

Practice Attitude Quiz

Community Recreation

Part 1: About this Community Recreation Resource

QUIZ

Guidance

This Practice Aptitude Quiz is intended to be a general illustration of some of the key learning standards required of people attempting an Australian Apprenticeships entry level qualification in Community Recreation.

This Practice Aptitude Quiz is neither a formal assessment tool nor a direct pre-requisite for any job application.

This quiz has been developed with the assistance of Industry and Registered Training Organisations based on the needs and requirements of the industry sector.

It focuses on literacy, numeracy, comprehension and problem solving questions contextualised to this specific industry.

This Practice Aptitude Quiz does not cover aspects such as general knowledge or complex problem solving or reasoning skills. The level of reading, writing and mathematical skills assessed by this quiz is equivalent to that of a young person at Year 10 level.

This resource can be used by a number of different organisations and people such as careers practitioners with young people, Group Training Organisations and Job Services Australia providers with job seekers.

The Practice Aptitude Quiz can be:

- > Used by careers practitioners with individuals or in a class setting to provide general guidance on the level of study involved in undertaking an entry level qualification in this industry;
- > Provided to people to enable them to practice their skills before sitting an actual aptitude test;
- > Used by teachers as a guide to industry math requirements at the entry point of this particular Australian Apprenticeship career path; and
- > Used by teachers as classroom based activities for students in Year 11 and 12 and VET Business-centred studies.

The quiz should be able to be completed in approximately 60 minutes.

Please note that rates quoted in this assessment for various items, including pay rates, are not meant to reflect today's values, but are used purely for mathematical purposes.

Calculators may be used to complete certain parts of this practice quiz.

Answers are located at the end of the quiz.

Community Recreation Career, Occupational Information and Job Hunting Resources

Information and links on the Community Recreation industry, careers, job prospects as well as career websites and job hunting resources can be found at www.aapathways.com.au/Career-Resources.

After the Quiz

There are a range of support services available to help you find out about courses that may help you improve your literacy and numeracy skills and also your readiness for work.

If you are still at school you should discuss any concerns you may have with your career practitioner. Further information may also be provided by a Job Services Australia provider, an Australian Apprenticeships Centre, a Group Training Organisation or a training provider.

Useful Contacts

Here are some links to job seeker support services:

- > Search for your local Australian Apprenticeships Centre - www.aapathways.com.au/aac
- > Find a local Group Training Organisation - www.grouptraining.com.au/Find/find_gto.html
- > Job Services Australia providers work with eligible job seekers to develop an individually tailored Employment Pathway Plan. The plan maps out the training, work experience and additional assistance needed to find job seekers sustainable employment - www.jobsearch.gov.au/provider/default.aspx

Part 2: The Quiz

Section 1 - Literacy, Reading and Comprehension

- Here are some words you might find in the Community Recreation sector. Write them in alphabetical order.

Quality	
Operate	
Ethical	
Program	
Individual	
Facility	
Mobility	
Diversity	
Context	
Recreation	

- Below is a list of some recreational activities. Write them in alphabetical order.

Walking	
Swimming	
Aerobics	
Dancing	
Horse riding	
Bowling	
Surfing	
Gymnastics	
Yoga	
Rock climbing	

Comprehension

3. Read the following passage and answer the questions that follow.

The Australian Human Rights Commission - Information for Young People

You don't have to put up with being treated unfairly because you're young. There are laws to protect you against discrimination, harassment and bullying. These laws apply right across Australia. If you have a complaint, the Australian Human Rights Commission can look into it. We will talk to the people involved and help you work out a solution. Our aim is to help you deal with your complaint quickly and with a minimum amount of fuss. Our complaint handling service is free of charge.

What can I complain about?

The Commission can investigate complaints of discrimination, harassment and bullying that happened because of your: sex, including pregnancy, marital status and sexual harassment; disability, whatever it is; race; colour; national or ethnic background; age; sexual preference; criminal record; trade union activity; or political opinion (in employment only).

It is against the law to be discriminated against in employment; at school, TAFE or university; getting or using services; going to public places, renting accommodation, playing sport and in other parts of public life.

