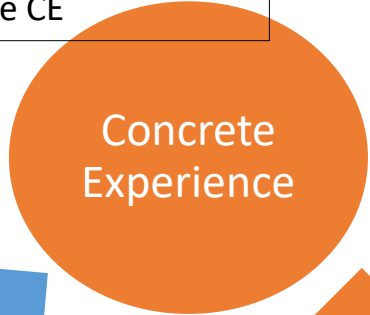


# APPLICATION OF KOLB'S EXPERIENTIAL THEORY WITH MEZIOROW'S TRANSFORMATIVE METHOD

Teaching Body Mechanics to Adult Learners

Each of the 3 in-class exercises intends to create CE



Doing each exercise creates a discomfort in how they perform massage and become kinesthetically aware of their limitations, thus prompting a transforming experience from AE to Reflection

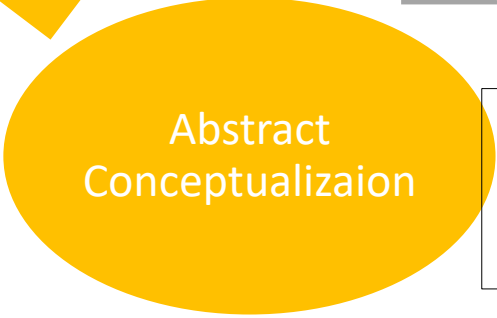
- Workshop Exercises to Promote AE
1. String Exercise for Perpendicularity
  2. Massaging without anterior hand



Open discussion of AE by requesting participants to reflect on their own experiences with each exercise after the ergonomics assessment



After performing the REBA during AC, each participant can grasp the learning concept through CE, especially if it has been identified as a risk factor area



Performing the REBA assessment gives participants a baseline where they can gain insight with each AE given