

FILE NUMBER: 4240

PROGRAMME : NATIONAL DIPLOMA
SOMATOLOGY

MODULE : BIOTICS II

CODE : BIT 201

DATE : DECEMBER 2016
SUPPLEMENTARY EXAMINATION

DURATION : SESSION 1
8H30 – 11H30

WEIGHT : 50: 50

TOTAL MARKS : 150

EXAMINER : MS. S. SEYAMA

MODERATOR : MRS. F. DENATH

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 Identify the Wallace's ten Universal and Necessary Spa Features. (10)
- 1.2 Identify the 4Rs of Spa as applicable in the philosophy of Spa therapy. (4)
- 1.3 Clarify the psychology of bathing and spa. (6)

[20]

QUESTION 2

- 2.1 In table format differentiate between a Destination Spa and a Medi Spa. (10)
- 2.2 Engaging the senses, with the use of water and water treatments, created in the spa can have a profound effect on the success of treatments offered. Write a paragraph elaborating on this statement. Include appropriate examples in your answer to assist with justification. (10)

[20]

QUESTION 3

- 3.1 Provide the effects of the following minerals found in mineral water. (4)
 - 3.1.1 Calcium
 - 3.1.2 Manganese
 - 3.1.3 Sulphur
 - 3.1.4 Sodium
- 3.2 Briefly explain the following the spa core therapies and give two examples of each.
 - 3.2.1 HOT (3)
 - 3.2.2 COLD (3)
 - 3.2.3 WATER (3)
- 3.3 Describe the wet room set up. (5)

3.4 Describe the Fango (MUD) bath (8)

[26]

QUESTION 4

4.1 In table format, distinguish between the following algae: brown, red and green. (9)

4.2 Describe the cold shower as used for spa purposes. (3)

[12]

QUESTION 5

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

5.2 Clarify the statement: "Health is positive well-being not just absence of disease". (6)

5.3 Describe the exhaustion stage of the stress response. (4)

[12]

QUESTION 6

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

6.2 Provide the physical effects (5) of Indian head massage and the condition in which the technique provides significant improvement. (10)

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

6.4 Provide relevant nutritional and lifestyle advice to assist with the management of stress. (12)

[28]

QUESTION 7

- 7.1 A business plan should have clear objectives set according to the SMART principles. Identify and define these. (5)
- 7.2 Discuss the role of a spa manager. (6)
- 7.3 What are the conditions for working on Sunday or public holidays? (2)
- 7.4 Explain the code of good practice for considering night working time. (3)
- 7.5 Identify documents that should be kept for accounts. (6)
- 7.6 Identify aspects that should be included in an employment contract. (5)
- 7.7 Clarify how the spa treatments costing should be done. (3)

[30]
