

Roll No.

Total No. of Pages : 02

Total No. of Questions : 09

BHSRM (2014 & Onwards) (Sem.-1)

ANATOMY & PHYSIOLOGY AND BASICS OF MASSAGE

Subject Code : BHSRM-103

M.Code : 46503

Time : 3 Hrs.

Max. Marks : 60

INSTRUCTION TO CANDIDATES :

1. SECTION-A is COMPULSORY consisting of TEN questions carrying TWO marks each.
2. SECTION-B contains FIVE questions carrying FIVE marks each and students have to attempt any FOUR questions.
3. SECTION-C contains THREE questions carrying TEN marks each and students have to attempt any TWO questions.

SECTION-A

1) Answer in 50 Words :

- a) Orthodox medicines
- b) Stride standing
- c) Massage strokes
- d) Towel technique
- e) Role of hand exercise
- f) Homeostasis
- g) Professional Ethics
- h) Efflervage
- i) Anatomical structure
- j) Oils used in massage

SECTION-B

- 2) Explain why knowledge of anatomy necessary before one can become truly scientific massage therapist.
- 3) Write short note on “Swedish Massage”.
- 4) Why is the massage of the chest muscles beneficial?
- 5) Explain, how exercise helps in releasing stress?
- 6) How is nerve strokes performed?

SECTION-C

- 7) Describe the physical and chemical processes of life.
- 8) What are the benefits of massage therapy? Explain.
- 9) Define Hygiene. What are the guidelines to ensure health and hygiene at massage therapy centre?

NOTE : Disclosure of Identity by writing Mobile No. or Making of passing request on any page of Answer Sheet will lead to UMC against the Student.