

# ITEC Level 3 Sports Massage Diploma Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

**This is a sample study guide. To access the full version with hundreds of questions,**

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**SAMPLE**

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# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

**Remember:** successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

# How to Use This Guide

**This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:**

## **1. Start with a Diagnostic Review**

**Skim through the questions to get a sense of what you know and what you need to focus on. Don't worry about getting everything right, your goal is to identify knowledge gaps early.**

## **2. Study in Short, Focused Sessions**

**Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations, and take breaks to retain information better.**

## **3. Learn from the Explanations**

**After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.**

## **4. Track Your Progress**

**Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.**

## **5. Simulate the Real Exam**

**Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.**

## **6. Repeat and Review**

**Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning.**

## **7. Use Other Tools**

**Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.**

**There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly — adapt the tips above to fit your pace and learning style. You've got this!**

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## **Questions**

- 1. What could be a result of weakness in the serratus posterior inferior?**
  - A. Increased rib mobility**
  - B. Difficulty in deep breathing**
  - C. Enhanced spinal support**
  - D. Improved athletic movements**
- 2. What is the insertion point of the extensor carpi radialis brevis?**
  - A. Base of the 2nd metacarpal**
  - B. Base of the 3rd metacarpal**
  - C. Base of the 4th metacarpal**
  - D. Base of the 5th metacarpal**
- 3. What is the insertion point for the splenius capitis muscle?**
  - A. First 6 thoracic vertebrae**
  - B. Sternum and clavicle**
  - C. Mastoid process and occipital bone**
  - D. 6th and 7th cervical vertebrae**
- 4. Where does the vastus intermedius muscle insert?**
  - A. Quadriceps tendon and lateral margin of patella**
  - B. Greater trochanter**
  - C. Medial surface of tibia**
  - D. Head of fibula**
- 5. What is a function of the quadriceps muscle group?**
  - A. Flexion of the hip**
  - B. Extension of the knee**
  - C. Flexion of the knee**
  - D. Internal rotation of the hip**
- 6. What is muscle fatigue?**
  - A. A condition where muscles can no longer relax**
  - B. A state when muscles are unable to contract**
  - C. Difficulty in sustaining relaxation**
  - D. Difficulty in sustaining contraction**



- 7. What is one of the main aims of a pre-event massage?**
- A. Induce sleep in the athlete**
  - B. Reduce muscle fatigue**
  - C. Create a state of readiness in the muscle**
  - D. Improve muscle atrophy**
- 8. Where does the rhomboid major muscle insert?**
- A. Medial scapula**
  - B. Bicipital groove**
  - C. Lateral clavicle**
  - D. Acromion process**
- 9. What is the origin of the rectus femoris muscle?**
- A. ASIS**
  - B. AIIS**
  - C. Lateral part of intertrochanteric line**
  - D. Ischial tuberosity**
- 10. What is the primary action of the piriformis muscle?**
- A. Laterally rotates the hip**
  - B. Abducts the leg**
  - C. Flexes the trunk laterally**
  - D. Extends the leg**

## **Answers**

- 1. B**
- 2. B**
- 3. C**
- 4. A**
- 5. B**
- 6. D**
- 7. C**
- 8. A**
- 9. B**
- 10. A**

**SAMPLE**

## **Explanations**

**1. What could be a result of weakness in the serratus posterior inferior?**

- A. Increased rib mobility**
- B. Difficulty in deep breathing**
- C. Enhanced spinal support**
- D. Improved athletic movements**

Weakness in the serratus posterior inferior can lead to difficulty in deep breathing. This muscle contributes to the mechanics of respiration, particularly during forced expiration. It plays a role in stabilizing the lower ribs and assists in their movement during inhalation and exhalation. If this muscle is weak, it may not effectively assist in pulling down the lower ribs, which can hinder the ability to fully expand the thoracic cavity while breathing deeply. This limitation can lead to a reduced ventilatory capacity and may cause discomfort or inefficiency during physical activity that requires greater respiratory demands. In contrast, other outcomes associated with weaknesses in this muscle do not directly correlate to the actions of the serratus posterior inferior. For instance, increased rib mobility typically wouldn't be a result of weakness in this muscle, as its role is more about stabilization than mobility enhancement. Similarly, enhanced spinal support and improved athletic movements would not likely result from weakness in this area, as both rely on the proper function and strength of various muscle groups to provide necessary structural support and perform effectively during athletic endeavors.

