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# Assignment Pack

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## Massage Therapy Pack 1

This *Assignment Pack* contains the Quizzes you will need to complete your course. The Lessons will tell you when to complete each Quiz. If you have not yet accessed your Lessons, you can download your Electronic Lesson Book or order a printed copy from the Student Site, [www.uscareerinstitute.edu](http://www.uscareerinstitute.edu). If you have questions, please contact Student Services at 1-800-347-7899.



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## Instructions for Quizzes

1. Be sure you've mastered the Lessons and Practice Exercises that this Quiz covers.
2. Mark your answers on the Quiz, and make sure to check your answers by reviewing the Lessons.
3. When you're finished, decide how you will submit your answers and then follow the correct instructions below. You may only submit your answers for a Quiz once. **Important:** When submitting your Quiz, be sure to include your name, address, student ID number and course code. Incomplete information may result in your Quiz not being processed.

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## Scanner Quiz Instructions

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For a Quiz that contains only multiple-choice questions, please select the method of submission:

- **Online:** Submit your answers online and receive your grade immediately by submitting them to the student site, [www.uscareerinstitute.edu](http://www.uscareerinstitute.edu).
- **Phone:** Call the Quiz Line at 1-877-599-5857 and give your answers over the phone to receive your grade immediately.
- **Mail or Fax:** Scanner Answer Sheets and addressed envelopes are included with each print *Assignment Pack*. Transfer your Quiz answers to the Scanner Answer Sheet, using only blue or black ink. Mail your Scanner Answer Sheet using the enclosed envelope, or fax the form to 1-877-599-5863.

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## Instructor-Graded Quiz Instructions

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For the quickest response to instructor-graded Quizzes, simply e-mail your completed Quiz as an attachment to your instructor at [assignments@uscareerinstitute.edu](mailto:assignments@uscareerinstitute.edu). In most cases, you will receive the graded Quiz back via e-mail within three business days.

To ensure your instructor can grade your Quiz electronically, please create documents using one of the following preferred software programs: **Microsoft® Word**, **Microsoft® Works** or **WordPerfect®**. Make sure to include your **name**, **student ID**, **course code** and **Quiz number** in the subject line of your e-mail. Include your address in the e-mail. Finally, please note that these instructions only apply to handwritten Quizzes. Thank you and good luck!

For a Quiz that contains Instructor-graded questions, please select the method of submission:

- **Online:** Submit your answers online for an instructor to review and grade by submitting them to the student site, [www.uscareerinstitute.edu](http://www.uscareerinstitute.edu).
- **Mail or Fax:** Scanner Answer Sheets and addressed envelopes are included with each print *Assignment Pack*. Transfer your Quiz answers to the Answer Sheet, using only blue or black ink. Mail your Cover Sheet and Answer Sheet using the enclosed envelope, or fax the form to 1-877-599-5863.

After you have submitted your Quiz answers, you may begin the next lesson. You do not need to wait for your Quiz results to move on to the next lesson!



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## Quiz 1: The Past, Present and Future of Massage Therapy

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This is a Scanner Quiz that should be submitted according to the instructions at the beginning of this pack.

Select the single best answer to complete each sentence.

1. **People generally make appointments for a massage to \_\_\_\_\_.**
  - a. receive reimbursement from their insurance company
  - b. use alternative therapies
  - c. treat mental illness
  - d. relieve stress, treat a medical condition, or cultivate wellness
  
2. **Therapeutic massage can be defined as \_\_\_\_\_.**
  - a. the manipulation of soft tissue to reduce pain and promote health
  - b. effleurage, petrissage and tapotement
  - c. sports, luxury and medical treatment
  - d. relaxation techniques that anyone can perform
  
3. **Some well-known historical figures who promoted massage include \_\_\_\_\_.**
  - a. Hippocrates, Julius Caesar and Sigmund Freud
  - b. Per Henrik Ling, Charles Fayette Taylor and Carl Jung
  - c. Joan of Arc, Cleopatra and Hippocrates
  - d. Carl Jung, Sigmund Freud and Gestalt
  
