

## **Appendix E**

### **Mean Knowledge Ratings and Standard Deviations by All Respondents**

**APPENDIX E: MEAN KNOWLEDGE RATINGS AND STANDARD DEVIATIONS BY ALL RESPONDENTS**

**Domain 1: General Knowledge of Body Systems--Rate the importance of knowledge statements 1 to 11 separately for Anatomy, Physiology, and Pathology using the rating scale provided below.**

	Anatomy		Physiology		Pathology	
	Mean	SD	Mean	SD	Mean	SD
Knowledge of:						
1 integumentary system (skin)	3.31	0.79	3.32	0.75	3.72	0.58
2 skeletal system	3.66	0.54	3.58	0.63	3.55	0.71
3 muscular system	3.88	0.34	3.84	0.40	3.76	0.51
4 nervous system	3.38	0.71	3.47	0.67	3.42	0.75
5 endocrine system	2.93	0.85	3.01	0.85	3.16	0.85
6 cardiovascular system	3.32	0.73	3.42	0.72	3.50	0.71
7 lymphatic system	3.39	0.74	3.43	0.72	3.46	0.72
8 urinary system	2.69	0.95	2.72	0.94	2.90	0.97
9 respiratory system	3.11	0.82	3.18	0.81	3.23	0.84
10 gastrointestinal system	2.95	0.87	2.96	0.88	3.09	0.90
11 reproductive system	2.58	1.02	2.57	1.04	2.78	1.04
					<b>Mean</b>	<b>SD</b>
12	How well does the knowledge in Domain 1 cover important aspects of General Knowledge of Body Systems?				4.38	0.74

1 Very Poorly 2 Poorly 3 Adequately 4 Well 5 Very Well

Rating Scale:

0=Of no importance 1=Of little importance

2=Of moderate importance 3=Important 4=Very Important

**APPENDIX E: MEAN KNOWLEDGE RATINGS AND STANDARD DEVIATIONS BY ALL RESPONDENTS**

		<b>Mean</b>	<b>SD</b>
<b>Domain 2: Anatomy, Physiology, and Kinesiology</b>			
<b>A. Anatomy (includes structure and/or location)</b>			
Knowledge of:			
13	anatomical position and terminology (e.g., planes, directions)	3.16	0.84
14	individual muscles/muscle groups	3.76	0.48
15	muscle attachments	3.68	0.55
16	muscle fiber direction	3.60	0.65
17	tendons	3.48	0.68
18	fascia	3.51	0.68
19	joint structure	3.51	0.64
20	ligaments	3.41	0.68
21	bursae	3.19	0.78
22	dermatomes	2.93	0.91
<b>B. Physiology (function)</b>			
Knowledge of:			
23	response of the body to stress	3.54	0.63
24	basic nutrition principles	2.97	0.82
<b>C. Kinesiology (movement)</b>			
Knowledge of:			
25	actions of individual muscles/muscle groups	3.68	0.54
26	types of muscle contractions (e.g., concentric, eccentric, isometric)	3.22	0.85
27	joint movements (e.g., flexion, extension)	3.59	0.64
28	movement patterns (e.g., lifting, walking)	3.45	0.72
29	proprioception (e.g., awareness of body's position and movement through space)	3.21	0.83
30	How well does the knowledge in Domain 2 cover important aspects of Anatomy, Physiology, and	4.33	0.72
1 Very Poorly 2 Poorly 3 Adequately 4 Well 5 Very Well			

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	Mean	SD
<b>Domain 3: Pathology</b>		
(Note: Disease refers to any abnormal or unhealthy state of the body including injuries.)		
Knowledge of:		
31	3.05	0.76
32	2.89	0.83
33	3.68	0.56
34	3.45	0.67
35	3.24	0.71
36	2.95	0.81
37	3.28	0.75
38	3.22	0.80
39	3.24	0.71
40	3.83	0.42
41	3.51	0.67
42	3.35	0.75
Basic pharmacology		
43	2.76	0.90
44	2.73	0.89
45	2.59	0.89
46	2.57	0.88
47	2.86	0.81
48	4.24	0.78
1 Very Poorly 2 Poorly 3 Adequately 4 Well 5 Very Well		

