





## 6003-530 MARCH 2018 Level 3 Advanced Technical Diploma in Beauty and Spa Therapy Level 3 Beauty and Spa Therapy – Theory exam (1)

If provided, stick your candi barcode label here.	Tuesday 13 09:30 – 12:1	March 2018 0					
Candidate name (first, last)							
First							
Last							
Candidate enrolment number	Date of birth (DDMMYYYY)	Gender (M/F)					
Assessment date (DDMMYYYY)	Centre number	Candidate signature and declaration*					
<ul> <li>If any additional answer sheets are used, enter the additional number of pages in this box.</li> <li>Please ensure that you staple additional answer sheets to the back of this answer booklet, clearly labelling them with your full name, enrolment number, centre number and qualification number in BLOCK CAPITALS.</li> <li>All candidates need to use a black/blue pen. Do not use a pencil or gel pen.</li> <li>If provided with source documents, these documents will not be returned to City &amp; Guilds, and will be shredded. Do not write on the source documents.</li> <li>*I declare that I had no prior knowledge of the questions in this assessment and that I will not divulge to any person any information about the questions.</li> </ul>							

## You should have the following for this examination

• a pen with black or blue ink

## **General instructions**

- Use black or blue ball-point pen.
- The marks for questions are shown in brackets.
- This examination contains 19 questions. Answer **all** questions.
- Answer the questions in the spaces provided. Answers written in margins or on blank pages will **not** be marked.
- Cross through any work you do not want to be marked.

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Explain ways to promote a new facial product to a regular client of the salon. (4	
Explain ways to promote a new facial product to a regular client of the salon. (4	
	4 marks)

- 3 Describe each of the following pathologies of the skin.
  - a) Psoriasis.

(1 mark)

b) Vitiligo.

(1 mark)

4 State **two** types of movement that occur at the ball and socket joint.

(2 marks)

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5	Stat a)	te the location of the following muscles. Piriformis.	(1 mark)
	b)	Sartorius.	(1 mark)
	c)	Serratus anterior.	(1 mark)
6	Ехр	lain the effects of lordosis on a middle aged male client's body.	(4 marks)
7	Des	scribe <b>one</b> phase of the cardiac cycle.	(2 marks)

8	Stat a)	te the lymph nodes in each of the following locations. In the groin.	(1 mark)
	b)	Under the chin.	(1 mark)
	c)	In the elbow.	(1 mark)
9	Ехр	lain the differences between the lymphatic system and the pulmonary system.	(4 marks)
10	Des	cribe the function of the digestive system.	(2 marks)

11	Describe the benefits of using petrissage massage techniques.	(2 marks - -
12	Explain the adaptations for a body massage when treating a client with a slight swelling and mottled appearance of the lower legs.	- - (6 marks
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		-
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13	Des a)	cribe each of the following body types.  Mesomorph.	(2 marks)
	b)	Ectomorph.	(2 marks)
14	Stat a)	te the type of current used in each of the following treatments.  Electrical-muscle stimulators (EMS).	(1 mark)
	b)	Direct high frequency.	(1 mark)
	c)	Micro current.	(1 mark)
15	Stat	te <b>four</b> benefits of using micro-dermabrasion on a client with dry dehydrated skin.	(4 marks)

of using the cathode as the active electrode during a galvanic er upper thighs.	(6 m
ing practices that must be followed when carrying out an indirect ment.	(4 m
	( 1 1 1

(6 marks)

3	Compare the differences between a client with a winged scapula and a client with scoliosis.

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19 The information given in the table below is a case study of a client who has come into the salon for treatment. The client has a 4 hour booking, to include consultation, and treatments to incorporate at least one body electrotherapy, one facial electrotherapy and body massage.

Discuss the treatment options available recommending a justified treatment plan for the client.

(15 marks)

Name: Joanne Gender: Female Age: 37

**Height:** 5ft 2in / 1.57m **Weight:** 13 stone

**Medical history:** Had a bunion operation 6 months ago, had a caesarean 2 years

ago, appendix removed when in her teens

**Medication:** Contraceptive pill

**Comments:** Works part time 3 days a week in a busy supermarket where her

duties include stock control and supervising the checkouts. Her aim of the session is to kick start a new me and needs time out to relax. Client is concerned about her weight gain on abdominal area, thighs and upper arms. She eats lots of convenience foods and snacks throughout the day particularly in the evening whilst watching TV. She has little time for herself and often experiences aching lower legs and feet due to rushing around at work and constantly being on the go. Joanne is planning a family holiday in Italy and has noticed her cheek area is sensitive and dry, there are small areas of broken capillaries, her T zone has open pores

and some blackheads.

**Physical Body** 

**Observations:** Soft and hard fat on abdomen, upper legs and upper arms, slight

kyphosis skin on body generally very dry and flaky on lower legs.