**2. What is the insertion point of the extensor carpi radialis brevis?**

- A. Base of the 2nd metacarpal**
- B. Base of the 3rd metacarpal**
- C. Base of the 4th metacarpal**
- D. Base of the 5th metacarpal**

The insertion point of the extensor carpi radialis brevis is at the base of the third metacarpal. This muscle is primarily involved in the extension and abduction of the wrist. It plays a crucial role in movements where the wrist needs to extend while simultaneously moving the hand outward, such as during activities like throwing or swinging a racket. Knowing the correct insertion point is important for understanding how this muscle functions in conjunction with other muscles of the forearm and hand, leading to coordinated wrist actions. Anatomically, the base of the third metacarpal is significant because it is positioned in a way that allows the extensor carpi radialis brevis to effectively stabilize the wrist during complex movements, which is particularly pertinent for athletes or individuals engaged in sports requiring wrist dexterity and strength.

### 3. What is the insertion point for the splenius capitis muscle?

- A. First 6 thoracic vertebrae
- B. Sternum and clavicle
- C. Mastoid process and occipital bone**
- D. 6th and 7th cervical vertebrae

The splenius capitis is a key muscle in the back of the neck that plays a significant role in head movement and neck stabilization. Its insertion point is located at the mastoid process of the temporal bone and the occipital bone of the skull. Understanding this attachment is crucial because it allows the muscle to execute actions such as neck extension, lateral flexion, and rotation of the head. When the splenius capitis contracts, it can help draw the head backward or tilt it towards the side of the muscle that is contracting, which is essential for various movements and maintaining posture. Recognizing the specific anatomical location of the insertion helps in both therapeutic practices and understanding the biomechanics of the head and neck. In contrast, the other options represent different anatomical structures and are not correct insertion points for the splenius capitis muscle. The thoracic vertebrae are related to different muscles in the back, the sternum and clavicle serve as attachments for other muscles like the pectoralis major, and the cervical vertebrae don't provide the specific points of insertion for the splenius capitis. Understanding these distinctions is important for effectively applying massage therapy techniques and for overall knowledge of muscle anatomy.

### 4. Where does the vastus intermedius muscle insert?

- A. Quadriceps tendon and lateral margin of patella**
- B. Greater trochanter
- C. Medial surface of tibia
- D. Head of fibula

The vastus intermedius muscle is one of the four muscles that make up the quadriceps femoris group, which is located in the anterior compartment of the thigh. The primary function of the quadriceps, including the vastus intermedius, is to extend the knee joint. The insertion point of the vastus intermedius is particularly important because it connects the muscle to the structures that facilitate knee movement. It inserts into the quadriceps tendon, which then attaches to the patella (kneecap). This connection allows the muscle to effectively exert force during knee extension, playing a crucial role in activities such as walking, running, and jumping. Understanding the anatomy and function of the vastus intermedius, including its insertion, is vital for athletes, coaches, and practitioners involved in sports massage or rehabilitation. They need to be aware of how this muscle works and where it connects when assessing leg movement, treating injuries, or enhancing athletic performance. The other options do not accurately represent the anatomical insertion point of the vastus intermedius, therefore reinforcing the correct choice.

## 5. What is a function of the quadriceps muscle group?

- A. Flexion of the hip
- B. Extension of the knee**
- C. Flexion of the knee
- D. Internal rotation of the hip

The quadriceps muscle group primarily functions to extend the knee. This group consists of four muscles located at the front of the thigh: the rectus femoris, vastus lateralis, vastus medialis, and vastus intermedius. When these muscles contract, they work together to straighten the leg at the knee joint, which is essential for activities such as walking, running, jumping, and climbing. Understanding the primary role of the quadriceps highlights their importance in athletic performance and everyday movements. This function is particularly significant in sports and exercises that involve lower body strength and stability, demonstrating how the quadriceps play a crucial role in maintaining knee integrity and mobility. Flexion of the hip, flexion of the knee, and internal rotation of the hip describe actions facilitated by different muscle groups. While the rectus femoris does assist in hip flexion due to its origin on the pelvis, its main contribution, alongside the other quadriceps muscles, is knee extension. This understanding clarifies each muscle's unique role within the kinetic chain and their contributions to various movements and physical activities.

## 6. What is muscle fatigue?

- A. A condition where muscles can no longer relax
- B. A state when muscles are unable to contract
- C. Difficulty in sustaining relaxation
- D. Difficulty in sustaining contraction**

Muscle fatigue refers to a temporary decrease in the muscle's ability to generate force, which often occurs after prolonged or intense activity. When we look at the correct choice, it emphasizes that difficulty in sustaining contraction is the hallmark of muscle fatigue. During physical exertion, muscles experience a depletion of energy stores and an accumulation of metabolic byproducts, which together impair their capacity to maintain effective and sustained contractions. This leads to a situation where muscles may tire and struggle to perform at their normal capacity. In contrast, the other options relate to muscle function but do not accurately capture the phenomenon of muscle fatigue as experienced during exertion. Muscle fatigue does not involve the inability to relax or a state of inactivity, but rather a primary challenge in maintaining the required level of contraction over time. Understanding this concept is crucial for sports massage practitioners, as they need to evaluate and address muscle fatigue in clients effectively.

