

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

## Study Guide



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

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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. 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.**

## **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. 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!**

## Questions

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- 1. A client with a varicose vein on his left calf requests a sports massage. How should you proceed?**
  - A. Massage over the varicose vein**
  - B. Massage above the varicose vein**
  - C. Massage under the varicose vein**
  - D. Massage the whole body including the leg**
  
- 2. Where does the tensor fascia latae muscle insert?**
  - A. Ilio-tibial tract of fascia lata**
  - B. Medial tibia**
  - C. Fibia head**
  - D. Greater trochanter**
  
- 3. Which of the following is a psychological aim of a pre-event massage?**
  - A. Increase blood pressure**
  - B. Reduce tension**
  - C. Induce sleep**
  - D. Enhance recovery**
  
- 4. How many tendons travel through the carpal tunnel?**
  - A. 7**
  - B. 8**
  - C. 9**
  - D. 10**
  
- 5. Which of the following is a contraindication to sports massage that requires a doctor's approval?**
  - A. Verrucas, eczema**
  - B. Asthma, high blood pressure**
  - C. Inflammation, psoriasis**
  - D. Muscle cramps, strains**

- 6. Which muscle originates from the supraspinatous fossa?**
- A. Biceps brachii**
  - B. Supraspinatus**
  - C. Triceps**
  - D. Infraspinatus**
- 7. What is the insertion point of the trapezius muscle?**
- A. Lateral clavicle**
  - B. Medial scapula**
  - C. Bicipital groove**
  - D. Spine of scapula**
- 8. Why would MET techniques be used in therapy?**
- A. To increase muscle tension**
  - B. To prepare tissue for HVLA**
  - C. To create pain in the tissue**
  - D. To limit muscle movement**
- 9. What does PIR stand for in MET techniques?**
- A. Post Isometric Relaxation**
  - B. Passive Isometric Relaxation**
  - C. Post Isometric Release**
  - D. Passive Isometric Release**
- 10. Which of the following muscles originates from the lateral border of the scapula?**
- A. Biceps brachii**
  - B. Teres minor**
  - C. Supraspinatous**
  - D. Triceps**

## Answers

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

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## **Explanations**

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**1. A client with a varicose vein on his left calf requests a sports massage. How should you proceed?**

- A. Massage over the varicose vein**
- B. Massage above the varicose vein**
- C. Massage under the varicose vein**
- D. Massage the whole body including the leg**

When addressing a client with a varicose vein, the appropriate course of action is to massage above the varicose vein. This approach is important for several reasons. Firstly, varicose veins are swollen, bulging veins that can be sensitive and may indicate underlying circulatory issues. Massaging directly over the affected area could exacerbate these problems, potentially leading to discomfort or even complications. By focusing on the area above the varicose vein, you can still promote circulation and relaxation in the surrounding tissues without putting pressure on the affected vein. Additionally, the aim of a sports massage is to alleviate tension and improve muscle function. Working on the area above allows you to effectively target related muscle groups and facilitate overall movement, providing benefits to the client's muscular system while respecting their medical condition. In contrast, massaging under the varicose vein or directly over it would not only pose risks but may also exacerbate the condition. Massaging the entire leg or whole body including the leg without consideration of the varicose vein could neglect the need for caution associated with the vein itself. Therefore, focusing the massage above the area is the safest and most effective strategy for maintaining the client's comfort and health.

**2. Where does the tensor fascia latae muscle insert?**

- A. Ilio-tibial tract of fascia lata**
- B. Medial tibia**
- C. Fibia head**
- D. Greater trochanter**

The tensor fascia latae muscle inserts into the iliotibial tract of fascia lata, which is a thick band of connective tissue that runs along the lateral aspect of the thigh. This insertion point is particularly important as it plays a crucial role in stabilizing the hip and knee during activities such as walking, running, and other forms of motion. The iliotibial tract serves as an attachment for several muscles and helps to prevent excessive lateral movement of the knee. Understanding the anatomical function of the tensor fascia latae and its insertion into the iliotibial tract is vital for sports massage therapists. It allows them to target the correct areas when performing massage techniques aimed at alleviating tension, improving mobility, and enhancing overall performance in athletes.