Source: www.humanrights.gov.au/complaints-information-young-people

Answer these questions by circling the correct response:

- a. The laws that protect people against discrimination, harassment and bullying apply only to older people.
 - i. True
 - ii. False
- b. The laws that protect people against discrimination, harassment and bullying apply:
 - i. in your town
 - ii. all over Australia
 - iii. worldwide
- c. The Human Rights Commission investigates complaints:
 - i. for a fee of \$100
 - ii. for a fee worked out according to your income
 - iii. free of charge

- d. **The Human Rights Commission is not concerned with Disability matters.**
 - i. True
 - ii. False

- e. **You can discriminate against people who have a criminal record.**
 - i. True
 - ii. False

4. **Read the following passage and answer the questions that follow.**

Sports Ability

‘Sports Ability’ is an exciting and inclusive games program developed by the Australian Sports Commission (ASC) to encourage people with a disability to get involved and participate in sport and active recreation. ‘Sports Ability’ has two main aims:

1. To provide people delivering sport or physical activities with more ways of including people with disability.
2. To provide a means for people with and without disability to interact in a sporting environment.

‘Sports Ability’ is appropriate for everyone including:

- > People with or without disability;
- > Young people through to senior citizens.

‘Sports Ability 2’ is the latest addition of the ‘Sports Ability’ program.

The ‘Sports Ability’ program includes the following games, these games can be used developmentally or to provide new pathways in disability sport:

- > **Boccia (Paralympic sport)** - A bowls-type target game played at the Paralympics suitable for all abilities, and provides an ideal vehicle for inclusion.
- > **Goalball (Paralympic sport)** - An exciting invasion game developed for players who have a vision impairment that introduces new challenges to both sighted and vision-impaired players.
- > **Sitting volleyball (Paralympic sport)** - A sport for players who cannot participate in standing volleyball. As all players remain seated during play, sitting volleyball is an excellent inclusive game.
- > **Polybat** - An accessible version of table tennis, particularly useful for young players who have coordination and control impairments.
- > **Table cricket** - A dynamic table version of cricket for players of all abilities, but specifically those with complex or higher support needs. It retains the three main elements of cricket - batting, bowling, and fielding - as well as most of the rules.

- > **Targeting and bean bag games** - A range of individual, cooperative and competitive games.
- > **Traditional Indigenous games** - Traditional Indigenous games that can be adapted and modified.

Source: www.ausport.gov.au/participating/disability/get_involved/sports_ability

Answer these questions by circling the correct response:

- a. 'Sports Ability' encourages people with a disability to:**
 - i. think about participating in the Paralympic games
 - ii. participate in sport and active recreation
 - iii. join a Seniors Club

- b. 'Sports Ability' is for:**
 - i. only people with a disability
 - ii. people with or without a disability
 - iii. people under 25 years with or without a disability

- c. Boccia (Paralympic sport) is:**
 - i. an invasion game for those who have vision impairment
 - ii. traditional Indigenous game
 - iii. a bowls-type target game

- d. Polybat is a version of:**
 - i. table Tennis
 - ii. volleyball
 - iii. cricket

5. Read the following passage and answer the questions that follow.

Seniors Stay Healthy

There are four main types of exercise and seniors (people over 60) need some of each:

- > Endurance activities - like walking, swimming, or riding a bike - which build "staying power" and improve the health of the heart and circulatory system.
- > Strengthening exercises - which build muscle tissue and reduce age-related muscle loss.
- > Stretching exercises - to keep the body limber and flexible.
- > Balance exercises - to reduce the chances of a fall.

Why Is Physical Activity Such a Big Deal?

Being physically active helps older adults to continue to do the things they enjoy and stay independent as they age. Regular physical activity over long periods of time can produce long-term health benefits. That's why health experts say that older adults should be active every day to maintain their health. In some cases, exercise is an effective treatment for many chronic conditions. For example, studies show that people with arthritis, heart disease, or diabetes benefit from regular exercise.

Exercise also helps people with high blood pressure, balance problems, or difficulty walking. One of the great things about physical activity is that there are so many ways to be active. Many physical activities - such as brisk walking, raking leaves, or taking the stairs whenever you can - are free or low cost and do not require special equipment.

