

*Multiple Choice Sample Questions*  
*ITEC Unit 15 Figure Diagnosis and Body Electrical Treatments*

<b>1</b>	<b>What type of body does an ectomorph have?</b>	1
<b>A</b>	Long limbed and lean in appearance	<b>A</b>
<b>B</b>	Broad backed with a narrow waist	
<b>C</b>	Short limbed with a high proportion of fat	<b>D</b>
<b>D</b>	Wide hipped with good muscle tone	
<b>2</b>	<b>Which type of fat generally responds well to diet and exercise?</b>	2
<b>A</b>	Cellulite	<b>D</b>
<b>B</b>	Trapped	
<b>C</b>	Hard	<b>C</b>
<b>D</b>	Soft	
<b>3</b>	<b>What is the cause of winged scapulae?</b>	3
<b>A</b>	Over developed triceps muscles	<b>C</b>
<b>B</b>	Injury to the latissimus dorsi	
<b>C</b>	Injury to the serratus anterior	<b>D</b>
<b>D</b>	Weak erector spinae muscles	
<b>4</b>	<b>What should a therapist do to ensure the accuracy of measurements?</b>	4
<b>A</b>	Measure with a new tape	<b>C</b>
<b>B</b>	Measure over their clothing	
<b>C</b>	Measure from a static point	<b>D</b>
<b>D</b>	Measure with the tape pulled tightly	
<b>5</b>	<b>Over which of the following would it be most suitable to use a mechanical massager?</b>	5
<b>A</b>	Bony areas	<b>D</b>
<b>B</b>	Excessively hairy areas	
<b>C</b>	Thin skin	<b>B</b>
<b>D</b>	Areas of hard fat	
<b>6</b>	<b>In a galvanic treatment, which of the following would produce an acidic reaction upon the surface of the skin?</b>	6
<b>A</b>	The use of the negative pole only	<b>B</b>
<b>B</b>	The use of the positive pole only	
<b>C</b>	The use of the inactive electrode only	<b>D</b>
<b>D</b>	The use of both poles simultaneously	
<b>7</b>	<b>Which of the following is a general effect of vacuum suction?</b>	7
<b>A</b>	Drying effect on the specific areas of the body	<b>B</b>
<b>B</b>	Reduces fatty deposits on areas such as thighs, abdomen and buttocks	
<b>C</b>	It repels cellulite products into the skin to improve the condition	<b>D</b>
<b>D</b>	It reduces the appearance of thread veins in an area	
<b>8</b>	<b>Which type of current is used in microcurrent treatment?</b>	8
<b>A</b>	Alternating	<b>B</b>
<b>B</b>	Modified direct	
<b>C</b>	Interrupted/surged	<b>D</b>
<b>D</b>	Modified indirect	
<b>9</b>	<b>The muscle padding for a client requiring a general tone treatment on the front of her thighs should be:</b>	9
<b>A</b>	Rectus femoris, biceps femoris	<b>D</b>
<b>B</b>	Biceps femoris, gracilis	
<b>C</b>	Tensor fascia lata, gracilis	<b>C</b>
<b>D</b>	Sartorius	
<b>10</b>	<b>The effects of infra-red include:</b>	10
<b>A</b>	Tanning of the skin	<b>B</b>
<b>B</b>	An increase in localised circulation	
<b>C</b>	Tightening of the pores	<b>D</b>
<b>D</b>	A reduction in sudoriferous gland production	

