

Multiple Choice Sample Questions
ITEC Unit 57 –Infant and Child Massage

1	To what extent would an infant/child with a congenital heart condition be contraindicated?		1
A	Totally	B Without medical/GP approval or parent/guardian indemnity	B
C	Locally	D It would depend on the severity of the condition	
2	Which of the following is NOT a benefit of infant/child massage?		2
A	To improve sleep patterns	B To aid respiratory problems	D
C	To enhance secure feelings	D To decrease bonding between infant/child and parent/guardian	
3	Which of the following bones are not present at birth?		3
A	The wrist bones	B The thigh bones	A
C	The vertebral column	D The jaw bone	
4	When performing an infant/child massage, which of the following is considered the main benefit of effleurage?		4
A	It helps the parent/guardian to establish contact and connect with their infant/child	B It increases the infant/child's heart rate	A
C	It stimulates the infant/child's nervous system	D It decreases the infant/child's ability to relax	
5	Which of the following is the main cause of colic?		5
A	Waves of contraction in the muscles of the intestines	B Inflammation of the muscles of the stomach	A
C	Inflammation of the walls of the intestines	D Waves of contraction of the diaphragm	