**The effects of sports massage**

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|  | **Question** | | **Answer** |
| 1 | **What is the difference between a physical effect and a psychological effect?** | |  |
| 2 | **Name two physiological effects of sports massage.** | |  |
| 3 | **Name two psychological effects of sports massage.** | |  |
| 4 | **Name two neurological effects of sports massage** | |  |
| 5 | **What are the aims and treatment objectives for the sports massage :** | a)Pre event    b)Inter/Intro event  c )Post event  d) Maintenance |  |
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| 6 | **Name three pieces of equipment may be used for sports massage** | |  |
| 7 | **Why the correct posture and position during the treatment is important for the massage therapist?** | |  |
| 8 | **Name tree suitable environments for sports massage?** | |  |
| 9 | **What is a duration of pre-event massage** | |  |
| 10 | **Name three contra-actions may occur during the sports massage** | |  |