

WS QUIZ & EXAM QUESTION POOLS

QUIZ POOL #1

COURSE GRADING PROTOCOLS AND STRUCTURE

1. Wilderness Survival can be taken Pass / No Pass. T or F?
2. If I miss a quiz, I can make it up if I have a good enough reason. T or F?
3. A grade of D or better is required to pass the course. T or F?
4. Course readings and resources are available on Canvas. T or F?
5. If I submit the map and compass worksheet late, I can still earn partial points. T or F?

THERMOREGULATION AND DRESSING FOR THE OUTDOORS

1. Humans have very efficient cooling systems. T or F?
 2. Shivering requires the energy of a slow jog. T or F?
 3. A majority of the energy derived from the food we eat goes into heat production. T or F?
 4. An initial reaction of the body when it attempts to cool itself is to dilate (expand) the blood vessels in the extremities. T or F?
 5. Tobacco is a vasodilator. T or F?
 6. Alcohol is a vasoconstrictor. T or F?
 7. The mechanism of heat loss that is the most common when the body is at rest is _____.
 8. Heat loss due to physical contact with a cooler object is called _____.
 9. Sweating is a form of _____ heat loss.
 10. Loss of body heat to circulating wind is called _____.
 11. Cotton is an effective insulator in wet, cold conditions. T or F?
 12. Down is a good choice as an insulator for wet, rainy conditions. T or F?
 13. The kind of air space that exists between fibers and is responsible for trapping body heat is called _____ air space.
 14. At rest, the majority of heat production occurs in the head region. T or F?
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QUIZ POOL #2

NUTRITION AND HYDRATION

1. Your thirst mechanism is a very good indicator of your level of dehydration. T or F?
2. For maximum benefit, it's best to drink water at the rate of 1/4 liter every ____ minutes.
3. Carbohydrates pack more energy per gram than fat. T or F?
4. Fats slow digestion, making them an important morning energy source for the start of a hike. T or F?
5. Glucose (blood sugar) is the only fuel normally used by brain cells. T or F?

COLD INJURIES

1. Hypothermia is a lowering of the body's _____.
2. What is the first core organ to exhibit signs of being affected by hypothermia?
3. Match the following signs/symptoms with the stage of hypothermia. Answer by letter.
 A = mild hypothermia B = moderate hypothermia C = severe hypothermia

<u>Sign/symptom</u>		<u>Sign/symptom</u>	
Loss of fine motor control in hands	_____	Fine shivering	_____
The umbles	_____	Shivering stops	_____
Person feels cold/lags behind	_____	Can't perform complex mental tasks	_____
Ataxia	_____	Uncontrollable shivering	_____
4. List, in point form AND in order, the treatment for mild (and/or) hypothermia.
5. A person with moderate hypothermia has lost the ability to rewarm on her/his own. T or F?
6. It is always okay to use exercise as a treatment modality for someone experiencing mild or moderate hypothermia. T or F?
7. Water conducts heat away from the body approximately ___ times faster than air at the same temperature.
8. Exposure of an area to cool, wet conditions for approximately ____ hours is necessary to produce trench foot.

HEAT AND SUN INJURIES

1. Heat cramps will occur if a person is adequately hydrated. T or F?
2. Heat stroke is a life-threatening heat injury. T or F?
3. Clouds block UV radiation. T or F?

QUIZ POOL #3

TOPO MAPS

1. Lines of latitude run north - south and lines of longitude run east - west. T or F?
2. Lines of latitude run equidistant from each other. T OR F?
3. How many minutes are there in one degree of latitude (or longitude)?
4. The most common map scale for a 7.5-minute map is 1:24,000. T or F?
5. How many 7.5-minute maps are required to represent the same area as one 15-minute map?
6. 7.5' maps made by the USGS generally span how many miles north to south? East to west?
7. Which map provides more detail, a 7.5-minute map or a 15-minute map?
8. A contour line is a line that connects points of _____.
9. Every 5th contour line is darker in color. This line is called an _____ contour line.
10. The most common contour interval for 7.5-minute maps is 80'. T or F?

11. The color black on the map represents what kind of features?
 12. A field of tall grass three feet high will be represented by the color green on a topo map. T or F?
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QUIZ POOL #4

INTRODUCTION TO THE COMPASS

1. A high quality orienteering compass will have degree markers on the housing in 5° increments. T or F?
 2. The red end of the compass needle points towards magnetic south. T or F?
 3. Magnetic north and geographic (true) north are the same. T or F?
 4. The location of the magnetic north pole is fixed. T or F?
 5. What is the value of declination in the Eugene area?
 6. What are the 4 cardinal points of the compass? Provide general direction, NOT bearings!
 7. The bearing for the cardinal point S is 180°. T or F? (You may be asked this Q for other points)
 8. The bearing for the inter-cardinal point NE is 35°. T or F? (You may be asked this Q for other points)
 9. Iron in rocks is a naturally occurring mineral that can deflect the compass needle. T or F?
 10. Under no circumstances will power lines cause deviation of the compass needle. T or F?
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QUIZ POOL #5

