

MULTIPLE CHOICE

1. What is defined as manual manipulation of the soft tissues of the body for the purpose of establishing and maintaining good health and promoting wellness?
 - a. Acupuncture
 - b. Ayurveda
 - c. Polarity therapy
 - d. Massage therapy

ANS: D

Massage therapy is manual manipulation of the soft tissues of the body for the purpose of establishing and maintaining good health and promoting wellness.

REF: 2

2. According to the chapter, which of the following is a generic term used to describe any therapeutic or personal self-development practice that may include massage, healing touch, movement, or energetic work?
 - a. Healing
 - b. Bodywork
 - c. Self-help
 - d. Quantum

ANS: B

“Bodywork” is a generic term used to describe any therapeutic or personal self-development practice that may include massage, healing touch, movement, or energetic work. However, the terms “massage” and “bodywork” are frequently used interchangeably.

REF: 2

3. When in history did the term “massage” begin to be used?
 - a. Middle of the nineteenth century
 - b. Beginning of the twentieth century
 - c. End of the eighteenth century
 - d. Beginning of the twenty-first century

ANS: A

The word “massage” did not come into use until the middle of the nineteenth century.

REF: 3

4. The first written records of massage date back to 3000 BC in which country?
 - a. India
 - b. China
 - c. Egypt
 - d. Greece

ANS: B

Early records have revealed that the practice of massage goes back to China, as early as 3000 BC. Acupuncture was not mentioned in Chinese writings until 90 BC.

REF: 3

5. What is the original massage technique in China and the precursor to manual and energetic therapies?
 - a. Ayurveda
 - b. Shiatsu
 - c. Acupuncture
 - d. Amma

ANS: D

Amma is regarded as the original massage technique in China, the precursor to all other therapies there, manual and energetic.

REF: 3

6. Which of the following is commonly referred to as the classic scripture of traditional Chinese medicine?
 - a. *Tao Te Ching*
 - b. *Nei Ching*
 - c. *Wengu Zhi*
 - d. *Zhu Xi*

ANS: B

Various ideas and beliefs compiled under the name of the mythical Yellow Emperor became the classic scripture of traditional Chinese medicine, the *Huang-ti Nei-ching*, commonly known as *Nei Ching*, which contains descriptions of healing touch procedures, herbal medicines, and acupuncture, along with their uses.

REF: 3

7. Which Japanese method is based on Chinese medicine concepts and uses applied pressure of the thumbs, elbows, and other angular parts of the body?
- Ayurveda
 - Shiatsu
 - Thai
 - Nadi

ANS: B

Shiatsu is a Japanese method based on the same traditional Chinese medicine concepts as acupuncture. Acupuncturists use needles at specific points to balance the flow of energy; shiatsu therapists use their fingers, thumbs, forearms, and elbows—even their knees and feet.

REF: 3

8. Which method of disease prevention and treatment is based on the Hindu tradition?
- Ayurveda
 - Shiatsu
 - Thai
 - Nadi

ANS: A

Knowledge of amma massage, probably brought to India from China, gradually became an integral part of ayurveda, which deals with the soul and salvation, purpose, maintenance of mental health, and disease prevention and treatment.

REF: 3

9. The symbol of the medical profession, a snake and staff, can be traced back to what legendary Greek physician?
- Rhazes
 - Celsus
 - Asclepius
 - Avicenna

ANS: C

The legendary Greek physician Æsculapius (Asclepius) evolved into the patron god of the emerging medical profession. His holy snake and staff still remain the symbol of the medical profession.

REF: 4

10. Who is generally recognized as the father of modern Western medicine?
- Asclepius
 - Guttenberg
 - Confucius
 - Hippocrates

ANS: D

For his emphasis on the individual patient and his belief that the healer should take care to avoid causing any additional harm to the patient, Hippocrates is generally recognized as the father of modern Western medicine.

REF: 4

11. What Flemish physician established the foundations of modern human anatomy in the West during the European Renaissance?
- Paré
 - Vesalius
 - Galen
 - dei Luzzi

ANS: B

The Flemish physician Andreas Vesalius (1514–1564) established the foundations of modern human anatomy in the West during the European Renaissance. His *De Humani Corporis Fabrica* (*On the Fabric of the Human Body*), written in 1543, is considered one of the most important studies in the history of medicine.

REF: 5

12. Which of the following is generally credited as being the first book in the field of sports medicine?
- Anothomia*
 - De Arte Gymnastica*
 - Corpus Hippocraticum*
 - De Humani Corporis Fabrica*

ANS: B

De Arte Gymnastica (*The Art of Gymnastics*), written in 1569, is considered the first book in the field of sports medicine.

REF: 5

13. Who was the first known scientist to analyze the phenomenon of muscular contraction?

- a. Borelli
- b. Galen
- c. Harvey
- d. Mercuriale

ANS: A

Italian scientist Giovanni Alfonso Borelli (1608–1679) carried out extensive anatomical dissections and analyzed the phenomenon of muscular contraction.

