II

by LIII LII

Submission date: 11-Nov-2021 08:54AM (UTC-0600)
Submission ID: 1699818614
File name: PES111_Assignment_3Template.docx (458.09K)
Word count: 801
Character count: 4153

American University Of The Middle East

Lifestyle Fitness

PES 111

Assignment#3 (Groups of 4) 15%

Semester	:	Fall	Year :	2021
Course Title	:	***Lifestyle Fitness***		
Course Code	:	PES 111		
Instructor	:	Denise Soares		
Date	:	November, 18th	**Time** :	11:59pm
Total Marks	:	100		

Student names:

Names	Number

Instructions:

Answer the above questions, the most complete as possible (máx 10 lines each):

1. **Describe the 5 vital signs that indicate the body´s vital function (define, say how to measure and the normal range)**

Vital signs refer to the measurements of the body's main functions. They include body temperature, normal body temperature of a person relies on gender, activity food as well as the intake of fluid. Temperature can be taken through the mouth through the use of digital thermometer. Normal body temperature range from 97.8°F to 99°F;

Pulse rate refers to the measurement of the heart rate. Fitness tracker devices can help to measure the pulse rate. A normal pulse ranges from 60 to 100 beats per minute;

Respiration rate refers to the number of breaths that one takes every minute. Respiratory inductance plethysmophy can be used to assess the respiration rate. The normal respiration rate of a person ranges from 12 to 20 breaths per minute;

Blood pressure refers to the pressure used to push the blood against the artery wall. It can be measured using Omron Evolv. The normal blood pressure level is below 120/80 mmHg and;

Oxygen saturation brings out the level of oxygen moving in the body with the blood cells. Its normal range is between 95% and 100%. It is measured using a pulse oximeter.

2. Describe briefly the R.I.C.E. procedure. What is it used for?

When one has an injury, RICE (Rest, Ice, Compression and Elevation) can be used to relieve pain as well as swelling and enhance healing as well as flexibility.

RICE involves: Rest, avoid being active and maintain rest; Ice, applying ice aids in reducing swelling; Compression, putting pressure aids in minimizing swelling as well as inflammation and ; elevation, raise the ankle above the heart in order to minimize swelling.

3. Define fracture, sprain, strain, and dislocation. Describe the tissues affected.

Strain takes place when fibers in a muscle or tendon stretch too much as well as tear. Therefore tissues that are affected are muscles

Sprain takes places when ligament tears or overstretches. Therefore the tissues which are affected include ligaments which are a band of connective tissue which attaches bone to other bones

Fracture refers to the full as well as partial break in the continuity of bone tissue. Thus the impacted tissue is the bone tissue.

Dislocation takes place when force tends to push the bone in a joint out of alignment. The affected tissues are joints ("Sports Injuries, " n.d.)

4. Name and explain 4 risk factors for musculoskeletal injuries occurrence.

Age: Older person are more susceptible to musculoskeletal injuries in comparison to the younger person due to their minimized functional ability.

Genetic: Common musculoskeletal soft tissue injuries in which a genetic contribution can be proposes are Achilles tendon in the heel and ligament injuries.

Health condition: individuals that have poor health habits and low immunity are at risk of musculoskeletal injuries.

Gender: Women are exposed to musculoskeletal injuries than the male.

5. What is a Heatstroke? What are the procedures we should do to help a person having a heatstroke?

Heatstroke refers to a condition which is as a result of body overheating. To assist a person that has heatstroke one can consider: cooling the victim and immediately transporting him/her to the hospital; getting the patient out of heat to reduce body temperature; removing excess clothe; taking cold fluids and applying damp towel on the patient's body ("First Aid," n.d).

6. Reflect on the differences between physical activity and High-performance sports in relation to injuries exposure.

Physical activity majors on developing as well as learning fundamental key skills that are used in one's life. High performance sports tend to be more intense exercise that is played in a competitive level. Physical activity involves minor sports based injuries for instance strained muscles as well as blisters. High performance sports involves fatal injuries such as brain damage, and broken bones.

7. Briefly describe what are the procedures for injury prevention

Injury prevention include, involving a prioritizing form with each movement; warm up and cool down; the use of effective sporting appliance and understanding the need for recovering.

8. Explain the differences and give examples between chronic and acute injuries.

Acute injuries takes place suddenly and are mainly related to sever pain examples include broken bones as well as bruising. In contrast chronic injuries are as a result of overusing the body are for a long period examples are fractures and heel inflammation.

References

First Aid. (n.d.). *PES 111*

Sports Injuries. (n.d.). *PES 111*

II

ORIGINALITY REPORT

3%	0%	0%	3%
SIMILARITY INDEX	INTERNET SOURCES	PUBLICATIONS	STUDENT PAPERS

PRIMARY SOURCES

1	Submitted to American University of the Middle East Student Paper	3%

Exclude quotes	Off	Exclude matches	Off
Exclude bibliography	On		

II

GRADEMARK REPORT

FINAL GRADE

/0

GENERAL COMMENTS

Instructor

PAGE 1

PAGE 2

PAGE 3