

School of Liberal Education**Bachelor of Arts Honours in Applied Psychology
Semester End Examination - Aug 2024****Duration : 180 Minutes
Max Marks : 100****Sem I - Q1UC124T - First aid and health**General Instructions*Answer to the specific question asked**Draw neat, labelled diagrams wherever necessary**Approved data hand books are allowed subject to verification by the Invigilator*

- 1) What is the purpose of the recovery position in first aid? K1(2)
- 2) Explain the signs and symptoms of burn. K2(4)
- 3) compare between voluntary and involuntary muscles. K2(6)
- 4) Develop a joint and describe its significance in human movement. K3(9)
- 5) illustrate the steps in providing first aid for sunburn, including prevention strategies. K3(9)
- 6) Describe the hormonal fluctuations in female puberty and their influence on both physical and emotional aspects of development. K5(10)
- 7) Discuss the psychological challenges commonly faced by boys during puberty, exploring topics such as body image, self-esteem, and peer relationships. K4(12)
- 8) Explain the principles of muscle contraction and relaxation, emphasizing the significance of tendons in connecting muscles to bones. K5(15)
- 9) Discuss the common causes and first aid measures for diarrhea, emphasizing the importance of rehydration. K5(15)
- 10) Adapt how the muscular system contributes to posture, stability, and the execution of complex activities, and elucidate how muscle injuries or strains can impact overall musculoskeletal function. K6(18)