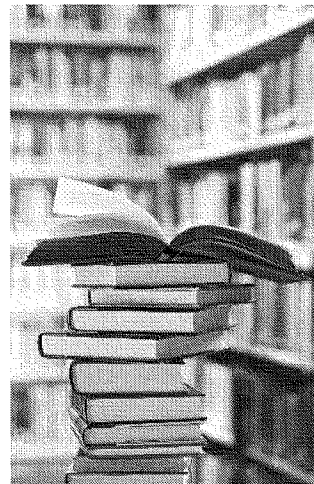


**ANTHEM COLLEGE LIBRARY  
RESOURCES**

*Basic Massage Therapy*



**ANTHEM COLLEGE --  
IRVING, TEXAS**

4250 N. Belt Line Rd.  
Irving, TX 75038

Hours: Monday-Thursday 8 AM to 10 PM  
Friday 8 AM to 5 PM

Phone: 469-499-5172

Email: [texas08librarians@anthem.edu](mailto:texas08librarians@anthem.edu)

*Includes information about:*

- Logging into the computer, school email, and Moodle
- Electronic library resources
- Massage therapy resources

## LOGIN INFORMATION

### Computer Login

USERNAME: firstnamelastnameMMDD@tx08.anthem.edu

\*MMDD is the month and date of your date of birth and must use 4 numbers. For example, John Doe with a January 1 birthday would be JohnDoe0101@tx08.anthem.edu

PASSWORD: PasswordXXXX

\*XXXX is the last 4 numbers of your social security number. For example, a social security number 123-45-6789 would have be Password6789.

You must change your password the first time you log in. Passwords MUST be at least 6 characters and have at least 1 uppercase letter, 1 lowercase letter, and 1 number/symbol. Your name cannot be part of your password.

### Student Web Portal Login

Use your student email address and password. The Student Web Portal is the internet homepage on the school computers. For remote access, go to <https://stuwebportal.net>. If you ever forget your password, just use the "Cannot Login" button, enter your last name and social security number, and choose your new password.

**SEE THE LIBRARIAN FOR MORE INFORMATION.**

Massage: A Career at Your  
Fingertips by Martin  
Ashley

RA780.5 .A74 2003

Holdings: 1

Recommended class: Business

One Year to a Successful  
Massage Therapy Practice  
by Laura Allen

RM722 .A42 2009

Holdings: 1

Recommended class: Business



Business and Professional Skills for  
Massage Therapists by Sandy Fritz

RM722 .F75 2010

Holdings: 1

Recommended class: Business

The Educated Heart by  
Nina McIntosh

RM722 .M37 2010

Holdings: 1

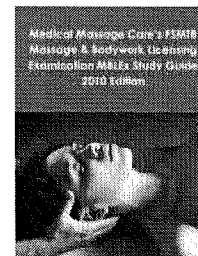
Recommended class: Business

FSMTB Massage & Bodywork  
Licensing Examination MBLEX  
Practice Exams

RM721 .M333 2009b

Holdings: 7

Recommended class: Internship



FSMTB Massage & Bodywork Licensing  
Examination MBLEX Study Guide

RM721 .M333 2009

Holdings: 11

Recommended class: Internship



*Hot Stone Massage: A Three-Dimensional Approach* by Leslie Bruder

RM723 .H93 B78 2010

Holdings: 1

Recommended class: Hydrotherapy

*Modern Hydrotherapy for the Massage Therapist* by Marybetts Sinclair

RM811 .S57 2008

Holdings: 1

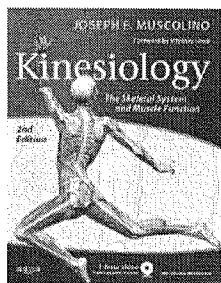
Recommended class: Hydrotherapy

*Functional Anatomy* by Christy Cael

QM100 .C34 2010

Holdings: 1

Recommended class: Kinesiology



*Kinesiology: The Skeletal System and Muscle Function* by Joseph E. Muscolino

QP303 .M87 2011

Holdings: 1

Recommended class: Kinesiology

*Flashcards for Bones, Joints, and Actions of the Human Body* by Joseph E. Muscolino

QP303 .M871 2011

Holdings: 1

Recommended class: Kinesiology

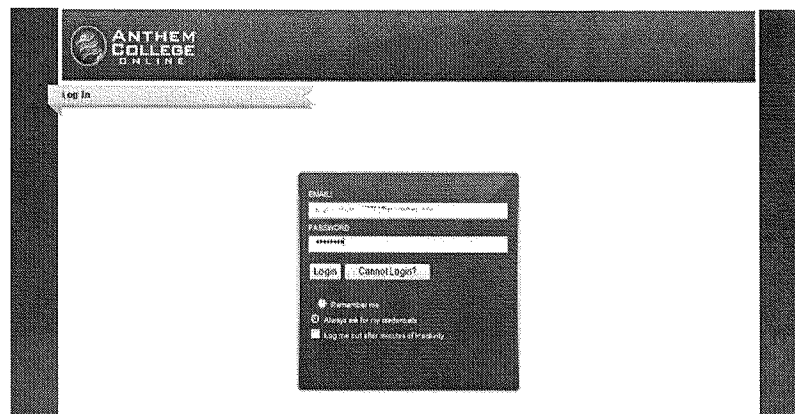
*Anatomy of a Business Plan* by Linda Pinson

HD30.28 .P5 2008

Holdings: 1

Recommended class: Business

**SEE THE LIBRARIAN FOR MORE INFORMATION.**

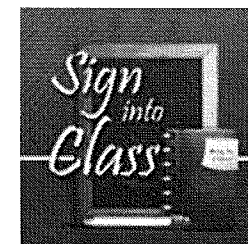


### Student Email Login

Use your school email address and password. You can access your email through the Student Web Portal, or by going to <https://mail.stuwebportal.net/owa>.

### Moodle Login

Log into the Student Web Portal. Click on the button in the top right corner to sign into class. You will be redirected to a web portal transfer screen, and then your Moodle homepage will appear.



## CURRICULUM MENU

The Curriculum Menu in the Student Web Portal will let you view information about your enrollment, your class schedule, and your grades. It will also connect you with the library's electronic resources. The menu looks like this:

COMMUNITY	CURRICULUM	FINANCES
	<a href="#">My Enrollment</a> <a href="#">My Class Schedule</a> <a href="#">My Attendance</a> <a href="#">My Grades</a> <a href="#">My Library</a>	

- 📖 MY ENROLLMENT gives you information about your enrollment, including your degree type, start date, graduation date, GPA, and credit hours.
- 📖 MY CLASS SCHEDULE shows your class schedule, including the names of your classes, the start and end dates, and if a final grade is posted.
- 📖 MY GRADES shows your final grades, with a list of your classes and the final grades posted.
- 📖 MY LIBRARY links you to the library's electronic resource list. You can find out more information about the library's electronic resources beginning on Page 8.

**SEE THE LIBRARIAN FOR MORE INFORMATION.**

*A Study of Shiatsu by Cass Jackson*

RM723 .A27 J32 2002

Holdings: 1

Recommended class: Techniques

*The Everything Reflexology Book by Valerie Voner*

RM723 .R43 V66 2003

Holdings: 1

Recommended class: Techniques



*The Handbook of Chinese Massage: Tui Na Techniques to Awaken Body and Mind by Maria Mercati*

RM723 .C5 M47 1997

Holdings: 5

Recommended class: Techniques

*The Trigger Point Therapy Workbook by Claire Davies*

RZ265 .M8 D38 2001

Holdings: 1

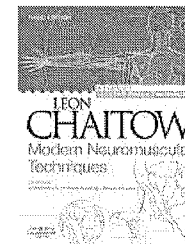
Recommended class: Techniques

*Mastering Reiki: A Practicing and Teaching Primer by John Tompkins*

RZ403 .R45 T65 2002

Holdings: 1

Recommended class: Techniques

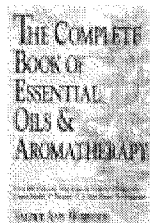


*Modern Neuromuscular Techniques by Leon Chaitow*

RM724 .C43 C43 2011

Holdings: 1

Recommended class: Techniques



The Complete Book of Essential Oils  
and Aromatherapy by Valerie Ann  
Worwood

RM666 .A68 W67 1991

Holdings: 1

Recommended class: Techniques

Fibromyalgia & Chronic  
Myofascial Pain: A Survival  
Manual by Devin Starlanyl

RC927.63 .S733 2001

Holdings: 2

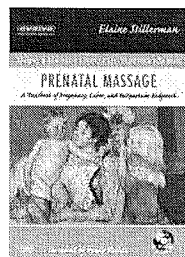
Recommended class: Techniques

The Illustrated Guide to  
Massage and Aromatherapy  
by Catherine Stuart

RM666 .A68 S783 2009

Holdings: 1

Recommended class: Techniques



Prenatal Massage: A Textbook of  
Pregnancy, Labor, and Postpartum  
Bodywork by Elaine Stillerman