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		Mean	SD
<b>Domain 4: Therapeutic Massage and Bodywork Assessment</b>			
Knowledge of/skill in:			
Assessment methods			
49	--visual	3.34	0.75
50	--palpatory	3.70	0.55
51	--auditory	3.06	0.82
52	--olfactory	2.65	0.99
53	--intuitive	3.31	0.82
54	assessing range of motion	3.45	0.67
Assessment areas			
55	--soft tissues and bony landmarks	3.68	0.54
56	--endangerment sites	3.76	0.53
57	--trigger points	3.28	0.73
58	--adhesions	3.33	0.68
59	--lymphatic flow/edema	3.34	0.73
60	holding patterns (e.g., guarding, muscle/fascial memory)	3.25	0.76
61	posture analysis	3.16	0.77
62	structural and functional integration	3.16	0.80
63	ergonomic factors	3.05	0.80
64	effects of gravity	2.80	0.91
Proprioception (e.g., awareness of body's position and movement through space)			
65	--position	3.05	0.80
66	--movement	3.11	0.79
67	How well do the knowledge/skills in Domain 4 cover important aspects of Therapeutic Massage and Bodywork Assessment?	4.27	0.74
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**APPENDIX E: MEAN KNOWLEDGE RATINGS AND STANDARD DEVIATIONS BY ALL RESPONDENTS**

		Mean	SD
<b>Domain 5: Therapeutic Massage and Bodywork Application: Theory, Methods, and Techniques</b>			
<b>A. Theory</b>			
Knowledge of/Skill in:			
Effects/benefits of massage/bodywork			
68	--physiological	3.59	0.58
69	--emotional/psychological	3.39	0.73
<b>B. Methods and Techniques</b>			
Knowledge of/Skill in:			
70	client draping and positional support techniques	3.75	0.48
71	hydrotherapy/hydromassage application	2.56	0.92
72	stress management and relaxation techniques	3.17	0.78
73	self-care activities for the client to maintain health (e.g., stretching, swimming)	3.13	0.78
74	principles of holistic practice/approach	2.78	0.85
75	postural balancing	2.87	0.82
76	use of therapeutic massage tools	2.56	0.98
77	enhancing client's kinesthetic awareness	2.83	0.87
78	joint movement techniques	3.10	0.77
79	static touch/holding	2.88	0.89

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		Mean	SD
<b>B. Methods and Techniques (continued)</b>			
	Techniques/strokes		
80	--compression/palming	3.50	0.65
81	--cupping	2.83	1.03
82	--flicking	██████████	1.19
83	--friction	3.54	0.65
84	--gliding	3.58	0.62
85	--hair pulling	██████████	1.25
86	--jostling	2.71	1.09
87	--kneading	3.61	0.58
88	--percussion	3.16	0.90
89	--pinching	██████████	1.26
90	--rocking	3.06	0.94
91	--shaking	2.69	1.09
92	--skin rolling	2.98	0.93
93	--torquing	██████████	1.18
94	--traction	3.08	0.95
95	--unwinding	2.53	1.05
96	--vibration	2.87	0.92

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		Mean	SD
<b>B. Methods and Techniques (continued)</b>			
	Stretching		
97	--active stretching	3.18	0.81
98	--passive stretching	3.27	0.79
99	--resisted stretching	3.10	0.86
100	--cross-directional stretching	2.89	0.95
101	--Proprioceptive Neuromuscular Facilitation (PNF)	2.89	0.99
102	--Muscle Energy Technique (MET)	2.67	1.01
103	--reciprocal inhibition	2.78	0.99
104	--Active Isolated Stretching (AIS)	2.88	0.97
105	aromatherapy	[REDACTED]	1.02
106	spa techniques (e.g., salt glows, wraps)	[REDACTED]	1.07
107	topical analgesics	[REDACTED]	1.03
108	gauging pressure as appropriate	3.64	0.67
109	practitioner body mechanics	3.79	0.49
110	Standard Precautions	3.78	0.46
111	CPR/first aid	3.41	0.81
112	How well do the knowledge/skills in Domain 5 cover important aspects of Therapeutic Massage and Bodywork Application: Theory, Methods, and Techniques?	4.33	0.77

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	<b>Mean</b>	<b>SD</b>
<b>Domain 6: Professional Standards, Ethics, Business and Legal Practices</b>		
Knowledge of/Skill in:		
113	3.83	0.46
114	3.49	0.62
115	3.14	0.81
116	3.47	0.71
117	3.57	0.60
118	3.66	0.64
119	3.82	0.45
120	3.79	0.46
121	3.56	0.62
122	3.15	0.79
123	3.29	0.79
124	3.21	0.79
125	2.74	1.02
126	3.24	0.86
127	3.52	0.78
128	3.12	0.95
129	3.58	0.69
130	3.26	0.84
131	4.38	0.72

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