

VTCT SPORTS MASSAGE LEVEL 3 PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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THE FULL VERSION STUDY GUIDE**

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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. The heart muscle is which type of muscle tissue?**
 - A. Cardiac muscle
 - B. Smooth muscle
 - C. Skeletal muscle
 - D. Striated muscle

- 2. Which hormone is produced by the adrenal glands?**
 - A. Insulin
 - B. Adrenaline and cortisol
 - C. Thyroxine
 - D. Progesterone

- 3. What is the primary function of the lumbar spine?**
 - A. Support the weight of the body, stability and mobility
 - B. Protect the brain
 - C. Produce red blood cells
 - D. Store minerals

- 4. Long bones are defined as being longer than they are wide.**
 - A. Short bones
 - B. Flat bones
 - C. Irregular bones
 - D. Longer than they are wide

- 5. What is the primary function of the lymphatic system?**
 - A. To transport blood throughout the body
 - B. To filter the blood in the kidneys
 - C. To transport lymph, a fluid containing infection-fighting white blood cells, throughout the body
 - D. To regulate body temperature

- 6. What is the primary function of epithelial tissue?**
 - A. To absorb nutrients
 - B. To transport signals
 - C. To provide immunity
 - D. To cover body surfaces, line cavities, and form glands

7. Which muscle is involved in hip abduction?

- A. Gluteus Maximus
- B. Adductor Longus
- C. Iliopsoas
- D. Gluteus Medius

8. The thoracic region of the spine contains how many vertebrae?

- A. 7
- B. 12
- C. 5
- D. 14

9. The voice box is known as which structure?

- A. Larynx
- B. Epiglottis
- C. Pharynx
- D. Trachea

10. Which statement correctly describes systolic blood pressure?

- A. It is generated when the heart contracts and forces blood into the arteries.
- B. It measures venous pressure during rest.
- C. It remains constant regardless of heart activity.
- D. It measures the pressure in the veins during systole.

Answers

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

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Explanations

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1. The heart muscle is which type of muscle tissue?

- A. Cardiac muscle**
- B. Smooth muscle
- C. Skeletal muscle
- D. Striated muscle

The heart muscle is cardiac muscle. This tissue is specialized for the heart's nonstop, rhythmic pumping. Cardiac muscle cells are striated like skeletal muscle, but they're not under conscious control; they're involuntary and work as a coordinated unit thanks to intercalated discs that connect the cells and allow rapid electrical signaling. This setup enables the heart to contract smoothly and consistently in a heartbeat. Smooth muscle, by contrast, is non-striated and found in the walls of hollow organs and vessels, working involuntarily to move fluids and contents along. Skeletal muscle is voluntary and attached to bones, providing deliberate movement, and while it is also striated, its control and function are different from the heart's. So, the heart's muscle is best described as cardiac muscle.

2. Which hormone is produced by the adrenal glands?

- A. Insulin
- B. Adrenaline and cortisol**
- C. Thyroxine
- D. Progesterone

Hormones produced by the adrenal glands include those that help the body respond to stress and regulate metabolism. Adrenaline (epinephrine) and cortisol are both made by the adrenal glands, with adrenaline released by the adrenal medulla to prepare the body for quick action, and cortisol produced by the adrenal cortex to help regulate glucose, metabolism, and stress responses. The other substances come from different glands: insulin is made by the pancreas, thyroxine by the thyroid, and progesterone mainly by the ovaries (and placenta in pregnancy). So adrenaline and cortisol are the correct pair because they are the hormones directly produced by the adrenal glands.

3. What is the primary function of the lumbar spine?

- A. Support the weight of the body, stability and mobility**
- B. Protect the brain
- C. Produce red blood cells
- D. Store minerals

The main idea is that the lumbar spine is built to bear the body's weight and allow controlled movement with stability. The five lumbar vertebrae are large and sturdy because they carry most of the upper body's load and transfer it down to the pelvis through the spinal joints and discs. This region also serves as a base for powerful back muscles that maintain posture and enable movements like bending, extending, and some side bending, while the intervertebral discs cushion these actions and protect against shock during activities such as walking or lifting. While protecting the brain is essential, that responsibility lies with the skull and the spinal cord within the spinal column, not with the lumbar region itself. Red blood cell production occurs in bone marrow distributed throughout bones, and mineral storage is a general bone function, not the primary role of the lumbar spine. So the lumbar spine's primary function is to support the body's weight and provide stability and mobility.

4. Long bones are defined as being longer than they are wide.

- A. Short bones
- B. Flat bones
- C. Irregular bones
- D. Longer than they are wide**

The key idea is bone shape classification by proportions. Long bones are identified by being longer than they are wide, which gives them a tubular shaft (diaphysis) and ends (epiphyses). This shape supports movement as levers and bears weight, with a thick outer compact bone along the shaft and a hollow medullary cavity. That's why the statement describing long bones as longer than they are wide is the correct description. Short bones, in contrast, are roughly cube-shaped with length about equal to width (carpals and tarsals). Flat bones are thin and curved, with two layers of compact bone sandwiching cancellous bone (cranial bones, sternum, ribs, scapula) to protect organs and provide attachment surfaces. Irregular bones have complex shapes (like vertebrae) and don't fit the other categories.