RM721 .S75 2008

Holdings: 1

Recommended class: Techniques

Deep Tissue Massage  
Treatment by Enrique  
Fabian Fernandez

RM721 .F47 2006

Holdings: 2

Recommended class: Techniques

Tappan's Handbook of  
Healing Massage Techniques  
by Frances M. Tappan

RM721 .T2178 2005

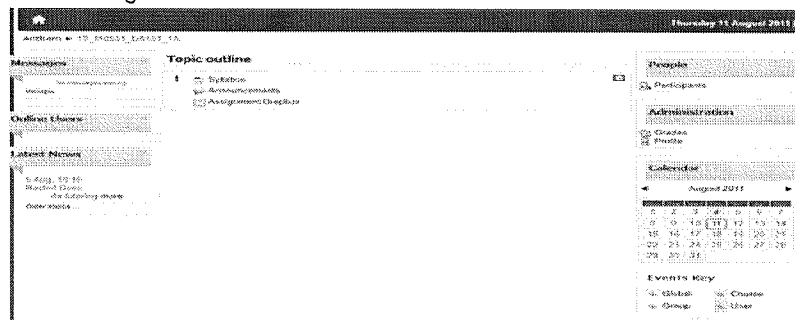
Holdings: 1

Recommended class: Techniques

SEE THE LIBRARIAN FOR MORE INFORMATION.

## MOODLE

In Moodle, you will see a list of your active courses. Click on the name of your class to enter. Your class will look like this:



You can see the syllabus, instructor announcements, and grades. You will see grades for each assignment and your final grade, which counts up from zero. As you earn more points, this will go up. Unit totals show your grade for a specific unit.

Grade Item	Category	Grade	Percentage	Feedback
Manual item Exam 1	Unit 1	81.82 % (270.00)	81.82 %	
Manual item Spelling	Unit 1	95.00 % (38.00)	95.00 %	
Manual item Definition	Unit 1	95.00 % (38.00)	95.00 %	
Manual item File Folder	Unit 1	100.00 % (50.00)	100.00 %	
Manual item Message	Unit 1	100.00 % (85.00)	100.00 %	
Manual item Insurance Forms	Unit 1	100.00 % (60.00)	100.00 %	
Σ Unit 1	Unit 1	89.42 % (541.00)	89.42 %	
Manual item Exam 2	Unit 2	-	-	
Manual item Spelling	Unit 2	-	-	
Manual item Definition	Unit 2	-	-	
Σ Unit 2	Unit 2	-	-	
Manual item Exam 3	Unit 3	-	-	
Manual item Spelling	Unit 3	-	-	
Manual item Definition	Unit 3	-	-	
Σ Unit 3	Unit 3	-	-	
Manual item Final Exam	Unit 4	-	-	
Manual item Spelling	Unit 4	-	-	
Manual item Definition	Unit 4	-	-	
Manual item Library	Unit 4	-	-	
Manual item Computer Skills	Unit 4	-	-	
Manual item Keyboarding	Unit 4	100.00 % (65.00)	100.00 %	
Manual item Inventory Control	Unit 4	-	-	
Manual item Case Study	Unit 4	-	-	
Σ Unit 4	Unit 4	9.37 % (65.00)	9.37 %	
Σ coursetotal	coursetotal	30.32 % (606.00)	30.32 %	

## ELECTRONIC LIBRARY RESOURCES

All of the library's electronic resources are available under My Library from the Curriculum menu.

### LibraryWorld

- What does it have?
  - A catalog of all library materials the library has for you to use and check out
- How do I log in?
  - Use TEXAS08 as the library name, with no password
- How do I search?
  - Enter the search terms in the box to automatically search by ALL WORDS
- What does the list view show?
  - The number of search results
  - Title, author, and general information
  - The call number
  - How many copies the library has
- What does the detailed view show?
  - Format of the item
  - Title, author, and subjects
  - Specific location information
- What is the Clipboard?
  - Save titles while searching
  - Click "Add to Clipboard" to add a book
  - Click on the Clipboard link to view and print your list



SEE THE LIBRARIAN FOR MORE INFORMATION.

