



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

[illegible]

Last

[illegible]

Candidate enrolment number

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Date of birth (DDMMYYYY)

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Gender (M/F)



Assessment date (DDMMYYYY)

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Centre number

[illegible]

Candidate signature and declaration*

the

- If any additional answer sheets are used, enter the additional number of pages in this box.
- 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.
- 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, and will be shredded. **Do not** write on the source documents.

***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 **an twenty** questions.

- 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)

- (4 marks)

[illegible]

- (3 marks)

[illegible]

- (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.
- a) Dry skin. (1 mark)
- _____
- b) Moist skin. (1 mark)
- _____
- 15 Describe **each** of the following terms that are used in reflexology.
- a) Cross reflexes. (1 mark)
- _____
- _____
- b) Transverse zones. (1 mark)
- _____
- _____
- 16 State **two** reflexes that are located on the right foot in zone 4. (2 marks)
- _____
- _____

17

(5 marks)

[illegible]

18

(3 marks)

[illegible]

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

- 20

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.

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[illegible]

[illegible]