

SECOND PERIODICAL TEST IN TLE(BARBERING) 10

NAME: _____ GR.& SEC. _____ SCORE: _____

TEST-I

Directions: Write TRUE if the statement is true and FALSE if the statement is false. Write your answer in the blank.

- _____ 1. In positioning the client to the massage chair, you must stay away from the massage chair.
- _____ 2. The client knees should be placed into the knee pad at the same time.
- _____ 3. Rest the face of the client in the headrest and the forearms on the armrest.
- _____ 4. Make adjustments to the massage chair for a proper fit when the client is already seated.
- _____ 5. Let the client lean forward into the chest pad.

TEST-II

Direction: Classify the following into PROPER if the statement is true and IMPROPER if the statement is false. Write the answer in the blank.

- _____ 1. Practicing proper body mechanics is beneficial to both the practitioner and the client.
- _____ 2. Applying proper body mechanics and posture will conserve practitioner's energy and reduce risk of injury to both parties.
- _____ 3. Symmetrical standing is when one foot is placed in front of the other about shoulder-width apart.
- _____ 4. In sitting, the knees are spread wide and the feet are firmly on the floor.
- _____ 5. Avoid dropping your head forward to look down at the client just look down occasionally only with your eyes to check your hand position and the client's reaction to a stroke.
- _____ 6. To lift a client's leg or arm, sink lower into a lunge position and grip it firmly, holding it close to your body to avoid using muscular strength in your arms and back.
- _____ 7. To traction a limb, lean forward with your back leg bearing the weight of your body, keeping your knee flexed.
- _____ 8. When pushing a limb into a stretch, stay behind the limb and lunge forward.
- _____ 9. When you pull a body area toward you, bend one knee with your weight first on your front leg.
- _____ 10. Avoid twisting at the waist or standing on tiptoe—always keep your feet flat on the floor and your hips and feet pointing in the direction that the limb is moving.
- _____ 11. Asymmetrical standing is when the feet are shoulder-width apart with the toes pointing forward
- _____ 12. Symmetrical standing is ideally suited to strokes that travel the length of a body area, like gliding strokes and some vibration strokes.
- _____ 13. Asymmetrical standing is appropriate when the work is directly in front of you, such as when doing petrissage or tapotement on the legs or back.
- _____ 14. Use your legs to lift the limb and bring your body up out of the deep lunge, keeping your back straight.
- _____ 15. While jostling an area, do not allow your own body to sway with the rhythm of the jostling.

_____20. What part of the head should the overlapped ends of towels be positioned?
A. near the ears B. nape of neck C. under the chin