

*Multiple Choice Sample Questions*  
*ITEC Unit 27 – Sports Massage*

<b>1</b>	<b>Where is the origin of the pectoralis minor?</b>		1
A	Clavicle, sternum and cartilages of the true ribs	B	Axillary border of the scapula
C	3 <sup>rd</sup> - 5 <sup>th</sup> ribs	D	2 <sup>nd</sup> – 5 <sup>th</sup> thoracic vertebrae
			<input type="checkbox"/> C
<b>2</b>	<b>Where is the insertion of the gracilis?</b>		2
A	Shaft of the femur	B	Medial condyle of the tibia
C	Pubis	D	Fibula
			<input type="checkbox"/> B
<b>3</b>	<b>What is inversion?</b>		3
A	Lifting the medial border of the foot	B	Pointing the toe upwards
C	Pointing the toe downwards	D	Lifting the lateral border of the foot
			<input type="checkbox"/> A
<b>4</b>	<b>Why is medical approval required before a diabetic client can have a sports massage?</b>		4
A	Because it could cause constipation	B	Because it could provoke a convulsion
C	Because it could a muscle spasm	D	Because they have a lower skin sensation
			<input type="checkbox"/> D
<b>5</b>	<b>A client with a varicose vein on his left calf would like a sports massage. How would you proceed?</b>		5
A	Massage over the varicose vein	B	Massage above the varicose vein
C	Massage under the varicose vein	D	Massage the whole body including the leg
			<input type="checkbox"/> B
<b>6</b>	<b>A client presents with tenderness over the lateral epicondyle. What would be your first action?</b>		6
A	Ice the area for 15 minues every hour	B	Use a heat pad on the area for 15 minutes
C	Seek medical permission	D	Strap the tender area to prevent any swelling
			<input type="checkbox"/> C
<b>7</b>	<b>What are the effects of friction movements in sports massage?</b>		7
A	Softens and soothes muscles	B	Improves circulation causing reflex reaction
C	Contracts tight muscles, stretches muscle fibres	D	Stimulates the nerve tissues, tightens loose muscles
			<input type="checkbox"/> D
<b>8</b>	<b>How would you treat a client who had a blister?</b>		8
A	Pierce the skin to allow the fluid to drain out and then cover with a plaster	B	Apply surgical spirit to the area to harden the skin
C	Apply talc to dry the area out	D	Apply calamine lotion
			<input type="checkbox"/> B
<b>9</b>	<b>Thermotherapy is a treatment using:</b>		9
A	Ice	B	Cold water
C	Heat	D	Wind
			<input type="checkbox"/> C
<b>10</b>	<b>Which specific massage movement would be most beneficial to relieve tense quadricep muscles?</b>		10
A	Effleurage	B	Hacking
C	Kneading	D	Vibrations
			<input type="checkbox"/> C