

**1. The suitable environmental conditions for a body massage treatment room are:**

- ventilated with soft lighting

**2. Skin that is shiny, with open pores, comedones and pustules can be classified as:**

- oily

**3. Which of the following contra-indications may restrict a body massage treatment?**

- Meningitis

**4. Which of the following contra-indications may prevent a body massage treatment?**

- Tinea corporis

**5. Which of the following is a psychological objective of a body massage treatment?**

- Improved sense of wellbeing

**6. A physiological effect of a body massage treatment is:**

- improved venous and arterial circulation

**7. Which of following describes the characteristics of an endomorph body type?**

- Slow metabolism, large frame with medium to large joints

**8. Visceral body fat can be located:**

- behind the abdominal wall

**9. Lordosis can be described as an exaggerated:**

- inward curvature of the lumbar spine

**10. It is important for a massage therapist to maintain the correct posture in order to:**

- prevent repetitive strain injury

**11. The main purpose of using an infra-red lamp prior to a body massage treatment is to:**

- warm muscular tissue

**12. An advantage of using mechanical massage equipment is to provide a:**

- deeper massage with a steady even pressure

**13. A body massage treatment for a thin, elderly client with poor muscle tone can be adapted by:**

- avoiding tapotement movements

**14. Which of the following would be the first action to follow if a client's skin became irritated during a body massage treatment?**

- Remove the product

**15. Which of the following is a possible contra-action to a body massage treatment?**

- Nausea

**16. A massage therapist should provide advice on contra-actions to:**

- Inform the client on how to respond immediately

**17. Aftercare advice following a body massage treatment should include:**

- recommendations on additional treatments

**18. Appropriate aftercare advice should be provided to:**

- maintain the benefits and effects of the massage

**19. Which of the following muscular pathologies is commonly known as lockjaw?**

- Tetanus

**20. The symptoms of oedema can be described as:**

- an accumulation of fluid in the tissues

**21. Which of the following symptoms are associated with Bell's palsy?**

- A drooping eyelid or corner of the mouth

**22. The main purpose of using friction techniques in a body massage treatment is to:**

- loosen muscular adhesions

**23. The massage movement most suitable for relaxing a contracted muscle is:**

- petrissage

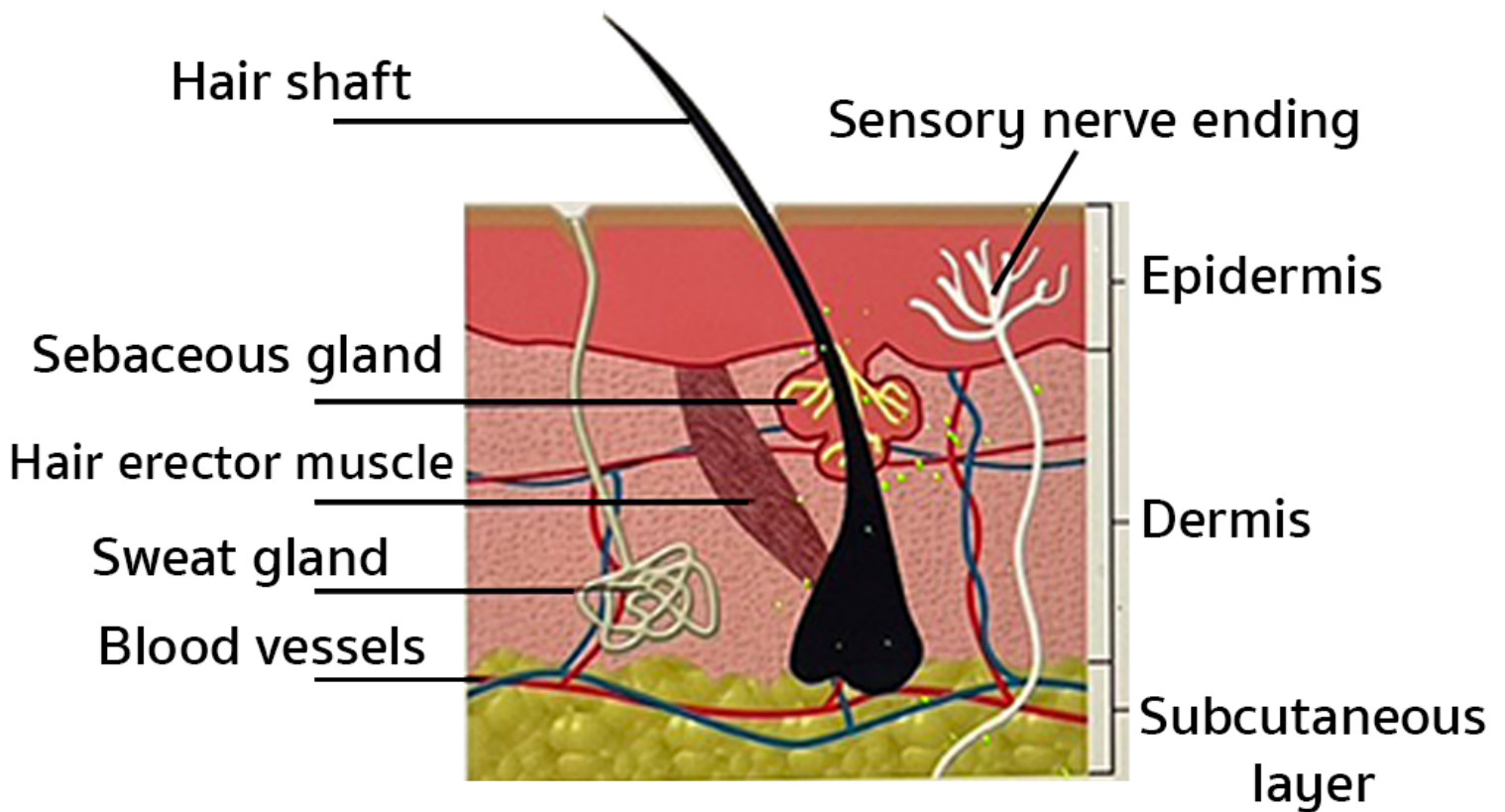
**24. Which of the following massage mediums is more suitable for a dry, mature skin?**