LEAVE NO TRACE ETHICS

1. To protect the riparian area, select a campsite location at least _____ feet away from lakes, streams, etc.
2. Biodegradable soap degrades quickly in water sources such as lakes and streams. T or F?
3. It's acceptable within the LNT philosophy to wash your dishes in a stream with biodegradable soap. T or F?
4. It's an acceptable practice within the LNT philosophy to feed animals leftover food. T or F?
5. It's acceptable within the LNT philosophy to bury trash. T or F?
6. The area within the boundary of a campsite that usually receives the highest impact is the _____ area.
7. It's an acceptable practice within the LNT philosophy to take a rock, plant or other natural object home with you, so long as there are lots of them for others to enjoy. T or F?
8. If you set up camp in a pristine area, you should move camp every day to minimize impact. T or F?
9. The three forces of nature that work to decompose solid waste are _____, _____, and _____.

WATER TREATMENT

1. Giardia lamblia is a: a) virus b) bacteria c) protozoa
2. Iodine water purification tablets kill cryptosporidium but not Giardia. T or F?
3. Bacteria cannot be removed using a filter because they are very small. T or F?
4. The boiling point of water decreases ___°F for every 1000' of elevation gain.

5. Eating snow to rehydrate is okay if the snow is dry and you are having a hard time keeping warm. T or F?
6. Very cold water kills Giardia, while warm water prolongs its life. T or F?

POISON OAK / TICKS

1. What species of tick in our area carries Lyme disease?
2. Lyme disease can be transferred from a tick in as little as two hours after the tick has attached to you. T or F?
3. It's best to remove a tick by either burning it or putting oil on it. T or F?
4. In our area, ticks are most active in the late summer when it's hot and dry. T or F?
5. If you suspect that you have poison oak oil on your skin, it's best to wash with warm water and soap. T or F?
6. The oil that causes poison oak rash is contained ONLY in the leaves of the plant. T or F?
7. Poison oak is relatively easy to recognize because the leaves come in groups of five. T or F?
8. A hot shower can relieve the itching common to poison oak rash. T or F?

QUIZ POOL #6

WILDERNESS

1. The Wilderness Act was passed in ____ (identify the year).
2. An Act of _____ is required to designate federal lands as wilderness areas.
3. Nine million acres of land was designated wilderness when the Wilderness Act was passed, and all of these lands were designated by the _____ (name of agency).
4. The agency with the most wilderness acreage to manage (mostly within Alaska) is the _____.
5. Six states do not have any designated wilderness areas. Name one.
6. Match each of the following statements to a federal land management agency. DO NOT USE ABBREVIATIONS.
 - a. *To provide for the use and enjoyment of the parks by people.*
 - b. *To provide for the wise use of our national forest resources.*
 - c. *To conserve, manage and restore fish, wildlife and plant habitat.*
 - d. *Initially to manage rangelands for use by mining, grazing, oil and gas development.*
7. There is one National Park in Oregon. What is it?
8. Mountain bikes are allowed in federally managed wilderness areas. T or F?
9. Motorized boats are allowed on lakes in wilderness areas. T or F?
10. The maximum group size permitted in federally managed wilderness areas is 6. T or F?

SAFETY AND SURVIVAL

1. You are going on a solo backcountry hike for a full day. Describe the information you would convey to your roommate or friend (before leaving) about your hike and the protocols to follow if you are not back by nightfall.

2. What county agency organizes, and is responsible for search and rescue operations in Oregon (and most other states)?
 3. Three blasts of a whistle means _____.
 4. What is the first step you should take when you become lost?
 5. Searchers usually begin their search for a lost person from what location?
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ELIGIBLE FOR THE FINAL EXAMINATION

BEARS AND COUGARS

1. In general, grizzlies are the more aggressive and foul tempered than black bears. T or F?
2. If a bear comes into your tent, you should play dead and hope that it goes away. T or F?
3. Fake or bluff charges by bears are not than common. T or F?
4. If attacked by a black bear, you should always use the "possum" routine recommended for defense in a grizzly attack. T or F?
5. You should never stare a cougar down during a close encounter. T or F?

ALTITUDE

1. High altitude begins at what elevation?
2. People do not vary in their level of susceptibility to altitude illness. T or F?
3. As you gain elevation, the percentage of O₂ in the air decreases. T or F?

LIGHTNING

1. Sound, including thunder, travels about a mile in ___ seconds near the ground.
2. If the separation between the flash of lightning and the clap of thunder is 20 seconds, the lightning is how far away?
3. Generally speaking, a lightning bolt will hit the highest thing around. T or F?
4. A small cave is a good escape from the weather during a lightning storm. T or F?
5. Beneath a lone tree is a good place to be during a lightning storm. T or F?