ITEC LEVEL 3 SPORTS MASSAGE DIPLOMA PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://iteclevel3sportsmassagediploma.examzify.com

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright 1

Table of Contents 2

Introduction 3

How to Use This Guide 4

Questions 5

Answers 8

Explanations 10

Next Steps 15

SAMPLE

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.

SAMPLE

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!

SAMPLE

Questions

SAMPLE

1. Which rotator cuff muscle is primarily involved in internal rotation?

A. Infraspinatus
B. Supraspinatus
C. Subscapularis
D. Teres minor

2. What is the insertion point of the pronator teres muscle?

A. Medial clavicle
B. Lateral shaft of radius
C. Lateral olecranon process
D. Lesser tubercle of humerus

3. Which of the following muscles has its origin at the infraglenoid process?

A. Brachialis
B. Teres minor
C. Triceps
D. Supraspinatus

4. What is the origin of the anconeus muscle?

A. Lateral epicondyle of humerus
B. Subscapular fossa of scapula
C. Greater tubercle of humerus
D. Medial epicondyle of humerus

5. Where does the rectus abdominus muscle insert?

A. Sternum
B. Pubis
C. 5th-7th costal cartilages
D. Front of the iliac spine

6. Which muscle's insertion point is at the greater trochanter?

A. Gluteus minimus
B. Adductor magnus
C. Obturator externus
D. Pectineus

SAMPLE

7. What is a key benefit of ice therapy concerning pain?

A. Increases pain threshold

B. Exacerbates pain

C. Creates a burning sensation

D. Relieves all pain indefinitely

8. Which specific massage movement is most beneficial for relieving tense quadriceps muscles?

A. Kneading

B. Friction

C. Petrissage

D. Effleurage

9. What is the insertion of the levator scapulae?

A. Inferior border of scapula

B. Lateral border of scapula

C. Superior medial border of scapula

D. Medial border of scapula

10. Where does the fibularis tertius originate?

A. Distal part of lateral fibula

B. Distal part of medial fibula

C. Proximal part of medial fibula

D. Proximal part of lateral fibula

SAMPLE

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which rotator cuff muscle is primarily involved in internal rotation?

A. Infraspinatus

B. Supraspinatus

C. Subscapularis

D. Teres minor

The subscapularis muscle is primarily responsible for internal rotation of the shoulder. It is one of the four rotator cuff muscles, and its location on the anterior surface of the scapula allows it to exert the necessary force to rotate the humerus inward towards the body. This action is crucial for various movements in sports and daily activities, such as throwing and reaching. In contrast, the other rotator cuff muscles have different primary functions; for instance, the infraspinatus and teres minor are primarily involved in external rotation of the shoulder, while the supraspinatus assists with shoulder abduction. Understanding the specific roles of these muscles within the context of shoulder movements helps in developing appropriate treatment and rehabilitation strategies in sports massage and physiotherapy.

2. What is the insertion point of the pronator teres muscle?

A. Medial clavicle

B. Lateral shaft of radius

C. Lateral olecranon process

D. Lesser tubercle of humerus

The pronator teres muscle is a forearm muscle that plays a crucial role in the movement of forearm pronation, which is the action of turning the palm of the hand downwards. Its insertion point is located on the lateral shaft of the radius. This positioning enables the muscle to effectively rotate the radius over the ulna, facilitating the pronation movement. The lateral aspect of the radius serves as a strategic point for the pronator teres as it can leverage its contraction to produce the desired rotational effect. This anatomical arrangement is essential not just for the muscle's primary function but also for maintaining the functional integrity of the forearm during various activities that require a combination of movements. Understanding the function of the pronator teres muscle and its insertion point is fundamental in the context of sports massage and rehabilitation, where effective treatment can enhance performance and recover functional movements in athletes.

3. Which of the following muscles has its origin at the infraglenoid process?

A. Brachialis

B. Teres minor

C. Triceps

D. Supraspinatus

The muscle originating at the infraglenoid process of the scapula is the triceps brachii. The infraglenoid process is a projection located below the glenoid cavity of the scapula, and it serves as the origin specifically for the long head of the triceps. The triceps brachii is a powerful extensor of the elbow and is composed of three heads, which include the long head, lateral head, and medial head. The long head, originating from the infraglenoid process, also plays a role in shoulder joint stabilization and extension. Understanding the anatomy and origins of these muscles is essential in sports massage and rehabilitation practices, as it helps in determining muscle functions and potential issues related to injuries in the shoulder and arm.

SAMPLE

4. What is the origin of the anconeus muscle?

A. Lateral epicondyle of humerus

B. Subscapular fossa of scapula

C. Greater tubercle of humerus

D. Medial epicondyle of humerus

The origin of the anconeus muscle is the lateral epicondyle of the humerus. This small triangular muscle is located at the elbow and plays a role in extending the forearm and stabilizing the elbow joint during movement. The significance of the lateral epicondyle as the origin lies in the fact that it provides a strategic attachment point for muscles that control elbow motion. Being situated on the outer side of the humerus, it allows the anconeus to effectively contribute to extending the elbow. The lateral epicondyle also serves as a common attachment site for several other extensor muscles of the forearm, further emphasizing its importance in upper limb mechanics. Understanding the role of muscle origins, such as that of the anconeus, is crucial for athletes and practitioners in sports massage therapy, as it informs both muscle function and potential areas of tension and pain.

5. Where does the rectus abdominus muscle insert?

A. Sternum

B. Pubis

C. 5th-7th costal cartilages

D. Front of the iliac spine

The rectus abdominus muscle primarily inserts at the pubis. This key anatomical feature is essential for understanding both the muscle's function and its relevance in sports massage and physical therapy. The muscle originates from the pubic symphysis and pubic crest, running vertically to insert into the xiphoid process of the sternum and the cartilage of the 5th to 7th ribs, but it is most closely associated with its fixed point of insertion within the pelvic region at the pubis. When considering the roles of the rectus abdominus, it's important to note that its positioning contributes significantly to trunk flexion, stabilization of the pelvis, and assisting in respiratory functions. This function makes it crucial for athletes and individuals engaging in physical activities, as it helps to maintain postural integrity and supports movements involving the core. In contrast, the other options refer to structures not associated with the correct insertion of the rectus abdominus. For instance, while the sternum and costal cartilages are part of the muscle's origin points, they do not represent its insertion point. Additionally, the front of the iliac spine pertains to pelvic muscles, which have distinct roles and insertions. Understanding these differences is vital for effective

SAMPLE

6. Which muscle's insertion point is at the greater trochanter?

A. Gluteus minimus

B. Adductor magnus

C. Obturator externus

D. Pectineus

The gluteus minimus is the muscle that inserts at the greater trochanter, which is a prominent bony projection located on the upper lateral part of the femur. This muscle plays a significant role in hip abduction and medial rotation of the thigh. Its positioning allows it to contribute effectively to stabilization of the pelvis during walking and other activities. The other muscles listed do not have their insertion point at the greater trochanter. For instance, the adductor magnus primarily inserts along the linea aspera of the femur and has a different function related to hip adduction. Similarly, the obturator externus inserts on the trochanteric fossa of the femur, which is situated somewhat lower than the greater trochanter. Lastly, the pectineus muscle inserts on the pectineal line of the femur, again in a different area from the greater trochanter. Understanding the specific insertion points and functions of these muscles is essential for assessing lower limb mechanics and designing effective sports massage techniques.

