

**G. C. FOSTER COLLEGE OF PHYSICAL EDUCATION  
AND SPORT**

**Special group  
Sports Massage Therapy**

**May, 2016  
TIME: 2 HOURS**

**SPORTS MASSAGE 2**

*This examination has 5 pages including this page. Please check your booklet.*

**SECTION 1 ( 40 marks)**

**Instructions: Answer All the questions from this section**

1. Describe the safety measures that must be taken to prevent injuries and accidents in the following areas:-
- Clinic
  - On the field (20 marks)
- 2a. What is Sports Specific Rehabilitation ?
- b. Outline the aims of treatment of the stages of rehabilitation.  
for the treatment of this athlete.
- c. Describe the role of each person that you have listed. ( 20 marks)

**Section 2 (60 marks)**

**Instructions: Answer all the questions in this section.**

**Fill in the answers in the blank space provided**

4. List a special test for the following problems of the shoulder joint:-
- Biceps tendinitis.....
  - Supraspinatus.....
  - Instability.....
  - Impingement.....
  - Acromio-clavicular ligament tear.....

(10 marks)

5. Name special tests for the knee joint.

- .....
- .....
- .....
- .....

(4 marks)

6. Describe the Ottawa test for the ankle.

- .....
- .....

(4 marks)

7. What is the importance of the PAR-Q questionnaire?

- .....
- .....
- .....

(6 marks)

8. What is dynamic stretching?

- .....
- .....

(2 marks)

9. When should dynamic stretching be done?.....

- .....
- .....

(2 marks)

10. What is static stretching?

- .....
- .....

(2 marks)

11. When should static stretching be done?

- .....
- .....

.....  
.....(2 marks)

12. List two other type of stretching techniques.

- \* .....
- \* .....(2 marks)

13. Define Active Engagement techniques in sports massage.

.....  
.....  
.....(2 marks)

14. Name the 3 common techniques used in Active Engagement techniques.

- \* .....
- \* .....
- \* .....(3 marks)

15. Which of the above technique/s in question 14 can be appropriately used with the muscle work below.

- Concentric muscle work.....
- Eccentric muscle work.....
- Isometric muscle work..... (6 marks)

16. State one reason why each of the above must be used?

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.....  
.....(3 marks)

17. Explain how the 3 techniques that you have named in question 14 works.

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.....(12 marks)

**END OF EXAMINATION**

