

Sample Questions

iUBT320 – Provide body massage

1	How many pairs of cervical nerves are there?			
A	4	B	5	C
C	8	D	12	

2	Which of the following is listed under 'contra-indications that restrict treatment'?			
A	Fever	B	Osteoporosis	A
C	Haemophilia	D	Slipped disc	

3	What is kyphosis?			
A	An exaggerated outward curvature of the spine	B	Inflammation of the vertebral joints	A
C	An exaggerated inward curvature of the spine	D	A sideways curvature of the spine	

4	Which massage movement would be most beneficial for a client with tight gastrocnemius muscles?			
A	Kneading	B	Cupping	A
C	Hacking	D	Beating	

5	In general, what effect does massage have on the urinary system?			
A	Encourages better waste disposal	B	Improves flexibility	A
C	Encourages peristalsis	D	Reduces stiffness	

Document History

Version	Issue Date	Changes	Role
v1	27/09/2019	First published	Qualifications and Regulation Co-ordinator