

Ground Lesson 6 – Aeromedical issues and Aeronautical Decision Making (ADM).

Objective:

For the student to understand the factors that affect the physiology of flight.

Content:

Flight physiology:

Am I Fit to Fly?

___ Physical fitness ___ Mental fitness ___ Medical checks
___ Medication ___ Corrective lenses ___ Alcohol ___ Smoking
___ Fatigue and sleep deprivation ___ Blood donation
___ Low temperatures

Respiration

___ Increased altitude ___ Hypoxia ___ Carbon monoxide poisoning
___ Hyperventilation ___ Decompression sickness

Balance

___ Sensing acceleration ___ Inner ear balance mechanism ___ Motion sickness
___ Vertigo ___ Spatial disorientation ___ Sensory illusions

Vision

___ Adaptation of eyes to darkness ___ Scanning for aircraft
___ Visual illusions on approach

Aeronautical decision making (ADM):

Decision-Making Process

___ Define problem ___ Choose action ___ Implementation ___ Evaluate outcome

Risk Management

___ Pilot ___ Airplane ___ Environment ___ Operation
___ Assess risk

Hazardous Attitudes

___ Anti-Authority ___ Impulsivity ___ Invulnerability ___ Macho ___ Resignation

Stress Management

___ Physical ___ Physiological ___ Psychological
___ Operational Pitfalls

Student Pilot Certificate:

___ Locate examiner to get student pilot certificate. Who? _____
___ Schedule and plan an appointment to get student pilot certificate before Lesson 11.

Completion Standards:

This lesson is complete when the student has successfully completed all the reading assignments and understands the items listed in this lesson.

Assignment for this lesson:

- Read *Pilot's Handbook of Aeronautical Knowledge*, Chapters 15 and 16 as specified in "HPTS Sport Pilot Guide of What to Study," in this book.
- Study and practice the questions in the *Prepware CD* "Flight Physiology" section.
- Investigate who, where, and when student can obtain a student pilot certificate.

Lesson Results:

Date of completion _____ Instructor Signature/ID _____

Student Signature _____ Time flown _____

Instructor remarks: