

Sample Questions

iUSP149 – Sports massage

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

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

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

4	During the massage you discover a lump in your client's left calf. What action would you take?			
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
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	

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

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

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

8	What is hyperventilation?			
A	High blood pressure	B	A greater than normal rate of breathing that results in an abnormal loss of oxygen from the blood	D
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	

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

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

Document History

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v1	27/09/2019	First published	Qualifications Administrator