



Public Safety and Aquatic Rescue Self assessment and review questions



Chapter 3 The human body

Candidate's name: _____

Introduction

The questions in this document are designed to assist candidates for the Surf Lifesaving Bronze medallion to better understand some of the information included in the 33rd edition manual, "Public Safety and Aquatic Rescue". These questions are for review and self-assessment only – they are not an assessable part of your training program.

For this section, the answers to these questions appear in Chapter 3 of the 33rd edition Bronze Manual, "Public Safety and Aquatic Rescue".

THE HUMAN BODY

1.1 The circulatory system

- a) What are the main components of the circulatory system?

- b) What is the name of the vessel that takes oxygenated blood out of the heart to the rest of the body?

- c) What is the name given to the tiny vessels that link the ends of the smallest arteries with the smallest veins?

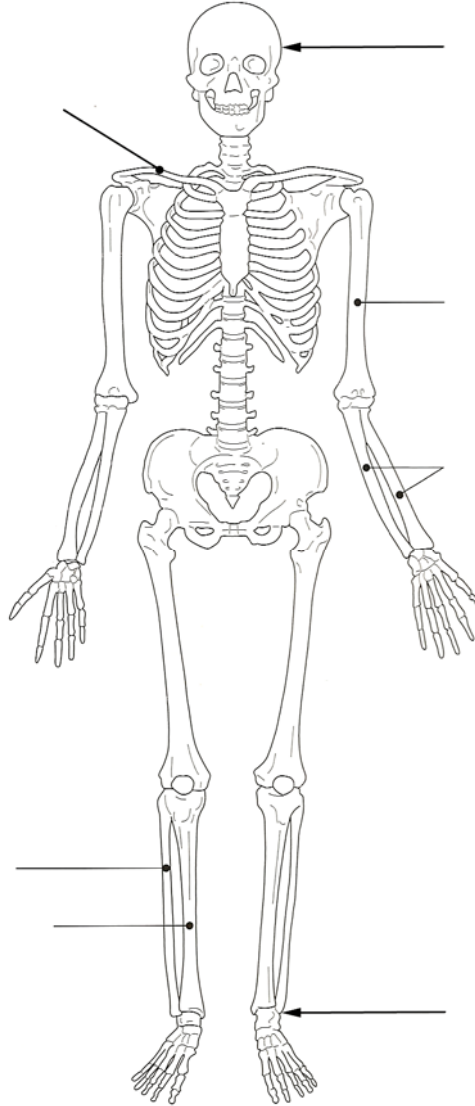
- d) How long does it take before brain damage begins due to lack of oxygen?

- e) Which vessels carry the blood back to the heart after the oxygen has been used?



1.2 The skeletal system

- a) Identify and label the indicated components of the skeletal system:



1.3 The respiratory system

- a) What are the two common names for the upper and lower sections of the respiratory system?
- b) What is the name of the large muscle below the lungs that assists in breathing?
- c) How much (as a %) of the air we breathe is oxygen?



1.4 The nervous system

- a) What are the two main components of the central nervous system?

- b) What happens if the breathing control centre does not have a good supply of oxygen?

- c) What are the three main components of the peripheral nervous system?
