

**G.C. FOSTER COLLEGE OF PHYSICAL EDUCATION AND SPORT
DIPLOMA IN SPORTS MASSAGE AND FITNESS INSTRUCTION**

MAY 2017 EXAMINATION

EXERCISE THERPAY

YEAR 1

TIME: 2 HOURS

Instructions: Answer all the questions on this paper. Write the responses in the spaces provided

SECTION A

(30 marks)

1. Define the following:-
Resistive movements
Active Movements
Passive Movements (3 marks)
2. List two ways that resistive movements can be given. (2 marks)
3. Two types of isotonic muscle work are? (1 mark)
4. Define the following group action of muscles:-
Antagonist
Fixators (2 marks)
5. List **three** variables that are important for designing a progressive resistance exercises. (3marks)
6. Briefly describe these **three** variables listed above. (6 marks)

7. Define the term 'gravity'. (1 mark)
8. State the two types of balance. (2 marks)
9. List **three** sensory systems that assist with balance (3 marks)
10. Define a lever (1mark)
11. Draw a diagram of the 1st order of lever and outline how knowledge of this can be used in your massage work.

Place diagram above this line

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.....(4 marks)

12. Name two muscle groups that make up the core muscles (2 marks)

SECTION B (30 marks)

**Instructions: Answer two questions from this section
Write your answer on the sheets provided**

- 13.a) List three reasons for using a progressive resistance program.
- b) Outline the steps in using the Delorme Watkins method and the McQueen method
- c) Discuss why you would use one method over the other.
14. a) State the **three** most stable starting positions.
- b) List two derives positions from the positions named above
- c) Describe how you would progress a client with an injury to the lower limb by using the positions in 13 a and 13be
15. a) Define core stability
- b) Describe 2 core stability exercises
- c) State how you can progress these

END OF EXAMINATION