- Cream

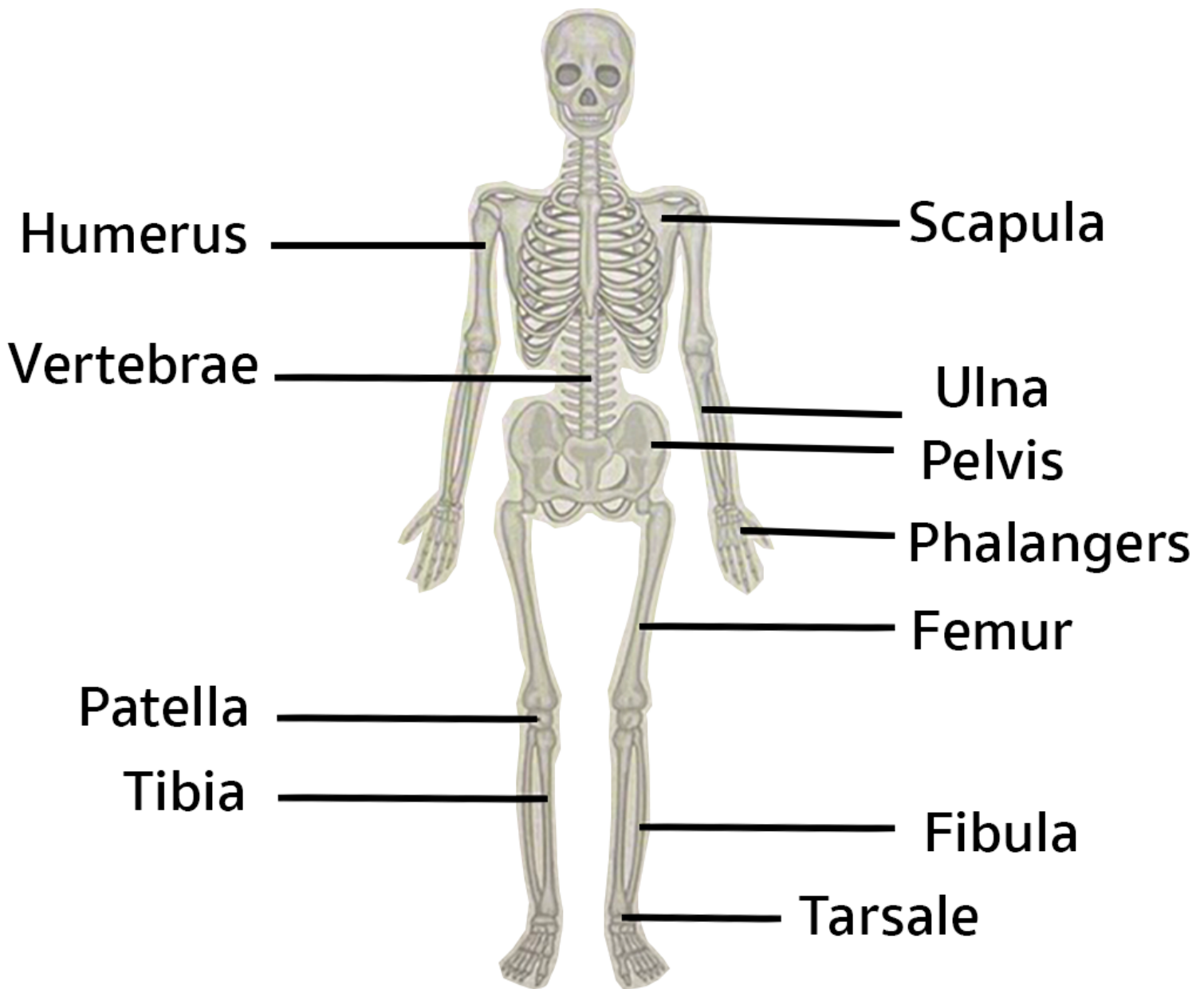
**25. Which piece of legislation or regulation protects a client from faulty products or inadequate services?**

