



## Basic Study Tips

Studying is active. You need to do more than read to retain and understand information. Below are a few tips you can use to assist your learning process:

- Taking notes and talking aloud while reading the chapter will help improve your understanding.
- Tensing each muscle as you are studying muscle function will help you remember the muscles.
- The more often you review the information the more you will remember.
- The more ways you review the material the better your comprehension will be.
- For sections with exercises, actually do the exercises. Read the description and look in a mirror as you perform the exercise. Feel and see the correct form for each exercise.
- If you are using supplemental study materials, review the material corresponding to each chapter on the day the chapter is to be studied.
- Explain what you have learned to someone. When you have to explain information to someone else you need to have an improved comprehension of the material.
- Before reading each chapter refer to the study guide on pages xi-xiv. Verbally review all information you remember on each topic. Refer to the text for any information you are unsure of.

## Using the 30 or 45 Day Study Schedule

- The calendar has two numbers in the upper right corner of each day. The first number indicates how many days into your study program you are. The second number indicates how many days remain until your training class.
- Each Sunday is a review day. Use this time to assess which areas you need more review and spend time improving your comprehension of the material.
- The last few days are for reviewing any areas you feel you need more time to study.

## Day 1

1. Set up study space. Is the area comfortable enough to sit for long periods? Is the lighting appropriate for reading? Can you spread out enough to comfortably study? Is the area free from distractions, including phones, internet, and people? Is there a way to indicate to others in the house you are busy and cannot be distracted?
2. Commit study schedule to calendar. Block off time in each day to be devoted to study. Make a pact with yourself to not let other activities take away from your study time.
3. Review book layout. Become familiar with all of your study materials. Review the Table of Contents in the book. Review the study guide pages xi-xiv. If you are using any additional study materials such as a Study Workbook, DVD, Flash Cards, or any other additional study material, assemble them in one place.
4. Acquire and assemble all necessary supplies. Do you have enough pens, pencils, erasers, paper, etc?

Remember, the amount of study time you need may vary depending on your existing knowledge, the quality of your study sessions, and how quickly you learn.

### 30 Day PT Study Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 (30) Set up study space. Commit study schedule to calendar. Review pages xi-xii.
Chapter 1 Chapter 2 Chapter 3 Section I Review 2 (29)	Chapter 4 Appendix 1 Appendix 2 3 (28)	Chapter 5 4 (27)	Chapter 6 5 (26)	Chapter 7 Section II Review 6 (25)	Chapter 8 7 (24)	Chapter 9 Chapter 10 Section III Review 8 (23)
Review Chapters 1-10 9 (22)	Chapter 11 Appendix 3, 5, & 6 10 (21)	Chapter 12 11 (20)	Chapter 12 Section IV Review 12 (19)	Chapter 13 Appendix 7 & 8 13 (18)	Chapter 14 14 (17)	Chapter 15 15 (16)
Review Chapters 1-15 16 (15)	Chapter 16 17 (14)	Chapter 17 18 (13)	Chapter 18 19 (12)	Chapter 19 20 (11)	Chapter 20 21 (10)	Chapter 21 22 (9)
Review Chapters 1-21 23 (8)	Chapter 22 24 (7)	Chapter 23 25 (6)	Practice Exam (optional) Review 26 (5)	Review 27 (4)	Review 28 (3)	PT Workshop 29 (2)
PT Workshop Exam 30 (1)						

### 45 Day PT Study Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 (45) Set up study space. Commit study schedule to calendar. Review pages xi-xii.	Chapter 1 2 (44)
Chapters 2 3 (43)	Chapter 3 Section I Review 4 (42)	Chapter 4 Appendix 1 Appendix 2 5 (41)	Chapter 4 6 (40)	Chapter 5 7 (39)	Chapter 5 8 (38)	Chapter 6 9 (37)
Review Chapters 1-6 10 (36)	Chapter 7 11 (35)	Chapter 7 12 (34)	Review Section II Review 13 (33)	Chapter 8 14 (32)	Chapter 9 15 (31)	Chapter 10 16 (30)
Section III Review Review Chapters 1-10 17 (29)	Chapter 11 Appendix 3, 5, & 6 Section IV Review 18 (28)	Chapter 12 19 (27)	Chapter 12 Section IV Review 20 (26)	Chapter 13 Appendix 7 & 8 21 (25)	Chapter 14 22 (24)	Chapter 14 23 (23)
Review Chapters 1-14 24 (22)	Chapter 15 25 (21)	Chapter 15 26 (20)	Chapter 16 Section V Review 27 (19)	Chapter 17 28 (18)	Chapter 17 29 (17)	Chapter 18 Section VI Review 30 (16)
Review Chapters 1-18 31 (15)	Chapter 19 32 (14)	Chapter 20 33 (13)	Chapter 20 34 (12)	Chapter 21 Section VII Review 35 (11)	Chapter 22 36 (10)	Chapter 23 Appendix 4 37 (9)
Chapter 23 Section VIII Review 38 (8)	Review Chapters 1-23 39 (7)	Practice Exam (optional) Review 40 (6)	Review 41 (5)	Review 42 (4)	Review 43 (3)	PT Workshop 44 (2)
PT Workshop Exam 45 (1)						