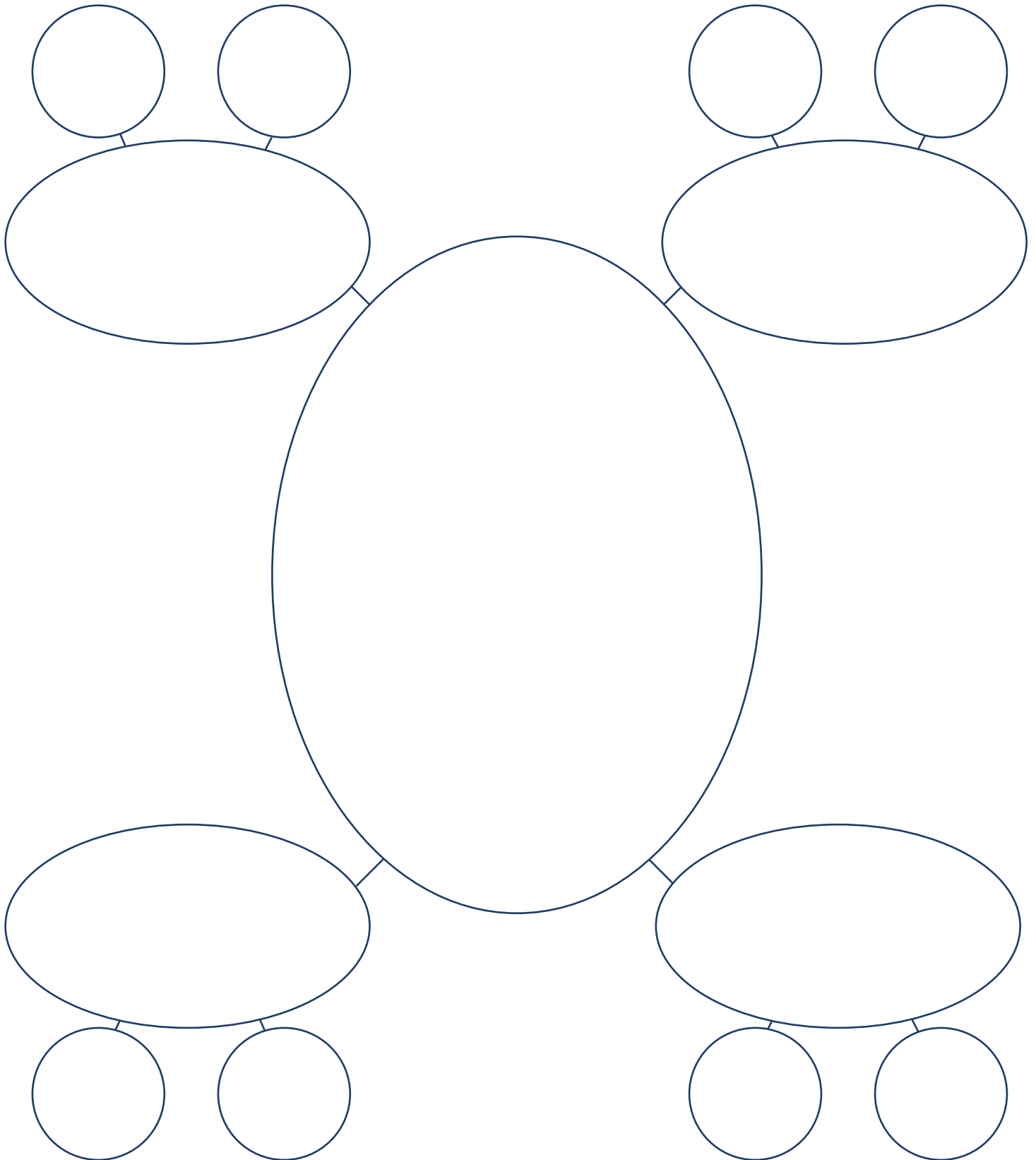
5

6

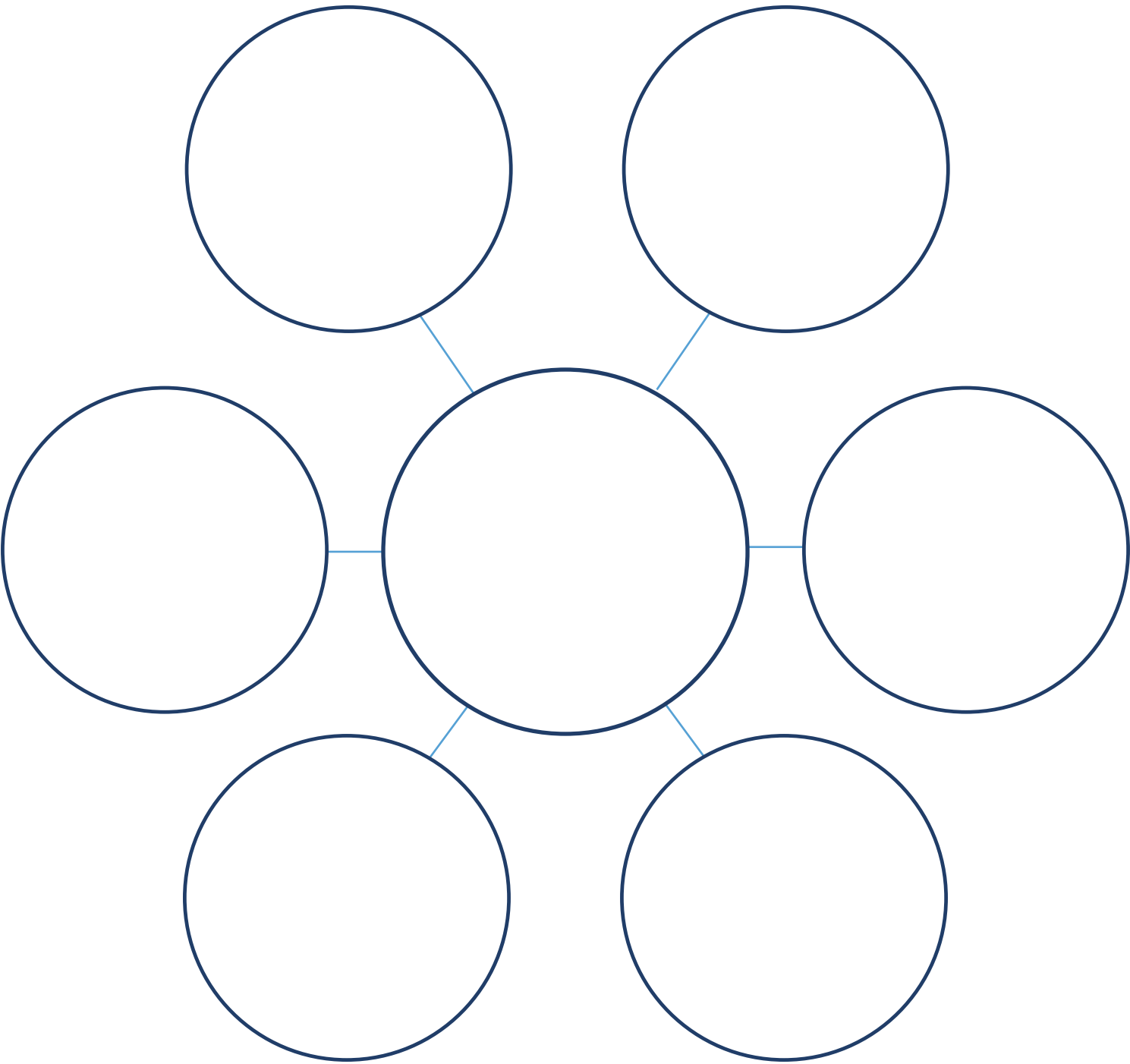
SEQUENCE TYPE 2



SPIDER MAP



SUN MAP



ACTIVE READING FORM

Chapter:

Title:

KEY WORDS AND TERMS	PRE-READING CHECKLIST <input type="checkbox"/> I've counted and marked 10 pages with paper clips. <input type="checkbox"/> I've carefully read all headings and sub-headings in the chapter. <input type="checkbox"/> I've read the chapter introduction and the chapter summary. <input type="checkbox"/> I've read the learning objectives, chapter outline, and key words. <input type="checkbox"/> I've reviewed all tables, charts, diagrams, and figures in the 10 pages.	
	IN ONE SENTENCE, BRIEFLY DESCRIBE WHAT THE CHAPTER IS ABOUT: 	
	HEADING:	LECTURE NOTE DETAIL:
	MAIN IDEA:	
	HEADING	
MAIN IDEA:		

LECTURE NOTE FORM

Class:
Topic, Pages:
Vocabulary Words:

Date:

KEY WORD	CLASS NOTES

SINGLE TOPIC STUDY SHEET

[illegible]

VOCABULARY FORM

WORD	DEFINITION	NOTES

CONTENT OUTLINE STUDY PLAN

WK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Anatomy and Physiology – Orientation to the Human Body <input type="checkbox"/> Strong <input type="checkbox"/> Needs review Integumentary System <input type="checkbox"/> Strong <input type="checkbox"/> Needs review	Anatomy and Physiology – Skeletal System <input type="checkbox"/> Strong <input type="checkbox"/> Needs review Fascial System <input type="checkbox"/> Strong <input type="checkbox"/> Needs review	Anatomy and Physiology – Muscular System <input type="checkbox"/> Strong <input type="checkbox"/> Needs review Nervous System <input type="checkbox"/> Strong <input type="checkbox"/> Needs review	Anatomy and Physiology – Cardiovascular System <input type="checkbox"/> Strong <input type="checkbox"/> Needs review Lymphatic System <input type="checkbox"/> Strong <input type="checkbox"/> Needs review	Anatomy and Physiology – Immune System <input type="checkbox"/> Strong <input type="checkbox"/> Needs review Digestive System <input type="checkbox"/> Strong <input type="checkbox"/> Needs review	Anatomy and Physiology – Respiratory System <input type="checkbox"/> Strong <input type="checkbox"/> Needs review Endocrine System <input type="checkbox"/> Strong <input type="checkbox"/> Needs review	Anatomy and Physiology – Reproductive System <input type="checkbox"/> Strong <input type="checkbox"/> Needs review Urinary System <input type="checkbox"/> Strong <input type="checkbox"/> Needs review
2	Anatomy and Physiology – Tissue Injury and Repair <input type="checkbox"/> Strong <input type="checkbox"/> Needs review Energetic Anatomy <input type="checkbox"/> Strong <input type="checkbox"/> Needs review	Kinesiology – Components and characteristics of muscle and muscular contractions <input type="checkbox"/> Strong <input type="checkbox"/> Needs review	Kinesiology – Attachments, origins, insertions, actions and fiber directions of muscles <input type="checkbox"/> Strong <input type="checkbox"/> Needs review	Kinesiology – Proprioceptors, joint structure and function <input type="checkbox"/> Strong <input type="checkbox"/> Needs review	Kinesiology – Range of Motion <input type="checkbox"/> Strong <input type="checkbox"/> Needs review	Kinesiology – Review all topics and information <input type="checkbox"/> Strong <input type="checkbox"/> Needs review	Pathology, contraindications, areas of caution, special populations – <input type="checkbox"/> Strong <input type="checkbox"/> Needs review
3	Pathology, contraindications, areas of caution, special populations – pathologies of the integumentary, lymphatic, digestive <input type="checkbox"/> Strong <input type="checkbox"/> Needs review	Pathology, contraindications, areas of caution, special populations – pathologies of the muscular and skeletal system <input type="checkbox"/> Strong <input type="checkbox"/> Needs review	Pathology, contraindications, areas of caution, special populations – pathologies of the Nervous and reproductive system <input type="checkbox"/> Strong <input type="checkbox"/> Needs review	Pathology, contraindications, areas of caution, special populations – pathologies of the respiratory and urinary system <input type="checkbox"/> Strong <input type="checkbox"/> Needs review	Pathology, contraindications, areas of caution, special populations – contraindications related to special populations <input type="checkbox"/> Strong <input type="checkbox"/> Needs review	Pathology, contraindications, areas of caution, special populations – Medications <input type="checkbox"/> Strong <input type="checkbox"/> Needs review	Pathology, contraindications, areas of caution, special populations – Review all <input type="checkbox"/> Strong <input type="checkbox"/> Needs review
4	Benefits and effects of techniques that manipulate soft-tissue – Physiological effects <input type="checkbox"/> Strong <input type="checkbox"/> Needs review	Benefits and effects of techniques that manipulate soft-tissue – Benefits and psychological aspects <input type="checkbox"/> Strong <input type="checkbox"/> Needs review	Benefits and effects of techniques that manipulate soft-tissue – Benefits for specific client populations <input type="checkbox"/> Strong <input type="checkbox"/> Needs review	Benefits and effects of techniques that manipulate soft-tissue – Soft-tissue techniques <input type="checkbox"/> Strong <input type="checkbox"/> Needs review	Benefits and effects of techniques that manipulate soft-tissue – Hot and cold applications <input type="checkbox"/> Strong <input type="checkbox"/> Needs review	Client Assessment – Organization of a session, health form, and client interview <input type="checkbox"/> Strong <input type="checkbox"/> Needs review	Client Assessment – Written documentation <input type="checkbox"/> Strong <input type="checkbox"/> Needs review

