

# Introduction to Aviation Physiology



## What is Aviation Physiology?

Aviation physiology is a specialized field of study that deals with the physiological effects of flight on the human body. It is a multidisciplinary field that draws on knowledge from a variety of disciplines, including medicine, biology, engineering, and psychology.



## Introduction to Aviation Physiology: (Pilot Flight Training Study Guide) by Graham Field

★★★★☆ 4 out of 5

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The goal of aviation physiology is to ensure the health and safety of pilots, aircrew, and passengers during flight. This involves understanding the physiological effects of altitude, spatial disorientation, acceleration, and other factors that can occur during flight.

## **Altitude Physiology**

Altitude physiology is the study of the physiological effects of altitude on the human body. As altitude increases, the air pressure decreases. This decrease in air pressure can lead to a number of physiological changes, including:

- Decreased oxygen levels
- Increased heart rate
- Increased respiration rate
- Expansion of gases in the body

These physiological changes can lead to a number of symptoms, including shortness of breath, fatigue, headache, and nausea. In severe cases, altitude sickness can develop, which can be fatal if not treated.

## **Spatial Disorientation**

Spatial disorientation is a condition that can occur during flight when the pilot loses awareness of their position in space. This can be caused by a

number of factors, including:

- Changes in attitude
- Changes in altitude
- Changes in acceleration
- Instrument failure

Spatial disorientation can lead to a number of dangerous situations, including loss of control of the aircraft. It is important for pilots to be aware of the symptoms of spatial disorientation and to know how to prevent it.

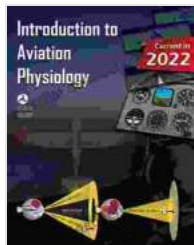
## **Acceleration**

Acceleration is a force that causes the body to move faster or slower. Acceleration can be positive (when the body is moving faster) or negative (when the body is moving slower). Acceleration can have a number of physiological effects on the body, including:

- Increased heart rate
- Increased respiration rate
- Increased blood pressure
- Increased muscle tension

Acceleration can also lead to a number of symptoms, including dizziness, lightheadedness, nausea, and vomiting. In severe cases, acceleration can cause unconsciousness.

Aviation physiology is a complex and challenging field of study. However, it is an essential field for ensuring the health and safety of pilots, aircrew, and passengers during flight.



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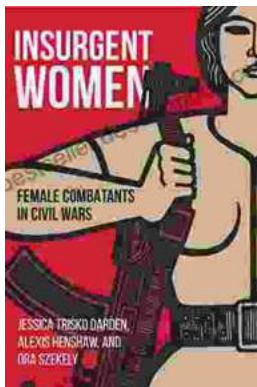
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