

Roll No.

Total No. of Pages : 02

Total No. of Questions : 09

BHSRM (2012 &amp; Onwards) (Sem.-1)

# ANATOMY & PHYSIOLOGY AND BASICS OF MASSAGE

Subject Code : BHSRM-103

Paper ID : [G1103]

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

Q.1. Write short notes on :

- a. Massage
- b. Stress
- c. Anatomy
- d. Homeostasis
- e. Stride Standing
- f. Aromatherapy Massage
- g. Retrograde
- h. Massage oils
- i. Oriental massage
- j. Benefits of massage

## SECTION-B

- Q.2. What professional ethics will you follow while taking care of the client?
- Q.3. Explain how the duration and frequency of treatment is determined by the spa.
- Q.4. List down the names of few essential oils that are used in massage therapy.
- Q.5. Explain the importance of hand exercise during massage therapies.
- Q.6. Give the steps to setup the work area for doing massage therapies.

## SECTION-C

- Q.7. Explain what is the relationship between orthodox and complementary medicine.
- Q.8. What are the different kinds of massage stroke used by professionals?
- Q.9. Explain the importance of health, safety and hygiene.