

**G C FOSTER COLLEGE OF PHYSICAL EDUCATION AND SPORT
ASSOCIATE DEGREE IN SPORTS MASSAGE AND FITNESS**

JANUARY 2021 EXAMINATION

SWEDISH MASSAGE

[PE118ASC]

YEAR 1

DURATION: 2 HOURS

Instruction: This paper contains two sections, Section A & Section B. Do all question in section A and Section B.

DO NOT TURN OVER UNTIL YOU ARE TOLD TO DO SO

SECTION A

Multiple Choice

10 marks

Instructions: On the answer sheet provided, write the letter that corresponds with the correct answer

1. The first recorded evidence of massage dates back to?
 - a. 2350BC
 - b. 1923
 - c. 5210BC
 - d. 120AD

2. What is the name of the persons who were allowed to practice Massage in the Dark Ages?
 - a. Medicine men
 - b. Doctors
 - c. Folk healers
 - d. Physiotherapists

3. In what position should a client lie for a back massage?
 - a. Prone
 - b. Supine
 - c. On the side
 - d. Facing forward

4. In what direction should a leg massage be done?
 - a. Towards the extremities
 - b. Away from heart
 - c. Towards the heart
 - d. Any direction

5. How would you perform the hacking movement?
 - a. With the heel of the hands
 - b. With the whole hand
 - c. With the balls of the fingers and thumbs
 - d. With the sides of the hands

6. Which of the following is used to warm up muscles for deeper work ?
- Effleurage
 - Frictions
 - Kneading
 - Hacking
7. What is the general term used to describe areas of the body where no pressure or no deep application of pressure is recommended because of underlying structures?
- Popliteal Fossa
 - Femoral Triangle
 - Axilla
 - Areas of Endangerment
8. What massage term is used to describe a technique consisting of light blows to the body?
- Effleurage
 - Friction
 - Tapotement
 - Petrissage
9. What massage technique is performed by picking up the skin and connective tissue between the fingers and thumbs and rolling the tissue over the thumbs?
- Compression
 - Skin rolling
 - Rocking
 - Shaking

10. What form of Tapotement is performed with the ulnar side of the hand and loose fists?
- a. Hacking
 - b. Cupping
 - c. Slapping
 - d. Tapping

True or False

10 Marks

Instructions: On the line provided "T" if the statement is true or "F" if the statement is false

- 11. A fixed oil is another name for carrier oil _____
- 12. Pressure should be applied over an endangerment site _____
- 13. Outside light may be a form of distraction for clients _____
- 14. Half rowing is a form of Petrissage _____
- 15. The client does not have to sign a consent form _____
- 16. That back can be massaged in any direction _____
- 17. Massage therapists are not authorized to diagnose _____
- 18. A bolster is a type of equipment used in massage _____
- 19. The work area should be sanitized before and after each client _____
- 20. Swedish massage and sports massage use the same techniques _____

SECTION B

40 marks

ANSWER ALL QUESTIONS IN THIS SECTIONS

21. Define the term 'massage' (1mark)
- a. List the **FIVE (5)** basic techniques used in Swedish massage (5 marks)
 - b. Discuss **TWO (2)** physiological effects of two of the techniques listed above (4 marks)
 - c. State **FOUR (4)** indications to massage (4 marks)
 - d. State **FOUR (4)** contraindications to massage (4 marks)
22. Explain **TWO (2)** reasons why draping the client is important (4 marks)
23. Explain how **FOUR (4)** systems of the body are affected by massage (8 marks)
24. List **TWO (2)** endangerment sites and state what structures may be at risk of injury in that area (4 marks)
25. Define 'aromatherapy' (1 mark)
- a. List **THREE (3)** parts of the plant that essential oils can be extracted from (3 marks)
 - b. Outline **TWO (2)** factors influence the storage of essential oils? (2 marks)

END OF EXAMINATION

