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The VTCT Level 3 Diploma in
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focused towards those seeking to gain employment as a sports massage therapist working with the general public and athletes. The qualification consists of five mandatory units: • Anatomy and physiology for sports massage • Principles of health and fitness • Professional practice in sports massage • Understand the principles of soft ...

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The VTCT Level 3 Diploma in Sports Massage Therapy is a technical level qualification aimed at developing the knowledge, understanding and technical

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Level 3 Certificate in
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Number T/602/5331 Special
Instructions This theory
paper comprises questions
that are indicative of the
Level 3 Anatomy and
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Massage unit. All questions
are multiple-choice. Answers
should be recorded as either
a, b, c or d. Calculators

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Title MOCK PAPER

Why may sports massage prove beneficial if it is applied just before an event? a. If it is made to be painful, it will encourage the release of adrenaline b. By optimising blood circulation, the onset of lactic acid production could be delayed c. By removing the necessity to warm-up, energy can be conserved d. The oils used could help lubricate the joints .

Title:

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MULTIPLE CHOICE QUESTION

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PAPER

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Anatomy and physiology for
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21. A client presents for Sports massage, he has varicose veins on his left calf. Do you? A. Massage the whole leg B. Massage over the varicose vein C. Massage under the varicose vein D. Massage above the varicose vein. D. Massage above the varicose vein. 22. The symptoms of heat exhaustion include: A. Excessive sweating B. Weak rapid pulse, low blood pressure C. Skin becomes dry and hot D

...

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ITEC LEVEL 3 SPORTS MASSAGE DIPLOMA REVISION QUESTIONS

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course, based in our main Physiotherapy clinic in Manchester. The course will be delivered alongside a well established Massage service that runs within a private Physiotherapy clinic. This will be a great opportunity to learn alongside already qualified Sports Massage Therapists and Physiotherapists and a chance to ...

Level 3 Sports Diploma (VTCT) | Courses | Massage Therapy ...

This exam includes a wide range of anatomy and physiology knowledge, including the skeletal system, muscular system,

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cardiovascular system, nervous system, endocrine system, energy systems and bioenergetics. This assessment is one of the mandatory assessments that all fitness professionals wanting to achieve Level 3 status with the Register of Exercise Professionals (REPs) will need to attain ...

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