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Proctor Statement

I hereby confirm that the exam was opened and completed in front of me today by

Student's Name: _____

The exam was started at: _____ and completed by: _____

I also confirm that the exam was written as a closed book exam without reference to any notes or other material.

Name of Proctor : _____
(Please write clearly)

Signature:

Date:

Cover Sheet

Total Possible Marks: 100

Marks Received:

Name: _____
(Please print your name clearly as it should appear on the Certificate)

Date: _____

Research Paper

Attached: _____
(Your Title)

Client Case/Health Record

Case Study Report covering 30 Unique Blends: _____

Please read each of the questions carefully. Choose the most correct answer/answers and mark them in on the Answer Sheet Provided.

Once you have completed the Exam please return this Cover page, together with the Proctor Form, Answer Sheet, Evaluation Form, your Research Paper and your Case Studies for grading.

Answer Sheet

1		26		51		76	
2		27		52		77	
3		28		53		78	
4		29		54		79	
5		30		55		80	
6		31		56		81	
7		32		57		82	
8		33		58		83	
9		34		59		84	
10		35		60		85	
11		36		61		86	
12		37		62		87	
13		38		63		88	
14		39		64		89	
15		40		65		90	
16		41		66		91	
17		42		67		92	
18		43		68		93	
19		44		69		94	
20		45		70		95	
21		46		71		96	
22		47		72		97	
23		48		73		98	
24		49		74		99	
25		50		75		100	

Multiple Choice Questions

1. **Plant taxonomy is the study of:**
 - A. Grouping of plants into families, genera, species, orders, etc.
 - B. Grouping of plants according to where they are grown.
 - C. Grouping of plants according to flowers, height, fruits, etc.

2. **Ylang Ylang belongs to which major family group:**
 - A. Lamiaceae (Labiatae)
 - B. Annonacea
 - C. Oleaceae

3. **The Rutaceae family contains which of the following essential oils?**
 - A. Sandalwood
 - B. Rose
 - C. Neroli

4. **Fennel belongs to which major family group:**
 - A. Valerianaceae
 - B. Styracacea
 - C. Apiaceae (Umbelliferae)

5. **The Myrtaceae family contains which of the following essential oils?**
 - A. Benzoin
 - B. Tea tree
 - C. Fir

6. **Basil has which of the following contraindications:**
 - A. Do not use with high blood pressure
 - B. Generally safe to use
 - C. Do not use during pregnancy
 - D. Do not use on skin if exposed to sunlight or UV rays.

7. **Choose those conditions, which can ALL be addressed by Benzoin:**
 - A. Cold and flu, nervous tension and stress.
 - B. Varicose veins, stress and insect repellent.
 - C. Warts, colds and headaches.

8. **Cajuput has which of the following contraindications:**
 - A. Do not use with high blood pressure
 - B. Generally safe to use
 - C. Do not use during pregnancy
 - D. Do not use on skin if exposed to sunlight or UV rays.

9. **Choose those conditions, which can ALL be addressed by Black Pepper:**
- A. As an insect repellent. Muscular aches and pains. For depression.
 - B. Mental Stimulant, digestive complaints and arthritis.
 - C. For menstrual cramps. Acne. Loss of appetite.
10. **Cedarwood has which of the following contraindications:**
- A. Do not use with high blood pressure
 - B. Generally safe to use
 - C. Do not use during pregnancy
 - D. Do not use on skin if exposed to sunlight or UV rays.
11. **Choose those conditions which can ALL be addressed by Citronella:**
- A. Digestive complaints. Painful periods. Anxiety.
 - B. PMS. Aids in dreaming. Effective during labor.
 - C. Insect repellent, colds and flu and depression.
12. **Fennel has which of the following contraindications:**
- A. Do not use with high blood pressure
 - B. Generally safe to use
 - C. Do not use during pregnancy
 - D. Do not use on skin if exposed to sunlight or UV rays.
13. **Choose those conditions, which can ALL be addressed by Frankincense:**
- A. Rheumatism, deepens breathing and ease digestion
 - B. As an insect repellent. Muscular aches and pains. For depression.
 - C. Effective in labor. Hot flashes and menstrual cycle.
14. **Fir has which of the following contraindications:**
- A. Do not use with high blood pressure
 - B. Generally safe to use
 - C. Do not use during pregnancy
 - D. Do not use on skin if exposed to sunlight or UV rays.
15. **Choose those conditions, which can ALL be addressed by Sage:**
- A. May lower blood pressure, vaginal thrush, mental exhaustion.
 - B. Regulating menstrual cycle, digestive tonic, immune stimulant.
 - C. Stops menstruation, aid memory, sciatica.
16. **Helichrysum has which of the following contraindications:**
- A. Do not use with high blood pressure
 - B. Generally safe to use
 - C. Do not use during pregnancy
 - D. Do not use on skin if exposed to sunlight or UV rays.