**3. Which of the following is a psychological aim of a pre-event massage?**

- A. Increase blood pressure**
- B. Reduce tension**
- C. Induce sleep**
- D. Enhance recovery**

A pre-event massage primarily aims to prepare the athlete psychologically and physically for upcoming performance. Reducing tension is essential in this context as it helps the athlete to feel more relaxed and focused, ultimately leading to enhanced performance. By alleviating psychological stress and anxiety, a pre-event massage can promote a sense of calm and readiness, which is crucial before engaging in competitive activities.

Increasing blood pressure, inducing sleep, and enhancing recovery are not aligned with the primary psychological objectives of a pre-event massage. Instead, the focus is on creating a positive mental state that can improve concentration and reduce nervousness, making the reduction of tension a central goal.

**4. How many tendons travel through the carpal tunnel?**

- A. 7**
- B. 8**
- C. 9**
- D. 10**

The carpal tunnel is a narrow passageway located in the wrist that is surrounded by bones and ligaments. Within this tunnel, there are nine structures that are essential for hand function. These include the tendons of the flexor muscles that allow for finger movement, specifically the flexor digitorum superficialis and the flexor digitorum profundus, as well as the flexor pollicis longus tendon, which is responsible for thumb movement. These nine tendons are crucial for the flexion movements of the fingers and thumb, making their presence in the carpal tunnel vital for coordinated hand activities. Additionally, the median nerve also travels through the carpal tunnel, but it is not counted among these tendons, which is an important distinction to make when considering the total number of structures within the tunnel. This understanding of the carpal tunnel is significant in recognizing conditions such as carpal tunnel syndrome, where compression can occur, leading to pain and dysfunction in the hand.

**5. Which of the following is a contraindication to sports massage that requires a doctor's approval?**

- A. Verrucas, eczema**
- B. Asthma, high blood pressure**
- C. Inflammation, psoriasis**
- D. Muscle cramps, strains**

The correct answer is linked to the need for a doctor's approval due to the potential complications associated with both asthma and high blood pressure. These conditions can have significant implications for an individual's overall health during any physical activity or treatment, including sports massage. Asthma can lead to respiratory distress during or after physical exertion, and a sports massage might trigger symptoms if the client has underlying respiratory issues. High blood pressure can be exacerbated by physical exertion, potentially increasing the risk of cardiovascular issues during the massage process. Therefore, it is crucial to seek medical clearance to ensure the safety and appropriateness of the treatment for individuals with these conditions. In contrast, other options such as verrucas and eczema, inflammation and psoriasis, or muscle cramps and strains typically do not require a doctor's approval for sports massage, as they may be addressed within the scope of practice. These conditions are often managed through adjusted treatment techniques rather than requiring strict medical oversight.

**6. Which muscle originates from the supraspinatus fossa?**

- A. Biceps brachii**
- B. Supraspinatus**
- C. Triceps**
- D. Infraspinatus**

The muscle that originates from the supraspinatus fossa is indeed the supraspinatus. This muscle is part of the rotator cuff group and plays a crucial role in shoulder stabilization and abduction of the arm. The supraspinatus muscle specifically arises from the supraspinatus fossa, which is a concave surface located above the spine of the scapula. This anatomical location is significant as it allows the muscle to effectively contribute to shoulder movements. Notably, the supraspinatus is crucial for initiating arm abduction and assists the deltoid muscle during this action. Understanding its origin helps in identifying its function and how it interacts with surrounding structures in both healthy and injured states. The presence of this muscle is essential in maintaining proper shoulder mechanics and preventing injuries, particularly in athletic contexts where shoulder function is critical.

