100 First Aid Questions

I

What is meant by the Pasteur treatment? ~~Discuss~~ ~~its effectiveness~~ In what per cent of cases is it effective?

II

Name the best known poisonous snake groups in the United States.

III

Discuss ~~briefly~~ ~~but directly~~ the prevention of snake bites.

IV

What are the symptoms of snake-bite? When may the greatest severity of symptoms be expected to occur?

V

Discuss fully the treatment for snake-bite as outlined in your text.

VI

Is there a serum on the market for the treatment of bites other than those of the coral snake? Name it.

VII

~~What is the treatment for sea nettles?~~ What do we mean by the skin irritation, "sea nettles"? What is the treatment for this?

XIII

What treatment is suggested in your text for the treatment of Poison Ivy?

IX

In the "black widow" spider family which gender of the species is relatively harmless?

X

What are the symptoms of and treatment for "black widow" spider bites?

XI

Name eleven of the poisonous drugs commonly taken.

XII

Discuss briefly prevention in the case of poisonous drugs.

XIII

Discuss generally symptoms of poisoning by drugs.

XIV

What are the two main points to be remembered in the treatment of any poison-drug case?

XV

By what ~~different~~ emetics (six) can both of the above objectives be accomplished at the same time?

XVI

What is meant by ptomaine poisoning? What are some of the causes of this food poisoning? The symptoms and the treatment?

XVII

In ~~the~~ ~~situations~~ cases of unconsciousness, which three types present the most difficulty?

XVIII

In the event of inability to determine which of these three types of unconsciousness exists, upon which ~~of these types or types must the treatment~~ what ~~for which types~~ expectancy ~~conditions~~ must the first aider work?

XIX

When examining an unconscious patient, for what four possible conditions must the first aider look?

XX

In ~~the~~ cases of epileptic fits, ~~the~~ symptoms of and treatment for epileptic fits?

Discuss

XXI

~~Discuss~~ What is the first aid treatment for hysterical attacks.

XXII

Discuss at least four ways in which drowning may be prevented.

(4)

XXIII

What are the symptoms of and treatment for a victim of submersion?

XXIV

Describe the Prone Pressure Method of artificial respiration.

XXV

What first aid measures would you use in cases of choking on food, false teeth, fish bones, coins etc.?

XXVI

In gas asphyxiation cases, what gas causes most trouble?

XXVII

~~Discuss~~ Tell what you know of carbon monoxide gas as a patent poison: where there are dangers of encountering it and how to prevent these dangers.

XXVIII

Discuss at some length the symptoms of and treatment for carbon monoxide poisoning.

XXIX

Name and define the four different kinds of wounds.

XXX

Do what two dangers are wounds subject to?

XXX I

Give a practical definition for ~~the~~ the term, infection.

XXX II

What are the three conditions which determine whether or not a wound is infected?

XXX III

How would you treat wounds in which the bleeding is not severe?

XXX IV

~~When~~ Give treatment of wounds when bleeding ~~is~~ is severe.

XXX V

Discuss what you know of the use of the tourniquet. Should it be used if bleeding can be otherwise checked? Why not?

XXX VI

Step by step tell how you would apply a tourniquet to a bleeding artery.

XXX VII

Are stimulants to be given the patient before the bleeding stops? Why not?

~~XXXVIII~~

What is meant by the term "shock" and what are the characteristics of it?

~~XXXIX~~

Name some causes of shock.

~~XXX~~ XL

three
The same measures are used to prevent shocks as are used to treat it: What are they?

XLI

In cases of shock, when are stimulants not indicated?

XLII

physical
What are the symptoms of electric shock?

XLIII

Outline procedure for the rescue of a victim from contact with a live electrical wire.

XLIV

Outline treatment of such victim.

XLV

What are the purposes of ~~&~~ First Aid Training?

XLVI

Give a comprehensive definition of First Aid.

XLVII

What are the three main purposes of First Aid training?

