



**FOURTH QUARTERLY ASSESSMENT
PHYSICAL EDUCATION & HEALTH 7
Prepared by: Mr. Darwin M. Dominguez**

Name: _____

Score: _____/60

Grade and Section: _____

Date: _____

IMPORTANT REMINDERS: Following instructions is part of the exam. Failure to follow instructions will cause a 5-point-deduction from the total raw score.

I. Multiple Choice Questions: Encircle the letter of the correct answer.

1. What is the immediate care given to an injured or ill person to minimize harm?
a) CPR b) First Aid c) Emergency Response d) Medical Treatment
2. Which of the following is the highest priority in first aid?
a) Promote Recovery b) Prevent Further Injury c) Preserve Life d) Provide Pain Relief
3. What does the A in the ABCs of First Aid stand for?
a) Action b) Airway c) Alert d) Assistance
4. Which of the following is a role of a first aider?
a) Diagnose medical conditions
b) Prescribe medication
c) Call for help
d) Perform surgery
5. What should you do before entering open water?
a) Run into the water
b) Dive into the water
c) Check the depth
d) Swim alone
6. What should you avoid wearing in the water?
a) Swimsuits b) Life jackets c) Baggy clothing d) Wetsuits
7. What should you do in unfamiliar water areas?
a) Dive in b) Enter feet-first c) Swim alone d) Ignore warning signs
8. What is a danger in the water that can happen silently and quickly?
a) Hypothermia b) Cramps c) Drowning d) Fatigue

II. True or False Questions: Write SAVE if the statement is correct and HELP if it is not.

- _____ 9. First aid is given to prevent further complications.
- _____ 10. The primary objective of first aid is to provide a diagnosis.
- _____ 11. Checking for pulse and bleeding falls under Circulation in First Aid.
- _____ 12. A first aider should always act beyond their limitations.
- _____ 13. It is safe to swim alone in open water.
- _____ 14. Warming up before swimming helps prevent cramps.
- _____ 15. Running near the pool is allowed if you are careful.

Choose the correct answer from the word pool.

Airway	Swimwear
Wetsuits	Call for Help
Stay Calm and Reassuring	Swim under the influence of alcohol or drugs
Be aware of signs	Breathing
Record Information	Water shoes

- _____ 16. Ensuring normal breathing in first aid.
 _____ 17. Checking if the person is breathing in first aid.
 _____ 18. Contacting emergency services for assistance.
 _____ 19. Offering emotional support to the injured person.
 _____ 20. Noting down details of the incident and care provided.
 _____ 21. Swimwear used in pools.
 _____ 22. Protective wear for swimming in cold open water.
 _____ 23. Footwear for swimming in rocky areas.
 _____ 24. Being aware of signs indicating strong currents.
 _____ 25. Consuming alcohol or drugs before swimming.

III. Analogy Questions: Analyze the relationship, encircle the correct answer.

26. Airway is to A as Circulation is to: a) B b) C c) D d) E
 27. Life jacket is to Open Water as Swim cap is to:
 a) River b) Pool c) Lake d) Sea
 28. Cramps are to Warm-up as Drowning is to:
 a) Buddy b) Life jacket c) Deep water d) Fatigue
 29. Stretching is to Cramp relief as Swimming parallel is to:
 a) Rip current escape
 b) Fatigue prevention
 c) Drowning prevention
 d) Hypothermia prevention
 30. Calling for help is to Drowning as Checking for breathing is to:
 a) Unconsciousness b) Cramps c) Fatigue d) Hypothermia

IV. Create a symbol or logo that represent the ABC of First Aid, and explain each in 2-3 sentences. (10 points) 31-40.

RUBRICS	5	3	1
Creativity	A lot of thought and effort was used in the illustration.	Illustration is creative and some thought was put into it.	The illustration does not reflect any degree of creativity.
Completeness	The box has illustration and it maximized the space with details.	The box has illustration but little effort was shown.	The box has illustration but out of context.

<p>A = _____</p> <p>Explanation: _____</p>	<p>B = _____</p> <p>Explanation: _____</p>	<p>C. _____</p> <p>Explanation: _____</p>
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organization	well-organized, and easy to follow.	but may be difficult to follow.	making it hard to understand.
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V. Explain the following first aid procedure in 2-3 sentences. (12 points)

51-52.



CHECK BREATHING

53-54. Anorexia



GIVE RESCUE BREATHS

VI. Essay. Explain the following questions in 3-4 sentences. (10 points)

55-57. Why do you think it's important for everyone to learn basic first aid skills? What value does it add to our communities?

58-60. Why is it important to stay calm and focused during a first aid situation? What values help you maintain composure in stressful situations?

God is good! 😊
*** END OF EXAM ***