

PROGRAM : NATIONAL DIPLOMA

SOMATOLOGY

MODULE : **BODY THERAPY II**

<u>CODE</u> : STE 211B

DATE : FINAL THEORY EXAM

NOVEMBER 2016

DURATION : 3 HOURS

WEIGHT : 50:50

TOTAL MARKS : SECTION A – 140

SECTION B – 40 TOTAL: 180

EXAMINER : MRS D CAMPBELL

DR K HENRICO

MODERATOR : MRS N MATHENJWA

MRS N MAKHANYA

NUMBER OF PAGES : 4 PAGES

INSTRUCTIONS : READ THROUGH THE WHOLE QUESTION PAPER BEFORE

ANSWERING THE QUESTIONS. WRITE SECTIONS A

AND B IN SEPARATE BOOKLETS.

REQUIREMENTS : 3 EXAMINATION SCRIPTS PER CANDIDATE

SECTION A - BODY. WRITE IN A SEPARATE BOOKLET

QUESTION 1

1.1. In table format, differentiate between adipose and cellulite. 16 Describe the role of the Somatologist when dealing with the overweight/obese 1.2. 8 1.3. Preheating is an important aspect of all slimming treatments. Explain the importance of preheating for slimming, in general. 10 1.4. Discuss the different types of preheating (not the actual preheating treatments) and indicate when they would be most appropriate. 9 Elaborate on how the following contribute to the formation of cellulite: 1.5. 1.5.1 excessive caffeine/alcohol intake 5 4 1.5.2 constipation 1.5.3 excessive consumption of preservatives 4 1.5.4 sedentary lifestyle 4 [60]

QUESTION 2

Taking into consideration the difficulty in treating and reducing the appearance of **cellulite**, answer the following on this topic.

You have the following machines available in your clinic: LED light therapy (Photizo), Cavi, Velasmooth, ultrasound, Microdermabrasion (MDA) and faradic. Redraw the table below into your answer script and complete it including only the machines that will **directly** address cellulite. Where required, be very specific and include specificities.

4 machines @ 12 marks each 48

Machine	How it works t	o Duratio	on time	of	How of	ten does	the
	address cellulite treatment		client	come	in		
					(course)	
(1)	(9)	(1)	(1)		(1)		
				<u> </u>			

[48]

QUESTION 3

- 3.1 Discuss the use of faradic for toning and shaping the figure. **8**
- 3.2 You learnt about machines that address skin tightening. Identify and describe how these work to firm and tone up the skin. 12
- 3.3 Spider naevus can be difficult to treat; identify and describe two machines that you learnt about this year that can assist in treating this condition effectively. Be concise and specific when answering this question.

[32]

SECTION B: (WRITE IN A SEPARATE ANSWER BOOKLET)

TOTAL SECTION B:

OUF.	STION 1:	
1.1.	Discuss the origin of essential oils.	(5)
1.2.	Identify the 5 (five) biological roles of essential oils.	(5) [10]
OUE	STION 2:	
1.1.	Fully discuss the Pharmacokinetics of Essential Oils, with re	gards to absorption
	and metabolism.	(14)
		[14]
Give	STION 3: a blend of 2 oils that will be suitable for the following conditions to will be suitable.	s, include the reason
3.1.	Low Blood Pressure.	(½x4=2)
3.2.	Poor circulation.	(½x4=2)
3.3.	Colic.	(½x4=2)
3.4.	Dandruff.	(½x4=2)
3.5.	Migraine.	(½x4=2)
3.6.	Muscular Cramps	(½x4=2)
Defin	e the following in relation to the effect within the body:	
3.7.	Alterative	(1)
3.8.	Anaphrodisiac	(1)
3.9.	Expectorant	(1)
3.10.	Vasoconstrictor	(1)
		[16]

[40]