4. **Swedish massage was developed in the 19th century by \_\_\_\_\_.**
  - a. Per Henrik Ling
  - b. Sigmund Freud
  - c. Johann Mezger
  - d. Charles Fayette Taylor
  
5. **The United States can thank \_\_\_\_\_ for being the first person to bring massage to this country in the latter half of the 19th century.**
  - a. Per Henrik Ling
  - b. Sigmund Freud
  - c. Johann Mezger
  - d. Charles Fayette Taylor

6. **A treatment for injury is \_\_\_\_\_.**
  - a. Swedish massage
  - b. pressure point therapy
  - c. traditional massage
  - d. neuromuscular therapy
  
7. **\_\_\_\_\_ massage focuses on helping to enhance physical performance.**
  - a. Traditional
  - b. Swedish
  - c. Sports
  - d. Pressure point
  
8. **Research has proven that massage can be effective in \_\_\_\_\_.**
  - a. relieving the pain and discomfort of hospice patients, reducing the need for episiotomy in pregnant women and helping premature babies gain weight
  - b. relieving cancer patients' pain, easing labor and helping premature babies learn to nurse
  - c. relieving inflammation due to AIDS complications, improving fertility and helping premature babies fight off infection
  - d. relieving the pain of surgery, reducing the need for c-sections and helping premature babies reduce the time they spend in the special care nursery
  
9. **The body system that is most affected by massage is the \_\_\_\_\_ system.**
  - a. digestive
  - b. nervous
  - c. musculoskeletal
  - d. endocrine
  
10. **Ailments that massage can help treat include \_\_\_\_\_.**
  - a. allergies
  - b. digestive disorders such as constipation
  - c. headaches
  - d. all of the above
  
11. **Massage can have far-reaching effects on disease since it is so powerful in reducing stress, and as much as \_\_\_\_\_ of disease is believed to be stress-related.**
  - a. 20%
  - b. 40%
  - c. 60%
  - d. 80%

12. **Some mental health conditions that are improved through massage include \_\_\_\_\_.**
- a. phobias
  - b. anxiety and depression
  - c. schizophrenia and bipolar disorders
  - d. paranoia
13. **One disease for which massage is contraindicated is \_\_\_\_\_.**
- a. insomnia
  - b. TMJ
  - c. phlebitis
  - d. constipation
14. **Some of the advantages to working in a chiropractor's office might include \_\_\_\_\_.**
- a. referrals from the chiropractor and help from the staff with scheduling and billing
  - b. no paperwork to complete
  - c. a high hourly wage
  - d. help with linens and marketing
15. **As you practice your massage techniques, it's important that you work on \_\_\_\_\_.**
- a. your instructor
  - b. a certified massage therapist
  - c. healthy individuals
  - d. other massage students
16. **If you work on a cruise ship, you can expect to give \_\_\_\_\_.**
- a. 4-8 massages a day
  - b. 10-12 massages a week
  - c. 6-9 massages a day
  - d. 15-20 massages a week
17. **Factors that determine the fee for a massage might include \_\_\_\_\_.**
- a. the type and length of treatment
  - b. the massage therapist's experience
  - c. the geographic location
  - d. all of the above

18. In addition to having an accepting, caring and trustworthy nature, massage therapists must have or develop \_\_\_\_\_.  
a. effective communication skills  
b. an athletic and slender body  
c. accounting skills  
d. marketing skills
19. One of the benefits of on-site massage that corporations are beginning to notice is \_\_\_\_\_.  
a. lower insurance costs  
b. lower absenteeism  
c. reduced tardiness  
d. more productive meetings
20. One of the most important skills that massage therapists can develop is \_\_\_\_\_.  
a. neuromuscular knowledge  
b. an understanding of the nervous system  
c. excellent communication skills  
d. effleurage, petrissage and tapotement

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## Quiz 2: Popular Bodywork Approaches—An Overview

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This is a Scanner Quiz that should be submitted according to the instructions at the beginning of this pack.

