

Qualification: 6004-30-032/532 Level 3 Advanced Technical Diploma
in Complementary Therapies (540) – Theory Exam

June 2018

1	State three influential people who are associated with reflexology.		
	Acceptable answer(s)	Guidance	Ma x mks
	Sir Head, Sir Sherrington, Fitzgerald, Bowers, Riley, Corvo, Ingham, Byers, Bayly, Tanner, Marquardt, Dougen.		3
2	Explain the client specific legal obligations to consider when working within the complementary therapy industry.		
	Acceptable answer(s)	Guidance	Ma x mks
	<p>One mark for each identification to a maximum of two marks and one mark for each linked explanation to a maximum of four marks:</p> <ul style="list-style-type: none"> • Not discussing clients details with others (1) to avoid breach of disclosure (1) • Having valid insurance (1) to protect employees and businesses against litigation (1) • Avoid the Treatment of minors unless (1) parental/ guardian consent has been given prior to treating (1) this should be verbal/ written/present (1) • Gaining formal consent prior to treatment (1) to show client agreement (1) • Abiding by the Health and Safety regulations (1) to ensure safe working practices (1) 	Marker will accept one Act, related to regulation/legislation.	4

3	Explain the adaptations to take when performing a body massage treatment on a muscular athletic male.		
	Acceptable answer(s)	Guidance	Ma x mks
	<p>One mark each for any of the following, to a maximum of five marks:</p> <ul style="list-style-type: none"> • Therapist using body weight effectively (1) to increase pressure (1) to work deeper into muscles (1) • Modification of techniques (1) using more tapotement and deeper petrissage over muscular areas (1) • Use of powder (1) to increase grip on muscular areas (1) 		5
4	State three advantages of using friction techniques when carrying out a traditional body massage.		
	Acceptable answer(s)	Guidance	Ma x mks
	<p>One mark each for any of the following, to a maximum of three marks:</p> <ul style="list-style-type: none"> • To loosen muscle adhesions. • To relax muscle fibres. • To help prevent the formation of fibrosis in the tissues. • To increase erythema/circulation/blood flow. 		3
5a	Explain the benefits of each of the following aromatherapy essences when used in a blend. Boswellia sacra.		
	Acceptable answer(s)	Guidance	Ma x mks
	<p>One mark for each identification to a maximum of two marks and one mark for each linked explanation to a maximum of four marks:</p> <ul style="list-style-type: none"> • Antiseptic (1) as it is good for inhibiting bacteria (1) • Expectorant (1) as it is good for coughs/colds (1) • Sedative (1) used to treat anxiety and nervous tension (1) • Sedating to the respiratory system (1) which calms/slows down the breathing process (1). 		4

	<ul style="list-style-type: none"> • Base note so evaporation occurs at a slower pace (1) which acts as a fixator to hold the aroma (1) 		
5b	Explain the benefits of each of the following aromatherapy essences when used in a blend. Citrus paradise.		
	Acceptable answer(s)	Guidance	Ma x mks
	<p>One mark for each identification to a maximum of two marks and one mark for each linked explanation to a maximum of four marks:</p> <ul style="list-style-type: none"> • Stimulating (1) to the lymphatic system/gall bladder(1) • Detoxifying (1) which aids liver function (1) • Hepatic/tonic (1) which strengthens the liver (1) • Diuretic (1) treats cellulite and water retention (1) • Aroma is sharp/top note(1) which has an uplifting effect on the client (1) 		4
6	State four methods of extraction for fixed carrier oils.		
	Acceptable answer(s)	Guidance	Ma x mks
	<p>One mark each for any of the following, to a maximum of four marks:</p> <ul style="list-style-type: none"> • Pre-heating. • Passing through an expellor. • Virgin cold pressed. • Solvent extraction. • Filtration. • Refinery. 		4

7	State four reflexes that are located in the right foot in zone 2.		
	Acceptable answer(s)	Guidance	Ma x mks
	<p>One mark each for any of the following, to a maximum of four marks:</p> <ul style="list-style-type: none"> • Sinus. • Eye. • Lung. • Liver. • Kidney. • Diaphragm • Oesophagus. • Duodenum. • Transverse colon. • Small intestine. 		4
8	Explain the physiological effects of reflexology.		
	Acceptable answer(s)	Guidance	Ma x mks
	<p>One mark for each identification to a maximum of three marks and one mark for each linked explanation to a maximum of five marks:</p> <ul style="list-style-type: none"> • Increases localised circulation (1) vasodilation of the blood capillaries (1). • Lymphatic system boosted (1) as it helps to remove toxins/waste materials (1). • Balances homeostasis (1) to reduce stress levels (1). • Soothes and stimulates the nervous system (1) which makes the client more calm /alert (1). • Rejuvenate tired aching feet (1) to relieve tension (1). • Induces a state of relaxation (1) to bring calm to the body as a whole (1), slowing down breathing (1) and reducing blood pressure (1). 		5
9	State three physical contractions following a body massage.		
	Acceptable answer(s)	Guidance	Ma x mks

