

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

Exercise Therapy

MAY 2016

TIME: 2 hours

Diploma –Sports Massage/Sports Fitness

YEAR 1

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

Instructions: Answer all the questions on this paper

Write the responses in the space provided

Section 1

(30 marks)

1. Define the following:-

Resistive movements.....

.....

Active movements.....

.....(2 marks)

2. List two ways that resistive movements can be given

.....

.....(2 marks)

3. Define the following group action of muscles:-

Agonist

Fixators

.....

.....

.....

.....(2 marks)

4. Two isotonic muscle work are :-

a.

b.(1 marks)

5. List **three** variables that are important for designing progressive resistance exercises.

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

6. Briefly describe these three variables listed above.

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.....
.....(6 marks)

7. List the different areas of force.

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

8. Force must have **three** properties, name them.

- a.
- b.
- c.

(3 marks)

9. List the three different types of motion

- a.
- b.
- c.

(3 marks)

10. a State Newton's 1st Law of Motion and explain one way that you can use the knowledge of this law in your work.

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.....(2 marks)

b. Define a lever.....

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.....(1 mark)

c. Draw a diagram of the 1st order of lever, and outline how a knowledge of this can be used in your massage work.

Place diagram above this line.

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

Section 2 (30 marks)

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

11. a List three components of conditioning.
b Describe the important features of these components.
c Discuss how proper conditioning prevents injuries. (15 marks)
12. a Define core stability.
b Describe 2 core stability exercises
c State how you can progress these (15 marks)
13. a State the **three** most stable starting positions.
b. List two derived position 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 13a and 13b.
(15 marks)

End of Examination

