



PROGRAM : NATIONAL DIPLOMA
SOMATOLOGY

MODULE : BODY THERAPY I

CODE : STEA114

DATE : SUPPLEMENTARY THEORY EXAM
11 JANUARY 2018

DURATION : 180 MINUTES
08H00 – 11H00

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

Case study

Tumi has recently started a new job and is suffering from negative stress; provide her with valuable advice regarding the management of stress and methods of reducing her stress levels, regarding massage therapy.

Provide answers to the following questions.

- 1.1 Discuss how massage therapy can be effective in managing stress. (4)
- 1.2 Provide Tumi with ten (10) symptoms caused by stress. (10)
- 1.3 Clarify what is meant by the term "**positive stress**". (3)

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QUESTION 2

Redraw this table in your script and complete it in full. (18)

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

DIFFERENCES BETWEEN RADIANT HEAT AND INFRA-RED LAMPS

Radiant heat lamps - luminous	Infra-red lamps – non-luminous
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.

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QUESTION 3

3.1 Identify the various manipulations that fall under the following categories:

- 3.1.1 Tapotement (4)
- 3.1.2 Effleurage (2)

- 3.2 Explain the uses of the massage manipulation "soothing stroking" (3)
- 3.3 Discuss four (4) uses of hacking. (4)
- 3.4 Define pounding. (3)
- 3.5 Identify the uses of vibration. (3)

[19]

QUESTION 4

Samantha wishes to come to you for gyratory massage. She has heard from a friend that it can be extremely relaxing and it has several other benefits. She would like to find out more information on this treatment before making a booking with you.

- 4.1 Explain the method by which the gyratory vibrator operates. (4)
- 4.2 List three (3) uses of the gyratory massage unit. (3)
- 4.3 Highlight twelve (12) contra-indications to a gyratory massage. (12)
- 4.4 Clarify the various precautions to gyratory massage. (6)
- 4.5 Discuss the advantages of gyratory massage. (6)

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QUESTION 5

Mrs Nene is a 34 year old woman, she would really like to start coming to you for massage treatments. She has limited knowledge regarding massage and she would appreciate it if you could enlighten her on the following:

- 5.1 Definition of massage. (2)
- 5.2 Explain the term "**local massage**". (2)
- 5.3 Clarify eight (8) benefits of massage. (8)

[12]

QUESTION 6

- 6.1 List six (6) types of preheating used in the skin care clinic. (6)
- 6.2 Identify and briefly discuss the effects and benefits of heat treatments. (8)
- 6.3 Highlight five (5) effects of the steam bath. (5)
- 6.4 Describe five (5) disadvantages to the sauna bath. (5)
- 6.5 Discuss the order of sauna bathing. (9)

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