XLVIII

Discuss the Need for First Aid: why the great increase in accidents? Automobile accidents, home accidents, industrial accidents, other accidents, etc?

XLIX

If you were the first one upon the scene of an automobile accident wherein some were killed, others injured, what would you do and what would you not do?

L

In what two branches of science must the first aider have a working knowledge?

LI

Name four purposes of the bones of the skeleton.

L II

Name the two divisions of the skeletal bones of the head.

L III

Name the four skeletal divisions of the trunk.

L IV

The abdomen contains many important organs: Name at least six of these.

L V

Name the bones of the upper limbs.

L VI

Name the bones of the lower limbs.

L VII

What is meant by connective tissue?

L VIII

What is the blood?

L IX

Of what three parts is the blood chiefly composed?

L X

How much blood should an average person of 150 lbs have?

LXI

~~What~~ The loss of how much blood is serious? The loss of how much, fatal?

LXII

Define and locate the heart

LXIII

What is the average rate of heart-beat?

LXIV

What are the arteries?

LXV

In first aid, only which arteries are considered?

LXVI

What is the large artery carrying blood away from the left side of the heart called?

LXVII

It is only the main arteries with which the first aider is concerned: there must lie close to a bone. Why?

LXVIII

Name the six chief points ~~of~~ where these main arteries lie close to a bone.

LXIX

The very small vessels in which the arteries end are called what?

LXX

Does bleeding from capillaries offer ~~a~~ a serious problem? Why or why not?

LXXI

What are the veins?

LXXII

~~Which~~ In accidents, which are more frequently cut, veins or arteries? Why is this true?

LXXIII

~~How can a first aider distinguish~~ How can one distinguish whether ~~or not~~ an artery or a vein is cut?

LXXIV

How can venous bleeding usually be controlled?

LXXV

Name the organs concerned with respiration.

LXXVI

In internal bleeding, what three symptoms may be the only outward indications?

LXXVII

What is the greatest danger ~~occurred~~ which might occur from a punctured wound?

LXXVIII

Define simple fracture? Compound fracture.

LXXIX

What are the symptoms of simple fracture? Of compound fracture?

LXXX

Outline general first aid treatment of simple fracture? Of Compound fracture?

LXXXI

Should a first aider try to distinguish between a skull fracture and a brain concussion? Why or why not?

LXXXII

~~In~~ In ~~such cases~~ cases of skull fracture or concussion what treatment should the first aider follow until the physician arrives?

11

LXXXIII

Give symptoms and treatment for fracture of nose. 12

LXXXIV

Give symptoms and treatment for fracture of lower jaw.

LXXXV

Give symptoms and treatment for fracture of collar bone

LXXXVI

Give symptoms and treatment for fracture of ribs.

LXXXVII

Of what is the nervous system composed?
(This question is to be answered broadly and generally — by just ~~two~~ two general groupings)

LXXXVIII (88)

Where are most of the nerve centers located? (Two places)

LXXXIX (89)

~~In case of a broken back~~ In the case of a broken back if a nerve is cut, the part supplied by it loses both _____ and _____! Supply the missing words.

LXXXX (90)

In the case of a broken back, what tragedy might result from pressure on the broken vertebrae? With what bodily result?

LXXXXI (91)

Why does the nervous system play such an important part in injuries?

~~****~~ 92

What do we mean by dressings or compresses?

93

What is the materials most commonly used in dressings and compresses?

94

Why is this particular material better in such use than other type? (2 reasons)

95

Name at least five things used commonly in the care of injuries which should never be applied directly on the surface of a wound. (p. 29 + 30)

96

Name four purposes for which bandages are used. p. 34

97

There are three kinds of bandages used in first aid. Name them - p. 36

98

Why should a first aider never wash a wounds with soap & water?

99

Why is it permissable for a physician to wash a wound with soap and water if he so desires?

100

What is the treatment one should think of in all serious bleeding?