REF: 5 | 6

14. Who was the first known scientist to demonstrate that blood circulation is impelled by the beat of the heart through arteries and veins?

- a. Borelli
- b. Galen
- c. Harvey
- d. Mercuriale

ANS: C

English scientist William Harvey (1578–1657) demonstrated that blood circulation in animals is impelled, by the beat of the heart, through arteries and veins. This discovery enhanced the acceptance of massage as a therapeutic measure.

REF: 6

15. Who developed the Swedish Movement Cure, which included the use of massage?

- a. Johann Mezger
- b. Pehr H. Ling
- c. George Henry Taylor
- d. John Harvey Kellogg

ANS: B

Ling developed his own system of medical or Swedish gymnastics and exercise, known as the Ling System, Swedish Movements, or Swedish Movement Cure. Massage was viewed as a component of Ling’s overall system. He blended massage with physiology, which was then emerging as a science.

REF: 6

16. Which term describes a component of the Ling System?

- a. Myotherapy
- b. Thai massage
- c. Bindegewebsmassage
- d. Swedish massage

ANS: D

The term “Swedish massage” was used to describe the massage component of Ling’s system. For this reason, Ling is often regarded as the father of Swedish massage: Although he did not invent massage, he can be credited with helping develop it into a formal treatment modality.

REF: 6

17. Which of the following massage organizations took the first step toward professionalism by requiring members to successfully pass a test before receiving a certificate of competence?

- a. Alliance of United Masseuses and Masseurs
- b. Federation of Medical Massage Therapists
- c. National Bodywork and Massage Coalition
- d. Chartered Society of Massage and Medical Gymnastics

ANS: D

In 1920, a group called the Chartered Society of Massage and Medical Gymnastics took some important steps toward professionalism. Among the new membership requirements were physician referrals and the issuance of certificates of competence to persons who passed the required tests.

REF: 8

18. Which individual is credited with having introduced the French terms still used to describe massage techniques (e.g., effleurage, pétrissage, tapotement)?

- a. Johann Mezger
- b. William Harvey
- c. Pehr H. Ling
- d. Charles Taylor

ANS: A

The Dutch physician Johann Mezger (1838–1909) is credited with having introduced the French terminology still used to describe massage techniques (e.g., effleurage, pétrissage, tapotement). The French also translated several Chinese books on massage, an effort that probably explains why the use of French terminology to describe massage techniques has become so common in massage laws and legislation—and massage textbooks such as this one.

REF: 7

19. In what year did George Henry Taylor and Charles Fayette Taylor introduce the Swedish Movement system in the United States?
- 1796
 - 1856
 - 1911
 - 1958

ANS: B

Two brothers, Drs. George Henry Taylor and Charles Fayette Taylor, introduced the Swedish Movement System in the United States in 1856. The Taylors had studied the techniques in Europe and returned to the United States, where they opened an orthopedic practice with a specialization in the Swedish Movements.

REF: 7

20. Who wrote the first American textbook on the Swedish Movement System, in 1860?
- Hartvig Nissen
 - Andrew Still
 - George Taylor
 - Douglas Graham

ANS: C

George Taylor wrote the first American textbook on the Swedish Movement System in 1860, titled *An Exposition of the Swedish Movement Cure*.

REF: 7

21. Who opened the Swedish Health Institute for the Treatment of Chronic Diseases by Swedish Movements and Massage, considered the first massage school in the United States, in 1883?
- John Harvey Kellogg
 - Douglas Graham
 - Just Lucas-Championniere
 - Hartvig Nissen

ANS: D

In 1883, Hartvig Nissen opened the Swedish Health Institute for the Treatment of Chronic Diseases by Swedish Movements and Massage (Washington, D.C.). It is considered the first massage school in the United States.

REF: 7

22. Who helped popularize massage therapy in the United States during the modern era by writing numerous books and publishing articles about massage in his magazine, *Good Health*?
- John Harvey Kellogg
 - Douglas Graham
 - Just Lucas-Championniere
 - Hartvig Nissen

ANS: A

John Harvey Kellogg (1852–1943) of Battle Creek, Michigan, wrote numerous articles and books on massage and published *Good Health*, a general-circulation magazine.

REF: 7

23. What Californian educational institution influenced the development and popularization of massage therapy, altering how we view massage therapy today?
- Khan Institute
 - Esalen Institute
 - Swedish Institute
 - Karolinska Institute

ANS: B

The Esalen Institute is a retreat center and educational institution in California that, since its founding in the early 1960s, has served as a crossroads for many of the intellectual and cultural forces that influenced the development and popularization of massage therapy, thus changing how we view massage today in the United States.