CONTENT OUTLINE STUDY PLAN (cont.)

WK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5	Client Assessment – Visual and postural Assessment <input type="checkbox"/> Strong <input type="checkbox"/> Needs review	Client Assessment – Palpation and Range of Motion Assessment <input type="checkbox"/> Strong <input type="checkbox"/> Needs review	Client Assessment – Clinical reasoning <input type="checkbox"/> Strong <input type="checkbox"/> Needs review	Client Assessment – Session planning and goal setting <input type="checkbox"/> Strong <input type="checkbox"/> Needs review	Overview of Massage & Bodywork Modalities/ Culture/ History - Massage History <input type="checkbox"/> Strong <input type="checkbox"/> Needs review	Overview of Massage & Bodywork Modalities/ Culture/ History - Massage Overview of skill sets <input type="checkbox"/> Strong <input type="checkbox"/> Needs review	Overview of Massage & Bodywork Modalities/ Culture/ History - Massage Modalities <input type="checkbox"/> Strong <input type="checkbox"/> Needs review
6	Ethics, Boundaries, Laws, Regulations - Ethical behavior and professional boundaries <input type="checkbox"/> Strong <input type="checkbox"/> Needs review	Ethics, Boundaries, Laws, Regulations - Ethical behavior and Code of Ethics Violations <input type="checkbox"/> Strong <input type="checkbox"/> Needs review	Ethics, Boundaries, Laws, Regulations - The Therapeutic Relationship and Dual relationships <input type="checkbox"/> Strong <input type="checkbox"/> Needs review	Ethics, Boundaries, Laws, Regulations - Sexual misconduct and massage and bodywork laws <input type="checkbox"/> Strong <input type="checkbox"/> Needs review	Ethics, Boundaries, Laws, Regulations - Scope of practice, confidentiality <input type="checkbox"/> Strong <input type="checkbox"/> Needs review	Ethics, Boundaries, Laws, Regulations - Principles <input type="checkbox"/> Strong <input type="checkbox"/> Needs review	Ethics, Boundaries, Laws, Regulations - Review All Topics <input type="checkbox"/> Strong <input type="checkbox"/> Needs review
7	Guidelines for Professional practice – Equipment and supplies <input type="checkbox"/> Strong <input type="checkbox"/> Needs review	Guidelines for Professional Practice – Therapist Hygiene and Sanitation and Cleanliness <input type="checkbox"/> Strong <input type="checkbox"/> Needs review	Guidelines for Professional Practice – Safety Practices <input type="checkbox"/> Strong <input type="checkbox"/> Needs review	Guidelines for Professional Practice – Therapist Care <input type="checkbox"/> Strong <input type="checkbox"/> Needs review	Guidelines for Professional Practice – Draping and Employment <input type="checkbox"/> Strong <input type="checkbox"/> Needs review	Guidelines for Professional Practice – Business Practices <input type="checkbox"/> Strong <input type="checkbox"/> Needs review	Guidelines for Professional Practice – Review All Topics <input type="checkbox"/> Strong <input type="checkbox"/> Needs review
8	Review 2 areas marked as weak <input type="checkbox"/>	Review 2 areas marked as weak <input type="checkbox"/>	Review 2 areas marked as weak <input type="checkbox"/>	Review 2 areas marked as weak <input type="checkbox"/>	Review 2 areas marked as weak <input type="checkbox"/>	Review 2 areas marked as weak <input type="checkbox"/>	Decide if you are ready to apply for the MBLEX <input type="checkbox"/> Yes! <input type="checkbox"/> Not yet, I need more study



