

PEDH 2122

PHYSICAL EDUCATION 4

WEEK 11-20

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* A lifestyle sport involving hiking and trekking through rugged terrain, camping, climbing over rocks, fallen trees and logs, passing by thick vegetation, crossing rivers, and exploring the great outdoors while having fun in the process.

Answer: mountain climbing

* Is any climb that can be accomplished within a single day without extraordinary physical effort, taking five hours or less from the jump-off point (location at the foot of the mountain where the hike begins) before reaching the summit.

Answer: minor climb

PEDH-2122-LEC-1922S

Physical Education 4 WEEK 11 – 19

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Learning Activity 3

Started on	Monday, 16 December 2019, 3 PM
State	Finished
Completed on	Monday, 16 December 2019, 3 PM

Time taken

Grade 10.00 out of 10.00 (100%)

Question **1**

Correct

Mark 1.00 out of 1.00

Question text

A sport in attaining or attempting to attain high points in mountainous regions, mainly for the pleasure of the climb.

Select one:

- ☐ a. hiking
- ☐ b. trekking
- ☒ c. mountaineering
- ☐ d. climbing

Feedback

Your answer is correct.

Question **2**

Correct

Mark 1.00 out of 1.00

Question text

A lifestyle sport involving hiking and trekking through rugged terrain, camping, climbing over rocks, fallen trees and logs, passing by thick vegetation, crossing rivers, and exploring the great outdoors while having fun in the process.

Select one:

- ☐ a. trekking
- ☐ b. hiking
- ☒ c. mountain climbing
- ☐ d. climbing

Feedback

Your answer is correct.

Question **3**

Correct

Mark 1.00 out of 1.00

Question text

Is any climb that can be accomplished within a single day without extraordinary physical effort, taking five hours or less from the jump-off point (location at the foot of the mountain where the hike begins) before reaching the summit.

Select one:

- ☐ a. major climb
- ☐ b. climb
- ☐ c. extreme climb
- ☒ d. minor climb

Feedback

Your answer is correct.

Question 4

Correct

Mark 1.00 out of 1.00

Question text

Normally requires two or more days to accomplish, with the climber exerting a great deal of physical effort, and normally takes six hours or more to reach the summit.

Select one:

- ☐ a. Extreme climb
- ☒ b. Major Climb
- ☐ c. minor climb
- ☐ d. climb

Feedback

Your answer is correct.

Question 5

Correct

Mark 1.00 out of 1.00

Question text

The first Filipino who was able to accomplish that. He scaled the nature's Goliaths, surviving the most extreme and challenging weather and environment conditions.

Select one:

- ☐ a. Remy Garduce
- ☐ b. Anthony Garduce
- ☐ c. Romy Garduce
- ☒ d. Romeo "Romi" Garduce

Feedback

Your answer is correct.

Question **6**

Correct

Mark 1.00 out of 1.00

Question text

An outdoor activity which consists of walking in natural environments, often on hiking trails.

Select one:

- ☐ a. Climbing
- ☐ b. Mountaineering
- ☐ c. Trekking
- ☒ d. Hiking

Feedback

Your answer is correct.

Question **7**

Correct

Mark 1.00 out of 1.00

Question text

Are probably the single most important piece of equipment you will need to purchase before a trip.

Select one:

- ☐ a. trekking poles
- ☒ b. shoes/boots

- ☐ c. clothes
- ☐ d. backpack

Feedback

Your answer is correct.

Question 8

Correct

Mark 1.00 out of 1.00

Question text

One of the hiking essentials.

Select one:

- ☐ a. clothes
- ☒ b. Navigation
- ☐ c. backpack
- ☐ d. food

Feedback

Your answer is correct.

Question 9

Correct

Mark 1.00 out of 1.00

Question text

Another key element in keeping feet dry and free of blisters.

Select one:

- ☒ a. socks
- ☐ b. backpack
- ☐ c. trekking pack
- ☐ d. clothing

Feedback

Your answer is correct.

Question 10

Correct

Mark 1.00 out of 1.00

Flag question

Question text

Often, their tips are hardened carbide steel, with the ability to “set” into rock and soil to provide traction.

Select one:

- ☐ a. trekking pack
- ☐ b. backpack
- ☐ c. laces
- ☒ d. Trekking Poles

Feedback

Your answer is correct.

Long Quiz 2

Question 1

Correct

Mark 1.00 out of 1.00

Question text

the sport of attaining, or attempting to attain, high points in mountainous regions, mainly for the pleasure of the climb.

