

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

<b>1</b>	<b>Where is the origin of the pectoralis minor?</b>		<b>1</b>
<b>A</b>	Clavicle, sternum and cartilages of the true ribs	<b>B</b>	Axillary border of the scapula
<b>C</b>	3 <sup>rd</sup> - 5 <sup>th</sup> ribs	<b>D</b>	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>		<b>2</b>
<b>A</b>	Shaft of the femur	<b>B</b>	Medial condyle of the tibia
<b>C</b>	Pubis	<b>D</b>	Fibula
			<input type="checkbox"/> B
<b>3</b>	<b>What is inversion?</b>		<b>3</b>
<b>A</b>	Lifting the medial border of the foot	<b>B</b>	Pointing the toe upwards
<b>C</b>	Pointing the toe downwards	<b>D</b>	Lifting the lateral border of the foot
			<input type="checkbox"/> A
<b>4</b>	<b>During the massage you discover a lump in your client's left calf. What action would you take?</b>		<b>4</b>
<b>A</b>	Mention it to your client and continue the massage avoiding the lump	<b>B</b>	Mention it to your client and continue the massage avoiding the left lower leg
<b>C</b>	Mention it to your client and continue the massage including the left lower leg	<b>D</b>	Stop the massage and advise your client to seek medical attention immediately
			<input type="checkbox"/> B
<b>5</b>	<b>A client with a varicose vein on his left calf would like a sports massage. How would you proceed?</b>		<b>5</b>
<b>A</b>	Massage over the varicose vein	<b>B</b>	Massage above the varicose vein
<b>C</b>	Massage under the varicose vein	<b>D</b>	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>		<b>6</b>
<b>A</b>	Ice the area for 15 minues every hour	<b>B</b>	Use a heat pad on the area for 15 minutes
<b>C</b>	Seek medical permission	<b>D</b>	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>		<b>7</b>
<b>A</b>	Softens and soothes muscles	<b>B</b>	Improves circulation causing reflex reaction
<b>C</b>	Contracts tight muscles, stretches muscle fibres	<b>D</b>	Stimulates the nerve tissues, tightens loose muscles
			<input type="checkbox"/> D
<b>8</b>	<b>What is hyperventilation?</b>		<b>8</b>
<b>A</b>	High blood pressure	<b>B</b>	A greater than normal rate of breathing that results in an abnormal loss of oxygen from the blood
<b>C</b>	An increase in the size of a muscle in response to progressive resistance training	<b>D</b>	A greater than normal rate of breathing that results in an abnormal loss of carbon dioxide from the blood
			<input type="checkbox"/> D
<b>9</b>	<b>Thermotherapy is a treatment using:</b>		<b>9</b>
<b>A</b>	Ice	<b>B</b>	Cold water
<b>C</b>	Heat	<b>D</b>	Wind
			<input type="checkbox"/> C
<b>10</b>	<b>Which specific massage movement would be most beneficial to relieve tense quadricep muscles?</b>		<b>10</b>
<b>A</b>	Effleurage	<b>B</b>	Hacking
<b>C</b>	Kneading	<b>D</b>	Vibrations
			<input type="checkbox"/> C