
Aeromedical Factors

Aviation Instructor's Lesson Plan

OBJECTIVE This lesson will develop the student's knowledge of the symptoms, causes, effects, and corrective actions for common aeromedical factors.

ELEMENTS

Common Aeromedical Factors

- Hypoxia
- Hyperventilation
- Middle ear and sinus problems
- Spatial disorientation
- Motion sickness
- Carbon monoxide poisoning
- Stress and fatigue
- Dehydration

Fitness for Flight

- The effects of alcohol, drugs, and over-the-counter medications
- The effects of excesses nitrogen during scuba dives upon a pilot or passenger in flight

REFERENCE

The Flight Instructor's Kit

- Area of Operation 2, Task A: Aeromedical Factors
- Area of Operation 5, Task A: Aeronautical Decision Making

COMPLETION STANDARDS The student should be able to describe the symptoms, causes, effects, and corrective actions for common aeromedical factors. The student should also be able to describe the negative effects and regulations concerning the usage of alcohol, drugs, and over-the-counter medications.