INOCENCIO SCHOOL Montessori Playschool
INOCENCIO INTEGRATED SCHOOL
"That every child finds joy and love for learning."
#1080 Dona Andrea I Subd., Bernal St. Rosario, Pasig City

FOURTH QUARTERLYASSESSMENT
TLE 9
Prepared by: Mr. John Albert B. Sajona

Name: _____ **Score:** _____/70_____

Grade and Section: _____ **Date:** _____

IMPORTANT REMINDERS: Following instructions are part of the exam. Failure to follow instructions will cause a 5-point-deduction from the total raw score.

I. Read each statement carefully. Match the definitions in Column A with the terminologies in Column B. Write with the letter and complete answer on the space provided before each number.

Column A	Column B
_____1. The time to gather and exchange information with the clients.	a. Anatomy
_____2. A group of similar cells that function together.	b. Aromatic oil
_____3. It supplies the blood with oxygen.	c. Cell
_____4. It is used for anointing and lubricating the body.	d. Hilot
_____5. It is an age-old native Filipino healing practice.	e. Initial consultation
_____6. It is the largest sensory organ.	f. Integumentary system
_____7. It is the structural and functional unit of the body.	g. Macule
_____8. The study of the structure of the body.	h. Massage
_____9. An instinctive act for relieving pain and discomfort and for soothing and calming.	i. Respiratory system
	j. Tissue
	k. Thai massage
_____10. It is a mark or discolored patch on the skin.	l. Ventosa cup massage

II. Read the following statements below. Choose and underline the letter and word of the correct answer.

11. It refers to the number of times each stroke is performed.
    a. Duration
    b. Direction
    c. Frequency
    d. Rhythm
12. It is performed using cupped hands to strike the part of the tissue alternatively.
    a. Beating
    b. Cupping
    c. Hacking
    d. Pounding
13. A heavy percussion movement performed by the ulnar border of a loosely clenched fist.
    a. Beating
    b. Cupping
    c. Hacking
    d. Pounding

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14. This manipulation strikes the tissue in a light, springy, and brisk manner.
    a. Beating
    b. Cupping
    c. Hacking
    d. Pounding
15. A manipulation where tissues are lifted away from the bone and pushed side to side as the hands move up and down.
    a. Frictions
    b. Picking up
    c. Skin rolling
    d. Wringing
16. A type of kneading where hands work side by side, moving tissues in a large circle with the pressure upwards.
    a. Alternate kneading
    b. Double-handed kneading
    c. Reinforced kneading
    d. Single-handed kneading
17. A massage where hands strike through tissue.
    a. Effleurage
    b. Petrissage
    c. Tapotement
    d. Vibration
18. A massage where hands shake the tissue.
    a. Effleurage
    b. Petrissage
    c. Tapotement
    d. vibration
19. A massage where hands lift and squeeze the tissue.
    a. Effleurage
    b. Petrissage
    c. Tapotement
    d. vibration
20. A massage where hands skim over the surface of the tissue.
    a. Effleurage
    b. Petrissage
    c. Tapotement
    d. vibration

III. Enumerate the five forms of nonverbal communication.

21. _____
22. _____
23. _____
24. _____
25. _____

IV. Make a creative diagram and illustration of the proper steps in washing hands before and after the massage. In not less than 3 sentences, explain the importance of following the right steps.

RUBRICS	5	3	1
Completeness	The student was able to illustrate the complete steps of the proper way of washing hands.	The student missed to illustrate 1 step of the proper way of washing hands.	The student missed to illustrate 2 or more steps of the proper way of washing hands.
Description	The student was able to explain in 3 or more sentences the importance of following the correct procedure.	The student was able to explain in 2 sentences the importance of following the correct procedure.	The student was able to explain in 1 sentence the importance of following the correct procedure.

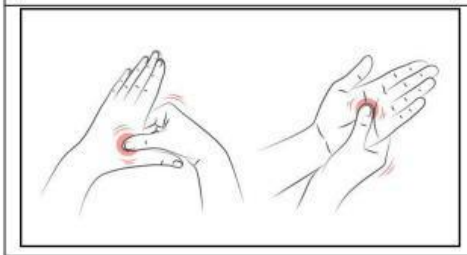
LIVEWORKSHEETS

26 – 40. _____
_____
_____
_____

V. Identify the following stroke of *Hilot* wellness massage and complete the table below.

	NAME	DESCRIPTION
	36. _____	37-38. _____ _____ _____ _____ _____
	39. _____	40-41. _____ _____ _____ _____ _____

LIVEWORKSHEETS

	42. _____	43-44. _____
	45. _____	46-47. _____
	48. _____	49-50. _____

V.Short Answer.

A. In not less than 2 sentences, answer the following questions. (10 points)

53 –54. Why is it important to incorporate massage therapy into a holistic approach to health and wellness?

_____

_____

55 –56. In what ways can regular massage sessions help improve physical health and muscle flexibility?

_____

_____

57 –58. How can mindfulness and relaxation techniques during a massage session enhance its therapeutic effects?

_____

_____

59 – 60. Why should individuals communicate openly with their massage therapists about their health conditions and preferences?

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B. Answer the following questions in not less than 4 sentences. (10 points)

61. – 65. You're a high school student juggling academics, extracurricular activities, and part-time work. Lately, you've been feeling overwhelmed and experiencing physical symptoms like headaches and back pain. How might regular massage session help you manage stress, alleviate physical discomfort, and improve your overall well-being? Consider how massage techniques such as deep tissue massage or Swedish massage can target specific areas of tension and promote relaxation, enabling you to balance your responsibilities more effectively.

66 – 70. You are a certified massage therapist working in a spa. One day, a client requests a specific type of massage that is not permitted by government regulations due to safety concerns. How would you handle this situation, considering the importance of following government policies and procedures in your profession? What steps would you take to ensure that the massage you provide complies with legal guidelines while still meeting the client's needs and preferences?

God is good! ☺
***** END OF EXAM *****

LIVEWORKSHEETS