

**GC FOSTER COLLEGE OF PHYSICAL EDUCATION
AND SPORTS**

SPORT MASSAGE LEVEL 3

July 2015

Special Sports Massage

Semester 3

TIME: 2 Hours

Name:

ID #:

Section 1

(Marks 20)

Instructions: Answer all the questions on this paper. Fill in the answer in the space provided

1. List five conditions that sports massage can be given
.....
.....
.....(5 marks)
2. List five conditions in which massage should not be given
.....
.....
.....(5 marks)
3. Why is it important to assess the client before a massage?.....
.....
.....(5 marks)
4. List two (2) conditions in which PNF stretching is recommended.....
.....
.....
5. State **one(1)** reason why the following PNF techniques are used:-
 - Hold relax.....
 - Rhythmic stabilization.....
 - Slow reversal.....
6. Name **one(1)** lower limb PNF pattern.....
.....
7. Name **one (1)** upper limb PNF pattern.....
.....
8. Name **three (3) special tests for the shoulder**
.....
.....(3 marks)
9. State the reason why these tests are done.
.....
.....(3 marks)

10. What condition is the Straight-leg-raise test is used to confirm?

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

11. What condition is the Straight-leg-raise test is used to confirm?

.....(2 marks)

Section 2

(20 Marks)

Instructions: This section must be done by all students

Case

A DISCUS THROWER sustained an injury of the shoulder two months ago. He was treated by the physiotherapist on his team and referred to your clinic for further management.

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- a) List some important information that must be collected from the client before beginning your treatment.
- b) List the aims of your treatment
- c) What techniques would you select?

END OF EXAMINATION