	<p>One mark each for any of the following, to a maximum of three marks:</p> <ul style="list-style-type: none"> • Skin irritations/allergic reactions. • Headache. • Nausea. • Increased urination. • Increased bowel movements. • Thirst. • Relief from muscle tension. 		3
10	State three models of reflective practice.		
	Acceptable answer(s)	Guidance	Ma x mks
	<p>One mark each for any of the following, to a maximum of three marks:</p> <ul style="list-style-type: none"> • Kolbs learning cycle • Gibbs reflective cycle • Bolton’s reflective practice 	Markers to accept any other appropriate reflective models.	3
11	Explain the specific aftercare advice that should be given to a client suffering with insomnia following a reflexology treatment.		
	Acceptable answer(s)	Guidance	Ma x mks
	<p>One mark for each to a maximum of three marks for specific reflexes and one mark for each linked explanation to a maximum of six marks:</p> <ul style="list-style-type: none"> • Self massage of the foot or hand reflex working on the pineal gland /, spinal reflex /, brain /, solar plexus / lungs (1) to induce relaxation(1) and encourage regular sleep patterns (1). • Avoid stimulants before sleep including caffeine/alcohol/electronic gadgets (1) to encourage rest and relaxation (1). • Relaxing activities before sleep including soft reading/ meditation/ relaxing bath (1).which will clear the mind aiding insomnia (1) 		6

12	<p>The information provided in the table below is a case study of a client who has come into the clinic to discuss a treatment plan. The client would like to book a reflexology and an aromatherapy treatment.</p> <p>Discuss the treatment options available, recommending a justified treatment plan.</p> <div data-bbox="240 380 1198 1129" style="border: 1px solid black; padding: 5px;"> <p>Name: Mandy Gender: Female Age: 47 Height: 5' 4" / 1.65 m Weight: 9 stone / 57 kg Medical history: Suffers with Raynauds disease and depression. Medication: Takes Hormone Replacement Therapy (HRT) and regularly takes Ibuprofen and paracetamols for headaches.</p> <p>Comments: Mandy is a 47 year old single female who lives with her housemate. She enjoys travelling but recently has been restricted due to her arthritis getting worse. She has also been suffering with slight kyphosis. She has a busy office job and doesn't see people outside of her work place. She likes spending her evenings reading quietly.</p> <p>Physical observations: Kyphosis - rounded shoulders, mild swelling around knees and joints of fingers due to arthritis. Sallow dry complexion.</p> </div>		
	Acceptable answer(s)	Guidance	Ma x mks
<p>Band 1 (1-4 marks)</p> <p>Treatments proposed are not clearly justified.</p> <p>Aromatherapy treatment blend showed little relevance to the client's needs.</p> <p>Using the information provided in the case study very little consideration was made to the client's physical, psychological and emotional needs when tailoring the reflexology treatment to meet the client's needs.</p> <p>Little reference was made to possible contra-actions and healing crisis; no detail given to the causes and advice.</p> <p>Advice and recommendations is basic and not totally tailored to suit the client's needs. No links made between</p>	<p>Indicative content</p> <ul style="list-style-type: none"> • Treatment plan • Findings on the feet during consultation linking to the client brief • Consider the two treatments: <ul style="list-style-type: none"> ○ Aromatherapy - Consideration of suitable blends, e.g. 2% blend with justification. Choice of essential oils that are suited to the client's needs; suitable carrier oil, areas to concentrate on during treatment. 	12	

	<p>the effects and benefits of treatments and the client's objectives.</p> <p>To access the higher marks within the band, the candidate has made little attempt to justify their blend choice. Has specified reflexes that needed to be worked, but this is not always accurate or relevant to the client in the case study.</p> <p>Band 2 (5-8 marks)</p> <p>Treatment plan proposed is mostly relevant and accurate with some justification.</p> <p>Aromatherapy treatment blend demonstrated some relevance to the client's needs.</p> <p>Using the information provided in the case study moderate consideration was made to the client's physical, psychological and emotional needs when tailoring the reflexology treatment to meet the client's needs.</p> <p>Some reference made to possible contra-actions and healing crisis; little detail of given to the causes and advice.</p> <p>Advice and recommendations is generic and some evidence is seen that tailors this to the client's needs. Few links are made between the effects and benefits of treatments and the client's objectives.</p> <p>To access the higher marks within the band, the candidate has shown some ability to justify their choice of blend. Has specified reflexes that need to be worked and extended to illustrate some that needed extra attention. In the main this was accurate and relevant to the client in the case study.</p> <p>Band 3 (9-12 marks)</p> <p>Treatment plan proposed is comprehensive and justified.</p> <p>Aromatherapy treatment blend was relevant and fully considered the client's needs.</p> <p>Using the information provided in the case study full consideration was made to the client's physical, psychological and emotional needs when tailoring the reflexology treatment to meet the client's needs.</p> <p>Detailed reference was made to possible contra-actions and healing crisis; thorough detail given to the causes and advice.</p>	<ul style="list-style-type: none"> o Reflexology - focus on relaxation, stress relief, extra massage to increase circulation to the area. Zones/ points that may need extra work and areas that may need to be avoided or lightly worked over. • Consideration made to the areas of shoulders and knees. • Consideration made to tight lower back due to forward tilt of pelvis and lengthened abdominal muscles. • Suitable aftercare advice and recommendations to include use of products. • Recommendations for follow up treatments. 	
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	<p>Advice and recommendations, to include products and future treatment recommendations, is detailed and in all aspects are tailored to the client's needs. Clear links are made between the effects and benefits of treatments and the client's objectives.</p> <p>To access the higher marks within the band, the candidate has given fully justified reasons for their choice of blend. Shows full understanding of points /zones to be worked on to include those that need extra attention and also included limitations that may be present. The information was accurate and clearly linked to the client in the case study.</p>		
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