REF: 8

24. What was the original name of the American Massage Therapy Association?
- American Alliance of Manual Practitioners
 - Chartered Society of Massage Therapists
 - American Association of Masseurs and Masseuses
 - Chartered Federation of Massage and Bodywork

ANS: C

Postgraduates from the College of Swedish Massage in Chicago created the American Association of Masseurs and Masseuses (AAMM), later renamed the American Massage and Therapy Association.

REF: 9

25. When was the American Massage and Therapy Association founded?

- a. 1926
- b. 1943
- c. 1965
- d. 1987

ANS: B

In 1943, postgraduates from the College of Swedish Massage in Chicago founded the American Association of Masseurs and Masseuses (AAMM). The AAMM changed its name to the American Massage and Therapy Association in 1958 and then changed it again, to the American Massage Therapy Association (AMTA), in 1983.

REF: 9

26. When was Associated Bodywork and Massage Professionals founded?

- a. 1926
- b. 1943
- c. 1965
- d. 1987

ANS: D

Associated Bodywork and Massage Professionals was founded in 1987.

REF: 9

27. The American Massage and Therapy Association (AMTA) and Associated Bodywork and Massage Professionals (ABMP) differ in that AMTA has state chapters and that AMTA's board is _____, whereas the ABMP's board is _____.

- a. elected; appointed
- b. credentialed; noncredentialed
- c. appointed; elected
- d. noncredentialed; credentialed

ANS: A

One significant difference between AMTA and the ABMP is that AMTA's board is elected, whereas ABMP's board is appointed. Another important difference is that AMTA has state chapters; ABMP does not.

REF: 9

28. What organization offered a national certification exam in 1992 that was later adopted by most states as a licensure requirement?

- a. Federation of State Massage Therapy Boards
- b. National Certification Board of Therapeutic Massage and Bodywork
- c. Massage Therapy and Bodywork National Association of Knowledge
- d. Associated Bodywork and Massage Professionals

ANS: B

In 1988, AMTA encouraged the development of national certification, creating the National Certification Board of Therapeutic Massage and Bodywork (NCBTMB). In 1992, the NCBTMB became an independent organization and began offering what it called the National Certification Exam. Initially, the NCBTMB offered a single examination, later adopted by most states as a licensure requirement.

REF: 10

29. What type of credential did the National Certification Board of Therapeutic Massage and Bodywork begin offering in 2013?

- a. Master's certification
- b. Registered certification
- c. Board certification
- d. National certification

ANS: C

In 2013, the NCBTMB retired the National Certification credential and began offering the NCETMB and the NCETM as pathways to licensure only. That same year, the NCB launched a Board Certification credential.

REF: 10

30. What organization was established to advance massage by supporting research?

- a. Massage Therapy Alliance
- b. Massage Research Coalition
- c. Massage Research Institute
- d. Massage Therapy Foundation

ANS: D

In 1990, AMTA established the American Massage Therapy Association Foundation to further advance massage by supporting scientific research. In 2004, the foundation shortened its name to the Massage Therapy Foundation and became an independent organization. Along with massage research, the foundation includes services such as education and community outreach.

REF: 10

31. Which of the following organizations developed and released the Massage and Bodywork Licensing Examination in 2008?
- Federation of State Massage Therapy Boards
 - National Certification Board of Therapeutic Massage and Bodywork
 - Massage Therapy and Bodywork National Association of Knowledge
 - Associated Bodywork and Massage Professionals

ANS: A

The Federation of State Massage Therapy Boards was formed in 2005 to address the need for a valid and reliable licensing examination and to bring commonality in licensing requirements to assist with reciprocity and professional mobility. To this end, the Federation developed the Massage and Bodywork Licensing Examination (MBLEx), released in 2008.

REF: 10

32. What year was the Massage Therapy Body of Knowledge released?
- 1990
 - 2000
 - 2010
 - 2015

ANS: C

A stewardship group formed by five major massage organizations, including the American Massage Therapy Association (AMTA), Associated Bodywork and Massage Professionals (ABMP), the Federation of State Massage Therapy Boards (FSMTB), the Massage Therapy Foundation (MTF), and the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) appointed an independent task force to create the Massage Therapy Body of Knowledge (MTBOK), which was released in 2010.

REF: 10

33. Historically, what profession has used the term “massage therapy” as a cover for its operations?
- Cosmetology
 - Politics
 - Television
 - Prostitution

ANS: D

Historically, prostitution has used the term “massage therapy” as a cover for its operations.

REF: 10

34. How is human trafficking best described?
- Arbitration organizations
 - Modern-day slavery
 - Accredited schools
 - Rehabilitation clinics

ANS: B

Human trafficking is the unlawful trade of people—modern-day slavery.

REF: 11

35. According to the Polaris Project, which of the following is the third largest source of profit for organized crime?
- Organ trafficking
 - Gun trafficking
 - Drug trafficking
 - Human trafficking

ANS: D

According to the Polaris Project, human trafficking is the third largest source of profit for organized crime, just behind drug trafficking and gun trafficking.

REF: 11