Tappans Handbook of Massage Therapy 6th edition Benjamin Test Bank

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Tappan's Handbook of Massage Therapy, 6e **(Benjamin)**
Chapter 1 Massage Therapy Profession

1) Which of the following would *not* be found in a definition of massage therapy?
A) Manipulation of soft tissues of the body
B) Enhancement of health and healing
C) Spinal adjustment
D) Intentional and systematic
Answer: C

2) Which of the following are typically considered within the scope of massage therapy?
A) Joint movements and stretching
B) Hot and cold applications
C) Use of hand tools to apply pressure
D) All of the above
Answer: D

3) What gives massage its unique healing potential?
A) Use of machines to manipulate soft tissues
B) Person-to-person touch
C) Soothing music for relaxation
D) Application of oil to the skin
Answer: B

4) Because massage therapy is performed by hand, it is also referred to as a:
A) Mechanotherapy
B) Manual therapy
C) Physical therapy
D) Hydrotherapy
Answer: B

5) The three levels at the base of the Wellness Massage Pyramid represent:
A) Growth
B) Deficiencies
C) Neutral zone
D) High-level wellness
Answer: B

6) A state of optimal physical, emotional, intellectual, spiritual, social, and vocational well-being is referred to as:
A) Neutral zone
B) Low-level wellness
C) High-level wellness
D) Health maintenance
Answer: C

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7) The Wellness Massage Pyramid is best thought of as a(n):
A) Illustration of the major goals of massage and its many applications
B) System of explaining medical uses of massage
C) System of explaining personal growth goals for massage
D) Diagram explaining the importance of the neutral zone
Answer: A

8) Since the work of massage therapists spans the entire wellness massage paradigm, massage therapy is best thought of as a:
A) Health care profession
B) Wellness profession
C) Personal care profession
D) Fitness profession
Answer: B

9) Which of the following has been cited as a consumer trend in recent surveys?
A) Decreased use of massage overall
B) Decreased use of massage in spas
C) Increased use of massage as CAM therapy
D) Increased perception that massage is a luxury for the rich
Answer: C

10) What types of settings are focused on personal grooming, relaxation, and rejuvenation?
A) Personal care
B) Sports and fitness
C) Health care
D) Private practice
Answer: A

11) In which type of setting would massage therapists typically interact with personal trainers and exercise physiologists?
A) Personal care
B) Sports and fitness
C) Health care
D) Private practice
Answer: B

12) What type of medical setting offers both conventional and complementary/alternative healing methods as options, based on the greatest potential benefit for the patient?
A) Conventional
B) Natural healing
C) Hospital
D) Integrative
Answer: D

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13) Who would massage therapists typically work with at a sports medicine center?
A) Athletic trainers and physical therapists
B) Estheticians and cosmetologists
C) Nurses and physiatrists
D) Acupuncturists and estheticians
Answer: A

14) What year saw several advances for massage therapy, including the incorporation of the Massage Therapy Foundation, the founding of the Touch Research Institute, and the inclusion of massage therapy in the National Institutes of Health report on alternative medicine?
A) 1963
B) 1975
C) 1984
D) 1992
Answer: D

15) Because some of the hallmarks of a mature profession are still in development, massage therapy has been referred to as a(n):
A) Completed profession
B) Stagnant profession
C) Emerging profession
D) Imminent profession
Answer: C

16) Which of the following accurately describes the massage therapy profession today?
A) It is uniquely focused on the use of soft tissue manipulation to improve the well-being of recipients.
B) It is rooted in the tradition of natural healing.
C) It maintains a holistic and wellness perspective.
D) All of the above
Answer: D

17) A term used in education to describe what a practitioner can do with adequate skill, rather than just having completed hours in certain subjects, is:
A) Curriculum
B) Learning outcomes
C) Competencies
D) Educational objectives
Answer: C

18) Special recognition given to schools that meet the requirements of a nongovernmental organization, whose mission is to uphold high educational standards, is called:
A) Accreditation
B) Certification
C) Approval
D) Seal of approval
Answer: A

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19) The general term for education beyond entry-level, often needed for renewal of licenses and membership in professional organizations, is:
A) Certification
B) Hands-on workshops
C) Specialty education
D) Continuing education
Answer: D

20) A term usually reserved for a credential given by a nongovernmental, nonprofit organization that attests to a person's competency in a given profession is:
A) Occupational licensing
B) Board certification
C) Specialty certification
D) Accreditation
Answer: B

21) Which of the following is the permission granted to qualified practitioners to accept compensation for massage in a specific governmental jurisdiction?
A) Diploma
B) Minimum competency
C) Occupational licensing
D) Federal standards
Answer: C

22) The American Polarity Therapy Association (APTA), founded in 1984, is an example of a:
A) General membership association
B) Specialty association
C) For-profit organization
D) Certificate program
Answer: B

23) Codes of ethics and standards of practice for professions are developed by:
A) The federal government
B) Religious group coalitions
C) Professional organizations
D) Schools
Answer: C

24) The fact that health care professionals increasingly refer their patients to massage therapists for treatment shows:
A) A growing appreciation for the therapeutic benefits of massage therapy
B) A greater recognition of massage therapists as health professionals
C) A greater demand among consumers for massage therapy
D) All of the above
Answer: D

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25) Which organization approves massage therapy continuing education providers?
A) U.S. Department of Education
B) American Massage Therapy Association
C) National Certification Board for Therapeutic Massage and Bodywork
D) Commission on Massage Therapy Accreditation
Answer: C

26) In integrative medical settings, conventional doctors and complementary and alternative medicine (CAM) practitioners work in a:
A) Competitive environment
B) Collaborative effort
C) Comparative atmosphere
D) Collapsing paradigm
Answer: B

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