



ZIMBABWE

**MINISTRY OF HIGHER AND TERTIARY EDUCATION,
INNOVATION, SCIENCE AND TECHNOLOGY
DEVELOPMENT**

**HIGHER EDUCATION EXAMINATIONS COUNCIL
(HEXCO)**

NATIONAL CERTIFICATE

IN

BEAUTY THERAPY

MODULE: Swedish Massage

PAPER NO: 400/22/M03A

DURATION: 3 Hours

OCTOBER/NOVEMBER 2024 EXAMINATION

REQUIREMENTS

INSTRUCTIONS TO CANDIDATE

1. Choose and answer ANY FIVE (5) questions.
2. Each question carries 20 marks.
3. Do not write anything on any part of the question paper.

This paper consists of 3 printed pages.

QUESTION 1

- (a) Establish the ten points of treatment area hygiene aspects observed by the masseur. (10 marks)
- (b) Identify indications to Swedish massage. (10 marks)

QUESTION 2

- (a) Outline skills and personal qualities a massage therapist possesses. (10 marks)
- (b) Comment on the suitable environmental conditions for a body massage treatment room. (10 marks)

QUESTION 3

Explain the effects of massage on the following:

- (a) integumentary system
 - (b) muscular system
 - (c) circulatory system
 - (d) skeletal system
 - (e) digestive system
- (20 marks)

QUESTION 4

- (a) Indicate the specific advice given to clients with different body conditions following body massage treatment. (10 marks)
- (b) Explain the importance of keeping records of clients after massage treatment. (10 marks)

QUESTION 5

Describe the four classical massage manipulations citing effects they produce. (20 marks)

QUESTION 6

- (a) State five contraindications to Swedish massage treatment. (5 marks)
- (b) Describe the characteristics of three body types. (15 marks)

QUESTION 7

(a) Name any three muscles of the following body parts

(i) Neck

(ii) Shoulders

(iii) Lower back

(iv) Back leg

(12 marks)

(b) Elaborate on the importance of maintaining good posture when performing massage treatment.

(8 marks)

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