

National Institute of Open Schooling
Senior Secondary Course
Lesson 17: Athletic Injuries, First Aid and Safety
Worksheet-17

Q.1- “Participating in physical activity, sports, exercise and recreational programs are enjoyable but they are also prone to injuries.” List out classification of athletic injuries in sports on the basis of its nature and location.

Q.2- Prepare a power point presentation on types of soft tissue injuries with diagram.

Q.3- Prepare a diagrammatic presentation on close fracture in case of bone injuries.

Q.4- “School Safety” has been defined as creating safe environment for children, starting from their homes to their schools and back. In the light of the statement identify various measures related to School Sports Injury Prevention.

Q.5- “The objective of first aid is to provide immediate care to the injured or ill person to preserve life and protect casualty from further harm”. Justify the statement on the basis of the principles of first aid.