Basic Clinical Massage Therapy:  
Integrating Anatomy and  
Treatment by James H. Clay

RM721 .C53 2003

Holdings: 1

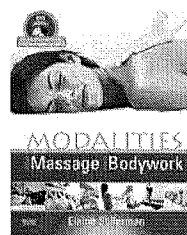
Recommended class: Swedish

Job's Body: A Handbook  
for Bodywork by Deane  
Juhan

RZ999 .J84 1998

Holdings: 4

Recommended class: Swedish



Modalities for Massage and  
Bodywork by Elaine Stillerman

RM721 .S755 2009

Holdings: 1

Recommended class: Swedish

Sports Massage for Peak  
Performance by Gregory  
Pike

RC122 .P55 1997

Holdings: 1

Recommended class: Techniques

Medicine Hands: Massage  
Therapy for People with  
Cancer by Gayle Macdonald

RC271 .P38 M33 1999

Holdings: 1

Recommended class: Techniques

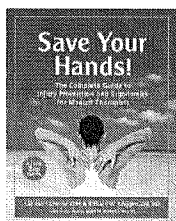


Chair Massage by Patricia M.  
Holland

RA780.5 .H647 2011

Holdings: 1

Recommended class: Techniques



Save Your Hands!: The Complete Guide to  
Injury Prevention and Ergonomics for  
Manual Therapists by Lauriann Greene

RM721 .G776 2008

Holdings: 1

Recommended class: H & H

Body Mechanics for  
Manual Therapists by  
Barbara Frye

RM722 .F79 2010

Holdings: 1

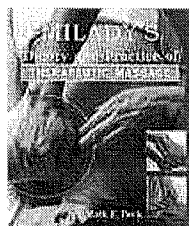
Recommended class: H & H

Hands Heal by Diana L.  
Thompson

RM722 .T48 2012

Holdings: 1

Recommended class: H & H



Milady's Theory and Practice of  
Therapeutic Massage by Mark Beck

RM721 .B42 1999

Holdings: 1

Recommended class: Swedish

Introduction to Massage  
Therapy by Mary Beth  
Braun

RM721 .B785 2005

Holdings: 1

Recommended class: Swedish

The History of Massage: An  
Illustrated History from Around  
the World by Robert Noah Calvert

RM721 .C345 2002

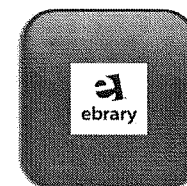
Holdings: 1

Recommended class: Swedish

**SEE THE LIBRARIAN FOR MORE INFORMATION.**

### Ebrary (Jones E-Global Library)

- What does it have?
  - Full-text online books that you can read, take notes in, and save
- How do I search?
  - SIMPLE SEARCH to search full text, title, and subject
  - Also try the SEARCH RECOMMENDATIONS
- How do I highlight and take notes?
  - Select the text you want to highlight with your mouse
  - Choose the color and notes from the drop-down menu
  - Choose other tools from the INFOTOOLS menu
- How do I save my research?
  - Books with notes or highlighting save automatically
  - Can also click "Add to Bookshelf"



### General OneFile (Jones E-Global Library)

- What does it have?
  - Articles from magazines, academic journals, books, and newspapers
- How do I search?
  - KEYWORD search for general terms
  - SUBJECT search if you know the exact subject heading
  - ENTIRE DOCUMENT search to search everything
- How can I narrow my search results?
  - Limit to FULL TEXT for articles you can download and read
  - Limit to PEER REVIEWED for articles reviewed by subject experts

## Subject Guides (Jones E-Global Library)

- What do they have?
  - SEARCH STRATEGIES for your topic
  - SUGGESTED RESOURCES like books, periodicals, and websites
- How do I use them?
  - Choose from one of five broad topics
  - Choose your specific topic from the narrower choices



## Research Tools (Jones E-Global Library)

- What do they have?
  - GENERAL REFERENCE links for online reference tools
  - WRITING RESOURCES for writing and citation help
  - CAREER DEVELOPMENT links for help with job searching, resumes, and career skills

## Citation Builders

- What is EasyBib?
  - For MLA citations
  - Offers autocite by searching for your item
- What is BibMe?
  - For MLA or APA citations
  - Offers autocite by searching for your item
  - May need to check capitalization/formatting
- What is SourceAid?
  - For MLA or APA citations
  - Manual-entry form for the citation information
  - Puts information in order and usually applies style rules

SEE THE LIBRARIAN FOR MORE INFORMATION.

