

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

**Sports Massage
TIME: 2 HOURS**

May 2016

Sports Massage Level 1

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

Section 1

(20 marks)

Instructions: Fill in the answer in the space provided

1. Name 2 massage techniques would you choose for each of the following signs and symptoms:-

a) Chronic swelling.....

.....

b) Muscle tightness.....

.....

c) Adhesion formation.....

.....(3 marks)

2. List four (4) techniques that you would select for a pre-event massage.

.....

.....

.....

.....

.....(2 marks)

3. The pre-event massage must be short and(1 mark).

4. List four (4) techniques that you would select for a post-event massage.

.....

.....

.....

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

5. The post-event massage must be deep and.....(1 mark)

6. What is meant by the scope of practice?.....
.....
.....(2 mark)

7. Why is assessment important before treatment of a client?
.....
.....(1 mark)

8. The techniques used for Sports massage change according to the reasons why they are being used. One such reason is the pre-event massage, what are the other 3 reasons?

- *
- *
- * (3 marks)

9. Name one effect of the following techniques:-

- * Friction.....
- * Wringing..... (1 mark)

10. Why is the correct massage stance important?

- *(1 mark)

11. State when static stretch is indicated.

-
-(1 mark)

12. State when dynamic stretch is indicated.

-
-(1 mark)

13. Name a kneading technique that is indicated for use on the following:-

- Adhesions around the scapula.....
- Tightness of the hamstrings.....(1 mark)

Section 2 (20 marks)

Instructions: Tick the appropriate response where necessary

Answer all the following questions

14. When must you use effleurage?

- Before a bath.....
- Before relaxation exercises.....
- During the game.....
- At the beginning and end of the massage (2 marks)

15. Name three types of Kneading techniques.

- Rolling.....
- Wringing.....
- Sweeping.....

- Lengthening.....
- Thumb alternate kneading..... (3 marks)

16. Static compression is used to decrease:-

- Stiffness.....
- Pain.....
- Swelling.....
- None of the above..... (1 mark)

17. Name four techniques used during active massage:-

- Eccentric muscle work.....
- Static stretching.....
- Broadening.....
- Lengthening.....
- Circular kneading.....
- Static compression..... (4 marks)

18. Match the following muscles with their actions by drawing a line from the muscle to their respective actions (10 marks)

- | | |
|---------------------|-------------------------------------|
| a) Subscapularis | 1) Extension of the arm |
| b) Infraspinatus | 2) Medial rotation of the shoulder |
| c) Supraspinatus | 3) Abduction of the arm |
| d) Latissimus Dorsi | 4) Flexion of the arm |
| e) Biceps long head | 5) Lateral rotation of the shoulder |
| | 6) Adductor of the arm |

END OF EXAMINATIONS

