

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