- Consumer Protection Act

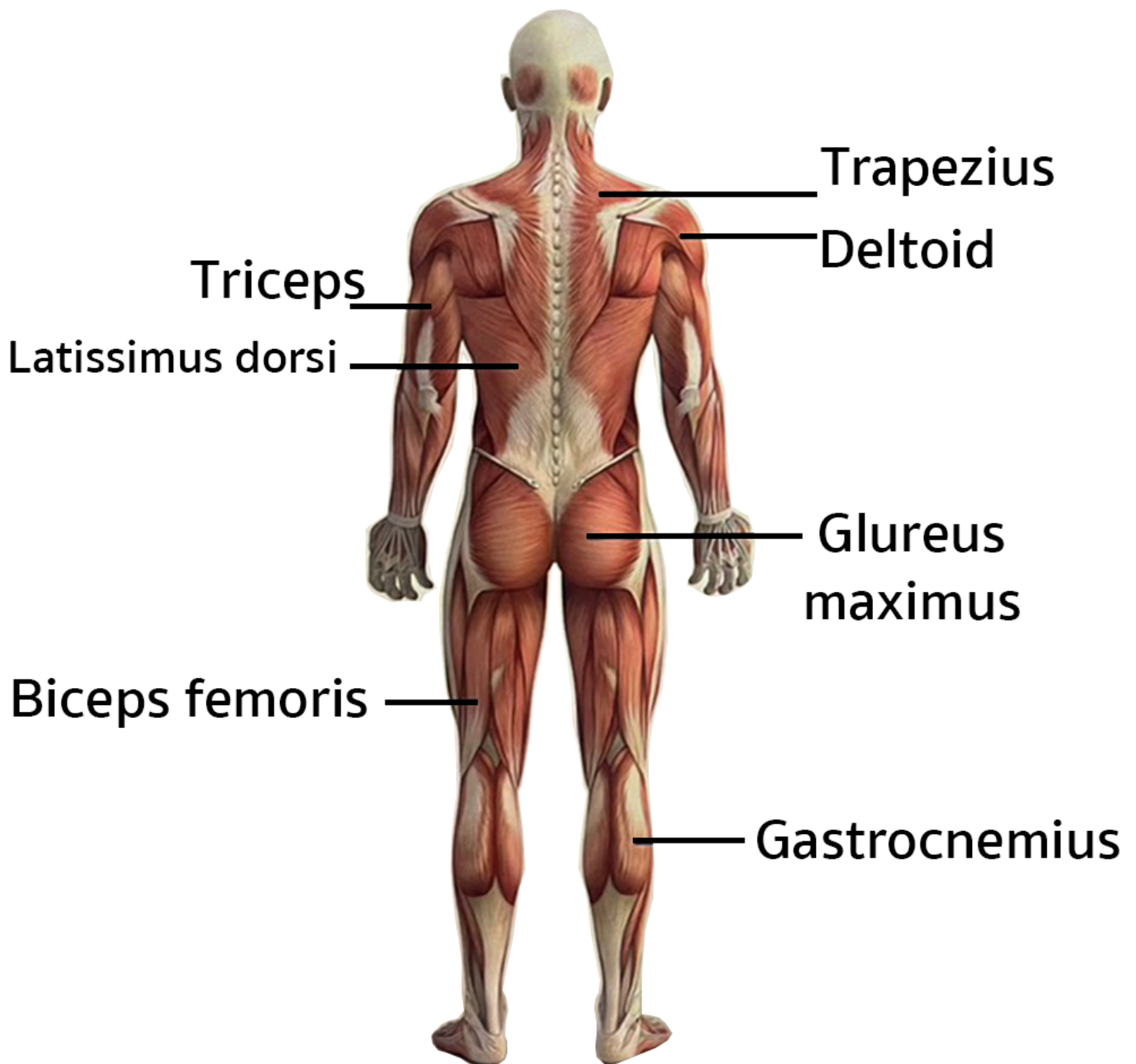
# Skin structure diagram



# Skeleton structure diagram



# Muscular system diagram



# Lymphatic System

