

Cadet Corps Unit

3 Review

**COL Morden and LTC
Ryan's
Flash Cards!**

What are the three steps in stopping bleeding?

Direct pressure

Direct pressure + elevation

Direct pressure + elevation + pp



Define leadership

**The process of influencing
and directing others in such
a manner as to accomplish
the mission**



**What branch of the service
was Chester Nimitz in?**

Navy



What are three rules for splinting?

Splint them where they lie

**Splint from the joint above the
wound to the joint below**



**Check for C-M-S before and after
splinting**

What is C-M-S?

Circulation

Movement

Sensation



**How many seconds can
you be in the “key” of a
BB court?**

three



**How many times should a
VB team try to hit the ball
on its side of the court?**

three



What is a mnemonic device?

**Something that helps you
remember, like
JJDIDTIEBUCKLE**



What does the Medal of Honor look like?

**Light blue, full neck medal
with thirteen stars**



**What war did Deborah
Sampson fight in?**

American Revolution



What was Ruth Bradley famous for?

**Aiding POWs as a nurse in the
POW camp**



**Who is the highest person
in the federal chain of
command?**

**The President of the United
States**



Name one of the 11 Leadership Principles

Any of the 11 will work

**Now is a good time to review
all 11**



**To whom was the
Declaration of
Independence written?**

England



What is the ratio of chest compressions to breaths for CPR?

30:2



**How far down do you press
in adult chest compressions?**

1.5 to 2 inches



What is tact?

**The ability to say things
without hurting others'
feelings**



What is the Bill of Rights?

**The first ten amendments to
the US Constitution**



How do you score a point in soccer?

**Kicking or tapping the ball
into the goal using the head,
feet, or body part other than
hands**



How must you serve in badminton?

underhand



What is the difference between a sprain and a strain?

**Sprains are of muscles,
strains are of ligaments.**



How should a bee stinger be removed?

A credit card or other flat surface



The CPR Rule of Thumb is

Pump Hard, Pump Fast



What is a “double dribble”

**Dribbling the ball, then
holding it before dribbling
again**



What is the Medal of Honor awarded for?

Extreme heroism at the risk of one's own life



**What is the best way to
prevent the spread of
AIDS/HIV?**

**Abstaining from sex and
avoiding used needles and
others' bodily fluids**



What is the treatment for frostbite?

Warm victim; do not warm affected area unless you are sure you can keep it warm until they get medical help



Which of the two is more serious: heat stroke or heat exhaustion?

Heat stroke



**How many players on
a typical VB team?**

six



**How do VB team
“rotate” to serve**

clockwise



**What is the title of
the Navy Song?**

Anchors Aweigh



**What is the title of
the Air Force song?**

**Of we Go Into the Wild Blue
Yonder**



**Who is the most
decorated woman soldier
in American history?**

Ruby Bradley



**Who is the Washington
Monument a tribute to?**

George Washington