17. **Choose those conditions, which can ALL be addressed by Jasmine:**
- A. Labor pains, stress and muscle spasms.
 - B. Colds and flu, headaches and digestive complaints.
 - C. Rheumatism, menstrual problems and headaches.
18. **Myrrh has which of the following contraindications:**
- A. Do not use with high blood pressure
 - B. Generally safe to use
 - C. Do not use during pregnancy
 - D. Do not use on skin if exposed to sunlight or UV rays.
19. **Myrtle has which of the following contraindications:**
- A. Do not use with high blood pressure
 - B. Generally safe to use
 - C. Do not use during pregnancy
 - D. Do not use on skin if exposed to sunlight or UV rays.
20. **Choose ALL those conditions, which can be addressed by Palmarosa:**
- A. Eczema, loss of appetite and loss of appetite.
 - B. Rheumatism, menstrual problems and headaches.
 - C. Increase milk flow, colds and flu and nausea.
21. **Spikenard has which of the following contraindications:**
- A. Do not use with high blood pressure
 - B. Generally safe to use
 - C. Do not use during pregnancy
 - D. Do not use on skin if exposed to sunlight or UV rays.
22. **Choose ALL those conditions, which can be addressed by Niaouli**
- A. Insect repellent, stress and colds.
 - B. Colds and flu, muscular aches and pains
 - C. Anxiety, sore throat and menstrual problems.
23. **Vetiver has which of the following contraindications:**
- A. Do not use with high blood pressure
 - B. Generally safe to use
 - C. Do not use during pregnancy
 - D. Do not use on skin if exposed to sunlight or UV rays.
24. **Choose all those conditions, which can be addressed by Ravensera:**
- A. Rheumatism, menstrual problems and headaches.
 - B. Sedative, headaches and sensitive skin.
 - C. Herpes, shingles and neuro-muscular pain.

25. **Which of these descriptions best describes carrier oils?**
- A. Derived from plant sources, does not evaporate, susceptible to oxidation.
 - B. Derived from plant sources, evaporates, has extended shelf life.
 - C. Does not evaporate, has unlimited shelf life, does not become rancid.
26. **Which carrier oil is considered to be a valuable source of vitamin E.**
- A. Sunflower
 - B. Wheatgerm
 - C. Rosehip
27. **Which is the lowest level of living matter?**
- A. Tissue level
 - B. Cellular level
 - C. Chemical level
28. **Which are the five stages of mitosis?**
- A. Interphase, prophase, metaphase, anaphase and telophase.
 - B. Prophase, interphase, metaphase, anaphase and telophase
 - C. Interphase, prophase, anaphase, metaphase and telophase.
29. **What is the highest level of living matter?**
- A. System
 - B. Organism
 - C. Organ
30. **Which are the principal functions of the skin?**
- A. Protection
 - B. Sensation
 - C. Heat regulation
 - D. All of the above
 - E. None of the above
31. **What gives the skin its resiliency?**
- A. Melanin
 - B. Collagen
 - C. Keratin
32. **Hair and nails are composed of?**
- A. Melanin
 - B. Collagen
 - C. Keratin
33. **The axial skeleton is comprised of:**
- A. Bones of the upper extremities and shoulders.
 - B. Bones of the skull, thorax, vertebral column and hyoid bone.
 - C. Bones of the vertebral column, hips and lower extremities.

- 34. A Pivot Joint has the following movement:**
- A. An extension on one bone that rotates in relation to the bone it articulates with.
 - B. Only moves through one plane.
 - C. The greatest range of movement.
- 35. The Sacrum consists of:**
- A. 12 vertebrae
 - B. 7 vertebrae
 - C. 5 vertebrae fused into one.
- 36. The hollow organs are made up of:**
- A. Smooth muscle
 - B. Cardiac muscle
 - C. Striated muscle.
- 37. The Origin of a muscle is:**
- A. The mobile attachment of the muscle to bone.
 - B. The cord-like tendons at either end of the muscle belly.
 - C. The end of the muscle anchored to a relatively immovable section of the skeleton.
- 38. Which of these muscles are to be found in the leg?**
- A. Sartorius
 - B. Serratus Anterior
 - C. Deltoid
- 39. Which of these muscles are to be found in the back?**
- A. Gastrocnemius
 - B. Infraspinalis
 - C. Triceps
- 40. Which of these oils do you think would be most beneficial for muscular aches and pains?**
- A. Lemon
 - B. Black pepper
 - C. Frankincense
- 41. The pulmonary circulation is:**
- A. Flow of blood from the heart throughout the body and back again
 - B. Flow of blood from the heart to the lungs and back again
 - C. Flow of blood from the superior and inferior vena cava into right atrium through the tricuspid valve into the right ventricle.

