

Sample Questions

UBT348 – Swedish massage

1	Hypertension is a contra-indication to Swedish massage and is defined as:			
A	Low blood pressure	B	Low cholesterol	C
C	High blood pressure	D	High cholesterol	

2	Who first recorded massage in about 3000BC?			
A	The Indians	B	The Greeks	C
C	The Chinese	D	The Romans	

3	Purified talc would be most suitable for which of the following skin types?			
A	Dry	B	Sensitive	D
C	Mature	D	Oily	

4	Friction massage movements:			
A	Tighten tense muscles	B	Cause a reflex reaction	C
C	Stimulate nerve endings	D	Soothe nerve endings	

5	By improving the skin tone with Swedish massage you are also:			
A	Increasing energy levels	B	Causing fatigue	C
C	Removing dead skin cells	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?			
A	Massage the whole body including the leg	B	Massage from above the varicose vein	B
C	Massage from below the varicose vein	D	Massage over the varicose vein	

7	Which of the following is most likely to have a sedative effect on the body?			
A	Effleurage	B	Light friction	A
C	Kneading	D	Hacking	

8	A healthy client has tension in her abdomen. What would you do initially?			
A	Refer her to a doctor	B	Proceed with an abdominal massage only	D
C	Proceed with a full body massage	D	Complete a consultation card	

9	Some of the after effects of having a massage may include:			
A	Lack of bowel movements	B	Frequent urination and thirst	B
C	Insomnia and agitation	D	Lack of emotions	

10	Why is it important for your client to drink water after a Swedish massage treatment?			
A	To cool the body	B	To induce perspiration	C
C	To flush out toxins	D	To clear the sinuses	

Document History

Version	Issue Date	Changes	Role
v1	21/08/2019	First published	Qualifications and Regulation Co-ordinator