Miss Christ~~ensen~~

COMMUNITY RECREATION

1. Give your definition of recreation and classify recreational activities into four major groups.

2. Cite several reasons for the fact that leisure time has increased for the population as a whole during the past generation and tell what effect the war might have on this problem at present.

3. Name and explain briefly five theories of play. Elaborate on the one you think is best.

4. Explain the following statement: "The playground in itself may not be a factor in preventing anything."

5. List some of the important causes of juvenile delinquency and explain how a playground properly supervised could aid in preventing juvenile delinquency.

6. How are recreational lands secured for parks, playgrounds, etc., in the larger cities?

7. Explain how you would plan and organize a social mixer for a mixed group of adults who have never been together before. Be specific. Name and describe the games, dances or other methods used to insure a good time by all.

8. Outline a recreation program you would put into action for a town of 10,000 population. Ample funds and facilities are to be considered available.

9. Should schools take the direct responsibility for a year round recreation program in the community? Explain your answer.

10. What part can well rounded community recreation programs play in helping in the present national emergency?

65. BASKETBALL

1. a. Describe the theory of the successful offense.
   b. Describe the theory of the successful defense.

2. Elaborate upon the admonition concerning angles and curves.

3. Describe (a) a legal <u>starting</u> of a dribble; (b) a legal dribble; (c) a double dribble.

4. What is the real function of a dribble?

5. Describe the function of the fast break and the set plays. Which are preferable or superior in winning your games? Diagram the court procedure of each.

6. Describe the proper posture of a first class fighting man both on offense and defense in basketball.

7. Elaborate upon the coach's responsibilities and duties from the time when he takes over, in talking to the candidates for the team until after he plays his first championship game. (P.S. The talk to the team is in next question.)

8. Give a pre-game and a between-halves talk to the team, using both an analytical and an inspirational talk to the boys.

9. State your version as to what you really think regarding the responsibilities of the players in adhering to a strict training program. How important is this item? Do you think players can win championships by allowing a modified training program by permitting players to smoke occasionally as they desire?

10. Why is it so many basketball players get "flu" in the winter? What would you do to prevent it - first, if you had no money to buy vitamins, secondly, what vitamins would you buy if you had sufficient money? What are vitamins? Describe them to the best of your ability and elaborate upon their functions.

THEORY AND PRACTICE OF ATHLETIC TRAINING

1. In your own words describe the prime requisites of a capable trainer. State also his duties and his proper relationship to the coach, the players of varsity teams and to the team or hospital physician.

2. Describe a sprain and how you would treat it from the time of the accident until you are able to put the player into the game again. Hydrotherapy, diathermy, massage, manipulation exercise and taping are to be covered in your dissertation.

3. Describe fully the predisposing and the exciting causes to a sprain and relate their contributing relationships and how they affect complete recovery of a sprain if one of them is absent.

4. Describe briefly the cranial, spinal and the autonomic nerves and state their functions.

5. What factors are concerned in the return circulation of the blood to the heart?

6. Describe the purpose of taping and also describe the necessary precautions and processes in preparing the field before and during the taping procedure of a sprained joint.

7. What is a sacro-iliac sprain? Describe manipulation for an anterior lesion. For a posterior lesion.

8. How would you elevate a depressed twelfth rib?

9. Describe health habits in correcting an obstinate case of constipation.

10. In case of a badly sprained ankle what attitude should the trainer take to insure the greatest possible protection to both the athlete and to the trainer?

Exam. Base Ball -

I. Sketch and diagram, regulation baseball diamond and playing field, giving regulation measurements for same.

II
A. Give official weight and measurements of a baseball.
B. Give the legal requirements of a bat as to shape, length quality of wood and thickness.

III
A. May a player in a professional game play an inning without his cap. Give your reasons pro or con.
B. State the penalty for throwing a players glove at a fairly hit fly ball.

IV Give official sizes permitted in inches of a catchers glove, a first base mans glove and a fielders glove.

