

# Sample Questions

## iUSP149 – Sports massage

<b>1</b>	<b>Where is the origin of the pectoralis minor?</b>			
A	Clavicle, sternum and cartilages of the true ribs	B	Axillary border of the scapula	<b>C</b>
C	3rd – 5th ribs	D	2nd – 5th thoracic vertebrae	

<b>2</b>	<b>Where is the insertion of the gracilis?</b>			
A	Shaft of the femur	B	Medial condyle of the tibia	<b>B</b>
C	Pubis	D	Fibula	

<b>3</b>	<b>What is inversion?</b>			
A	Lifting the medial border of the foot	B	Pointing the toe upwards	<b>A</b>
C	Pointing the toe downwards	D	Lifting the lateral border of the foot	

<b>4</b>	<b>During the massage you discover a lump in your client's left calf. What action would you take?</b>			
A	Mention it to your client and continue the massage avoiding the lump	B	Mention it to your client and continue the massage avoiding the left lower leg	<b>B</b>
C	Mention it to your client and continue the massage including the left lower leg	D	Stop the massage and advise your client to seek medical attention immediately	

<b>5</b>	<b>A client with a varicose vein on his left calf would like a sports massage. How would you proceed?</b>			
A	Massage over the varicose vein	B	Massage above the varicose vein	<b>B</b>
C	Massage under the varicose vein	D	Massage the whole body including the leg	

<b>6</b>	<b>A client presents with tenderness over the lateral epicondyle. What would be your first action?</b>			
A	Ice the area for 15 minutes every hour	B	Use a heat pad on the area for 15 minutes	<b>C</b>
C	Seek medical permission	D	Strap the tender area to prevent any swelling	

<b>7</b>	<b>What are the effects of friction movements in sports massage?</b>			
A	Softens and soothes muscles	B	Improves circulation causing reflex reaction	<b>D</b>
C	Contracts tight muscles, stretches muscle fibres	D	Stimulates the nerve tissues, tightens loose muscles	

<b>8</b>	<b>What is hyperventilation?</b>			
A	High blood pressure	B	A greater than normal rate of breathing that results in an abnormal loss of oxygen from the blood	<b>D</b>
C	An increase in the size of a muscle in response to progressive resistance training	D	A greater than normal rate of breathing that results in an abnormal loss of carbon dioxide from the blood	

<b>9</b>	<b>Thermotherapy is a treatment using:</b>			
A	Ice	B	Cold water	<b>C</b>
C	Heat	D	Wind	

<b>10</b>	<b>Which specific massage movement would be most beneficial to relieve tense quadricep muscles?</b>			
A	Effleurage	B	Hacking	<b>C</b>
C	Kneading	D	Vibrations	

**Document History**

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