

Multiple-Choice Sample Questions
ITEC Unit 14 Swedish Massage

1	Hypertension is a contraindication to Swedish Massage and is defined as:	1
A	Low blood pressure	<div>C</div>
C	High blood pressure	
B	Low cholesterol	<div>C</div>
D	High cholesterol	
2	Who first recorded massage in about 3000BC?	2
A	The Indians	<div>C</div>
C	The Chinese	
B	The Greeks	<div>C</div>
D	The Romans	
3	Purified talc would be most suitable for which of the following skin types?	3
A	Dry	<div>D</div>
C	Mature	
B	Sensitive	<div>D</div>
D	Oily	
4	Friction massage movements:	4
A	Tighten tense muscles	<div>C</div>
C	Stimulate nerve endings	
B	Cause a reflex reaction	<div>C</div>
D	Soothe nerve endings	
5	By improving the skin tone with Swedish Massage you are also:	5
A	Increasing energy levels	<div>C</div>
C	Removing dead skin cells	
B	Causing fatigue	<div>C</div>
D	Relaxing the mind	
6	A client with varicose veins in her right lower leg would like a Swedish Massage. What action would you take?	6
A	Massage the whole body including the leg	<div>B</div>
C	Massage from below the varicose vein	
B	Massage from above the varicose vein	<div>B</div>
D	Massage over the varicose vein	
7	Which of the following is most likely to have a sedative effect on the body?	7
A	Effleurage	<div>A</div>
C	Kneading	
B	Light friction	<div>A</div>
D	Hacking	
8	A healthy client has tension in her abdomen. What would you do initially?	8
A	Refer her to a doctor	<div>D</div>
C	Proceed with a full body massage	
B	Proceed with an abdominal massage only	<div>D</div>
D	Complete a consultation card	
9	Some of the after effects of having a massage may include:	9
A	Lack of bowel movements	<div>B</div>
C	Insomnia and agitation	
B	Frequent urination and thirst	<div>B</div>
D	Lack of emotions	
10	Why is it important for your client to drink water after a Swedish Massage treatment?	10
A	To cool the body	<div>C</div>
C	To flush out toxins	
B	To induce perspiration	<div>C</div>
D	To clear the sinuses	