



PROGRAM : NATIONAL DIPLOMA
SOMATOLOGY

SUBJECT : **BODY THERAPY I**

CODE : **STEa114**

DATE : FINAL THEORY EXAMINATION
3 NOVEMBER 2014

DURATION : SESSION 1
08:30 – 11:30

WEIGHT : 50: 50

TOTAL MARKS : 140

EXAMINER : MS KHUMALO

MODERATOR : MS HENRICO 4191

NUMBER OF PAGES : 4 PAGES

INSTRUCTIONS : **THIS EXAM PAPER MUST BE RETURNED
WITH THE EXAMINATION SCRIPTS.**

REQUIREMENTS : EXAMINATION SCRIPT

QUESTION 1

Thomas is a 60 year old man, who would really like to start getting massage treatments however, he has very minimal knowledge regarding massage, and he would appreciate it if you could highlight the following for him:

- 1.1 Provide a definition of massage. (2)
- 1.2 Identify the countries that had an influence on the basis of massage. (6)
- 1.3 Clarify the Somatologist's aim of massage. (4)
- 1.4 State the benefits of massage. (7)
- 1.5 Identify and briefly describe the 6 different types of manual massage. (12)
- 1.6 Explain to him what massage aids are. (3)

[34]

QUESTION 2

Mr. Jones is 37 years old man and is the CEO of a highly recognized international company. He suspects that he is suffering from stress; however he is unclear about the condition.

- 2.1 Briefly explain to Mr. Jones what stress is. (3)
- 2.2 Identify and explain the causes of stress. (10 x ½ = 5)
- 2.3 Discuss the different approaches to dealing with the ill effects of negative stress. (6)
- 2.4 Describe the different responses the body has to stress. (6)
- 2.5 Explain to him the reasons for doing a consultation. (8)
- 2.6 Draw and complete the wellness pyramid. (8)

[36]

QUESTION 3

- 3.1 Mandy is an 18 year old scholar interested in studying Somatology; she visits the Department and requires your assistance with regards to qualities she should have in order to become a successful Somatologist. Discuss with Mandy all the qualities she would need to exhibit as a Somatologist. (12)
- 3.2 Highlight the important aspects that should be considered while conversing with a client. (5)

[17]

QUESTION 4

Performing massage can be exhausting if the massage therapist/somatologist does not look after themselves during the treatments. Describe how the massage therapist/somatologist can effectively combat this. (14)

[14]

QUESTION 5

Discuss the necessary aspects required for setting up a health and skincare salon using the correct décor etc. required to create the correct ambiance for a relaxing environment. (14)

[14]

QUESTION 6

- 6.1 State four (4) reasons for developing/strengthening the therapist's hands for massage. (4)
- 6.2 Provide 4 examples of appropriate hand exercises. (4)

[8]

QUESTION 7

Mrs. Smith prefers to have a massage without the use of a massage medium. She is concerned that professional massage mediums may affect her sensitive skin negatively.

- 7.1 List five (5) reasons for using a massage medium when massaging. (5)
- 7.2 Assure Mrs. Smith about the safety of using massage mediums by explaining to her how you are going to ensure that the medium you select will be safe to use on her. (3)

[8]

QUESTION 8

- 8.1 Highlight six (6) uses for effleurage. (6)
- 8.2 Differentiate between effleurage and stroking. (3)

[9]