



PES111 – Lifetime Fitness  
Assignment 3 –

Weight: 10%

The deadline to submit it on *Moodle* is on Sunday the 18<sup>th</sup> of April 2021 at 11:59PM  
Please go through the syllabus for late submission and plagiarism cases.

### “First Aid and Sport Injuries”

Using the previously discussed treatments, choose TWO of the below cases and discuss the step by step first aid treatments for each [70 points]

1. An adult had a severe injury in the arm, and we realized that a piece of glass is appearing.  
Apply first aid technique.
2. A lady at the beach is suffering from a heat stroke.  
Apply first aid.
3. While choking a first aid technique should be applied, talk about it.
4. When absence of breathing and the heart stops beating, we apply mouth to mouth ventilation and CPR.  
Apply first aid.
5. Wrist sprain: The ligaments of the wrist are stretched beyond their normal limits. A ligament is tough, fibrous tissue that controls the motion around a joint. The ligaments around the wrist joint help to stabilize the position of the hand and allow controlled motions.  
Wrist sprains are graded according to the severity of the injury.  
Apply wrist bandage.
6. A sprained ankle occurs following a sudden sideways or twisting movement of the foot. An ankle sprain can occur during athletic events or during everyday activities.  
Apply bandage for the ankle.

Answer all the below questions [30 points]

- a) What are the vital signs that indicate the body’s vital functions?
- b) How to measure heart rate *at rest* and *maximum* heart rate?
- c) Name 2 common sport injuries.
- d) What is the difference between a strain and a sprain?
- e) What is the treatment for minor sport injuries?
- f) What is the best treatment for bruises?



**Instructions:**

- Your document should be submitted as a word File
- Include a cover page. Divide the information in paragraphs.
- *Credit the Sources of Information and Ideas in APA style:* When citing Internet sources, include the following information: author(s), title of work, Internet address, and date information was published. For the images taken from the internet, add the link at the bottom of the image.