Source: www.nia.nih.gov/HealthInformation/Publications/ExerciseGuide

Answer the following questions.

a. What are the four main types of exercise that seniors need to stay healthy?

b. How often should older adults be physically active to maintain health according to health experts?

- c. List three health conditions which can improve with regular exercise.

- d. What are two example of free or low cost exercise?

6. There are 5 spelling errors in the passage below. Circle the errors, and then write the correct spelling for each word in the table provided.

Being physikally active is important for the healthy growth and develoment of our children. When children participate in recreation and exercise at a local community centre, gym, or swimming pool it is great for their health, but also it might have added benefits. Children might make new friends as well as developing valable life skills such as co-operation, discipline, repect and tolerance.

Spell the words correctly	
a.	
b.	
c.	
d.	
e.	

7. There are four spelling mistakes in the information below. Circle the misspelt words and write the correct spelling in the space provided.

Rock Climbing Etiquette

Rock Climbing involves certain risks and climbers are expected to be responsible to ensure safety. Three important gidelines are:

1. Be considrate to other climbers.
2. Lern to wait for your turn.
3. Do not pressure other climbers to rush their climb.

Spell the words correctly	
a.	
b.	
c.	
d.	

8. Read the rock climbing risk and risk minimisation information below and then answer the questions that follow.

RISK	RISK MINIMISATION
Climber falls from height or detaches from climbing end of the rope.	Ensure proper fitting of equipment. Use a <i>tried and tested</i> attachment system, with the most secure threading and quality locks.
Climber falls at start of climb, and gets sufficient rope stretch to contact the floor.	Install a very thick (60mm or more) landing surface to prevent a head injury from falls from 1.8 metres.
Climber's hair, jewellery or clothing becomes entangled.	All jewellery to be removed. Long hair to be firmly tied back. Clothes to be tucked into the harness.

- a. What type of floor surface should be used at an indoor rock climbing centre and why?

- b. A climber should have their hair tied back, but it would be ok to wear a watch. Answer True or False

- c. What is the risk if quality locks are not used?

9. Read the passage below and answer the questions that follow.

Magda has enquired at her local Aquatic Centre about the qualifications required to become a Life Guard. Centre staff provided the following information to Magda.

To become a Life Guard at this centre you must complete two qualifications:

- The first is the Senior First Aid certificate which includes the following four subjects: Provide First Aid; Perform Cardio Pulmonary Resuscitation (CPR); Provide Basic Emergency Life Support; and Apply First Aid;
- The second qualification is simply called Pool Life Guard and includes the following three subjects: Respond to an Aquatic Emergency using Basic Water Safety Techniques; Supervise Clients at an Aquatic Facility or Environment; and Respond to an Aquatic Emergency using Advanced Water Rescue Techniques.

In both qualifications the teaching strategies include practical demonstration, discussion and debate, case studies, simulation and problem solving.

It all seemed quite complex, so Magda decided to do some background research before starting the qualifications.

From her research, Magda found out the following facts:

- > The definition of First Aid is the provision of emergency care for injury or sudden illness before medical care is available.
- > There are five main aims of First Aid: preserve life; prevent further injury; protect the unconscious; promote recovery; and get medical help.
- > That the First Aid training involved instruction on how to check a patient's signs of life; that adults, children and infants had different heart rates (beats per minute); and that adults and infants had different breathing rates which are measured as breaths per minute.
- > The Senior First Aid certificate covered the study of a number of medical emergencies including Cardiac emergencies - angina and heart attack - and the course would instruct participants on signs, symptoms and management of cardiac and other medical emergencies. Many of the medical emergencies had two different management approaches depending on whether the patient was responsive or unresponsive.

The First Aid course sounded interesting, but Magda also wanted more information about the second qualification - Pool Life Guard. She discovered:

- > That the Pool Life Guard course involves learning the steps taken in an emergency situation and the importance of following an Emergency Action Plan which would involve some of the following elements: recognizing an emergency; signaling to fellow lifeguards; checking for dangers; supporting the person in difficulty; assessing the nature of the emergency; and determining action;
- > The Principles of Spinal Management: spinal injuries can result from a number of activities within an aquatic environment including: diving into shallow water; collisions between lap swimmers; collisions with the pool wall; and back flips;
- > That the Aquatic Spinal Management Procedure includes treating suspected spinal injury as a Major Emergency, where two responders (Life Guards or other suitably trained persons) need to attend to a person in the water even if there was just a slight chance that a spinal injury has been sustained.

