



FILE NUMBER: 4240

PROGRAMME : NATIONAL DIPLOMA
SOMATOLOGY

MODULE : BIOTICS II

CODE : BIT 201

DATE : 07 NOVEMBER 2014
EXAMINATION

DURATION : SESSION 1
8H30 – 11H30

WEIGHT : 50: 50

TOTAL MARKS : 160

EXAMINER : MS. S. SEYAMA

MODERATOR : MRS. D CAMPBELL

NUMBER OF PAGES : 4 PAGES

INSTRUCTIONS : ANSWER ALL QUESTIONS
CHECK THE MARK ALLOCATION
HAND IN THE QUESTION PAPER WITH THE ANSWER
SCRIPT.

REQUIREMENTS : 2 EXAMINATION SCRIPTS PER CANDIDATE

QUESTION 1

- 1.1. Indicate another possible explanation for the use of the word SPA other than Solus Per aqua. (1)
- 1.2 Briefly explain the main differences between Spa's in Europe and the Spa's in the USA. (3)
- 1.3 Identify the ISPA Spa Classifications. (6)
- 1.4 Relate the History of Spa within the timeline 3100BCE to 100 BCE. (8)
- [18]**

QUESTION 2

- 2.1 Clarify the concept of a Day Spa. (10)
- 2.2 Briefly describe Balneotherapy. (5)
- [15]**

QUESTION 3

- 3.1 Provide the effects of the following minerals found in mineral water. (5)
- 3.1.1 Iron
 - 3.1.2 Manganese
 - 3.1.3 Sulphur
 - 3.1.4 Iodine
 - 3.1.5 Bromine
- 3.2 It is vital that the spa manager ensures the spa remains clean, hygienic and disease free. Explain how you would ensure the highest standards of hygiene maintenance of the following:
- 3.2.1. Sauna (2)
 - 3.2.2 Steam room (2)
 - 3.2.3 Showers (including Vichy) (2)
- [11]**

QUESTION 4

- 4.1 Identify six key issues of what a client expects of the spa they visit. You may use bullets but ensure full sentences. (6)
- 4.2 Clarify the client's responsibilities as a spa guest. (3)
- 4.3 Identify any three (3) of the spa core therapies and give two examples of each. (6)

[15]

QUESTION 5

In table format, differentiate between brown, red and green algae. (9)

[9]

QUESTION 6

6.1 Differentiate between neutral and fango bath. (20)

6.2 Differentiate between cold and hot shower. (10)

[30]

QUESTION 7

7.1 Differentiate between the role of a spa consultant and a spa therapist. (10)

7.2 A business plan should have clear objectives set according to the SMART principles. Identify and define these. (5)

7.3 Clarify how the spa treatments costing should be done. (3)

7.4 Identify documents that should be kept for accounts. (6)

[24]

QUESTION 8

8.1 Discuss the importance of vital force in understanding stress/disease manifestation in the body. (10)

8.2 Explain two things that are achieved through manifestation of symptoms. (2)

8.3 Explain the triad of treatment. (6)

8.4 Clarify the relationship of the seven chakras within Indian head massage. (4)

8.5 Specify the three main chakras the therapist must concentrate on during Indian head massage and justify. (3)

8.6 Clarify how the chakras are able to have a direct effect on our state of physical and emotional health. (1)

8.7 Provide the physical effects (5) of Indian head massage and the condition in which the technique provides significant improvement. (5)

8.9. Clarify the concept of Hot stone massage. (2)

8.10 Provide the benefits of Hot stone massage. (5)

[38]
