

**Spring Semester Examination 2019**

**Paro College of Education**

**Royal University of Bhutan**

**Paro**

**Module:** EPD 306-Movement and Safety Education

**Programme:** DECCD

**Level:** III

**Writing Time:** Three Hours

**Full Marks:** 100

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**INSTRUCTION**

Do not write during the first 15 minutes. Use this time for reading the questions. You will get full three hours for answering the questions. Write the answers to all the questions in the answer sheets provided by the college. Read the directions to each section and to each question carefully before answering the questions. Once the writing time begins, you are not allowed to ask questions, speak with others, or move around. Do not leave the examination hall before you are certain that all the questions, as directed in the paper, have been answered.

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**SECTION A**

**Two Questions- 20 Marks**

**Answer ALL Questions**

**QUESTION 1**

**Direction:** Each question below is followed by four responses. Choose the response that best fits the given question and write it in the answer sheet provided. (10x1=10 marks)

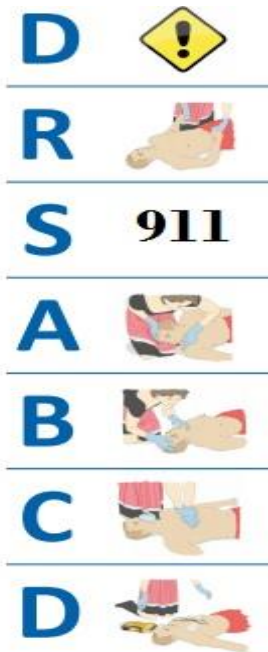
- a) In an emergency situation, who is the most important person?
  - A. Bystanders
  - B. Yourself
  - C. The injured victim
  - D. Emergency Medical Service Personnel
  
- b) How does a defibrillator work?
  - A. Delivers an electrical shock to the chest which dislodges blood clots
  - B. Delivers an electrical shock to the heart to start the heart beating again
  - C. Delivers an electrical shock to the heart which burns damaged heart tissue
  - D. Delivers an electrical shock to the heart to clear excessive electrical activity and allow the heart to regain its normal rhythm
  
- c) What does CPR stand for?
  - A. Cardiopulmonary Resuscitation
  - B. Cardiacpulmonary Revival
  - C. Cardiopediatric Resuscitation
  - D. Cardiopulmonary Recovery

- d) If someone has a seizure (fit), you should place something in their mouth to prevent them;
  - A. blocking the airway.
  - B. loosening consciousness.
  - C. swallowing their tongue.
  - D. swallowing the oral fluid.
  
- e) What is Anaphylaxis?
  - A. A mild allergic reaction
  - B. A serious form of asthma
  - C. A serious lung and throat infection
  - D. A severe life-threatening allergic reaction
  
- f) What are the four steps in treating a sprain or a strain?
  - A. Rest, Ice, Companion, Elevation
  - B. Rest, Ice, Competition, Exercise
  - C. Rest, Ice, Compression, Elevation
  - D. Rest, Ice, Compression, Evaluation
  
- g) A child in your ECCD Centre has fallen and twisted his ankle, what is the key action you can take to help?
  - A. Make him walk for 5 minutes
  - B. Apply something hot to the injury
  - C. Apply something cold to the injury
  - D. Alternate applying something hot and cold to the injury
  
- h) If a child in your ECCD Centre has a burn, what is the key action you can take to help?
  - A. Clean the burn
  - B. Cool the burn
  - C. Close the burn
  - D. Cover the burn
  
- i) What speed of chest compressions should you aim for while providing CPR ?
  - A. 100 a minute
  - B. 90 - 100 a minute
  - C. 120 - 140 a minute
  - D. 100 - 120 a minute
  
- j) How should you open an airway in an unconscious adult victim?
  - A. Tilt the head forwards
  - B. Tilt the head to the side
  - C. Tilt the head back & lift the chin
  - D. Move the tongue with your fingers

## QUESTION 2

**Direction:** Corresponding to the image provided on the left hand side of the page, fill in the table provided on the right hand side of the page.

- a) DRS ABCD is an acronym taught in First-Aid courses across the world. It is designed to help people understand how to act in emergencies. Complete the task below (1 x 7=7 marks)



D
R
S
A
B
C
D

- b) If a person is unconscious but is still breathing and has no other life-threatening conditions, they should be placed in illustrated position below. Explain each step in the space provided.

(1 X 3= 3 marks)



STEP 1



STEP 2



STEP 3

**SECTION B**  
**Four Questions -80 Marks**

**Directions:** From the **FIVE** questions, choose any **FOUR** and write their answers as directed in the answer sheets provided

**QUESTION 3**

A child in your Centre has either strained or sprained her ankle. What are sprains and strains? How do you differentiate a strain from a sprain? How would you treat her injury using the PRICE therapy? Explain in detail. [5+5+10 = 20]

**QUESTION 4**

Fundamental movement skills give young children the ability to move and be active with confidence and competence as they grow. Focusing on Locomotor, Stability and Object Control categories of FMS outline at least five activities that you facilitate outdoors to improve their FMS. [5 x 4 = 20]

**QUESTION 5**

Keeping children of all ages safe and healthy is one of the most important tasks of child care providers. Whether children are in an ECCD Center or home-based care, providers are responsible for ensuring safety both inside and outside their child care setting. Share your experiences of facilitating, checking, ensuring outdoor and indoor safety of the children in your ECCD Centre or home-based Care Centre. [5+5+10=20]

**QUESTION 6**

D.R.S.A.B.C.D. (DRSABCD) is an emergency action plan that consists of seven steps. By remembering and using this acronym, it can assist you in delivering a safe and effective rescue for yourself, casualties and bystanders. As a caregiver in an ECCD Centre you have spotted a child who needs an Emergency Medical Service; how would you follow these steps to attend the casualty? Explain each of the seven steps in detail. [6+14=20]

**QUESTION 7**

A lot of activities have been included to ensure that children's opportunities for physical activity are not limited by inaccessibility to outdoor play spaces or by weather. The activities encourage children to be physically active while providing them with opportunities to practice their Fundamental Movement Skills. List and explain at least 5 (five) indoor activities that you conduct for your children in the ECCD center in order to improve their FMS. [5 x 4 = 20]