



PROGRAM : NATIONAL DIPLOMA
SOMATOLOGY

MODULE : BODY THERAPY I

CODE : STEA114

DATE : FINAL THEORY EXAM
24 NOVEMBER 2017

DURATION : 180 MINUTES
08H30 – 11H30

WEIGHT : 50 : 50

TOTAL MARKS : 130

EXAMINER : MS. L. BERRIMAN

MODERATOR : MRS N. MATHENJWA

NUMBER OF PAGES : 4

INSTRUCTIONS TO CANDIDATES:

PLEASE ANSWER ALL THE QUESTIONS.

USE THE MARK ALLOCATION AS AN INDICATION AS TO HOW MUCH
INFORMATION YOU MUST PROVIDE.

GOOD LUCK!

QUESTION 1

Henry is a 46 year old man, who would really like to start coming to you for massage treatments. He has minimal knowledge regarding massage, and he would appreciate it if you could highlight the following for him:

- 1.1 Definition of massage. (2)
- 1.2 Explain the term "**local massage**". (2)
- 1.3 Elucidate the Somatologist's aim of massage. (4)
- 1.4 Clarify eight (8) benefits of massage. (8)
- 1.5 Identify and describe the (six) 6 different types of manual massage. (12)
- 1.6 Discuss the term massage aid and provide four (4) examples. (6)
- 1.7 a) Identify the physiologist in Sweden who played a significant role in the history of massage in Sweden. (1)
b) Describe this physiologist's role and his findings. (8)

[43]

QUESTION 2

- 2.1 Elucidate the body's response to stress. (6)
- 2.2 List twelve (12) symptoms caused by stress. (12)
- 2.3 Discuss how massage therapy can be effective in managing stress. (5)
- 2.4 Clarify what is meant by the term "**positive stress**". (3)

[26]

QUESTION 3

With reference to components of massage discuss the following terms in detail.

- 3.1 Rate of movement. (4)
- 3.2 Stride standing working position (3)
- 3.3 Body weight distribution (5)
- 3.4 Direction of pressure (4)

[16]

QUESTION 4

A fellow therapist does not understand the importance of the client consultation and therefore doesn't perform one prior to massage. Explain how you will convince her to perform a client consultation, by providing her with reasons why the consultation process is vital. [8]

[8]

QUESTION 5

Mrs Kunene is 32 years of age; she suffers from the following conditions: aches and pains in the lower back, stiff shoulders and recurrent headaches and varicose veins in her legs. She suffers from diabetes, which is controlled and has phlebitis in her right thigh.

Ayanda is job shadowing you and she would like to know more about massage. She has witnessed you completing Mrs Kunene's consultation and you have explained that she has various contra-indications.

5.1 Define phlebitis (3)

5.2 Provide an explanation for the term "**varicose vein**". State whether this is an absolute contra-indications or whether you can make any adaptations, in order to still massage Mrs Kunene, motivate your answer. (10)

5.3 Explain to Mrs Kunene, how you will be able to assist her with her back problems and possibly also her headaches. (3)

5.3 Explain to Mrs Kunene how you can help her with her back problems and possibly also her headaches. (4)

[20]

QUESTION 6

Redraw this table in your script and complete it in full. (13)

Use the mark allocation as indication as to how many facts you must provide.

Classification of massage movements

GROUP	MANIPULATIONS
Effleurage	(2)
Petrissage	(5)
Tapotement	(4)
Vibrations	(2)

[13]

QUESTION 7

Highlight four (4) examples of poor ethics. (4)

[4]