Questions

- a. **What are the two qualifications required by the local Aquatic Centre to become a Life Guard?**

- b. **Name one of the subjects within the Senior First Aid Certificate, and one of the competencies within the Pool Life Guard course that would be studied in this course.**

First Aid

Pool Life Guard

- c. Name three teaching strategies that would be used in this program.

- d. What are the first three of the five main aims of First Aid?

- e. There were two different management approaches to many medical emergencies. How would it be decided which of the two management approaches should be used?

- f. For a Pool Life Guard, what are the first four elements of an Emergency Action Plan?

- g. What type of spinal injuries can occur in an Aquatic environment? (List at least 3).

10. Read the passage below and answer the questions that follow.

The local Community Recreation centre has introduced a range of new classes including Gymnastics, Yoga, Dance and Aerobics. The take up rate has been great with a lot of youngsters joining the Gymnastics program, and many seniors joining the Yoga and Dance classes.

The increase in programs means that new program teachers and leaders are recruited to the centre, and that all staff need to be aware of different injury risks associated with the new programs. Therefore, the centre's manager decided to run some Advanced First Aid training for program teachers and leaders focusing on soft tissue injury, especially muscle strain.

Staff learnt that a strain is usually associated with muscles or tendons which attach the muscle to the bone. A strain can be caused by overuse or putting excessive load on the muscle or muscle groups. It can occur if muscles are not warmed up properly prior to strenuous use. Staff were instructed to make certain that all participants, no matter what age, did a proper warm up session including stretches.

The first sign of a strain is swelling. The management of the injury has five stages. The first stage is to immediately stop the activity to ensure no further stress occurs, followed by applying an ice pack or a cold press, then a bandage. After that the area of injury should be elevated to facilitate healing and if the extent of the injury is not known, medical advice should be sought.

A more serious injury that can occur when people are exercising or taking on new activity, especially without proper instruction or warm ups is dislocation. Dislocation occurs in a joint. A joint is where two bones join. The main sign of a dislocated joint is a deformed appearance. It is also painful and usually cannot be moved. The main focus of first aid management is to immobilise the dislocated joint in the position found. As there is a possibility that a fracture might also have occurred, medical help needs to be called immediately.

Questions

a. Why did the centre manager decide to run Advanced First Aid training?

b. What parts of the body are associated with a 'strain'?

c. What can commonly cause a 'strain' to occur?

d. What activity is very important in all 'warm up' sessions?

e. What is the first sign of 'strain'?

f. What are the first two stages in managing this type of injury?

g. Where in the body do dislocations occur?

h. What is the main focus of first aid management in the case of 'dislocation'?

11. Read the following information and answer the questions that follow on organising work priorities.

Jude has the 9 am to 5 pm shift on the front desk of a busy Fitness and Aquatic centre on Mondays. There are particular tasks to complete each Monday and Jude has a work schedule to follow.

Jude's work priorities have been identified as:

- Answer the phone and answer daily emails - approximately 30 a day;
- Serve customers including taking payment for casual classes and making bookings for swimming lessons;
- Unpack and arrange swim wear products and accessories and record the stock on the stock sheet;
- Order drinks and fill the drink fridge for the week;
- Check the condition of the women's change rooms 3 times - am, midday and pm;
- Reconcile the day's receipts with payments.

Jude must also be aware of and apply the centre's 'Guiding Principles for Staff':

1. Safety across the centre for staff and customers is the number one priority;
2. Work goals, objectives, and priorities are adjusted to meet customer and organizational needs;
3. Staff must take their scheduled breaks within 45 minutes of the designated time;
4. Unfinished work tasks must be recorded on the task sheet and handed over to the next shift.

