

**G.C. FOSTER COLLEGE OF PHYSICAL EDUCATION AND SPORT  
CERTIFICATE IN SPORTS MASSAGE  
JANUARY 2021 EXAMINATION**

**SPORTS MASSAGE LEVEL 1  
[SM125ASC]**

**YEAR 1**

**DURATION: 2 HOURS**

**INSTRUCTIONS: Answer ALL questions in Sections A and B, and TWO questions from Section C.**

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**DO NOT TURN THIS PAGE UNTIL YOU ARE TOLD TO DO SO.**

## SECTION A

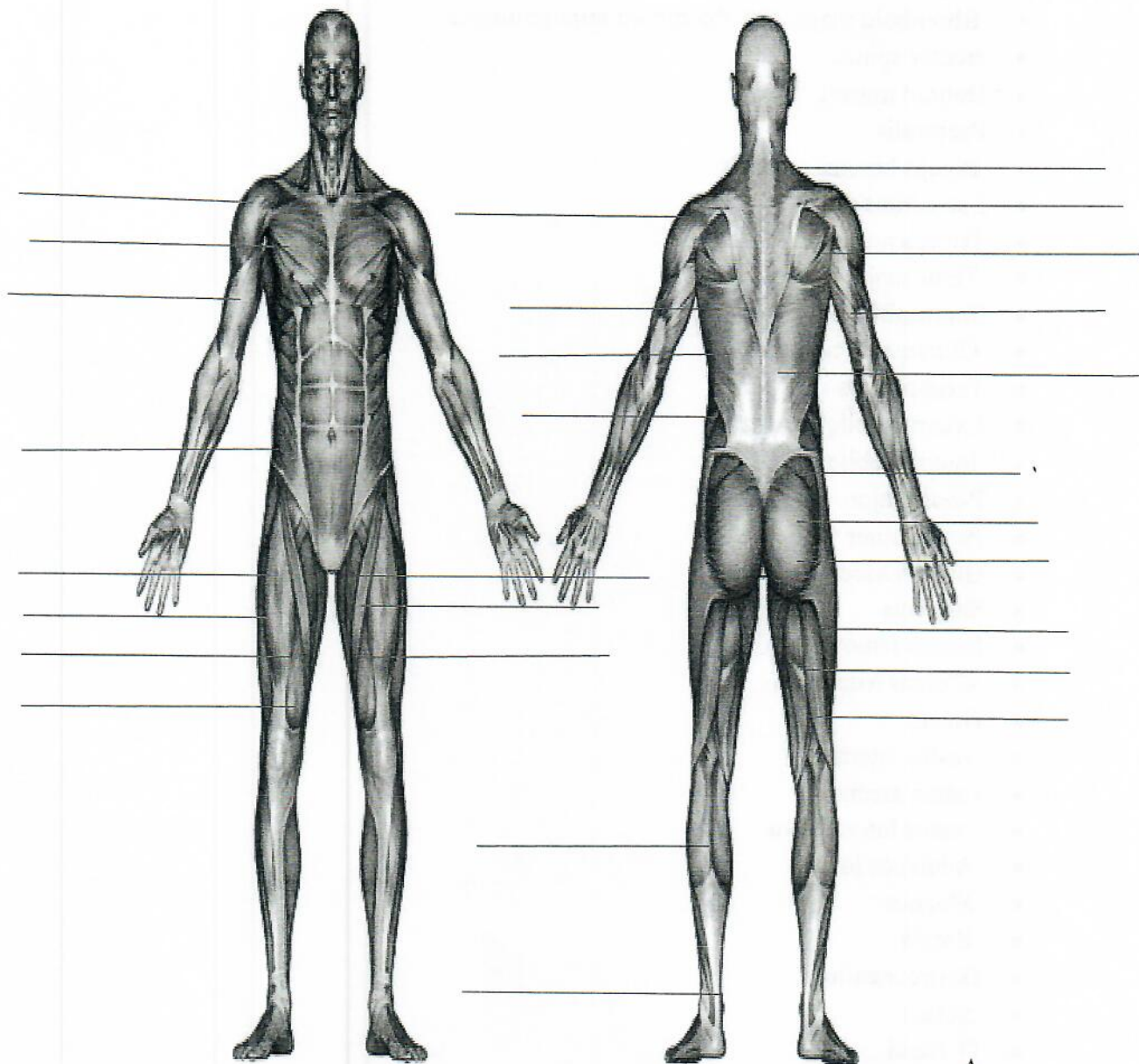
**Instructions: Answer all questions in this section**

1. Define the following terms:
  - a. sports massage
  - b. Hydrotherapy
  - c. Thermotherapy
  - d. Cryotherapy (8 marks)
  
2. List four (4) benefits of sport massage therapy. (4 marks)
  
3. Outline the six (6) types of synovial joints and state the movement of each joint.  
(6marks)
  
4. Explain the three types of sport massage that a therapist can give to an athlete and state how long each last. (3marks)
  
5. Explain Indications and contraindications and give two examples for each. (4marks)

Total 25marks

### SECTION B

From the list of muscles below place the name of each muscle on each line where each muscles are located on the human body.



A

## List of Muscles

- Quadratus lumborum (QL)
- Scapula
- Trapezius muscle
- Rhomboid major and Rhomboid minor muscles
- erector spinae
- Deltoid muscle
- Pectoralis
- Biceps brachii muscles
- Latissimus dorsi
- Triceps muscle
- Teres major
- Supraspinatus
- Gluteus Maximus
- Teres minors
- External oblique
- Internal oblique
- Psoas major
- Psoas minor
- Gluteus Medius
- Sartorius
- Rectus femoris
- Gluteus Minimus
- Gracili
- vastus lateralis
- vastus medialis
- vastus intermedius
- Adductor longus
- Magnus
- Brevis
- Gastrocnemius
- Soleus
- IT Band

(15marks)

**SECTION C (20 marks)**

**ANSWER ANY TWO QUESTIONS FROM THIS SECTION**

**USE THE DEMOGRAPH DATA SOAP NOTES TO ANSWER THE QUESTIONS BELOW**

1. Henry Black is 16years old and a member of the Kingston college high football team, Henry hurt his left quadriceps 3 week 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 that massage technique/s (20 marks)
2. A 14 yr. old high school athlete complains of pain and tenderness at the front of the right knee for the past 5 months, during your observation you notice a lump at the tibial tuberosity. He was past medical history of a broken right leg when he was 5yrs and his family travels with hypotension.
3. Janelle is a professional footballer for a top premier league club. Three (3) months ago, she suffered a grade two (2) tear to her left ACL during a game. She has been seeing her physiotherapist on a regular basis since her injury and has been referred to you for further treatment.
4. A 20 yr. old collegiate athlete complains of pain and weakness in her left shoulder for the past two (2) months. The pain worsens during training, when taking a shower and putting her shirt.

40 marks

**END OF EXAMINATION**

