

Sample Questions

iUBT370 – Figure diagnosis and body electrical treatments

1	What type of body does an ectomorph have?			
A	Long limbed and lean in appearance	B	Broad backed with a narrow waist	A
C	Short limbed with a high proportion of fat	D	Wide hipped with good muscle tone	

2	Which type of fat generally responds well to diet and exercise?			
A	Cellulite	B	Trapped	D
C	Hard	D	Soft	

3	What is the cause of winged scapulae?			
A	Over developed triceps muscles	B	Injury to the latissimus dorsi	C
C	Injury to the serratus anterior	D	Weak erector spinae muscles	

4	What should a therapist do to ensure the accuracy of measurements?			
A	Measure with a new tape	B	Measure over their clothing	C
C	Measure from a static point	D	Measure with the tape pulled tightly	

5	Over which of the following would it be most suitable to use a mechanical massager?			
A	Bony areas	B	Excessively hairy areas	D
C	Thin skin	D	Areas of hard fat	

6	In a galvanic treatment, which of the following would produce an acidic reaction upon the surface of the skin?			
A	The use of the negative pole only	B	The use of the positive pole only	B
C	The use of the inactive electrode only	D	The use of both poles simultaneously	

7	Which of the following is a general effect of vacuum suction?			
A	Drying effect on the specific areas of the body	B	Reduces fatty deposits on areas such as thighs, abdomen and buttocks	B
C	It repels cellulite products into the skin to improve the condition	D	It reduces the appearance of thread veins in an area	

8	Which type of current is used in microcurrent treatment?			
A	Alternating	B	Modified direct	B
C	Interrupted/surged	D	Modified indirect	

9	The muscle padding for a client requiring a general tone treatment on the front of her thighs should be:			
A	Rectus femoris, biceps femoris	B	Biceps femoris, gracilis	D
C	Tensor fascia lata, gracilis	D	Sartorius	

10	The effects of infrared include:			
A	Tanning of the skin	B	An increase in localised circulation	B
C	Tightening of the pores	D	A reduction in sudoriferous gland production	

Document History

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