Table 1 Jude's work priorities on an average Monday	
9 am	Check weekend emails and answer approximately 50%. Provide customer service as required.
9.30 am	Serve customers arriving for the 10 am water Aerobics and Pump classes . Take payments.
10 am	Open remaining emails and email back responses. Follow up customer inquiries and respond to customers by phone if needed.
10.30 - 10.45 am	Tea Break
10.45 - 12.30 pm	Check the women's change rooms. Update membership database and file paper-based information. Answer phone enquiries as required.
12.30 - 1.30 pm	Lunch Break
1.30 pm	Email drink order to supplier. Check women's change rooms.
2 pm - 3 pm	Unpack and arrange swim wear and accessories; ensure display racks are fully stocked; update stock sheets; and order new supplies if required.
3pm	Weekly staff training session: This week's subject – "Undertaking Customer Satisfaction Surveys".
3.30 - 3.50 pm	Tea Break
3.50pm - 4.30 pm	Check women's change rooms. Update swim class lists; print out a list of participants in all 5 of the swim lessons; and give these to the swim instructors before the lessons start at 4.00 pm. Reconcile swim lesson payments; update computer records.
4pm - 5 pm	Reconcile daily takings for casual swim, gym, fitness and wellbeing classes. Handover to evening shift coordinator; discuss any issues that have happened during the day shift that may effect the evening shift.

Questions

- a. How long does Jude work before taking her 10:30 am Tea Break?

- b. What are Jude's work priorities between 10:45 am and 12:30 pm?

- c. Jude has three work priorities to complete between 3:50 pm and 4:30 pm. Which of these three should she do first? Why?

- d. Which of the following things should Jude definitely talk about with the evening shift coordinator when she hands over between 4 pm to 5 pm? (Circle the correct response)
 - i. The muffin she bought from the centre's café was delicious.
 - ii. She needs to remember to fill her car up with petrol on her way home.
 - iii. She organised for the centre's maintenance officer to fix a leaking tap in the women's change rooms. The work is still being completed and so the change rooms are currently closed.
 - iv. The results of the afternoon basketball competition held at the centre.

Section 2 - Mathematical Questions

1. What will it cost the Verasi family to go ice skating? The family includes two adults, one boy aged 17 years and 2 girls under the age of 10.
 - a. Calculate the cost for the Verasi family to enter the ice skating rink.

Entrance fees:

Adult 1:	\$15.50
Adult 2:	\$15.50
16 yrs +:	\$12.00
Under 10:	\$5.50
Under 10:	\$5.50

Your answer: _____

- b. While they are at the ice skating rink they had the following drinks. What is the total cost of these drinks?

1 coffee	\$3.30
1 hot choc	\$3.30
1 sports drink	\$3.50
1 water	\$3.00
1 orange juice	\$2.00

Your answer: _____

- c. The family travelled by public transport to the rink. How much did this cost?

2 full adult fares (for people over 18 years old)	\$9.20
1 youth (for people between 10 and 17 years of age)	\$2.50
Under 10 free	\$0.00

Your answer: _____

- d. How much did the complete recreational activity cost the family?

\$ _____

2. A group of 6 friends are going away for the weekend. They have paid in advance to hire bikes for an all-day ride. Bike hire is \$24.00 per bike.

- a. How much will it cost to hire 6 bikes? \$ _____

- b. Paul had a change of plans and will not be going. He will be refunded \$24.00. How much will it cost to hire 5 bikes?

\$ _____

Weights

3. Regular exercise and a healthy diet can help people to control their weight. Answer the following questions.

- a. John weighs 82 kilograms (kgs). He joins a walking group and in 7 weeks he has lost 9 kgs. How much does John weigh now?

_____ kgs

- b. Vanessa weighs 89 kgs. Her goal is to drop 10% of her weight. How much will Vanessa weigh when she has reached her 10% goal?
- _____ kgs
- c. Enos has recently lost weight due to an illness. His Doctor has recommenced a regular exercise diet plan that would help him return to a healthy weight range. He currently weighs 65 kgs and aims to add six kgs through his health plan. What is Enos' target weight under this plan?
- _____ kgs
- d. Samut weighs 105 kilos. He joins the gym and a walking group and wants to loose 35 kgs over 50 weeks. What will be Samut's average weekly weight loss if he achieved this aim?
- _____ kgs lost per week

Problem solving

- 4 . The local community recreation centre offers group fitness classes. The centre has put together a 'Special Deal' to encourage more people to sign up for classes. Look at the details of the 'Special Deal' and the 'Casual Rate' for doing a single group fitness class below, and then answer the questions.

