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**SHORT ANSWER
QUESTION PAPER**



Paper number DSMS Mock	Time allocation 30 minutes
Title <p style="text-align: center;">Level 3 Diploma in Sports Massage Therapy (601/5011/7) Combined unit theory assessment paper MOCK</p> <p style="text-align: center;">Note: This paper is approximately half the size of a final summative paper (see Assessment specification in LAR for full details)</p>	
<p>This synoptic paper comprises 3 separate sections, containing short answer questions from the following units:</p> <p>Section A: Principles of health and fitness (R/506/7222)</p> <ul style="list-style-type: none"> • Comprises 3 questions worth a total of 5 marks • The marks available are indicated below each question and are reflective of the amount of detail required • A minimum of 4 marks (70%) is required to pass this section <p>Section B: Professional practice in sports massage (D/506/7224)</p> <ul style="list-style-type: none"> • Comprises 5 questions worth a total of 7 marks • Each question is worth 1 mark • A minimum of 5 marks (70%) is required to pass this section <p>Section C: Sports massage treatments (T/506/7228)</p> <ul style="list-style-type: none"> • Comprises 3 questions worth a total of 4 marks • The marks available are indicated below each question and are reflective of the amount of detail required • A minimum of 3 marks (70%) is required to pass this section <p style="text-align: center;">Each section is individually assessed</p>	

Section A: Principles of health and fitness

1. Give 2 lifestyle choices which help underpin healthy way of life

		Total marks available 2	Total marks achieved

2. Give 2 benefits of being healthy

		Total marks available 2	Total marks achieved

3. What is the name given to “*organic compounds which are essential for normal growth and nutrition and are required in small quantities in the diet because they cannot be synthesized by the body*”?

		Total marks available 1	Total marks achieved

Section B: Professional practice in sports massage (D/506/7224)

1. Why is it important that the sports massage industry is regulated?

	Total marks available 1	Total marks achieved

2. What is the value of becoming a member of a sports massage professional association?

	Total marks available 1	Total marks achieved

3. Give 2 ways by which a sports massage therapist can demonstrate professional behaviour

	Total marks available 2	Total marks achieved

4. What is the role of the sports massage therapist when presented with an emergency situation?

	Total marks available 1	Total marks achieved

5. State 2 legal requirements when storing records

	Total marks available 2	Total marks achieved

Section C: Sports massage treatments (T/506/7228)

1. Briefly describe the origins of massage

Total marks available 1	Total marks achieved

2. Explain 2 possible uses for sports massage when dealing with a client who is NOT actively partaking in a sport

Total marks available 2	Total marks achieved

3. Is observation of a client a subjective method of assessment?

YES	NO
Total marks available 1	Total marks achieved

MARKING SUMMARY for:**Diploma in Sports Massage (synoptic paper) Mock**

Learner's name: _____

Section A: Principles of health and fitness (R/506/7222)

Marks required	4	Marks achieved	
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Section B: Professional practice in sports massage (D/506/7224)

Marks required	5	Marks achieved	
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Section C: Sports massage treatments (T/506/7228)

Marks required	3	Marks achieved	
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Feedback / action plan

Learner's signature: _____ Date: _____

Assessor's signature: _____ Date: _____