42. **Which of these vessels transports oxygenated blood?**
- A. Lymph
 - B. Veins
 - C. Arteries.
43. **Red blood corpuscles are formed:**
- A. Red bone marrow
 - B. Spleen
 - C. Lymph nodes
44. **The straw colored part of the blood is called:**
- A. Lymph
 - B. Plasma
 - C. Haemoglobin
45. **The Common Hepatic Artery serves:**
- A. Heart
 - B. Kidneys
 - C. Liver
46. **The Radial Vein is found:**
- A. In the Leg
 - B. In the Abdomen
 - C. In the Arm
47. **Which of these oils do you think would be most beneficial for Varicose Veins:**
- A. Cypress
 - B. Rose
 - C. Grapefruit
48. **Which of these oils do you think would be most beneficial for water retention:**
- A. Grapefruit
 - B. Sandalwood
 - C. Neroli
49. **A function of the Lymph System is:**
- A. Carry nutrients to the cells of the body
 - B. Carry waste products away from the cells of the body
 - C. Collect damaged cells to be filtered.
50. **Lymphatic tissue is found in the lymph nodes and in:**
- A. Lungs
 - B. Spleen
 - C. Liver

51. **Lymph nodes in the groin are called:**
- A. Popliteal
 - B. supratrochlea
 - C. Inguinal
52. **Which of these oils do you think would be most beneficial for Cellulite?**
- A. Juniper Berry
 - B. Vetivert
 - C. Patchouli
53. **Bacteria are:**
- A. Moulds
 - B. Complete life forms
 - C. Micro-organisms which provoke the immune system to destroy the body's own cells.
54. **The Central Nervous System consists of:**
- A. Cranial Nerves
 - B. Brain and Spinal Cord
 - C. Sympathetic and Parasympathetic
55. **The Olfactory Nerve is Cranial Nerve:**
- A. III
 - B. I
 - C. V
56. **Which of these oils do you think would be most beneficial for Neuralgia?**
- A. Rosewood
 - B. Rosemary
 - C. Rose
57. **Which of these statements belongs to the Parasympathetic Nervous System?**
- A. Breathing slows down.
 - B. Tubes to lungs expand
 - C. Digestion stops.
58. **Which of these statements belongs to the Sympathetic Nervous System?**
- A. Body feels tired
 - B. Salivation returns to normal
 - C. Muscles twitch ready for exertion

59. **Bile is created in :**
- A. Gall Bladder
 - B. Liver
 - C. Pancreas
60. **Waste materials move through the large intestine in the following order:**
- A. Descending colon, transverse colon, ascending colon.
 - B. Sigmoid colon, ascending colon, transverse colon, descending colon.
 - C. Caecum, ascending colon, transverse colon, descending colon.
61. **Which of these oils do you think would be most beneficial for digestive complaints?**
- A. Peppermint
 - B. Lemon
 - C. Lavender
62. **Which of these organs are both a digestive organ and an endocrine organ?**
- A. Gall Bladder
 - B. Liver
 - C. Pancreas
63. **Which part of the Respiratory System is referred to as the Upper Respiratory Tract?**
- A. Nose, mouth, pharynx and larynx
 - B. Trachea, bronchi and lungs
 - C. Pharynx, larynx and trachea.
64. **What is the name of the slippery membrane that helps the lungs to move smoothly during each breath?**
- A. Epiglottis
 - B. Pleura
 - C. Alveoli
65. **Normal breathing rate is:**
- A. 7 – 9 breaths per minute
 - B. 14 – 16 breaths per minute
 - C. 10 – 12 breaths per minute
66. **Which muscles are involved in the mechanics of Breathing?**
- A. Diaphragm and external intercostal muscles.
 - B. Diaphragm and internal intercostal muscles
 - C. Diaphragm, internal and external intercostal muscles.

67. **Where in the lungs does the exchange of oxygen take place?**
- A. Lobes of Lung
 - B. Alveoli
 - C. Bronchioles
68. **Which of these oils do you think would be most beneficial for a common cold?**
- A. Frankincense
 - B. Eucalyptus
 - C. Palmarosa
69. **The task of filtering the blood in the kidneys is performed by:**
- A. Capillary network
 - B. Renal pyramids
 - C. The nephrons
70. **The kidneys excrete water and waste products through:**
- A. Ureters
 - B. Urethra
 - C. Bowman's capsule
71. **Where are sperm stored until they mature?**
- A. Seminal vesicles
 - B. Vas deferens
 - C. Epididymis
72. **Estrogen stimulates the growth of:**
- A. Secretory parts of mammary glands
 - B. Aids in maintaining pregnancy
 - C. Stimulates growth of primary sexual organs.
73. **Which of these oils do you think would be most beneficial for hot flashes?**
- A. Juniper
 - B. Geranium
 - C. Lemon
74. **Which of these oils do you think would be most beneficial for Premenstrual Tension?**
- A. Clary Sage
 - B. Vetiver
 - C. Lemongrass
75. **Which part of the endocrine system is referred to as the "master gland"?**
- A. Hypothalamus
 - B. Pituitary
 - C. Pineal