SPECIAL DEAL: Choose any two classes, attend twice a week for 15 weeks and pay the low cost of \$12.75 per week

CASUAL RATE: Casual rate \$16 per class.

- a. Marie is going to take up the Special Deal Offer. How much will this cost her, in total?
- _____
- b. Marco is not sure he will come every week so he is happy to pay \$16.00 per class as a casual. Marco surprised himself and attended one class per week every week for 15 weeks. How much will this cost Marco?
- _____
- c. Who paid the most for the fitness classes?
- _____
- d. How much more did that person pay?
- _____

5. At the age of 45 Jamie is beginning a new exercise program. His adviser suggests that he drinks the following amounts of water to be taken from the time he wakes until he finishes his 1.5 hour (90 min) workout.

Start of the day

Begin the day with a large glass of water. Jamie measures the amount and finds that his large glass holds 230 ml.

Before Exercise

Drink 3 'standard' cups before starting the workout. Jamie measures the amount of water in his 'standard' cup and finds it holds 165 ml.

During Exercise (90 minute session)

Drink one 'drink bottle' of water every 15 mins. Jamie's water bottle also holds 165 ml of water.

After Exercise

Drink 3 cups of water. Jamie continues to drink from his 'standard' cup holding 165 ml.

- a. How much water will Jamie have consumed once he has finished this entire routine?

Start of the day: _____ mls

Before exercise: _____ mls

During exercise: _____ mls

After exercise: _____ mls

TOTAL: _____ mls

- b. Convert this figure from milliliters (mls) to litres (L).

6. The 'Northern Aquatic Centre' employs Bella as a Centre Assistant, working Monday to Friday from 9 am to 6.30 pm with one hour unpaid lunch break. Her hourly rate between 9 am to 5 pm is \$18.75 gross (that is before tax is taken out). From 5 pm to 6.30 pm she is paid at a gross rate of 'time and a half', which means the standard hourly rate plus 50%.

Answer the following questions.

- a. Calculate the gross 'time and a half' hourly pay rate.

- b. How much does Bella get paid if she worked from 9 am to 6.30 pm for one day?

- c. What is Bella's gross weekly pay?

- d. What is Bella's gross annual pay?

- e. The 'Northern Aquatic Centre' pays an additional amount in superannuation which is 9% of Bella's gross annual pay. How much superannuation will Bella receive?

- f. The Centre employs six Life Guards from Monday to Friday, each working seven five hour shifts per week at \$21.75 per hour gross. How much is the Centre paying each week for the salaries of these Life Guards?

- g. Over the weekends, the Centre has seven Life Guards, each working three five hour shifts at a rate of \$27.25 per hour gross. How much is the Centre paying for the weekend Life Guard salaries?

- h. The seven weekend Life Guards each work 40 weekends during a full year. How much do the Life Guards cost the Centre over the year for the weekend work?

Section 1 - Literacy, Reading and Comprehension

1.

Context
Diversity
Ethical
Facility
Individual
Mobility
Operate
Program
Quality
Recreation

2.

Aerobics
Bowling
Dancing
Gymnastics
Horse riding
Rock climbing
Surfing
Swimming
Walking
Yoga

3.

- a. ii. false b. ii. all over Australia. c. iii. free of charge d. ii. false
e. ii. false

4.

- a. i. Participate in sport and active recreation
b. ii. People with or with a disability
c. iii. A bowls-type target game
d. i. Table Tennis

5.

- a. Endurance activities, Strengthening exercises, Stretching exercises and Balance exercises
b. Experts say older adults should be active every day to maintain health
c. Arthritis, heart disease, diabetes, high blood pressure, balance problems, difficulty walking.
d. Brisk walking, raking leaves, taking the stairs.

6.

physically
development
recreation
valuable
respect

7.

certain
guidelines
considerate
learn

8. falls
 - a. A very thick, (60 mm or more) landing surface to prevent head injury from from 1.8 metres.
 - b. False
 - c. Climbers may fall from heights or become detached from the climbing end of ropes.

