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### QUESTION 1

Humans are considered to have an open circulation system.

- A. TRUE
- B. FALSE

Correct Answer: B

Explanation: There are two primary types of circulation systems in nature, one being open and the other being closed. In humans, the blood never leaves the intricate webbing of blood vessels and is thus considered a closed circulatory system. An open circulatory system is one where blood and interstitial fluid move freely within an organism, as in the case of gastropods, otherwise known as snails.

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### QUESTION 2

What are the ideal times to perform an assessment of the client to understand problem areas and the effectiveness of treatment?

- A. After the treatment
- B. During the treatment
- C. All of the above
- D. A and b only

Correct Answer: A

Explanation: Before starting treatment with a client, a massage therapist must first understand what the nature of the client's complaint is, whether the condition is indicated or contraindicated or if a referral is necessary. Once the therapy session is complete, an assessment is necessary to determine the benefit of the treatment to the client.

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### QUESTION 3

Which of the following hormones is responsible for the regulation of metabolism?

- A. Thyroxine
- B. FSH
- C. Progesterone
- D. Adrenaline

Correct Answer: A

Explanation: Thyroxine, produced by the thyroid gland, is a hormone that affects nearly every cell in the body by regulating metabolic processes.

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#### QUESTION 4

\_\_\_\_\_ are the smallest blood vessels.

- A. Arteries
- B. Venules
- C. Capillaries
- D. Arterioles

Correct Answer: C

Explanation: Capillaries are the smallest blood vessels with endothelial linings that are only one cell thick. This allows for the transfer of water, oxygen, carbon dioxide, nutrients and waste between the blood and surrounding tissues.

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#### QUESTION 5

What best describes pain that has no known physical cause?

- A. Neuroglia
- B. Psychosomatic
- C. Visceral
- D. Phantom

Correct Answer: B

Explanation: Psychosomatic pain is often caused by emotional distress and thus has no known physical cause. Psychosomatic pain can be a result from a broken heart after a break up, feelings of being inadequate or from any number of depressive thought patterns.

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