76. **The pituitary is controlled by:**
- A. Pineal
 - B. Hypothalamus
 - C. None of the above
77. **In which part of the endocrine system do lymphocytes mature?**
- A. Thyroid
 - B. Adrenal
 - C. Thymus
78. **Which part of the endocrine system is not controlled by the hypothalamus?**
- A. Parathyroid
 - B. Thyroid
 - C. Pituitary
79. **Which part of the endocrine system secretes Norepinephrine?**
- A. Adrenal
 - B. Pancreas
 - C. Parathyroid
80. **The ovaries produce:**
- A. Testosterone
 - B. Estrogen
 - C. Luteinizing hormone
81. **What percentage dilution would you use for a mother who is breastfeeding her baby?**
- A. 2%
 - B. No essential oils at all
 - C. 1%
82. **Which of these oils do you think would be most beneficial in the labor ward?**
- A. Jasmine
 - B. Lemon
 - C. Marjoram
83. **How many drops of essential oil blend would you use for a seven year old child in 30 ml carrier oil?**
- A. 5 – 12 drops
 - B. 3 – 5 drops
 - C. 5 – 15 drops

- 84. When creating a blend for someone else for the first time what should you do?**
- A. Fill out a client record
 - B. Find out what their favorite aromas are
 - C. Discuss with them what they would like the blend to do.
- 85. Which blend would you consider using if someone has Hemorrhoids?**
- A. Coriander, rosewood and ylang ylang
 - B. Cypress, geranium and juniper
 - C. Ginger, rosemary and vetiver
- 86. Which blend would you consider using if someone has Insomnia?**
- A. Eucalyptus, basil and sandalwood
 - B. Rosemary, rose and mandarin
 - C. Lavender, petitgrain and ylang ylang
- 87. Which blend would you consider using if someone has migraine?**
- A. Peppermint, rose and lavender
 - B. Rosemary, ginger and rose
 - C. Juniper, cypress and clary sage
- 88. Which blend would you consider using if someone has shingles?**
- A. Ravensara, tea tree and rose
 - B. Rosemary, niaouli and clove
 - C. Cajuput, lemon and marjoram
- 89. Which blend would you consider using to help with concentration?**
- A. Frankincense, patchouli and black pepper
 - B. Basil, rosemary and lavender
 - C. Rosewood, grapefruit and jasmine
- 90. Which essential oil would you consider adding to a blend to help with feelings of grief?**
- A. Neroli
 - B. Myrtle
 - C. Lemon
- 91. Which essential oil would you consider adding to a blend to help with scars?**
- A. Eucalyptus
 - B. Helichrysum
 - C. Myrrh

92. Which essential oil would you consider adding to a blend for chapped skin?

- A. Palmarosa
- B. Tea tree
- C. Myrrh

93. *Cymbopogon martinii* is the Latin name for :

- A. Palmarosa
- B. Lemongrass
- C. Fennel

94. *Pogostemon cablin* is the Latin name for :

- A. Fir
- B. Yarrow
- C. Patchouli

95. Which essential oil is steam distilled from its seeds:

- A. Coriander
- B. Vetiver
- C. Lemongrass

96. Which of these is an absolute :

- A. Neroli
- B. Marjoram
- C. Jasmine

97. Which of these is considered to be a top note?

- A. Ravensera
- B. Niaouli
- C. Fir

98. Which of these is considered to be a base/bottom note?

- A. Cedarwood
- B. Tarragon
- C. Myrtle

99. Which of these essential oils would be contraindicated in pregnancy?

- A. Fennel
- B. Mandarin
- C. Palmarosa

100. Which of these essential oils would you avoid with young children?

- A. Mandarin
- B. Chamomile
- C. Eucalyptus

Evaluation Form

Your comments are important to us so please take a few moments of your time and complete this questionnaire frankly and honestly and return it to us.

1. Course Rating

Excellent Good Satisfactory Fair Poor

2. What did you like best about the course?

3. Do you have any suggestions to improve this course?

4. What do you consider to be the most valuable feature of this course?

5. Did the overall outline of the course meet your expectations? Yes No

Your comments:

Optional: Name: _____

Address: _____

Town: _____ Prov./State: _____

Postal Code/Zip _____ Tel. () _____