

# Sample Questions

## iUBT344 – Apply stone therapy massage

|          |  |   |        |          |
|----------|--|---|--------|----------|
| <b>1</b> | <b>Which chakra is the colour yellow related to?</b> |   |        |          |
| A        | Root   | B | Sacral | <b>C</b> |
| C        | Solar plexus   | D | Throat |          |

|          |  |   |        |          |
|----------|--|---|--------|----------|
| <b>2</b> | <b>Which of the following chakras is positioned in a vertical direction to the body?</b> |   |        |          |
| A        | Crown  | B | Throat | <b>A</b> |
| C        | Heart  | D | Sacral |          |

|          |   |   |            |          |
|----------|---|---|------------|----------|
| <b>3</b> | <b>Which of the following stone massage movements results in heat conduction?</b> |   |            |          |
| A        | Effleurage  | B | Frictions  | <b>C</b> |
| C        | Holding   | D | Vibrations |          |

|          |  |   |  |          |
|----------|--|---|--|----------|
| <b>4</b> | <b>Why are basalt stones used for stone massage?</b>       |   |  |          |
| A        | Because each stone is carefully chiselled and hand crafted | B | Because of their ability to retain cold            | <b>C</b> |
| C        | Because of their ability to retain heat                    | D | Because the abrasive surface will aid desquamation |          |

|          |   |   |  |          |
|----------|---|---|--|----------|
| <b>5</b> | <b>Which of the following statements is correct in relation to the drinking of water after a stone therapy massage treatment?</b> |   |  |          |
| A        | It may induce a high temperature  | B | It may help to relieve constipation  | <b>B</b> |
| C        | It may initially increase general sluggishness of the body systems  | D | It may discourage the liver and kidneys for filtration and the removal of noxious substances |          |

**Document History**

| Version | Issue Date | Changes         | Role                         |
|---------|------------|-----------------|------------------------------|
| v1      | 19/11/2019 | First published | Qualifications Administrator |
|         |            |                 |                              |