

**G.C. FOSTER COLLEGE OF PHYSICAL EDUCATION & SPORT
ASSOCIATE DEGREE IN SPORTS MASSAGE AND FITNESS
MAY 2022 EXAMINATION**

SPORTS MASSAGE LEVEL ONE

YEAR 1

Duration: 2 hours

DO NOT TURN OVER UNTIL YOU ARE TOLD TO DO SO

SECTION A

Instructions: Answer all questions in this section

1. Define the following terms:
 - a. sports massage
 - b. Hydrotherapy
 - c. Thermotherapy
 - d. Cryotherapy

(8 marks)

2. List four (4) benefits of sports massage therapy

(4 marks)

3. Outline the five (5) types of synovial joints and state the movement of each joint.

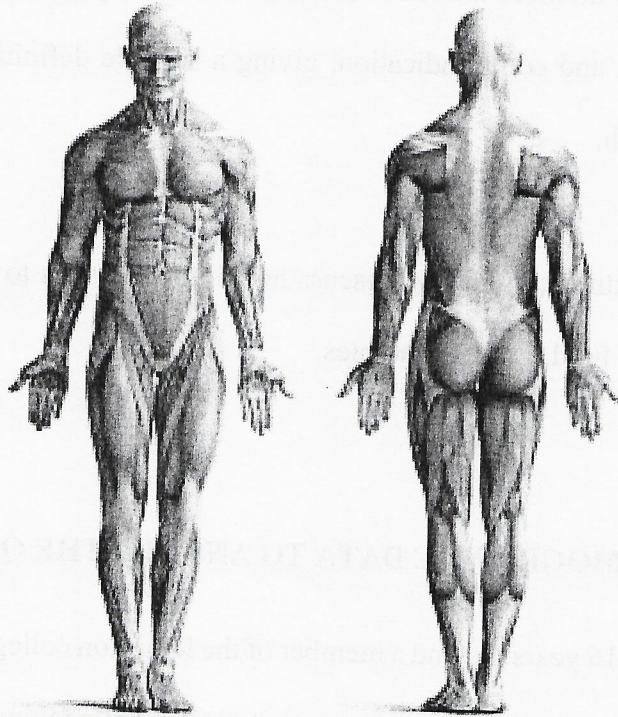
(5marks)

4. Explain the three types of sports massage that a therapist can give to an athlete and state how long each last.

(3marks)

SECTION B

Using a line, identify any ten (10) muscles found on the human body.



10marks

SECTION C

ANSWER ANY TWO QUESTIONS FROM THIS SECTION (20 marks)

1. As a Sports Massage Therapist, Indication and Contraindication must be considered. Please write an essay of no more than 200 words about how important it is, as a therapist, to know about indication and contraindication, giving a suitable definition of both, the types, and examples of each.

(10marks)

2. R.I.C.E is a treatment modality. Discuss how important it is to use R.I.C.E as a first-hand treatment in the field, giving examples.

(10 marks).

USE THE DEMOGRAPHIC DATA TO ANSWER THE QUESTIONS BELOW

3. Henry Black is 16 years old and a member of the Kingston college high football team; Henry hurt his left quadriceps three weeks ago in training while taking penalties. His pain scale is three (3). Henry has a lot of scar tissue. Please treat him using a massage technique/s that would best fit the situation and explain why your choice of that massage technique/s

(10 marks)

4. Discuss the importance of knowing how to apply heat and ice contrast bath to better foster the recovery process for athletes

(10 marks)

END OF EXAMINATION