



**PROGRAM** : NATIONAL DIPLOMA  
*SOMATOLOGY*

**MODULE** : **BODY THERAPY II**

**CODE** : **STE 211B**

**DATE** : SUPPLEMENTARY THEORY EXAM  
DECEMBER 2016

**DURATION** : 3 HOURS

**WEIGHT** : 50:50

**TOTAL MARKS** : SECTION A – 140  
SECTION B – 40  
**TOTAL: 180**

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**EXAMINER** : MRS D CAMPBELL  
DR K HENRICO

**MODERATOR** : MRS N MATHENJWA  
MRS N MAKHANYA

**NUMBER OF PAGES** : 5 PAGES

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**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

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## **SECTION A – BODY. WRITE IN A SEPARATE BOOKLET**

### **QUESTION 1**

Nonkululeko comes to you for a consultation as she is concerned about the fact that she seems unable to lose weight. During the consultation, you determine the following:

- BMI – 31
- Occupation – teacher at a local nursery school (half day job until 1pm)
- Age – 32
- Children and ages – 2 aged 2 and 3 years
- Daily diet – BREAKFAST – bowl of Frosties, with fat-free milk, 2 cups of coffee with Cremora and 3 teaspoons of sugar in each cup, glass of orange juice; LUNCH – none as she snacks at the nursery school on the left-overs from the children along with any of their left over treats etc; DINNER – in order to ensure her children eat their dinner, Nonkululeko eats dinner with her young children and this usually includes chicken nuggets, chips, vegetable fingers or something similar. When her husband gets home, she sits down and eats dinner with him usually made up of red meat, pap, vegetables with sugar and butter and always ice-cream or shop-bought custard as dessert.
- Additional food drinks consumed daily – at work, Nonkululeko drinks Oros/Drink-o-Pop/CoolAid as the children do; with no official lunch, when she is cooking dinner, she is starving and usually eats a packet of biscuits along with a glass of wine; with dinner she always has at least 2 glasses of wine. Nonkululeko regularly wakes up at around midnight and is very thirsty – she hates water so keeps a 2 litre Coke next to her bed – it is empty in the morning.
- Lifestyle – Nonkululeko considers her job to be sufficient exercise as she teaches young children who are demanding. In the afternoons, she feels very tired and watches TV while her children play and nap.

Nonkululeko presents with the following:

- **“inability” to lose weight**
- Stage 4 **soft cellulite** on her glutes and thighs;
- **Flabby muscles** in general; and
- **Stretch marks** both dark brown and silvery white.

1.1 Taking into consideration Nonkululeko’s main concerns, and referring only the information provided in the case study, provide her with reasons contributing to her concerns. **4 concerns @ 4 marks each = 16**

1.2 Highlight the importance of exercise and drinking water to promote weight loss. **10**

1.3 Considering all the machines you have learnt about this year in Body Therapy II, identify the machines that would address Nonkululeko’s concerns. **5**

1.4 You need to develop a treatment programme to address her cellulite, stretch marks and flabby muscles but **she has limited time** available to spend in the slimming clinic for treatments. Develop a 4 week treatment programme (draw it up in table format) that will address these issues **most efficiently and effectively**. Include an appropriate pre-heat in your table. Write the treatments down in the order you would do them and number the treatments too.

**PH + 2 machines over 4 weeks = 12**

1.4 Provide a rationale for your preheat and machine choices for Nonkululeko.

**PH + 2 machines (incl. all "applications") @ 4 marks each = 16 [59]**

## **QUESTION 2**

Re-draw this table into your answer scripts (do not include last column) and complete it discussing the following Photizo LED light therapy protocols referring to **BODY TREATMENTS**:

<b>CRITERIA</b>	<b>ANTI-AGEING</b>	<b>DETOXIFICATION</b>	<b>DEEP TISSUES</b>	<b>INFLAMMATION</b>	
<b>What this protocol does</b>	<b>4</b>	<b>4</b>	<b>4</b>	<b>4</b>	<b>16</b>
<b>What this protocol treats</b>	<b>3 x 1/2 = 1 1/2</b>	<b>3 x 1/2 = 1 1/2</b>	<b>3 x 1/2 = 1 1/2</b>	<b>3 x 1/2 = 1 1/2</b>	<b>12 x 1/2 = 6</b>
<b>Number of treatments &amp; repeats</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>4</b>

**26 [26]**

## **QUESTION 3**

Thandeka is a new client in your slimming clinic and has booked for a consultation with you. During the consultation, you determine the following to be her main concerns:

- **Localised adiposity** on her abdomen;
- **Lax skin** on her abdomen; and
- **Cellulite** on her glute area.

Thandeka has a Fitzpatrick skin type V and a BMI of 22. You have a Velasmooth machine and a Cavi Lift unit. You also have a sauna, hot blanket, body mitts and body exfoliating grains at your disposal.

3.1 Identify and motivate the most appropriate machine you will use to address Thandeka's concerns. **3**

3.2 Develop a six week treatment programme for Thandeka and include the appropriate pre-heating in your programme.

**PH + machine (Incl. all applications) over 6 weeks = 18**

3.3 Provide a rationale for your preheat and machine choices for Thandeka.

**PH + machine @ 4 marks each = 12**

**[33]**

#### **QUESTION 4**

4.1 Discuss and describe, in detail, the use of the other machine you did not use in question 3 above. Include in your answer how the treatment works, any crucial aspects to the treatment as well as how often the client should come in. **16**

4.2 Explain the importance of pre-heating for slimming treatments. **6**  
**[22]**

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#### **SECTION B: (WRITE IN A SEPARATE ANSWER BOOKLET)**

##### **QUESTION 1:**

1.1. Define the term "*Essential Oil*". (4x½=2)

1.2. Elaborate on the eight (8) physical properties of essential oils. (10x½=5)

4.1. Discuss how the structure of the skin influences the absorption of essential oils. (10x½=5)

**[12]**

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##### **QUESTION 2:**

1.1. Briefly **highlight** your view on the following:

a. Massage and cancer. (3)

b. The usage of essential oils while pregnant. (3)

1.2. List 3 oils that would be suitable for the following conditions:

a. Hypertension. (1½)

b. Oedema. (1½)

c. Flatulence. (1½)

d. Acne. (1½)

1.3. The following terminology are used in Aromatherapy treatments, define these:

a. Analgesic. (½)

b. Anti-depressant. (½)

c. Calmative. (½)

d. Cephalic. (½)

**[14]**

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**QUESTION 3:**

**Case Study:**

Your client (aged 38) booked an Aromatherapy treatment with you. After careful completion of the record card you noted that she suffers from poor circulation, migraines and has varicose veins. She also indicated to you that she is epileptic and is currently using homeopathic remedies.

- 3.1. Name the 3 oils that you would use for this client, include the properties of the oils that would make it suitable for the client. (3)
- 3.2. How would you blend these three oils stated above to produce 3% blend in 20ml carrier oil. (2)
- 3.3. Which oils would be contra-indicated for this client? (5)
- 3.4. What would you give the client for home care? (4)

**[14]**

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TOTAL SECTION B:

[40]

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