



**NATIONAL OPEN UNIVERSITY OF NIGERIA
UNIVERSITY VILLAGE, PLOT 91, CADASTRAL ZONE,
NNAMDI AZIKIWE EXPRESS WAY,
JABI, ABUJA.**

POP EXAMINATION 2022_2

COURSE CODE: HED 315

COURSE TITLE: Emergency Care and First Aid

Time Allowed: 2hrs

INSTRUCTION: Answer question one (1), which is COMPULSORY and any other two (2) questions from the options provided.

SECOND SET.

1. a. Write explanatory notes on the following terms:
 - (i) Emergency
 - (ii) Accident
 - (iii) First Aid
 - (iv) Injury
 - (v) Sport Injuries(20 marks)
b. State four (4) Methods of Artificial Respiration. (10 marks)
2. a. State ten content of First Aid box. (10 marks)
b. List four (4) causes of sport injuries. (4 marks)
c. List six (6) common sport injuries. (6 marks)
3. Discuss Ten (10) water safety rules. (20 marks)
4. State eight principles of safety education. (20 marks)