The Human Body in Health  
and Disease by Gary A.  
Thibodeau

QP34.5 .T495 2002

Holdings: 1

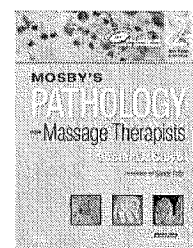
Recommended class: Physiology

Pathology for the Health  
Professions by Ivan  
Damjanov

RB25 .D26 2012

Holdings: 1

Recommended class: Pathology



Mosby's Pathology for Massage  
Therapists by Susan G. Salvo

RB111 .S29 2009

Holdings: 1

Recommended class: Pathology

OSHA Regulations and Guidelines:  
A Guide for Healthcare Providers  
by Ronald P. Nielsen

KF3574 .H66 N54 1999

Holdings: 1

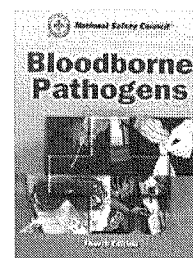
Recommended class: H &amp; H

HIPAA for Allied Health  
Careers by Cynthia Newby

KF3827 .R4 N52 2009

Holdings: 1

Recommended class: H &amp; H



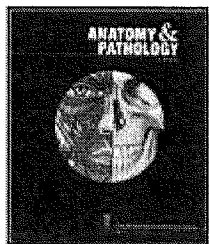
Bloodborne Pathogens by Karen  
Carruthers

RA642 .B56 T48 2001

Holdings: 1

Recommended class: H &amp; H





*Anatomy & Pathology: World's  
Best Anatomical Charts*

QM25 .A6 2008

Holdings: 1

Recommended class: Anatomy

*The Concise Gray's  
Anatomy by Henry Gray*

QM23.2 .G73 1973b

Holdings: 2

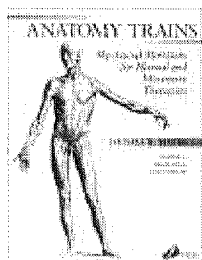
Recommended class: Anatomy

*Manual Therapist's Guide to  
Surface Anatomy & Palpation  
Skills by David Byfield*

RZ251 .B945 S874 2002

Holdings: 1

Recommended class: Anatomy



*Anatomy Trains: Myofascial  
Meridians for Manual and Movement  
Therapists by Thomas W. Myers*

QM563 .M98 2001

Holdings: 1

Recommended class: Anatomy

*Anatomy & Physiology by  
Steven E. Bassett*

QM32 .B37 2005

Holdings: 1

Recommended class: Anatomy

*Mosby's Basic Science for  
Soft Tissue and Movement  
Therapies by Sandy Fritz*

QM34.5 .F75 1999

Holdings: 1

Recommended class: Physiology

**SEE THE LIBRARIAN FOR MORE INFORMATION.**

## CHECKOUT POLICIES

Who can check out books?

- ☞ If you are currently enrolled on campus (not on extern)
- ☞ If you have not had your final clearance checklist signed
- ☞ If you do not have 4 items checked out
- ☞ If you do not have any overdue items

\*Once your checklist is signed, you cannot check out items and must stay in the library to use the resources.

How do I check out a book?

- ☞ Bring the book to the librarian to be entered into the computer

\*Please **DO NOT** take resources out of the library without checking them out. Missing resources hurt **ALL** students. Please come back later and see the librarian.

What can I check out?


- ☞ Any item that is not marked FOR REFERENCE ONLY

\*Reference items are popular and highly used and **MUST** stay in the library at all times.

How many books can I check out?

- ☞ Up to 4 items


How long do I have to return a check out book?

 Up to 2 weeks

\*Renew items by seeing the librarian if you need them longer.


How do I bring a book back?


 Return the item to the librarian

 Leave the item in the Book Return crate

\*Please do not re-shelve items. They will not be checked in and you may be charged. The librarian will shelve all items after checking them in.

What happens if I keep a book past its due date?

 Reminder notice from the library

 30 days after due date: A final notice with the replacement cost of the item

\*You have 7 days from a final notice to return the item to the library or you will be charged. If you graduate or drop from classes without returning an item, you will be charged to replace the item.

**SEE THE LIBRARIAN FOR MORE INFORMATION.**

## LIBRARY CONTACT INFORMATION

### Hours

Monday-Thursday 8 AM to 10 PM

Friday 8 AM to 5 PM

### Office Hours

Monday-Friday 8 AM to 5 PM

### Phone

(469) 499-5172

### Email

texas08librarians@anthem.edu

## MASSAGE THERAPY RESOURCES

Have you ever wondered if the library has books about the subjects you learn about in class? The following pages show just some of the library's massage therapy resources. The library has books on a variety of massage topics, from anatomy to MBLEX review resources. All of these materials are available to you to use and check out. Stop by the library today to check out these or our other resources. If you need help, just ask the librarian!

\*When visiting the library, please remember to **SIGN IN** whenever you visit, no matter what your reason is for visiting the library. You only need to sign in once per day.