Answer:

mountain climbing

Question 2

Correct

Mark 1.00 out of 1.00

Question text

Any climb that can be accomplished within a single day without extraordinary physical effort, taking five hours or less from the jump-off point before reaching the summit.

Select one:

- ☐ a. none of these
- ☐ b. minor climb
- ☒ c. major climb

Feedback

Your answer is correct.

Question 3

Correct

Mark 1.00 out of 1.00

Question text

normally requires two or more days to accomplish, with the climber exerting a great deal of physical effort, and normally takes six hours or more to reach the summit.

Select one:

- ☐ a. minor climb
- ☐ b. none of these
- ☒ c. major climb

Feedback

Your answer is correct.

Question **4**

Correct

Mark 1.00 out of 1.00

Question text

it is the easiest and inexpensive way to get in shape 3-4 times a week before you schedule an outdoor climb.

Select one:

- ☒ a. jogging
- ☐ b. swimming
- ☐ c. walking

Feedback

Your answer is correct.

Question **5**

Correct

Mark 1.00 out of 1.00

Question text

While hiking, wear quick dry clothes and stay away from cotton fabrics and denim pants since you will be sweating profusely during the climb

Select one:

- ☒ True
- ☐ False

Question **6**

Correct

Mark 1.00 out of 1.00

Question text

For day hikes, 1 to 2 liters of water per person would suffice, although you may need to bring more if it is in your nature to consume a greater amount.

Select one:

- ☒ True
- ☐ False

Question **7**

Correct

Mark 1.00 out of 1.00

Question text

venture into the woods without properly informing other people.

Select one:

- ☐ True
- ☒ False

Question **8**

Correct

Mark 1.00 out of 1.00

Question text

an outdoor activity which consists of walking in natural environments.

Select one:

- ☐ a. mountain climbing
- ☐ b. jogging.
- ☒ c. hiking

Feedback

Your answer is correct.

Question **9**

Correct

Mark 1.00 out of 1.00

Question text

the flaps that cover the inlet of the upper

Answer:

Tongues

Question **10**

Correct

Mark 1.00 out of 1.00

Question text

This Backpack is similar in volume as the Trekking pack, but the type of activity it is used for is very different.

Select one:

- ☐ a. Trekking Pack
- ☐ b. Mountaineering Backpacks
- ☒ c. travel pack

Feedback

Your answer is correct.

Question **11**

Correct

Mark 1.00 out of 1.00

Question text

To carry enough clothing, food, and camping equipment for multi-day walks or Trekking trips, you will need this.

Select one:

- ☐ a. Mountaineering Backpacks
- ☒ b. Trekking Pack
- ☐ c. Travelpack

Feedback

Your answer is correct.

Question **12**

Correct

Mark 1.00 out of 1.00

Question text

Most Mountaineering Backpacks are very simple, robust, and streamlined, with a single compartment and single lid pocket.

Select one:

- ☐ a. Travelpack
- ☐ b. Trekking Pack
- ☒ c. Mountaineering Backpacks

Feedback

Your answer is correct.

Question **13**

Correct

Mark 1.00 out of 1.00

Question text

it also another key element in keeping feet dry and free of blisters.

Answer:

Socks

Question **14**

Correct

Mark 1.00 out of 1.00

Question text

Trekking helps tone the muscles while enhancing their elasticity. This strengthens and powers up the muscles.

Select one:

- ☐ a. Increased Heart & Lung Capacity
- ☒ b. Musculo-Skeletal Health
- ☐ c. Control Body Sugar and Lose Those Extra Pounds

Feedback

Your answer is correct.

Question **15**

Correct

Mark 1.00 out of 1.00

Question text

A practical way to gain management skills is a trekking expedition.

Select one:

- ☒ a. Grow on your softer skills
- ☐ b. Anti-Depressant and Mood Swing Counter
- ☐ c. Fight Diseases like Cancer

Feedback

Your answer is correct.

Question **16**

Correct

Mark 1.00 out of 1.00

Question text

In the European context, mountaineering is often referred to as alpinism which means climbing with difficulty such as climbing the alps.

Select one:

- ☒ True
- ☐ False

Question **17**

Correct

Mark 1.00 out of 1.00

Question text

is a lifestyle sport involving hiking and trekking through rugged terrain, camping, climbing over rocks, fallen trees and logs, passing by thick vegetation, crossing rivers and exploring the great outdoors while having fun in the process.

Answer:

Question **18**

Correct

Mark 1.00 out of 1.00

Question text

There are different ways of lacing and they are often combined to make use of the advantages of each mechanism.

