

The Roo Project Live Ground Instruction

PAR Checkride Prep: Aeromedical



The Roo Project

Session ID	ACC-PAM
Type	Live
Location	Remote
Estimated Timing	1–3h
Timing Breakdown	1–3h Theory / Discussion

Lesson Overview

This lesson is designed to prepare you for the Private Pilot Airplane Oral Exam, focusing on aeromedical factors. Depending on time constraints, this lesson may be split into multiple sessions.

Learning Objectives

By the end of this lesson, the student will be able to:

- Understand the causes, symptoms, and effects of hypoxia.
- Be able to explain the effects of hypoxia at night.
- Identify supplemental oxygen requirements.
- Differences between hazardous attitudes and their antidotes.
- Recognize the effects of alcohol and drugs on pilot performance as well as the legal implications.
- Apply aeronautical decision-making to aeromedical factors.

Session Preparation

The student should familiarize themselves with the following prior to the session:

TRP Private Pilot Ground School

N/A

PHAK

Chapter 2- Aeronautical Decision Making

CFR Part 91

91.17- Alcohol or drugs

91.211- Supplemental oxygen

Supporting References

AIM chapter 8- Medical Facts for Pilots

Session Tasks

Theory Tasks	ACS Ref
Hypoxia - Types of hypoxia..... - Supplemental oxygen..... - Night considerations.....	PA.I.H.K1a PA.I.H.K1b PA.I.H.K1c PA.I.H.K1f
Aeronautical Decision Making - Hazardous attitudes..... - PAVE..... - IMSAFE..... - Alcohol/drugs.....	PA.I.H.K2 PA.I.H.K3 PA.I.H.K4

Completion Standards

- **Demonstrate understanding of hypoxia effects and how to avoid oxygen deprivation.**
 - Explain the causes, symptoms, and effects of hypoxia on pilot performance.
 - Identify the situation where hypoxia is most likely to occur.
 - Describe corrective action to mitigate hypoxia.
 - Differentiate between types of hypoxia and their respective corrective action.
 - Show knowledge of how night operations affect oxygen levels at altitude.
- **Be able to determine when supplemental oxygen is required.**
 - Describe the proper use and limitations of supplemental oxygen systems.
- **Possess proper aeronautical decision-making in relation to aeromedical factors.**
 - Explain the principles of ADM and risk management.
 - Apply ADM concepts to aeromedical and operational scenarios.
 - Demonstrate the ability to identify the five hazardous attitudes and their associated antidotes.
 - Identify the effects of alcohol and drugs on pilot performance and state applicable FAA regulations regarding their use.