Select the single best answer to complete each sentence.

1. \_\_\_\_\_ movements were an early precursor to and influence on today's Swedish massage.
  - a. Dance
  - b. Neuromuscular
  - c. Deep tissue
  - d. Gymnastics
  
2. When \_\_\_\_\_ are in balance, the mind and body are in harmony.
  - a. yin and yang
  - b. trigger points
  - c. meridians
  - d. acupoints
  
3. According to Chinese thought, energy circulates mainly through \_\_\_\_\_ in the body.
  - a. muscles
  - b. meridians
  - c. blood
  - d. nerves
  
4. There are more than 300 \_\_\_\_\_ where a massage therapist can apply direct pressure to facilitate better circulation of blood and chi.
  - a. meridians
  - b. trigger points
  - c. acupoints
  - d. lymph nodes
  
5. \_\_\_\_\_ includes manipulating one or more strategic points on the body to improve circulation of blood and chi and to ease pain.
  - a. Shiatsu
  - b. Reflexology
  - c. Myofascial release
  - d. Acupressure

6. Using the ball of the thumb to apply pressure in order to access energy pathways and restore balance is the technique used in the \_\_\_\_\_ approach to massage.
  - a. Shiatsu
  - b. Swedish
  - c. Rolfing
  - d. Rosen
  
7. \_\_\_\_\_ works with electro-magnetic patterns to create a health system involving energy-based bodywork, diet, exercise and self-awareness.
  - a. Rolfing
  - b. Polarity therapy
  - c. Yin-yang therapy
  - d. Cranial-sacral therapy
  
8. The \_\_\_\_\_ practitioner uses gentle, direct touch to focus on easing chronic muscle tension.
  - a. deep tissue
  - b. neuromuscular
  - c. Rosen
  - d. energetic
  
9. \_\_\_\_\_, meaning universal life force energy in Japanese, is a subtle form of energy work.
  - a. Chi
  - b. Trigger-point therapy
  - c. Chakras
  - d. Reiki
  
10. Hydrotherapy is the use of alternating hot and cold water to stimulate \_\_\_\_\_.
  - a. acupoints
  - b. meridans
  - c. trigger points
  - d. circulation
  
11. The idea that stresses from trauma, improper body mechanics, poor posture, or psychological issues produce changes in the muscle is strongly emphasized in \_\_\_\_\_ approaches.
  - a. neuromuscular
  - b. energetic
  - c. cranial-sacral
  - d. Swedish

12. \_\_\_\_\_ are hyperirritable spots that are painful when compressed.
- Acupoints
  - Meridians
  - Trigger points
  - Reflexes
13. \_\_\_\_\_ techniques use active muscle contraction followed by relaxation and passive stretching to increase joint mobility.
- Reflexology
  - Shiatsu
  - Swedish
  - Muscle energy
14. \_\_\_\_\_ is the practice of stimulating particular points on the body that link to specific glands, organs and muscles to benefit body functions.
- Deep tissue therapy
  - Reflexology
  - Myofascial release
  - Sports massage
15. A form of compression massage, \_\_\_\_\_ enhances the body's healing forces by stimulating particular points on the surface of the hands and feet.
- muscle energy technique
  - myofascial release
  - reflexology
  - Rolfing
16. \_\_\_\_\_ therapists subtly manipulate the bones of the face, head, vertebral column and membranes beneath the skull.
- Deep tissue
  - Cranial-sacral
  - Shiatsu
  - Bowen
17. Myofascial release practitioners \_\_\_\_\_.
- manipulate the muscles of the face
  - employ a stretching technique that loosens uneven tightness in tissue
  - focus specifically on trigger points
  - focus solely on energy work

