

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

SPORT MASSAGE LEVEL 3

May 2016

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. What are active massage techniques?

.....
.....
.....(1 mark)

2. State **one** technique which is used with the following muscle work.

- Concentric work.....
- Eccentric work.....
- Isometric work.....(3 marks)

3. List one benefit of each use of the techniques and their muscle work as you have stated in question 2.

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-(3 marks)

4. List two (2) conditions in which PNF stretching is recommended.....

.....
.....
.....(1 mark)

5. State **one(1)** reason why the following PNF techniques are used:-

- Hold relax.....
- Rhythmic stabilization.....
- Slow reversal.....(3 marks)

6. Name **one(1)** lower limb PNF pattern and **one (1)** upper limb PNF pattern.

.....
.....(1 mark)

7. Name **three (3)** special tests for the shoulder

.....
.....(3 marks)

8. State the reason why these tests are done.

(3 marks)
9. What condition is the Straight-leg-raise test used to confirm?

(1 mark)
10. What condition is the Anterior drawer test for the knee used to confirm?
(1mark)

Section 2 (20 Marks)

Instructions: This section must be done by all students

Case

A long jumper 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.

- 11.
- a) Using the S O A P format taught in this course list the important information that must be collected from the client before beginning of your treatment.
 - b) List four special tests
 - c) List the functional tests that must be done before the client returns to competition.
 - d) What techniques would you select for treatment?

END OF EXAMINATION

