

# 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: SPORTS MODULE – (AQUATIC LIFE SAVING)**

MAY 06

3 HOURS (100 MARKS)

### **INSTRUCTIONS**

Answer **four** questions only. Questions can be written in any order. 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. List and discuss the major causes of drowning accidents in Zimbabwe. (25 marks)
  
2. a) Describe the dangers of open water. (12 marks)  
b) From your knowledge of life saving which are some of the steps you would take to prevent drowning accidents? (13 marks)
  
3. Critically analyse the behaviour of water from a lifesaver's point of view. (25 marks)
  
4. a) Which are the major principles of rescue? (13 marks)  
b) Describe the six methods used for water rescue. (12 marks)
  
5. a) Identify the basic signs of a drowning case. (7 marks)  
b) Define resuscitation. (3 marks)  
c) Outline in detail the procedures of mouth-to-mouth resuscitation on an unconscious individual. (15 marks)
  
6. Analyse the sequence of swimming rescue method in relation to the life saver's personal skills. (25 marks)

**END OF EXAMINATION QUESTION PAPER**