18. \_\_\_\_\_ approaches focus on physiological and emotional release of tension in tissues.
- Neuromuscular
  - Deep tissue
  - Chinese
  - Energetic
19. \_\_\_\_\_ practitioners receive extensive education to manipulate connective tissue structure to improve the client's posture and biomechanics.
- Swedish
  - Shiatsu
  - Reflexology
  - Structural and postural integration
20. Ida Rolf was a biochemist who developed a system of soft tissue manipulation and movement education that realigns the \_\_\_\_\_.
- spine
  - meridians
  - muscular and connective tissue
  - cranial-sacral system
21. According to Rolfing philosophy, structural problems and muscle tension can interfere with the functioning of \_\_\_\_\_.
- chi
  - the spine
  - joints
  - organs
22. Bowen therapy \_\_\_\_\_.
- employs gentle manipulation of soft tissue and key points on the body to release tension, unblock energy and stimulate energy flow
  - can be done through light clothing
  - sessions last between 30 and 45 minutes
  - all of the above
23. A method particularly effective in helping rid the body of toxins and wastes is \_\_\_\_\_.
- reflexology
  - Rolfing
  - lymphatic massage
  - Rosen therapy

24. Applied kinesiology was developed in the \_\_\_\_\_ community.
- a. chiropractic
  - b. nursing
  - c. sports
  - d. gymnastics
25. As you establish your career as a massage therapist, you may combine several techniques to create a(n) \_\_\_\_\_ massage approach.
- a. eclectic
  - b. integrated
  - c. lymphatic
  - d. acupressure

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## Quiz 3: Ethics in The Therapeutic Setting

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This is a Scanner Quiz that should be submitted according to the instructions at the beginning of this pack.

Select the single best answer to complete each sentence.

1. \_\_\_\_\_ are values that relate to a person's standards of right and wrong.
  - a. Boundaries
  - b. Morals
  - c. Laws
  - d. A code of ethics
  
2. \_\_\_\_\_ combine aspects of both laws and morals.
  - a. Values
  - b. Vulnerabilities
  - c. An action plan
  - d. Ethics
  
3. Giving your clients a copy of your code of ethics \_\_\_\_\_.
  - a. is a good idea but isn't required by law
  - b. is required by law
  - c. should be avoided so you maintain their confidentiality
  - d. is a violation of your personal boundaries
  
4. When a client gives informed consent, the client understands \_\_\_\_\_.
  - a. the treatment you're offering
  - b. that his participation is voluntary
  - c. that he can stop his session at any time
  - d. all of the above
  
5. Your ability to \_\_\_\_\_ are important aspects of the communication equation.
  - a. perform Swedish and neuromuscular techniques
  - b. speak slowly and print legibly
  - c. communicate and listen
  - d. create an original code of ethics and avoid breaches of confidentiality

6. A dual relationship \_\_\_\_\_.  
a. can be realistically avoided no matter what  
b. is a relationship that extends beyond the limits of the therapeutic interaction  
c. is a term that applies only to your friends, not your relatives  
d. is a relationship to hide from your clients
7. Dual relationships may be problematic because \_\_\_\_\_.  
a. juggling the demands of the different roles you play in each relationship can create conflicts  
b. clients with whom you have dual relationships may not pay you  
c. your ethical standards are confidential  
d. they bring you into conflict with other massage therapists
8. In your massage practice, the kinds of boundaries you will deal with most often are \_\_\_\_\_.  
a. city, state and local  
b. legal, professional and personal  
c. laws, ethics and morals  
d. visible and invisible
9. Zoning laws, state certification requirements and your ability to sell health products are all examples of \_\_\_\_\_ boundaries.  
a. legal  
b. personal  
c. professional  
d. dual
10. Your policies on client tardiness, your billing fees and your commitment to offering certain types of bodywork are all examples of \_\_\_\_\_ boundaries.  
a. legal  
b. personal  
c. professional  
d. moral

