



NATIONAL OPEN UNIVERSITY OF NIGERIA
Plot 91, Cadastral Zone, University Village,
Nnamdi Azikiwe Expressway, Jabi, Abuja
Faculty of Education
Department of Human Kinetics & Health Education
2025_2 EXAMINATIONS

COURSE CODE: HED 315

COURSE TITLE: EMERGENCY CARE AND FIRST AID

UNITS: 2C

TIME: 2HRS

INSTRUCTION: Answer question one (1) & any other two (2) questions from the options provided.

Question 1 (Compulsory - 30 marks)

1a. Describe the natural process by which the body stops bleeding. (10 marks)

1b. Outline five (5) key actions to take when applying pressure to stop bleeding in an area or at a single point. (10 marks)

1c. Identify five (5) methods of using a tourniquet to control bleeding. (10 marks)

2a. State five (5) important responsibilities of a first aider during an emergency. (10 marks)

2b. Discuss three (3) common types of accidents and how they can be prevented. (10 marks)

3a. Define *sports injuries* and provide examples. (5 marks)

3b. Briefly explain the concept of *fracture*, addressing the following:

(i) Definition

(ii) Causes

(iii) Types (15 marks)

4a. Describe five (5) general principles to follow when caring for a fracture. (10 marks)

4b. Highlight five (5) steps necessary for treating a dislocation. (10 marks)