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SHORT ANSWER QUESTION PAPER

<table>
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<th>Paper number</th>
<th>Time allocation</th>
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<tr>
<td>DSMS Mock</td>
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Title

Level 3
Diploma in Sports Massage Therapy (601/5011/7)
Combined unit theory assessment paper MOCK

Note: This paper is approximately half the size of a final summative paper (see Assessment specification in LAR for full details)

This synoptic paper comprises 3 separate sections, containing short answer questions from the following units:

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

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

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

Each section is individually assessed
Section A: Principles of health and fitness

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

<table>
<thead>
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<th>Total marks achieved</th>
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<tr>
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2. Give 2 benefits of being healthy

<table>
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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”?

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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

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

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

   YES
   NO
MARKING SUMMARY for:

Diploma in Sports Massage (synoptic paper) Mock

Learner’s name: ________________________________

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<thead>
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<th>Section A: Principles of health and fitness (R/506/7222)</th>
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Feedback / action plan

Learner’s signature: ___________________________  Date: __________
Assessor’s signature: ___________________________  Date: __________