Answer:

Question **19**

Correct

Mark 1.00 out of 1.00

Question text

sometimes also called “car camping” is camping on planned campgrounds where it is close to a vehicle, with certain amenities (such as bathrooms and stores) and emergency aid.

Select one:

- ☐ a. Backcountry camping
- ☐ b. none of the above
- ☒ c. Frontcountry camping

Feedback

Your answer is correct.

Question **20**

Correct

Mark 1.00 out of 1.00

Question text

considered as the father of modern camping.

Answer:

Learning Activity 4

Question **1**

Correct

Mark 1.00 out of 1.00

Question text

A 'thinking' outdoor sport that combines a participant's mental ability with physical ability.

Select one:

- ☐ a. mountain climbing
- ☒ b. orienteering
- ☐ c. mountaineering
- ☐ d. hiking

Feedback

Your answer is correct.

Question **2**

Correct

Mark 1.00 out of 1.00

Question text

Event is done on a lake or tidal water area within a canoe.

Select one:

- ☐ a. night orienteering
- ☐ b. trail orienteering
- ☐ c. string orienteering
- ☒ d. canoe orienteering

Feedback

Your answer is correct.

Question **3**

Correct

Mark 1.00 out of 1.00

Question text

Variation of point-to-point or score orienteering conducted at night.

Select one:

- ☒ a. night orienteering
- ☐ b. canoe orienteering
- ☐ c. string orienteering
- ☐ d. trail orienteering

Feedback

Your answer is correct.

Question **4**

Correct

Mark 1.00 out of 1.00

Question text

Two-dimension representation of a three-dimension surface. It is a graphic representation of the ground and the terrain.

Select one:

- ☐ a. legend
- ☒ b. map
- ☐ c. compass
- ☐ d. magnetic north lines

Feedback

Your answer is correct.

Question **5**

Correct

Mark 1.00 out of 1.00

Question text

Another important feature of the orienteering map as it will tell you valuable information. It will describe the terrain, roads, buildings, rivers, etc. using symbols.

Select one:

- ☐ a. map
- ☐ b. magnetic north lines
- ☒ c. legends
- ☐ d. compass

Feedback

Your answer is correct.

Question **6**

Correct

Mark 1.00 out of 1.00

Question text

A horizontal angle measured clockwise from north (either magnetic north or true north) to some point (either a point on a map or a point in the real world).

Select one:

- ☐ a. compass
- ☐ b. legend
- ☒ c. bearing
- ☐ d. triangulation

Feedback

Your answer is correct.

Question **7**

Correct

Mark 1.00 out of 1.00

Question text

Used to locate your position when two or more prominent landmarks are visible.

Select one:

- ☐ a. legend
- ☒ b. triangulation
- ☐ c. map
- ☐ d. compass

Feedback

Your answer is correct.

Question **8**

Correct

Mark 1.00 out of 1.00

Question text

Event is done on cross country skis.

Select one:

- ☒ a. ski orienteering
- ☐ b. string orienteering
- ☐ c. score orienteering
- ☐ d. star event

Feedback

Your answer is correct.

Question **9**

Correct

Mark 1.00 out of 1.00

Question text

It is an un-timed event where the challenge is mental and achievement is based upon the ability to correctly interpret the map and its relationship to the ground.

Select one:

- ☒ a. Trail Orienteering

☐ b. score orienteering

☐ c. ski orienteering

☐ d. string orienteering

Feedback

Your answer is correct.

Question **10**

Correct

Mark 1.00 out of 1.00

Question text

The word _____ is associated with the very early history of the sport, and was used by the Military Academy, Sweden in 1886 to mean 'crossing unknown territory with the aid of a map and compass'.

Select one:

☒ a. orienteering

☐ b. orientee

☐ c. orient

☐ d. orienteer

Feedback

Your answer is correct.

LONG QUIZ 4

Question **1**

Correct

Mark 1.00 out of 1.00

Question text

True north and south are of course the local directions to the respective geographic poles

Select one:



True



False

Question **2**

Correct

Mark 1.00 out of 1.00

Question text

Each team member does a short course and tags the next team member. A mass start is usually used

Select one:

- ☒ a. relay orienteering
- ☐ b. night orienteering
- ☐ c. project orienterring

Feedback

Your answer is correct.

Question **3**

Correct

Mark 1.00 out of 1.00

Question text

Participants travel to each control on this.