11. **Your request that clients not contact you at home and your resistance to pursuing relationships with clients outside the massage practice are examples of \_\_\_\_\_ boundaries.**
- legal
  - personal
  - professional
  - moral
12. **A client asks you questions about your love life and then asks you for a date. This is an example of \_\_\_\_\_.**
- a legal boundary
  - a confidentiality issue
  - transference
  - countertransference
13. **A boundary violation is a(n) \_\_\_\_\_.**
- shift in the limits of a client-massage therapist relationship
  - inevitable consequence of an intense massage session
  - way for your competitors to learn your trade secrets
  - action punishable by law
14. **You leave your office after a difficult session and feel disheartened because your last client (who reminds you of your needy younger sister) isn't making any progress. You find yourself obsessing about this client between sessions. This is an example of \_\_\_\_\_.**
- a legal boundary
  - a confidentiality issue
  - transference
  - countertransference
15. **At Sunday dinner at your mother's house, you and your sister have yet another yelling match. You are scheduled to give her a massage on Wednesday, but you do not feel comfortable doing so since you are so angry with her. To handle this dual relationship in an ethical manner, you may \_\_\_\_\_.**
- ask your mother to talk some sense into your sister
  - lock your office door just before her appointment and pretend not to be there
  - prepare for her massage by selecting music and aromatherapy oils that you know she hates
  - call her before her session and resolve the conflict—or recommend that she see someone else for massage

- 16. You and your husband separate painfully after you discover he's had an affair. That week, a client acknowledges to you that she's contemplating an affair. Ethical behavior for a massage therapist in this situation includes \_\_\_\_\_.**
- telling her how your husband's affair has devastated you
  - considering terminating your massage therapist-client relationship while you are so vulnerable
  - warning her that she's about to make a terrible mistake
  - calling her husband to let him know
- 17. Keeping information about your clients' confidential \_\_\_\_\_.**
- is a good idea but isn't required by law
  - is required by law
  - involves a lot of unreasonable record-keeping
  - risks the quality of your clients' massage experience
- 18. Examples of the kind of information you're required to keep confidential include \_\_\_\_\_.**
- anything the client tells you in a session
  - anything you enter into a computer, such as entering billing information into a spreadsheet
  - any documented health information about a client
  - all of the above
- 19. The best way to resolve ethical dilemmas is to \_\_\_\_\_.**
- do your best to avoid them by maintaining high ethical standards and firm boundaries
  - ask all the parties involved to set aside their differences for your sake
  - bring another massage therapist into your next session with the "problem client" and ask for her advice
  - encourage all your clients to share their issues with their spouses
- 20. When you're in a situation that you suspect might be an ethical problem, the best strategy for determining whether it is, is to \_\_\_\_\_.**
- use your feelings of discomfort as a signal
  - write down what you are worried about, while preserving your client's confidentiality
  - ask an uninvolved colleague for advice, while preserving your client's confidentiality
  - all of the above

- 21. When a client directly or indirectly asks you to violate another client's confidentiality, an ethical way to resolve the issue is to \_\_\_\_.**
- a. tell what you know—he means well, and it will work out better if he knows
  - b. gently remind him of your confidentiality policies
  - c. conduct the rest of his session in silence to indicate your “closed-mouth” approach to confidentiality
  - d. blow up at him to make your point
- 22. As you try to clarify an ethical situation, it's helpful to label the issues involved. Such issues can be \_\_\_\_.**
- a. personal
  - b. professional
  - c. legal or business
  - d. all of the above
- 23. Once you understand the complexity of an ethical issue, the next helpful step might be to \_\_\_\_.**
- a. move your massage practice to avoid the “problem” clients
  - b. ask everyone involved in the issue to dinner to discuss solutions
  - c. imagine an ideal world and list all the actions everybody should take in this world
  - d. call your client's spouse or significant other for advice
- 24. As part of the final step in resolving an ethical issue, you separate \_\_\_\_.**
- a. actions of others from actions that ethically are your responsibility
  - b. actions to take today from actions to take tomorrow
  - c. client issues from legal issues
  - d. personal boundaries from dual relationships
- 25. As a member of the healing profession, you are dedicated to your client's emotional and physical well-being. \_\_\_\_ may be the most difficult part of resolving an ethical situation.**
- a. Keeping your legal boundaries from being violated
  - b. Developing and distributing a new code of ethics
  - c. Not acting when it's not your responsibility, even though you believe that your actions could resolve an issue
  - d. Adding to your network of other health care providers

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## Quiz 4: Anatomical Terms and Locations

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This is an Instructor-graded Quiz that should be submitted according to the instructions at the beginning of this pack.

