

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	High blood pressure	D	High cholesterol
C			

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

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

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

5	By improving the skin tone with Swedish massage you are also:		
A	Increasing energy levels	B	Causing fatigue
C	Removing dead skin cells	D	Relaxing the mind
C			

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
C	Massage from below the varicose vein	D	Massage over the varicose vein
B			

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

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