**7. What is one of the main aims of a pre-event massage?**

- A. Induce sleep in the athlete**
- B. Reduce muscle fatigue**
- C. Create a state of readiness in the muscle**
- D. Improve muscle atrophy**

One of the primary goals of a pre-event massage is to create a state of readiness in the muscle. This type of massage is designed to prepare the athlete physically and mentally for the upcoming performance. A pre-event massage typically involves techniques that increase circulation, enhance muscle elasticity, and improve overall muscle function. By stimulating the muscles and encouraging blood flow, the massage helps to ensure that the muscles are primed and ready for action. This readiness allows athletes to perform at their optimal level, reducing the risk of injury and enhancing performance efficiency. The techniques used during a pre-event massage may include brisk strokes and gentle stretches, which promote alertness and prepare the body for the demands of competition. In contrast to inducing sleep, which would not be beneficial before an event, or focusing on reducing muscle fatigue and improving muscle atrophy — aims more relevant to post-event recovery or rehabilitation — creating a state of readiness is specifically aligned with the goals of a pre-event massage.

**8. Where does the rhomboid major muscle insert?**

- A. Medial scapula**
- B. Bicipital groove**
- C. Lateral clavicle**
- D. Acromion process**

The rhomboid major muscle inserts on the medial border of the scapula. This is significant because the primary function of the rhomboid major is to retract the scapula, pulling it towards the spine, which is crucial for various movements of the shoulder girdle and upper limb stability. Understanding the anatomical location of this muscle is essential for recognizing its role in activities that involve the upper back, such as rowing or pulling movements. Its insertion on the medial border allows it to effectively assist in maintaining proper posture and aiding in the stabilization of the shoulder during dynamic actions. In contrast, the other options refer to different anatomical structures that are not associated with the rhomboid major's insertion, which further highlights the correctness of the first choice in identifying where this muscle attaches.



## 9. What is the origin of the rectus femoris muscle?

- A. ASIS
- B. AIIS**
- C. Lateral part of intertrochanteric line
- D. Ischial tuberosity

The rectus femoris muscle originates from the anterior inferior iliac spine (AIIS) of the pelvis. This anatomical landmark is located just below the anterior superior iliac spine (ASIS) and serves as an important attachment point for the muscle. The rectus femoris is one of the four quadriceps muscles and plays a crucial role in knee extension and hip flexion. Understanding the origin of the rectus femoris helps in grasping its functional significance in movement. As part of the quadriceps group, it aids not only in activities that require knee extension, such as walking or running but also in hip flexion when the knee is flexed. This dual function makes the muscle an essential component in various sports and physical activities. In contrast, the other landmarks listed are not associated with the rectus femoris. The ASIS serves as an origin for other muscles, while the lateral part of the intertrochanteric line is related to the vastus lateralis. The ischial tuberosity is the origin for hamstring muscles, not the rectus femoris. Therefore, recognizing the correct origin supports a deeper understanding of muscle anatomy and function within the context of sports massage and movement analysis.

## 10. What is the primary action of the piriformis muscle?

- A. Laterally rotates the hip**
- B. Abducts the leg
- C. Flexes the trunk laterally
- D. Extends the leg

The primary action of the piriformis muscle is to laterally rotate the hip. This muscle, located deep in the buttock, plays a crucial role in hip mechanics, especially when the hip is extended. When the hip is flexed, the piriformis also assists with abduction of the thigh, but its fundamental role is in lateral rotation. Understanding the action of the piriformis is essential for sports massage therapists, as dysfunction in this muscle can lead to pain or issues such as sciatica, due to its proximity to the sciatic nerve. Recognizing these actions allows therapists to target specific problems and provide effective treatment strategies for athletes and individuals experiencing hip discomfort. Therefore, the lateral rotation function of the piriformis is a key component of hip joint movement, reinforcing the importance of this muscle in both athletic performance and rehabilitation.

# Next Steps

**Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.**

**As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.**

**If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at [hello@examzify.com](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://iteclevel3sportsmassagediploma.examzify.com>**

**We wish you the very best on your exam journey. You've got this!**