V
A. When play has been suspended for any reason, what does the Umpire say to resume play.
B. When Umpire observes a violation and he orders violation corrected in what length of time shall Umpire give player to correct violation without penalty.?

II

VI (A). What is the length of a regulation game? When the game has been called by the Umpire on account rain darkness or other causes. (B). State the various conditions that an Umpire could call a regulation game a draw or tie game.. (C). When two games are scheduled for one afternoon which game is declared to be the regularly appointed game for the day?

VII (A) What is the score of a forfeited game? (B). State 5 different reasons why an Umpire may declare a game forfeited.

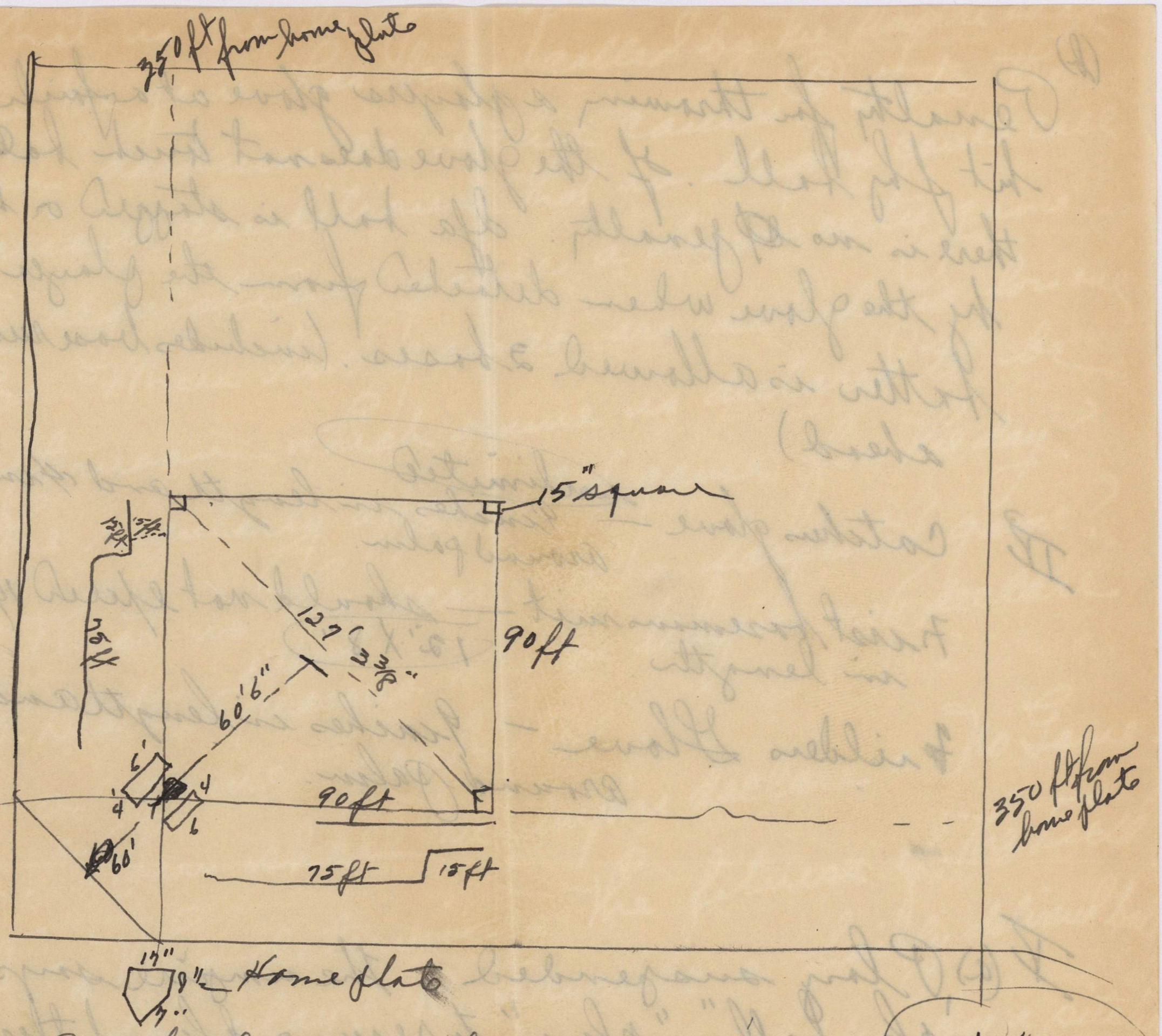
C. When shall an Umpire declare a No Game..