STUDY LOG FORM

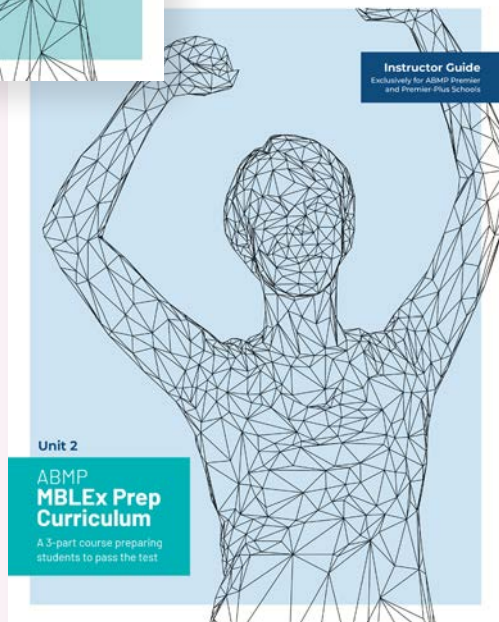
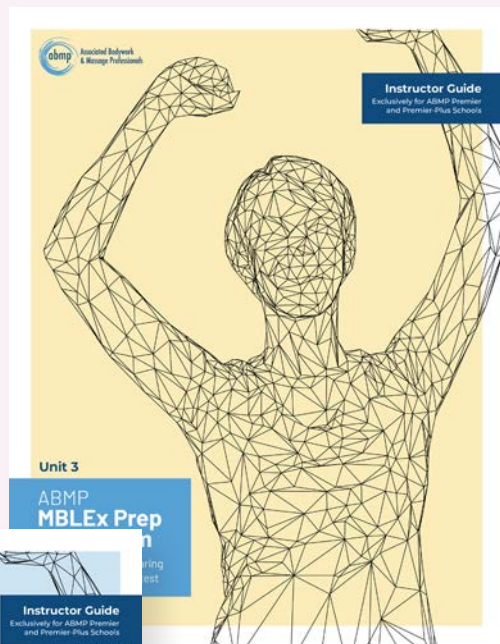
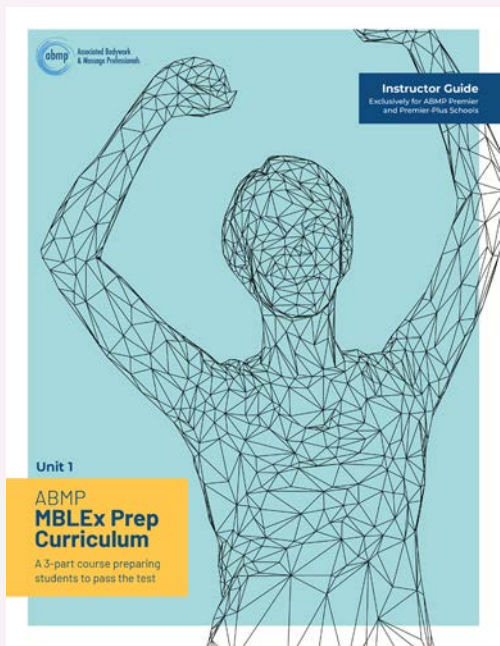
DIRECTIONS:

Record the number of hours you spend studying for each course each day. Total the numbers for the week and evaluate the time you allocate for each course. You may find that the necessary study time varies significantly from course to course.

[illegible]

STUDY PLAN FORM

SUNDAY	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>
SATURDAY	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>
FRIDAY	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>
THURSDAY	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>
WEDNESDAY	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>
TUESDAY	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>
MONDAY	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>
WK	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>



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