

**MULTIPLE CHOICE
QUESTION PAPER**

Paper number MSPMQ3.0 Please insert this reference number in the appropriate boxes on your candidate answer sheet or to be used with answer sheet	Time allocation 60 minutes
Title <div style="text-align: center;"> <h1>MOCK PAPER</h1> <h2>Level 3 Certificate in Sports Massage (Soft Tissue Therapy)</h2> <p>Unit Accreditation Number T/602/5331</p> </div>	
Special Instructions <p>This theory paper comprises questions that are indicative of the Level 3 Anatomy and Physiology for Sports Massage unit.</p> <p>All questions are multiple-choice. Answers should be recorded as either a, b, c or d. Calculators are permitted.</p> <p>This theory paper has 40 marks. A minimum total of 28 marks (70%) overall is required in order to pass.</p> <p>Important: Please do not write on this paper.</p>	

Q1

Which of the following skin conditions results from a bacterial infection of the sebaceous glands? (1 mark)

- a. Calluses
- b. Acne
- c. Athlete's foot
- d. Moles

Q2

Where is sebum produced? (1 mark)

- a. Hair follicle
- b. Sweat gland
- c. Fat cell
- d. Sebaceous gland

Q3

What is a plexus? (1 mark)

- a. A motor nerve
- b. A sensory nerve
- c. A mixed nerve
- d. A bundle of nerves

Q4

Which of the following bursae is located in the ankle? (1 mark)

- a. Pes anserinus
- b. Popliteal
- c. Iliopectineal
- d. Retrocalcaneal

Q5

Which one of the following is a benefit of regular sports massage? (1 mark)

- a. Lowered risk of injury
- b. Increased CV fitness
- c. Stronger bones
- d. Weight loss

Q6**Which of the following is a function of lymph nodes? (1 mark)**

- a. To emulsify fats
- b. To produce lymph
- c. To produce lymphocytes
- d. To produce red blood cells

Q7**How many bones comprise the acetabulum? (1 mark)**

- a. 1
- b. 2
- c. 3
- d. 4

Q8**Which of the following knee ligaments can be described as wide and strap-like? (1 mark)**

- a. Anterior cruciate
- b. Posterior cruciate
- c. Lateral collateral
- d. Medial collateral

Q9**Which one of the following is a para-sympathetic response of the nervous system? (1 mark)**

- a. Decreased blood pressure
- b. Increased heart rate
- c. Pupil dilation
- d. Decreased saliva production

Q10**How do frictions aid recovery from injury? (1 mark)**

- a. Increasing pain in a localised area will result in an acceleration of the body's natural repair process
- b. The heat generated makes the tissues sweat which helps lubricate the area
- c. By reducing localised areas of congestion within tissues, thereby improving blood flow
- d. By making tissues more adherent, helping them stick together more easily

Q11**The vasodilation of blood vessels which occurs during sports massage is primarily due to (1 mark)**

- a. physiological effects
- b. physical effects
- c. psychological effects
- d. the placebo effect

Q12**How many menisci are there in a healthy knee? (1 mark)**

- a. 1
- b. 2
- c. 3
- d. 4

Q13**How does the lymphatic system aid digestion? (1 mark)**

- a. By secreting hormones

- b. By absorption of lipids from the small intestine
- c. By producing digestive enzymes
- d. By peristalsis

Q14**What are the actions of subscapularis? (1 mark)**

- a. Adduction and medial rotation of the shoulder
- b. Abduction and medial rotation of the shoulder
- c. Adduction and lateral rotation of the shoulder
- d. Abduction and lateral rotation of the shoulder

Q15**What is the name given to the liquid that flows around the lymphatic system? (1 mark)**

- a. Plasma
- b. Lymph
- c. Interstitial fluid
- d. Tissue fluid

Q16**What is a hormone? (1 mark)**

- a. A chemical messenger
- b. A vitamin
- c. An endocrine cell
- d. An endocrine gland

Q17**What is the primary purpose of the fibula? (1 mark)**

- a. To give strength to the leg when weight bearing
- b. To provide a surface for attachment of flexor digitorum longus
- c. To provide a surface for attachment of the peroneal muscles
- d. To limit eversion of the ankle

Q18**What is the name of the largest part of the brain? (1 mark)**

- a. Cerebrum

- b. Cerebellum
- c. Diencephalon
- d. Brain stem

Q19**Oedema results from the excess of what type of liquid? (1 mark)**

- a. Lymph
- b. Plasma
- c. Interstitial fluid
- d. Water

Q20**Reduction in stress is a (1 mark)**

- a. parasympathetic response to massage
- b. physical response to massage
- c. psychological response to massage
- d. sympathetic response to massage