VIII. A. Who determines the fitness of the Field for play? B. Describe a fairly delivered ball.

IX. A State 5 different balks by a pitcher B. If no one is on base is it a balk if the pitcher drops the ball while delivering it to the batsman? * Do not list this balk among your five answers to balk.

X A. Give 5 situations in which a pitched ball becomes a dead ball and is not in play. B. after these foregoing cases state when the ball shall be considered in play again legally. Tip - On the part of a player and the Umpire -

I.



II (a) Baseball circumference 9 1/4 in
Weight between 5 3/4 & 5 ounces

9 - 9 1/4"
5 - 5 1/4 ounces

(b) Bat is tapered with a maximum length of 42". The diameter cannot exceed 2 inches The wood shall be solid a one piece. Hickory or Willow. 2 3/4" max

III A player in a professional game cannot play an inning without his cap. The rule states that no player shall play without his complete uniform.

(b) Penalty for throwing a players glove at a ball hit fly ball. If the glove does not touch ball there is no penalty. If a ball is stopped or hit by the glove when detached from the player the batter is allowed 2 bases. (includes base runners ahead)

II Catchers glove — unlimited 9 inches in length and 4 inches around palm.

Fielders Glove — 9 inches in length and 14 inches around palm.

Wrist Wristband — should not exceed 14 inches in length. 12" X 8"

V (a) Play suspended. The umpire says play ball or "play" to resume play of the game.

(B) The player is allowed 1 minute to correct violation without penalty.

VI (a) A regulation game length is 9 innings and to continue play until one team wins the game by scoring more runs than the opponent in an inning. A regulation game ~~is~~ may be when after 5 innings if ball as been played and called because of rain etc. 4 1/2 innings if home team leading.

(B) A tie game may be called when a game is called on account of rain, darkness or other causes when the score was tied at the last complete inning

In case the score is 5-5 at the beginning of the 10th and the visiting team scores 5 runs and the game must be called before the home team bats the game is called a tie game. ~~A game be called because~~ finishes

(c) The first game of a double header is considered the regularly appointed game of the day.

VII (A) The score of a forfeited game is 9-0

B Game forfeited

1. Failure to appear at the appointed time.
2. Failure to have 9 men in uniform.
3. If team must leave to catch a train
4. A team refusing to continue play of a game.

VIII (A) The home team decides the fitness of the field for play ~~of~~ before the game begins. After the game has begun the umpire determines fitness of the field.

(B) a fairly delivered ball is a ball that is pitched by the pitcher from his legal position in the pitchers box with his regular delivery to home plate. That a ball passes over any part of the plate between the batters knees and shoulders (considered letterships).

IX a man must be on base to balk.

1. Step toward first base as if to throw to first and don't throw if man on first base.

~~2. Throw to an unoccupied base after sliding~~

2. Stepping from pitchers box after throwing to unoccupied base with a man on first
(a) Throw to third base with a man on first.
3. Make any move regularly made in delivering to plate and not throwing ball to plate.
4. After taking stretch must stop momentarily before delivering ball unless regularly take stretch and throw all in one movement. Then soon as begin stretch must delver to home plate.
5. ~~Make it~~ Start to throw one place home or occupied base must complete your throw.

(B.) If no one on base then would be no balk.

