

Multiple Choice Sample Questions
ITEC Unit 2 – Holistic Massage

1	Which of the following is NOT a cause of hypertension?		1
A	Blood pressure which consistently remains below the normal level	B	An excessive build of a fatty tissue called cholesterol
C	Blood pressure which consistently remains above the normal level	D	A hardening of the arterial walls causing loss of elasticity
			<input type="checkbox"/> A
2	A medical contra indication to holistic massage means there is:		2
A	A reason to treat without medical permission	B	A reason not to treat unless permission has been gained
C	An agreement concerning a course of action	D	A disagreement concerning a course of action
			<input type="checkbox"/> B
3	What is homeopathy?		3
A	A treatment that uses essential oils to treat physical ailments	B	A treatment that studies the iris of the eye to diagnose physical and psychological problems
C	A treatment that manipulates the joints of the spine	D	A treatment that treats like with like
			<input type="checkbox"/> D
4	In which country was Ayurvedic medicine founded?		4
A	Greece	B	Japan
C	China	D	India
			<input type="checkbox"/> D
5	What effect does holistic massage have on the urinary system?		5
A	Encourages better waste disposal	B	Improves flexibility
C	Encourages peristalsis	D	Reduces stiffness
			<input type="checkbox"/> A
6	When breaking down toxins where would you drain to?		6
A	The nearest major muscle	B	The nearest endocrine gland
C	The nearest joint	D	The nearest lymph node
			<input type="checkbox"/> D
7	Which specific massage movement would you use on a hyperactive client?		7
A	Vibrations	B	Petrissage
C	Effleurage	D	Hacking
			<input type="checkbox"/> C
8	A healthy lady with menopausal symptoms would like an holistic massage. What action would you take?		8
A	Give her a light body massage using only light effleurage movements	B	Give a general massage
C	Give a deep massage with lots of hacking and cupping	D	Request medical permission before proceeding
			<input type="checkbox"/> B
9	What is the most appropriate client care during an holistic massage?		9
A	To tell the client the procedure is the same for each client	B	It is not necessary to explain the procedure to the client
C	To explain how the massage procedure will be adapted to suit the individual needs	D	To only explain the procedure to the client if he/she asks you
			<input type="checkbox"/> C
10	What immediate action would you take if your client reacted to the massage medium?		10
A	Continue the treatment	B	Stop the treatment, remove the medium and place a cool damp cloth over the area
C	Stop the treatment and wipe the area with surgical spirit	D	Stop the treatment, remove the medium and put some heat on the area
			<input type="checkbox"/> B