G. C. FOSTER COLLEGE OF PHYSICAL EDUCATION AND SPORT

ASSOCIATE DEGREE IN SPORTS MASSAGE AND FITNESS

MAY 2022 EXAMINATION

SPORTS MASSAGE 3

YEAR 2 **DURATION: 1 ½ HOURS**

INSTRUCTIONS: This paper consists of three (2) sections 'A', and 'B'

1. Answer **ALL** questions from Section A
2. Answer **TWO** question from Section B

DO NOT TURN OVER UNTIL YOU ARE TOLD TO DO SO

SECTION A (15 MARKS)
ANSWER ALL QUESTIONS FROM THIS SECTION

1. Active Release Techniques (ART) are soft tissue methods that focuses on relieving:
   (a) Tissue pain
   (b) Tissue tension
   (c) Tissue flexibility
   (d) Tissue bulk

2. Muscle Energy Technique (MET) is a form of manual therapy that uses:
   a. The energy of the therapist
   b. The muscle's own energy
   c. The muscle's flexibility
   d. The energy of the opposite limb

3. All of the following are tissue structures treated by Soft Tissue Mobilization except:
   a. Muscle tissue
   b. Nerve tissue
   c. Epidermis tissue
   d. Connective tissue

4. Fascia is a specialized system of the body that has an appearance similar to:
   a. A running track
   b. A maze
   c. A spider web
   d. A dart board

5. When a muscle contracts or stretches, the Golgi Tendon Reflex senses?
   a. Increased pressure
   b. Increased tension
   c. Increased pain
   d. Increased tenderness

6. The following are benefits of soft tissue mobilization except:
   a. Improved blood flow to tissues
   b. Increased flexibility of muscle and soft tissues
   c. Releases fascial restrictions between muscles
   d. Increase pain and swelling in the tissues

7. The superficial fascia is:
   a. The lower most part of the skin
   b. The upper most part of the muscle
   c. The upper most part of the skin
   d. The lower most part of the muscle

8. A common factor for predisposing to trigger point formation:
   a. Adequate sleep
   b. Joint disorder
   c. Conditioning
   d. Good posture

9. After forming, trigger points have:
   a. Three phases
   b. Four phases
   c. Two phases
   d. One phase

10. The Golgi Tendon Organ is located:
   a. Between the muscle belly and its tendon
   b. In the muscle belly
   c. Between the tendon and the bone
   d. In the tendon

11. Latent trigger points causes:
   a. Restricted movement
   b. Distorted muscle movement patterns
   c. Stiffness and weakness of the affected muscle
   d. Unrelenting pain

12. When the muscle spindle is activated it causes?
   a. a reflexive contraction in the agonist muscle
   b. relaxation in the antagonist muscle
   c. A only
   d. A and B

13. What does the acronym 'TUE' mean?
   a. Therapeutic Union Examination
   b. Therapist Use Exception
   c. Therapeutic Use Exemption
   d. Therapist Use Examination

14. MET is based on the concepts of:
   a. Autogenic Exhibition
   b. Reciprocal Inhibition
   c. Reflex inhibition
   d. Autogenic Activation

15. 1 cun is:
    a. The breadth of the distal interphalangeal joints
    b. The breadth of the interphalangeal joint of the thumb
    c. The breadth of the hand at the level of the wrist
    d. The breadth of the hand at the level of the MCP joints

16. The number of times an athlete can be drug tested is:
    a. 2 times per year
    b. 5 times per year
    c. Unlimited times per year
    d. 10 times per year

17. The acronym 'TCM' means:
    a. Traditional Common Massage
    b. Traditional Chinese Massage
    c. Technological Changing Medicine
    d. Traditional Chinese Medicine

18. An antagonist muscle is:
    a. The muscle opposite the one doing concentric contraction
    b. The muscle distal to the one doing the concentric contraction
    c. The muscle proximal to the one doing the concentric contraction
    d. The muscle medial to the one doing the concentric contraction

19. Currently the WADA prohibited list contains how many classes of substances:
    a. 2
    b. 7
    c. 10
    d. 5

20. Traditional Chinese medical describes acupressure points, that lie along meridians, or channels, in your body. How many channels exist?
    a. 12
    b. 10
    c. 13
    d. 11

SECTION B (30 Marks)

ANSWER TWO QUESTIONS FROM THIS SECTION

1. (a) Outline the associated features of an active trigger point. (6 marks)

   (b) Outline the mechanism by which ischemic pressure works. (2 marks)

   (c) List five factors that predisposes to trigger point formation. (5 marks)

   (d) Define "myofascial trigger point". (2 marks)

2 (a) State and describe in detail the types of MET/PNF stretches. (6 marks)

   (b) Your colleague calls you and ask you to remind him of how to perform the Contract relax PNF stretch on the gastrocnemius muscle. Outline the instructions you would give. (4 marks)

   (c) Describe the process of autogenic inhibition making specific reference to the Golgi Tendon Organ. (4 marks)

   (d) Define Muscle Energy Technique. (1 mark)

3. a. Define doping. (2 mark)

   b. List 5 possible reason an athlete may choose the take a banned substance. (5 marks)

   c. State the criteria necessary to be fulfilled to grant "therapeutic use" exemption. (3 marks)

   d. List 5 reasons an athlete may request a delay in reporting to the doping control station. (5 marks)

END OF EXAMINATION