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### QUESTION 1

Which activity is likely to cause the most lactic acid build up in a client?

- A. A long car ride
- B. Walking up stairs
- C. A long walk
- D. Sprinting

Correct Answer: D

Explanation: Lactic acid buildup occurs when the demand for energy exceeds the tissues ability to process the metabolic waste. Sprinting is the only activity mentioned that can create this scenario.

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### QUESTION 2

A crush or loving interest from a client is a natural occurrence.

- A. TRUE
- B. FALSE

Correct Answer: A

Explanation: A crush or love interest is a natural occurrence, especially when a massage therapist is viewed as safe, comforting and a truly caring individual. However, acting on these natural feelings oversteps the boundaries and threatens the very ethos of the healing culture of massage therapy.

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### QUESTION 3

Which of the following best describes a massage therapist who routinely drapes clients in an immodest and unprofessional manner?

- A. The massage therapist needs additional training.
- B. The massage therapist is participating in a dual relationship.
- C. The massage therapists scope of practice needs to be redefined.
- D. The massage therapist has broken a code of ethics.

Correct Answer: D

Explanation: There are times when undraping sensitive areas for treatment is within the scope of practice of massage. However, a massage therapist who routinely drapes in an unprofessional manner is breaking a standard of conduct indicated in the massage code of ethics.

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#### QUESTION 4

Where would stratified transitional epithelium be located?

- A. Skin
- B. Muscle
- C. Bladder
- D. Tendon

Correct Answer: C

Explanation: Stratified transitional epithelium are multi layered tissue cells that have the ability to expand and contract under stress and are the cells found in the bladder.

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#### QUESTION 5

Which of the following is the only neurotransmitter used by the motor division of the somatic nervous system?

- A. Acetylcholi
- B. Dopamine
- C. Serotonin
- D. Glutamate

Correct Answer: A

Explanation: Acetylcholine is distinguished from other neurotransmitters due to its ability to transmit signals at the neuromuscular junction between the nervous system and the muscular system.

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