

Multiple Choice Sample Questions
ITEC Unit 5 On Site Massage

1	The nervous system overworks in times of stress causing:		1
A	Decreased heart rate	B	Low blood pressure
C	Sciatica	D	Muscle tension
			<div>D</div>
2	Prolonged stress in men may cause:		2
A	High production of sperm	B	Low production of sperm
C	Rupture of the follicle	D	Stimulation of production of testosterone
			<div>B</div>
3	Foods considered to be 'quick fixes' include:		3
A	Fruit	B	Green vegetables
C	Chocolate	D	Protein
			<div>C</div>
4	The liberation of adrenaline is one of the body's responses to:		4
A	Pleasure	B	Amusement
C	Anger	D	Indulgence
			<div>C</div>
5	The release of noradrenaline causes:		5
A	Vasoconstriction	B	Vasodilatation
C	Dilation of muscle fibres	D	Accelerates the conversion of glycogen to glucose
			<div>A</div>
6	Stress causes the mineral depletion:		6
A	Potassium and sodium	B	Zinc and magnesium
C	Copper and chromium	D	Selenium and iron
			<div>B</div>
7	Stressors that create a situation of perceived threat in our minds and bodies are known as:		7
A	External stressors	B	Internal stressors
C	Limited stressors	D	Aggressive stressors
			<div>A</div>
8	The specific massage movement you would use on a stressed client who is hyperactive would be:		8
A	Vibrations	B	Hacking
C	Petrissage	D	Effleurage
			<div>D</div>
9	Meditation is helpful in combating stress because:		9
A	It stimulates the mind and improves the circulation	B	It focuses the mind and allows the muscles to relax
C	It releases blockages in meridians	D	It improves posture
			<div>B</div>
10	Physical exercise effects stress levels because when exercising:		10
A	It reduces tri-glycerides in the blood	B	It improves the balance of lipids in the blood
C	The body uses up the fight or flight hormones	D	The body burns up fats and sugars
			<div>C</div>