5. What is the primary function of the lymphatic system?

- A. To transport blood throughout the body
- B. To filter the blood in the kidneys
- C. To transport lymph, a fluid containing infection-fighting white blood cells, throughout the body**
- D. To regulate body temperature

The lymphatic system's main job is to move lymph, a fluid that bathes tissues and carries immune cells, through the body. Lymph forms from interstitial fluid and travels via lymph vessels toward the bloodstream. Along the way, lymph passes through lymph nodes where pathogens are filtered and immune responses can be activated. This system helps maintain fluid balance and supports the body's defense against infection, which is why the description of transporting lymph containing infection-fighting white blood cells best captures its primary function. The other ideas fit different body systems: transporting blood is the job of the cardiovascular system, filtering blood in the kidneys is the renal/urinary system, and regulating body temperature involves the skin, nerves, and circulatory responses rather than the lymphatic pathway.

6. What is the primary function of epithelial tissue?

- A. To absorb nutrients
- B. To transport signals
- C. To provide immunity
- D. To cover body surfaces, line cavities, and form glands**

Epithelial tissue is built to cover and line everything: it forms the outer layer of the skin, lines the walls of body cavities and organs, and lines ducts and hollow passages. It also creates glands, from which secretions such as mucus, enzymes, or hormones are produced. This covering and lining function provides protection, acts as a barrier, and supports secretion and selective absorption in specialized areas. While some epithelia can absorb nutrients or participate in other tasks, the overarching, defining role of epithelial tissue is to cover surfaces, line cavities, and form glands. The other options describe activities tied to other tissue systems (nervous or immune) or to specific situations within epithelia, not the general function of epithelial tissue.

7. Which muscle is involved in hip abduction?

- A. Gluteus Maximus
- B. Adductor Longus
- C. Iliopsoas
- D. Gluteus Medius**

Hip abduction is moving the thigh away from the midline of the body. The main muscle responsible for this movement is the gluteus medius. It sits on the outer surface of the ilium and attaches to the greater trochanter, so when it contracts it pulls the femur outward, lifting the leg to the side. This muscle is especially important for keeping the pelvis level during walking when the opposite leg is swinging forward. The other muscles listed don't primarily perform hip abduction: the adductor longus brings the thigh toward the midline (adduction); the iliopsoas flexes the hip; the gluteus maximus mainly extends and externally rotates the hip. While other muscles can assist in abduction in certain positions, the gluteus medius is the principal abductor.

8. The thoracic region of the spine contains how many vertebrae?

- A. 7
- B. 12**
- C. 5
- D. 14

The thoracic region contains twelve vertebrae, numbered T1 to T12, which form the middle portion of the spine between the neck (cervical) and lower back (lumbar). This section is unique for articulating with the ribs via costal facets on the vertebral bodies and transverse processes, giving it a rib-bearing role in the thorax. In a typical adult skeleton, the spinal regions are seven cervical, twelve thoracic, and five lumbar, with the sacrum and coccyx fused at the lower end. Therefore, twelve is the correct count for the thoracic region. The other numbers correspond to other regions or are incorrect for the thoracic section.

9. The voice box is known as which structure?

- A. Larynx**
- B. Epiglottis
- C. Pharynx
- D. Trachea

The voice box is the larynx. It's the structure in the neck that houses the vocal cords and is the main organ for producing sound (phonation). Air from the lungs passes through the larynx, and the vocal cords vibrate to create voice. The epiglottis is a flap inside this area that covers the opening to the trachea during swallowing to protect the airway. The pharynx is the throat region behind the nose and mouth that air and food pass through before reaching the larynx. The trachea is the windpipe that continues from the bottom of the larynx to carry air into the lungs. So, the voice box is the larynx.

10. Which statement correctly describes systolic blood pressure?

- A. It is generated when the heart contracts and forces blood into the arteries.**
- B. It measures venous pressure during rest.
- C. It remains constant regardless of heart activity.
- D. It measures the pressure in the veins during systole.

Systolic blood pressure is the peak pressure in the arteries that occurs when the heart contracts and forces blood into the arterial system. During ventricular contraction (systole), the ventricles push blood out into the aorta and other arteries, causing arterial pressure to rise to its highest point. This peak reflects the arterial response to the heart's ejection of blood and is what we record as the systolic reading. It's distinct from diastolic pressure, which is the lower pressure in the arteries when the heart is relaxed between beats, and it's not a measure of venous pressure. So the statement describing systolic pressure as generated when the heart contracts and pushes blood into the arteries is the accurate description.

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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.

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

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

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