RLP-PEB · RLP Physical Education B — Sport, Recreation, Dance and Lifetime Activity

Unit 2: Outdoor Pursuits in Missouri

Practice Workbook. The same problems, in the same order, as the Practice sections of the online lessons.

Name _____ Period _____

Lesson 2.1 — Missouri's Outdoors — Parks, Trails, Water Rules and Leave No Trace

FLUENCY

1. State the common shared-trail yield rule and the passing rule.

2. List the seven Leave No Trace principles.

3. Give three Missouri boating rules from the Missouri State Highway Patrol and the Department of Revenue.

APPLICATION

4. Match each behavior to the Leave No Trace principle it breaks: (a) stacking rocks into a tower; (b) walking around a muddy section by trampling the grass beside the trail; (c) feeding crackers to a raccoon; (d) playing music from a speaker on a busy trail.

5. Nationally in 2014, 84% of boating drowning victims were not wearing a life jacket. Out of an example 50 drowning victims, how many is that? What strategy does this support?

6. Explain why the Katy Trail is a good choice for a first long walk or ride, and name the uses it is open to.

7. Describe four parts of outdoor strategy (planning) from the lesson.

CHALLENGE

8. MDC reports hunting accidents and deaths have fallen by more than 70% since hunter education became mandatory in 1987. If a region once had 50 hunting accidents a year, what is the most it could have now if the drop were exactly 70%? What does the statistic suggest about outdoor rules?

REVIEW

9. Review (Lesson 1.1): the lesson says trail etiquette works like sport etiquette. Give one sport etiquette habit and the trail habit that serves the same purpose.

Lesson 2.2 — Activity Lab — A Missouri Trail Day with Pace and Heart Rate

FLUENCY

1. Find the pace: (a) 2.5 miles in 45 minutes; (b) 4 miles in 70 minutes.
2. An example cyclist rides 8 miles in 40 minutes. What is her speed in miles per hour?
3. Name the three ways to measure intensity on the trail and the moderate-intensity reading for each.

APPLICATION

4. An example student plans a 3-mile route at 18 minutes per mile and must be back by 11:00 a.m. What is the latest she can start?

5. An example walker's checkpoint data: halfway (1.5 miles) at 30 minutes, heart rate 132; finish (3 miles) at 57 minutes, heart rate 146. Find the pace going out and coming back, and explain what the data suggest.

6. Explain why heart rate can rise even when pace slows on a hill, and why it is higher at the same pace on a hot day.

7. Complete a risk-prediction row for each: (a) blisters; (b) tick bites; (c) bike falls. Give why it happens and a prevention.

CHALLENGE

8. An example 16-year-old's heart rate at the top of a hill is 162 bpm, and 1 minute after finishing the route it is 120 bpm, down from 150 at the finish. (a) Was the hill moderate or vigorous for her? (b) What was her 1-minute recovery? (c) What does a fast recovery suggest?

REVIEW

9. Review (Lesson 2.1): what is a turnaround time, and how does it connect to the pace you measure in this lab?

Lesson 2.3 — Outdoor Technique Studio — Map and Compass, Hand Signals, Life-Jacket Fit and Paddle Strokes

FLUENCY

1. Name the four most important map features and what each tells you.

2. Describe the arm position for each cycling hand signal: left turn, right turn, stop or slow.

3. A bearing is measured in degrees clockwise from north. Which direction is each bearing: 90°, 180°, 270°?

APPLICATION

4. A trail map's scale is 1 inch = 0.5 mile. A route measures 3.5 inches on the map. (a) How long is it on the ground? (b) At 20 minutes per mile, how long will it take?

5. An example student's pace count is 22 left-foot steps per 100 feet. About how many left steps will a half mile (2,640 feet) take?

6. List the four steps to follow a compass bearing.

7. Describe the five-step life-jacket fit check and the most common fit mistake with young people.

CHALLENGE

8. An example paddler's video shows her bending her arms to pull the paddle back while her trunk stays still. Name the critical element she is missing, why it matters, and how a correct forward stroke goes.

REVIEW

9. Review (Lesson 2.2): describe how to check that a bike helmet fits.

Lesson 2.4 — Is It Life-Threatening? Triage, First Aid and Missouri's Outdoor Risks

FLUENCY

1. What are the three Red Cross emergency action steps, and what does each involve?

2. Define *triage* and sort these: (a) a blister; (b) swelling of the face and throat after a sting; (c) muscle cramps; (d) bleeding that will not stop with firm pressure.

3. What does RICE stand for, and how long should wrapped ice be applied?

APPLICATION

4. An example hiker has heavy sweating, cold, pale, clammy skin, cramps and a headache on a humid afternoon. Triage the situation and give the care in order.

5. You find an attached tick on your leg the evening after a hike, with no symptoms. What should you do, and what should you watch for?

6. A friend is struggling in a river. Explain "reach or throw, don't go" and the steps you should take.

7. A cyclist falls, hits her head and is confused about where she is. Is it life-threatening? What should you do, and what should you not do if a neck injury is possible?

CHALLENGE

8. Choose one Missouri outdoor risk from this lesson (heat, ticks or water). Explain how it could be predicted before a trip and prevented, and what the life-threatening version looks like.

REVIEW

9. Review (Lesson 2.2): which prevention from the trail-day risk table matches each condition: dehydration, ankle sprain, asthma flare?

10. Review (Lesson 2.1): a 6-year-old and a 15-year-old are going out in a canoe with an adult. Under Missouri law, who must wear a life jacket? What is this course's rule?

Unit 2 checkpoint

1. On a shared trail, who yields to a horse?
   A. Only cyclists
   B. Only walkers
   C. Both cyclists and walkers
   D. No one
2. Under Missouri law, children under age _____ must wear a life jacket whenever they are on a boat.
3. True or false: Stepping off a muddy trail onto the grass beside it follows the Leave No Trace principles.
4. A walker covers 2 miles in 38 minutes. What is the pace?
   A. 17 min/mi
   B. 19 min/mi
   C. 21 min/mi
   D. 76 min/mi
5. True or false: At the same pace, heart rate is usually higher on a hot, humid day than on a cool one.
6. On a map, contour lines packed close together show what?
   A. A gentle slope
   B. A steep slope
   C. A river
   D. A parking area
7. The critical element of the forward, sweep and draw paddle strokes is torso _____.
8. A cyclist holds the left arm straight out to the side. What does it signal?
   A. Left turn
   B. Right turn
   C. Stop
   D. Slow down
9. Which situation is life-threatening and needs 911?
   A. A nosebleed that stops with 10 minutes of pressure
   B. An attached tick with no symptoms
   C. Chest pain and fainting during exercise
   D. Mild sunburn
10. True or false: A confused person with signs of heat stroke should be given a cold drink right away.
11. The water-rescue rule is "reach or _____, don't go."

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