9.
 - a. Senior First Aid and Pool Life Guard
 - b. SENIOR FIRST AID - any of the following:
 - Provide First Aid
 - Perform Cardio Pulmonary Resuscitation (CPR)
 - Provide Basic Emergency Life Support
 - Apply First Aid
 POOL LIFE GUARD - any of the following:
 - Respond to an Aquatic Emergency using Basic Water Safety Techniques
 - Supervise Clients at an Aquatic Facility or Environment
 - Respond to an Aquatic Emergency using Advanced Water Rescue Techniques
 - c. TEACHING STRATEGIES - Any 3 of the following:
 - Practical demonstration
 - Discussion and debate
 - Case studies
 - Simulation
 - Problem solving
 - d. AIMS OF FIRST AID – First three (of five aims)
 1. Preserve life
 2. Prevent further injury
 3. Protect the unconscious
 - e. Whether the patient was *responsive* or *unresponsive*.
 - f. FIRST FOUR ELEMENTS OF EMERGENCY ACTION PLAN
 1. Recognizing an emergency
 2. Signaling to fellow lifeguards
 3. Checking for dangers
 4. Supporting the person in difficulty
 - g. SPINAL INJURIES - Any 3 of the following
 - Diving into shallow water
 - Collisions between lap swimmers
 - Collisions with the pool wall
 - Back flips

10.
 - a. The increase in programs meant that new program teachers and leaders were recruited to the Centre, and that all staff needed to aware of different injury risks associated with the new programs.
 - b. A strain is usually associated with muscles or tendons which attach the muscle to the bone.
 - c. A strain can be caused by overuse or putting excessive load on the muscle or muscle groups. It can occur if muscles are not warmed up properly prior to strenuous use.
 - d. Stretches
 - e. Swelling
 - f. Stop the activity to ensure no further stress and apply an ice pack or a cold press.
 - g. In a joint which is where two bones join.
 - h. Immobilize the dislocated joint in the position found.

11.
 - a. 1.5 hours.
 - b. Check the women's change rooms. Update membership database and file paper-based information. Answer phone enquiries as required.
 - c. Update swim class lists; print out a list of participants in all 5 of the swim lessons; and give these to the swim instructors before the lessons start at 4.00 pm. As these are time critical tasks.
 - d. iii. She organised for the Centre's maintenance officer to fix a leaking tap in the women's change rooms. As the work is still being completed the change rooms are currently closed.

Contributions

This Practice Aptitude Quiz was developed by:



Australian Apprenticeships Pathways Website - www.aapathways.com.au

This website, part of the Australian Apprenticeships and Traineeships Information Service, provides sample Australian Apprenticeships job descriptions and links to more Australian Apprenticeships information and resources. The service is funded by the Department of Industry.



Service Skills Australia - www.serviceskills.com.au

Service Skills Australia (SSA) is funded by the Australian Government to support skills development. Service Skills represents a range of industry sectors, including retail and wholesale, sport, fitness, community recreation, outdoor recreation, travel, tours, meetings and events, accommodation, restaurants and catering, caravans, hairdressing, beauty, floristry, community pharmacy and funeral services. Service Skills Australia is a comprehensive source of expert, independent advice for industry, training organisations and employees, students and jobseekers about skills development in the service industries.



Victoria University - www.vu.edu.au

Victoria University (VU) is a multi-sector institution (higher education and TAFE) with excellence in teaching, training, research and scholarship. We offer short courses, as well as qualifications in Foundation, Vocational and Higher education. Our learning pathways enable you to move from a certificate course through to an advanced diploma, degree, or postgraduate qualification by coursework or research.



The Career Education Association of Victoria - www.ceav.vic.edu.au

The CEAV is the Victorian peak body for secondary school career practitioners, work experience coordinators, VET coordinators and MIPS coordinators. The CEAV provides professional development opportunities for members and also works with business, industry, and the education and training sector.



Industry Training Australia P/L - www.itaust.com.au

Industry Training Australia (ITA) delivers consultancy services to government and non-government organisations in the education and training sector. ITA develops and delivers information and communication services, including the Australian Apprenticeships Pathways website, for service provider networks and the general public.

For enquiries about this Practice Aptitude Quiz contact the Australian Apprenticeships and Traineeships Information Service on 1800 338 022.