Delmon L Green

X. A pitched ball becomes a dead ball.
1. When it strikes the batsman
2. When it strikes the umpire
3. When ball is hit by batter and strikes an umpire before a fielder has a chance to field the ball.
4. A balk is made by the pitcher
5. A ball hit foul into the stands

B. Ball back in play when umpire calls play and ball returned to pitchers box.

KINESIOLOGY

1. Define the following:
   (a) Anatomy
   (b) Physiology
   (c) Kinesiology
   (d) Syndesmology
   (e) Osteology
   (f) Neurology
   (g) Myology
   (h) Histology

2. What is a cell? What is the difference between a cell, an organ, and a system?

3. Discuss what is meant by an exciting cause and a predisposing cause and give an example illustrating each.

4. What is meant by abduction and adduction in physical education? What is the difference between rotation and circumduction?

5. What is a "charley horse"? Explain the kinesiological relationship between extension and flexion, and a "charley horse."

6. List and describe three types of muscle tissue. Give examples of each.

7. Draw a diagram of a muscle cell and label sarcalemma, sarcaplasm, sarcomeres, sarcostyles and myo-neural junction.

8. A typical skeletal muscle consists of:
   (a)_____
   (b)_____
   (c)_____
   (d)_____

9. What is the approximate chemical composition of a muscle? What is a "property?" Give the properties of muscle tissue.

10. Name a muscle or ligament that derives its name from:
   (a) Location
   (b) Points of attachment
   (c) Shape
   (d) Structure
   (e) Direction
   (f) Function

11. Explain the difference between: Give examples of each.
   (a) prime movers
   (b) antagonists
   (c) fixation muscles

12. Draw a diagram of a motor neurone and label dendrites, nerve call, nucleus, axis cylinder, neurilemma, medullary sheath, and terminal branch.

13. Give the function of
   (a) nerve cell and its nucleus
   (b) axix cylinder
   (c) Neurilemma
   (d) dendrites

14. What is a lever? What is the relationship between levers and kinesiology?

15. What is a synovitis? What is a symphesis? Joints are classified as:
   (a)_____
   (b)_____
   (c)_____

16. What is the difference between cranial and spinal nerves? Name the 12 pairs of cranial nerves. Name the 31 pairs of spinal nerves. Name the sympathetic nerves.

17. What muscles are called the hamstrings, and why are they important?

18. In punting a football
   (a) What muscles of the limb are employed?
   (b) How do these muscles act on the pelvis?

19. What muscles effect flexion and extension of the knee?

20. What is the work of the following muscles in relation to the movement of the ankle joint:
   (a) tibialis anterior
   (b) Plantaris
   (c) gastrocnemius

21. Give three (3) ways in which the tensor facia lata affects movement.

22. Describe the general movements of the shoulder girdle; the kind of joint; and the ligaments involved in the shoulder joint.

23. What muscles of elbow joint produce supination and extension? What is the difference between supination and pronation? Name the pronators and flexors.

24. What nerves are involved in the reflex arc.

25. The instructor tells the student in their minds eye to lick their tonge over a lemon. What action takes place over the nervous system?

FIRST AID

1. What treatment is suggested in your text for the treatment of poison ivy?

2. Discuss <u>generally</u> the symptoms of poisonous drugs.

3. What first aid measures would you use in cases of choking on food, false teeth, fish bones, coins, etc.?

4. Give treatment of wounds when bleeding is severe.

5. What is meant by the term "shock", and what are the characteristics of it?

6. What are the purposes of First Aid training?

7. If you were the first one upon the scene of an automobile accident wherein some were killed, others injured, what would you do and what would you not do?

8. What is the material most commonly used in dressings and compresses?

9. Name at least five things used commonly in the care of injuries which should never be applied directly on the surface of a wound.

10. What is the treatment one should think of in all serious bleeding?

Dr. Allen --

I have checked 10 questions. Are they all right for the final?

OK

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