



WELLNESS THERAPIST (ELDERLY)

Sample Question Paper

B&WSSC



SAMPLE QUESTION PAPER

Beauty & Wellness Sector Skill Council

Qualification Name: Wellness Therapist (Elderly)

QP Code: BWS/Q0308

NSQF Level: 4

Assessment Type: Sample Question Paper

Assessment Structure

Component	Marks
Theory	260
Practical	740
Viva	-
Total	1000

SECTION A – THEORY

Total Questions: 30

Time Allowed: 45 Minutes

Total Theory Marks: 260

Instructions

1. All questions are compulsory.
2. Choose the most appropriate answer for each question.
3. Use of unfair means is strictly prohibited.

Multiple Choice Questions

1. Which theory of ageing explains damage caused by free radicals?
 - a) Genetic theory
 - b) Radical theory
 - c) Pacemaker theory
 - d) Cross-link theory
2. Which change is commonly seen in the ageing process?
 - a) Increased muscle mass
 - b) Reduced bone density
 - c) Faster reflexes
 - d) Improved vision
3. Which system is most affected by ageing leading to slower reflexes?
 - a) Digestive system
 - b) Nervous system
 - c) Respiratory system
 - d) Endocrine system



4. Why is companionship important for elderly persons?
 - a) Entertainment only
 - b) Reduce loneliness, stress, and anxiety
 - c) Improve physical strength
 - d) Increase dependency
5. Which psychological issue is common among elderly people?
 - a) Hyperactivity
 - b) Depression
 - c) Overconfidence
 - d) Aggression
6. How can a wellness therapist support emotional well-being of elderly?
 - a) Ignoring emotions
 - b) Active listening and empathy
 - c) Giving instructions only
 - d) Limiting interaction
7. Which factor promotes active ageing?
 - a) Isolation
 - b) Regular social interaction
 - c) Sedentary lifestyle
 - d) Poor diet
8. Why is a wellness assessment conducted for elderly clients?
 - a) Save time
 - b) Identify physical, emotional, and nutritional needs
 - c) Marketing
 - d) Documentation only
9. Which tool assesses daily functional ability of elderly?
 - a) BMI chart
 - b) Activities of Daily Living (ADL) scale
 - c) Pulse rate chart
 - d) Diet chart
10. Why is malnutrition common among elderly?
 - a) High appetite
 - b) Reduced absorption and appetite
 - c) Excess exercise
 - d) Overhydration
11. Which nutrient is essential for maintaining muscle mass in elderly?
 - a) Carbohydrates
 - b) Proteins
 - c) Fats
 - d) Sugar

12. Why should diet texture be modified for some elderly clients?
 - a) Improve taste
 - b) Support chewing and swallowing difficulties
 - c) Reduce cost
 - d) Increase calorie intake
13. Why is skin care important for elderly clients?
 - a) Cosmetic purpose only
 - b) Prevent dryness, infections, and discomfort
 - c) Fashion
 - d) Improve hair growth
14. Which alternative therapy uses pressure points for relaxation?
 - a) Aromatherapy
 - b) Reflexology
 - c) Hydrotherapy
 - d) Cryotherapy
15. What precaution is essential during elderly massage or reflexology?
 - a) High pressure
 - b) Gentle techniques and comfort monitoring
 - c) Long duration
 - d) No consultation
16. Why is nail care important for elderly?
 - a) Decoration
 - b) Prevent infections and mobility issues
 - c) Fashion
 - d) Speed
17. What is the purpose of Vridh Yoga?
 - a) Muscle building
 - b) Improve flexibility, balance, and well-being
 - c) Weight loss
 - d) High-intensity workout
18. Why should yoga postures be modified for elderly clients?
 - a) Save time
 - b) Suit mobility and health conditions
 - c) Improve appearance
 - d) Increase difficulty
19. Which practice helps calm the mind in elderly clients?
 - a) Power yoga
 - b) Meditation
 - c) Running
 - d) Weight training

20. Why is breathing exercise useful for elderly?
- a) Increase appetite
 - b) Improve lung capacity and relaxation
 - c) Improve vision
 - d) Reduce height
21. Why is fall prevention critical while working with elderly?
- a) Decoration
 - b) Prevent injuries and fractures
 - c) Speed
 - d) Comfort only
22. Which PPE is important while assisting elderly in care activities?
- a) Cap only
 - b) Gloves and masks
 - c) Shoes only
 - d) Apron only
23. Why should client records be maintained securely?
- a) Decoration
 - b) Confidentiality and continuity of care
 - c) Marketing
 - d) Attendance
24. What should be done in case of a medical emergency?
- a) Ignore
 - b) Inform healthcare provider immediately
 - c) Continue service
 - d) Wait
25. Which behaviour reflects professionalism while working with elderly?
- a) Casual language
 - b) Empathy, patience, and respect
 - c) Silence
 - d) Informal attitude
26. Why is cultural sensitivity important in elderly care?
- a) Decoration
 - b) Respect beliefs and comfort of clients
 - c) Faster service
 - d) Reduce workload
27. Why is teamwork important in elderly wellness services?
- a) Reduce responsibility
 - b) Ensure safe and holistic care
 - c) Avoid communication
 - d) Increase speed only



28. How should a wellness therapist handle an unhappy elderly client?
- a) Ignore
 - b) Argue
 - c) Listen patiently and escalate if required
 - d) End service
29. Why is documentation important in elderly care?
- a) Decoration
 - b) Track care plans and progress
 - c) Marketing
 - d) Attendance
30. What is ethical practice in elderly wellness care?
- a) Force activities
 - b) Respect consent, safety, and dignity
 - c) High pricing
 - d) Speed focus



SECTION B – PRACTICAL

Total Practical Marks: 740

Practical Task:

Demonstrate **Wellness Services for Elderly**, including:

- Client interaction and rapport building
- Wellness assessment (physical, emotional, social)
- Nutritional guidance (basic)
- Assistance in daily living activities
- Basic skin care / hair care / nail care
- Reflexology or alternative therapy
- Yoga / meditation assistance (Vridh Yoga)
- Health, safety, and fall-prevention practices
- Record keeping and reporting

Assessment Criteria (Indicative):

- Communication & empathy
- Correct assessment methods
- Safety & hygiene compliance
- Assistance techniques
- Yoga / meditation guidance
- Client comfort & dignity
- Documentation accuracy

END OF QUESTION PAPER

Note:

This question paper is also available in the following regional languages:

Assamese, Bengali, Gujarati, Hindi, Kannada, Malayalam, Marathi, Odia, Punjabi, Tamil and Telugu.