For items 1 through 10, fill in the blank with the appropriate term or phrase from the list below.

anatomy	histology	physiology
endocrinology	pathology	reverse
forward	ventral	transverse
sagittal	coronal	supine
longitudinal	midsagittal	cartilaginous
rotation	bursa	prone
circumduction	synovial	fascia

1. The study of the human body when anatomy and/or physiology are abnormal is \_\_\_\_\_.
2. The \_\_\_\_\_ joint is surrounded by a joint capsule.
3. The science of \_\_\_\_\_ studies the structure of the body—the structure and relationships of body parts.
4. A \_\_\_\_\_ section divides the body into front and back parts.
5. A section that divides the body into equal right and left halves is called a \_\_\_\_\_ section.
6. When the palm faces upward, it is in a \_\_\_\_\_ position.
7. A \_\_\_\_\_ section divides the body into top and bottom parts.
8. \_\_\_\_\_ is connective tissue that wraps our organs and muscles, supporting them and giving them their shape.
9. In the anatomic position, the palms face \_\_\_\_\_.
10. Turning your head while driving is an example of \_\_\_\_\_.

## Massage Therapy

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For items 11 through 20, match the term(s) in the left column with the appropriate definition from the right column.

- |                           |                                                                    |
|---------------------------|--------------------------------------------------------------------|
| 11. _____ flexion         | a. movement where the angle between body parts is increased        |
| 12. _____ abduction       | b. movement of the jaw inferiorly                                  |
| 13. _____ circumduction   | c. movement of the foot so the sole faces inward                   |
| 14. _____ protraction     | d. movement of the foot upward at the ankle                        |
| 15. _____ inversion       | e. movement of a body part away from the midline of the body       |
| 16. _____ lateral flexion | f. turning the hand so the palm faces upward                       |
| 17. _____ supination      | g. movement of a body part so that its end follows a circular path |
| 18. _____ depression      | h. movement of the trunk sideways from the midline of the body     |
| 19. _____ dorsiflexion    | i. movement of a body part forward                                 |
| 20. _____ extension       | j. movement that decreases the angle between two body parts        |

For items 21 through 25, fill in the blank with the correct term from the choices.

21. The hand is \_\_\_\_\_ [distal/proximal] \_\_\_\_\_ to the elbow.
22. The chin is \_\_\_\_\_ [ventral/dorsal] \_\_\_\_\_ to the ears.
23. The ribs are \_\_\_\_\_ [external/internal] \_\_\_\_\_ to the heart.
24. The skin is \_\_\_\_\_ [superficial/deep] \_\_\_\_\_ to the muscles of the upper arm.
25. The neck is \_\_\_\_\_ [caudad/cephalad] \_\_\_\_\_ to the shoulder.

# Massage Therapy Quiz 4

1. Fill in your **student ID** and your **course code** below.

STUDENT ID NUMBER \_\_\_\_\_ COURSE CODE \_\_\_\_\_

2. Be sure your **name** and **address** are filled in below.

3. **Transfer your answers** to this cover sheet.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

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↑ Fold on dotted line

**This Space for Instructor Use**

Grade: \_\_\_\_\_

Transfer your answers from the Quiz pages to this Answer Sheet.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

- 7. \_\_\_\_\_
- 8. \_\_\_\_\_
- 9. \_\_\_\_\_
- 10. \_\_\_\_\_
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- 25. \_\_\_\_\_