

NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC1209

FACULTY OF APPLIED SCIENCES
BACHELOR OF SCIENCE HONOURS DEGREE EXAMINATIONS
DEPARTMENT OF SPORTS SCIENCE AND COACHING

THEORY: SSC1209 AQUATIC LIFE SAVING

JUNE 2004

3 HOURS (100 MARKS)

INSTRUCTIONS

Answer INSTRUCTIONS

Answer 4 questions only. Each question carries 25 marks. Where a question contains subdivisions, the mark value for each subdivision is given in brackets. Illustrate your answer where appropriate with large clearly labeled diagrams.

1. a) List and discuss the major causes of drowning accidents. (10marks)
b) What are the characteristic patterns of open water? (15marks)
2. a) What are the major principles of rescue? (13marks)
b) Describe the six methods used for rescue. (12marks)
3. Critically analyze swimming rescue sequences, giving detailed illustrations where possible. (25 marks)
4. Discuss the advantages and disadvantages of swimming rescue methods. (25 marks)
5. (a) Define resuscitation. (12 marks)
b) What are the procedures of resuscitating an unconscious subject ? (13 marks)
6. a) Under what circumstances would you slide into water? (4 marks)
b) What is the very first step to take when you think that someone is unconscious? (5 marks)
c) Define unknown water? (3 marks)
d) How will you recognize an unconscious person in the water? (3 marks)
e) Describe in detail any one of the life saving kicks (10 marks)

END OF EXAM QUESTION PAPER