## 7. What is the insertion point of the trapezius muscle?

- A. Lateral clavicle**
- B. Medial scapula**
- C. Bicipital groove**
- D. Spine of scapula**

The insertion point of the trapezius muscle is indeed the lateral clavicle. The trapezius has a broad origin that includes the occipital bone of the skull, the nuchal ligament, and the spinous processes of the thoracic vertebrae. However, it inserts at multiple points, primarily including the lateral aspect of the clavicle, the acromion, and the spine of the scapula, contributing to its functionality in moving and stabilizing the shoulder girdle. Understanding the insertion points is crucial because they determine how the muscle operates. The trapezius muscle is responsible for various movements, including elevation, retraction, and rotation of the scapula, which are essential for upper limb movement. Correct identification of the insertion point aids in both anatomical understanding and practical applications in sports massage and rehabilitation. While the spine of the scapula and the medial border of the scapula are indeed related to the muscle, they do not represent the primary insertion location for the trapezius muscle, which contributes to the synergistic actions observed in shoulder movements. The bicipital groove, on the other hand, is unrelated to the trapezius muscle's anatomy.

## 8. Why would MET techniques be used in therapy?

- A. To increase muscle tension**
- B. To prepare tissue for HVLA**
- C. To create pain in the tissue**
- D. To limit muscle movement**

Muscle Energy Techniques (MET) are utilized in therapy primarily to enhance joint mobility and improve overall function by facilitating the body's innate healing processes. When MET is employed, the therapist instructs the client to actively contract specific muscles against resistance, which can effectively prepare soft tissues for subsequent treatments like High-Velocity Low-Amplitude (HVLA) manipulations. This preparation is crucial as it ensures that the tissues are adequately primed, resulting in a more effective and safer application of HVLA techniques. The use of MET for this purpose highlights its role in promoting muscle relaxation and improving flexibility, which are essential before performing more intense manipulative techniques. Ensuring that tissues are well-prepared reduces the risk of injury and discomfort that may arise during HVLA and can enhance the overall effectiveness of the therapy. In contrast, the other options do not align with the purpose of MET. Increasing muscle tension, creating pain, or limiting muscle movement do not represent the therapeutic goals of MET. Instead, the aim is to create a balanced state within the musculoskeletal system, allowing for improved mobility and function.

## 9. What does PIR stand for in MET techniques?

- A. Post Isometric Relaxation**
- B. Passive Isometric Relaxation**
- C. Post Isometric Release**
- D. Passive Isometric Release**

PIR stands for Post Isometric Relaxation, which is a technique used in muscle energy techniques (MET) aimed at relieving muscle tension and promoting flexibility. This method involves the patient actively contracting a muscle against resistance for a brief period, followed by a passive stretching phase. The rationale behind this technique lies in the principle of autogenic inhibition, where the muscle relaxes following an isometric contraction, allowing for an increased range of motion during the subsequent stretch. This approach specifically assists in improving muscle function and alleviating tightness, making it effective in rehabilitation and sports massage settings. The name "Post Isometric Relaxation" directly reflects the sequence of actions involved; first, there is an isometric contraction ("isometric"), followed by a phase of relaxation after this contraction ("post"). The other terms do not accurately describe the technique or the physiological process involved. For instance, "Passive Isometric Relaxation" would imply that the muscle is relaxed without any patient involvement, which contradicts the active component of the contraction in PIR. Similarly, terms like "Post Isometric Release" and "Passive Isometric Release" do not correctly capture the active engagement necessary for the technique, leading to a misunderstanding of the mechanics at play. Understanding the precise terminology

## 10. Which of the following muscles originates from the lateral border of the scapula?

- A. Biceps brachii**
- B. Teres minor**
- C. Supraspinatous**
- D. Triceps**

The teres minor muscle originates from the lateral border of the scapula, which allows it to play a key role in the movement and stabilization of the shoulder joint. Specifically, this muscle is involved in the lateral rotation and adduction of the arm. Its location on the scapula means that it acts upon the shoulder, enhancing the overall functionality and mobility of the arm. Understanding the anatomical positioning of the teres minor is essential for those studying sports massage and related fields, as it impacts various movements and can be a focal point for treatment when addressing shoulder injuries or dysfunctions. The importance of recognizing this muscle lies not only in its role in shoulder mechanics but also in the implications for massage techniques aimed at relieving tension or pain related to athletic activities.

## 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!**

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