



6004-532 APRIL 2017

Level 3 Advanced Technical Diploma in Complementary Therapies (540)

Level 3 Complementary Therapies – Theory exam (2)

If provided, stick your candidate barcode label here.

Friday 28 April 2017
09:00 – 10:30

Candidate name (first, last)

First [grid of boxes]

Last [grid of boxes]

Candidate enrolment number

[grid of boxes]

Date of birth (DDMMYYYY)

[grid of boxes]

Gender (M/F)

[grid of boxes]

Assessment date (DDMMYYYY)

[grid of boxes]

Centre number

[grid of boxes]

Candidate signature and declaration*

[signature box]

If any additional answer sheets are used, enter the additional number of pages in this box. [grid of boxes]

- Please ensure that you staple additional answer sheets to the back of this answer booklet...
• All candidates need to use a black blue pen. Do not use a pencil or gel pen.
• If provided with source documents, these documents will not be returned to City & Guilds...

*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.

You should have the following for this examination

- a pen with black or blue ink

General instructions

- This question paper is the property of the City & Guilds of the London Institute and is to be returned, or destroyed after the examination.
• All questions do not have equal marks.
• The maximum marks for each question are shown.
• Answer all twenty questions.

See the latest qualification handbook for the 2018 exams have changed. The content sampled will vary from this paper. The updated test specification.

1 State the contribution made by William Fitzgerald to the area of reflexology. (1 mark)

2 Explain the benefits of pressure point techniques within an aromatherapy treatment. (4 marks)

3 State **two** benefits of the Alexander Technique. (2 marks)

4 State one benefit of carrying out regular CPD. (1 mark)

5 Explain how networking can have a positive impact on a business. (2 marks)

6 Explain **two** benefits of qualitative research. (2 marks)

7 State **two** pieces of information that should be included in a salon mission statement. (2 marks)

8 Describe **each** of the following postural faults. (1 mark)
a) Winged scapula.

b) Flat back. (1 mark)

9 Explain how different massage techniques can be adapted for a client with tight upper back and arm muscles.

(4 marks)

10 Explain the importance of completing a client treatment card following a body massage.

(3 marks)

11 State **two** characteristics of acute gout.

(2 marks)

12 Explain the therapeutic effects that essential oils can have on the circulatory system. (3 marks)

13 Julie has patches of psoriasis and muscular pain and has just received her first aromatherapy treatment. The therapist used a 2% blend of citrus bergamia, cananga odorata and chamaemellum nobile.
Explain the home care advice that should be given to the client. (4 marks)

14 State the **most** suitable medium used in reflexology for **each** of the following. (1 mark)

a) Dry skin.

b) Moist skin. (1 mark)

15 Describe **each** of the following terms that are used in reflexology. (1 mark)

a) Cross reflexes.

b) Transverse zones. (1 mark)

16 State **two** reflexes that are located on the right foot in zone 4. (2 marks)



17 Explain the benefits of warm up techniques in a reflexology treatment.

(5 marks)

18 Explain why a consultation is carried out prior to a reflexology treatment.

(3 marks)



19 Explain the benefits of a reflexology treatment for a client who is suffering from stress. (3 marks)

20 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 course of six treatments over 6 weeks.

Discuss the treatment options available, recommending a justified treatment plan for the **first** session with the client.

(12 marks)

Name:	Brenda
Gender:	Female
Age:	35
Height:	5' 2" / 1.59m
Weight:	10 stone / 64kgs
Medical history:	Has heavy periods and a lot of PMT which causes water retention bloating in the stomach and headaches. Has been trying for a baby.
Medication:	Anti-inflammatory just before and during periods.
Comments:	Has a stressful office job as well as a busy home life looking after the household with a young toddler and a husband who runs his own business. Brenda finds it hard to relax and chill out as there always seems to be something to do and doesn't get time for herself.
Physical body observations:	Early stages of kyphosis, fluid retention around the lower leg and ankles, feet look a little puffy as well. Skin appears dry with some small areas of eczema around the elbows, wrists and hands.