7. What is a key benefit of ice therapy concerning pain?

A. Increases pain threshold

B. Exacerbates pain

C. Creates a burning sensation

D. Relieves all pain indefinitely

Ice therapy is widely recognized for its effectiveness in managing pain and reducing inflammation. One of the key benefits of applying ice is its ability to increase the pain threshold. When ice is applied to an area, it causes vasoconstriction, which decreases blood flow and can numb the area, ultimately reducing the sensation of pain. This temporary numbing effect can help individuals tolerate discomfort during acute injuries or inflammation. Furthermore, by cooling the tissue, ice therapy slows down the nerve conduction velocity, which means that the signals indicating pain are transmitted more slowly to the brain. This physiological response contributes to a higher pain threshold, allowing individuals to experience less pain during and after the treatment. In contrast, options that describe exacerbating pain or creating a burning sensation are contrary to the intended effects of ice therapy. Additionally, while ice can provide significant pain relief, it does not guarantee to relieve all pain indefinitely; thus, that option overstates the effects of this treatment. The key benefit of ice therapy focuses primarily on the elevation of pain tolerance and immediate pain management.

SAMPLE

8. Which specific massage movement is most beneficial for relieving tense quadriceps muscles?

A. Kneading

B. Friction

C. Petrissage

D. Effleurage

Kneading is specifically beneficial for relieving tense quadriceps muscles because it involves the rhythmic lifting and squeezing of the soft tissues. This movement helps to increase blood circulation, promote relaxation, and reduce muscle tension. The process of kneading warms up the muscle fibers, thereby easing tightness and facilitating better flexibility. Kneading also effectively loosens knots or areas of hypertonicity within the muscle, which is particularly relevant for the quadriceps that often become tight due to overuse or prolonged periods of inactivity. The deeper pressure applied during kneading can reach the underlying muscle layers, providing a more comprehensive relief compared to superficial movements. While other techniques such as friction involve movements across the fibers of the muscles to help break down adhesions, they do not focus on the same depth and rhythmic quality essential for releasing tight quadriceps muscles. Petrissage, while effective in various applications, primarily emphasizes the lifting and squeezing aspect but can sometimes be less targeted in specific muscle groups when compared to the more focused application of kneading. Effleurage, on the other hand, is generally used for warming up muscles or finishing a treatment rather than for deeply addressing tension. Thus, kneading is the most suitable choice for specifically relieving tension in the quadriceps.

9. What is the insertion of the levator scapulae?

A. Inferior border of scapula

B. Lateral border of scapula

C. Superior medial border of scapula

D. Medial border of scapula

The insertion of the levator scapulae is on the superior medial border of the scapula. This muscle plays a crucial role in elevating and rotating the scapula, working in conjunction with other muscles such as the trapezius and rhomboids. Its specific attachment to the superior medial border allows it to effectively assist in movements that involve lifting the shoulder girdle and tilting the scapula. Understanding the correct anatomical insertion is vital for sports massage practitioners, as it helps inform techniques that can alleviate tension or pain in the shoulder area. Knowledge of this attachment point also aids in recognizing associated muscle imbalances and designing appropriate treatment plans for clients, particularly athletes who may experience strain in this region due to repetitive overhead activities.

10. Where does the fibularis tertius originate?

A. Distal part of lateral fibula

B. Distal part of medial fibula

C. Proximal part of medial fibula

D. Proximal part of lateral fibula

The fibularis tertius is a muscle of the lower leg that plays a role in dorsiflexion and eversion of the foot. Its origin is specifically from the distal part of the lateral fibula. Understanding the anatomy of this muscle is important for both identifying potential injury sites and for applying effective massage techniques to promote recovery or enhance performance. In this context, the other options do not accurately describe the origin of the fibularis tertius. It does not originate from the medial fibula at any part, whether distal or proximal. Additionally, the proximal part of the medial fibula does not serve as a point of origin for this muscle. Instead, it specifically arises from the lower end of the fibula, making the correct identification crucial for anyone studying or practicing in sports massage or related fields.

SAMPLE

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:

https://iteclevel3sportsmassagediploma.examzify.com

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

SAMPLE