Q21**What is the name of the pigment that darkens in response to UV radiation?****(1 mark)**

- a. Keratin
- b. Collagen
- c. Melanin
- d. Thrombin

Q22**What is the name of the protein that toughens the skin cells within the epidermis?****(1 mark)**

- a. Sebum

- b. Collagen
- c. Keratin
- d. Elastin

Q23**The physical effects of sports massage result primarily from: (1 mark)**

- a. changes which occur to the client's mental state
- b. changes which occur as a result of sympathetic and/or parasympathetic responses
- c. changes which occur to the properties of connective tissue
- d. changes caused by the placebo effect

Q24**What are the names of the 2 divisions of the skin? (1 mark)**

- a. Primary stratus and secondary stratus
- b. Primary stratum and secondary stratum
- c. Dermis and epidermis
- d. Dermis and endodermis

Q25**Where in the body are the inguinal nodes? (1 mark)**

- a. In the armpit
- b. Behind the knee
- c. In the groin
- d. In the neck

Q26**Which one of the following situations is most likely to trigger a para-sympathetic response? (1 mark)**

- a. Anticipation at the start line of a race

- b. Eating a large meal
- c. Waking in the night and hearing movement downstairs
- d. Having a massage for the first time

Q27

What are the names of the two components of intervertebral discs? (1 mark)

- a. Annulus pulposus and nucleus fibrosus
- b. Annulus fibrosus and nucleus pulposus
- c. Annulus pulposus and nucleus pulposus
- d. Annulus fibrosus and nucleus fibrosus

Q28

Which one of the following muscles attaches to the anterior superior iliac spine (ASIS)? (1 mark)

- a. Sartorius
- b. Gracilis
- c. Pectineus
- d. Rectus femoris

Q29

Which of the following is a function/are functions of the cerebellum? (1 mark)

- a. Interpretation of visual and auditory input
- b. Short-term memory
- c. Balance and co-ordination
- d. Interpretation of taste and olfactory input

Q30

What causes the flow of lymph to slow as it passes through a lymph node? (1 mark)

- a. The narrowing of lymph vessels upon entry
- b. Having fewer lymphatic vessels leaving nodes than entering

- c. Non–return valves which prevent back-flow
- d. Gravity which causes a passive peripheral resistance

Q31

Which one of the following is a sympathetic response of the nervous system? (1 mark)

- a. Decreased blood pressure
- b. Increased heart rate
- c. Pupil constriction
- d. Increased saliva production

Q32

What are the actions of peroneus longus? (1 mark)

- a. Dorsiflexion and inversion
- b. Plantar flexion and inversion
- c. Dorsiflexion and eversion
- d. Plantar flexion and eversion

Q33

Which of the following skin conditions results in cauliflower-like growths? (1 mark)

- a. Warts
- b. Dermatitis
- c. Psoriasis
- d. Moles

Q34

How many layers are contained within the dermis? (1 mark)

- a. 2
- b. 3
- c. 4
- d. 5

Q35

Why may sports massage prove beneficial if it is applied just before an event? (1 mark)

- a. The oils used could help lubricate the joints

- b. If it is made to be painful, it will encourage the release of adrenaline
- c. By optimising blood circulation, the onset of lactic acid production is delayed
- d. By removing the necessity to warm-up, energy can be conserved

Q36**Where in the body are the axillary nodes? (1 mark)**

- a. In the armpit
- b. Behind the knee
- c. In the groin
- d. In the neck

Q37**What is the primary function of the patella? (1 mark)**

- a. To provide an attachment point for muscles
- b. To prevent hyperextension of the knee
- c. To prevent hyperflexion of the knee
- d. To improve the biomechanical efficiency of the knee

Q38**What is the name of the surface formed by the superior (proximal) end of the tibia? (1 mark)**

- a. Tibial tuberosity
- b. Tibial plateau
- c. Tibial process
- d. Tibial malleolus

Q39**Which structural division of the nervous system comprises motor and sensory nerves? (1 mark)**

- a. Somatic nervous system
- b. Autonomic nervous system

- c. Central nervous system
- d. Peripheral nervous system

Q40

Which of the following is a function of the skin? (1 mark)

- a. Production of hormones
- b. Temperature regulation
- c. Production of Vitamin K
- d. To help hold bones together