Name: \_\_\_\_\_\_ Date: \_\_\_\_\_

<u>Directions</u>: Ideally, watch the video and complete the worksheet at the same time, only after watching it in its entirety first. After watching it the first time, you may need to pause the video and play it back several times to fully catch the answer to each question. (I have yet to copy this video, so please skip past any commercials)

Video - <a href="https://www.youtube.com/watch?v=R-sl95NDRmk&t=4s">https://www.youtube.com/watch?v=R-sl95NDRmk&t=4s</a> (part 1)

<a href="https://www.youtube.com/watch?v=RsxaBUdrgBs&t=700s">https://www.youtube.com/watch?v=RsxaBUdrgBs&t=700s</a> (part 2)

What is spatial orientation? (2pts)

- Good spatial orientation is due to effective perception and interpretation of your senses. Name those
  - listed in the video. (4pts) a.
    - b.

1.

- c.
- d.
- 3. Spatial disorientation is the loss of: (2pts)
- 4. What is the dominant sensory information system of the human body to maintain spatial orientation? (1pt)
- 5. Changes in Linear, Angular and/or gravitational acceleration are detected by: (2pts)
- 6. Where is the vestibular system located in your body? (1pt)
- 7. What two distinct structures are in your inner ear that work with your orientation? (2pts)
- 8. What do the Semi-Circular Canals do? (2pts)

10.	If you go into a long gradual left or right turn, why, after a few minutes you feel like you are no longer
	turning? (2pts)
11.	The effect in number 10 is called the (Not in this video) (1pt)
 12.	
12.	Visual Perception involves what three (3) mechanisms? (3pts)  1.
	2.
	3.
13.	The function of your eyes includes and vision. (2pts)
14.	What is Foveal Vision? (1pt)
15.	What is the function of Central Vision? (2pts)
16.	What is Peripheral Vision known as? (1pt)
17.	What is the purpose of your Peripheral Vision? (2pts)
18.	What sense process information slowly, as compared to your other senses? (1pt)

What do the Otolith organs do? (2pts)

9.

19.	In the picture, which woman do you see initially? The Old woman or the Young woman? (1pt)
20.	What does the attitude indicator instrument in the cockpit show the pilot? (2pts)
21.	What does VFR stand for? (not in the video) (2pts)
22.	Can you tell which lines are the same length? (1pt)
23.	Are the thin lines parallel or cooked? (1pt)
24.	How much longer is Line A than Line B? (1pt)
25.	How do you combat all of the illusions presented in this video? (2pts)
26.	What do you do if recognize that you are becoming disoriented while flying? Name at least 3. (3pts)