Select one:

- ☐ a. canoe orienteering
- ☒ b. bike orienteering
- ☐ c. line orienteering

Feedback

Your answer is correct.

Question **4**

Correct

Mark 1.00 out of 1.00

Question text

a 'thinking' outdoor sport that combines a participant's mental ability with physical ability.

Answer:

Question **5**

Correct

Mark 1.00 out of 1.00

Question text

Excellent for use by school and scout groups. At each control, the participant attempts to complete some type of activity. The activity may be used to teach a new concept or used to test a skill.

Select one:

- ☐ a.
Canoe Orienteering
- ☐ b. night orienterring
- ☒ c. project orienteering

Feedback

Your answer is correct.

Question **6**

Correct

Mark 1.00 out of 1.00

Question text

Route orienteering that requires participants to mark their map correctly with the controls.

Select one:

- ☒ True
- ☐ False

Question **7**

Correct

Mark 1.00 out of 1.00

Question text

Used with pre-schoolers and primary grade children. Controls are placed along a string which leads the child to each of the controls. Level of difficulty may be varied.

Select one:

- ☐ a. trivia orienteering
- ☐ b. trail orienteering
- ☒ c. string orienteering

Feedback

Your answer is correct.

Question **8**

Correct

Mark 1.00 out of 1.00

Question text

Came into being in the first decade of the twentieth century and soon became standard equipment on large ships.

Answer:

Gyrocompasses

Question **9**

Correct

Mark 1.00 out of 1.00

Question text

Proof-of-arrival at each control site is confirmed by answering a question about the site.

Select one:

- ☐ a. String Orienteering
- ☒ b. trivia orienteering
- ☐ c. trail orienteering

Feedback

Your answer is correct.

Question **10**

Correct

Mark 1.00 out of 1.00

Question text

Magnetic north and south are widely misunderstood. The statement is often made that magnetic north is the direction to the North Magnetic Pole.

Select one:

- ☒ True
- ☐ False

Question **11**

Correct

Mark 1.00 out of 1.00

Question text

Triangulation is used to locate your position when two or more prominent landmarks are visible.

Select one:

- ☒ True
- ☐ False

Question **12**

Correct

Mark 1.00 out of 1.00

Question text

Line orienteering of a set course with undisclosed control points. Success depends on accuracy

Select one:



True



False

Question **13**

Correct

Mark 1.00 out of 1.00

Question text

. a great military general and leader who commanded the Carthaginian forces against Rome, was believed to have used a magnetic compass when he sailed from Italy in 203 B.C.

Answer:

Hannibal

Question **14**

Correct

Mark 1.00 out of 1.00

Question text

Variation of point-to-point or score orienteering conducted at night

Select one:



a. night orienteering



b. line orienteering



c. motala

Feedback

Your answer is correct.

Question **15**

Correct

Mark 1.00 out of 1.00

Question text

Teams try to locate as many controls as possible in a 4, 12 or 24 hour period. Similar to a score event.

Select one:

- ☒ a. rogaine
- ☐ b. Cross Country / Foot
- ☐ c. Motala

Feedback

Your answer is correct.

Question **16**

Correct

Mark 1.00 out of 1.00

Question text

a horizontal angle measured clockwise from north (either magnetic north or true north) to some point (either a point on a map or a point in the real world)

Select one:

- ☐ a. compas
- ☒ b. bearing
- ☐ c. none of these

Feedback

Your answer is correct.

Question **17**

Correct

Mark 1.00 out of 1.00

Question text

Participants try to find as many controls as possible in a given amount of time. Controls usually have different point values depending upon distance from the start and the difficulty of navigation required to find them.

Select one:

- ☒ a. score orienteering
- ☐ b. ski orienteering



c. string orienteering

Feedback

Your answer is correct.

Question **18**

Correct

Mark 1.00 out of 1.00

Question text

On March 28th 1918 he organized the first official event over a 12km course with 3 controls.

Select one:



True



False

Question **19**

Correct

Mark 1.00 out of 1.00

Question text

Score orienteering that has numerous controls set up, each allocated points according to difficulty.

Select one:



True



False

Question **20**

Correct

Mark 1.00 out of 1.00

Question text

associated with the very early history of the sport, and was used by the Military Academy, Sweden in 1886 to mean 'crossing unknown territory with the aid of a map and compass'

Answer:

* Normally requires two or more days to accomplish, with the climber exerting a great deal of physical effort, and normally takes six hours or more to reach the summit.

Answer: Major Climb

* The first Filipino who was able to accomplish that. He scaled the nature's Goliaths, surviving the most extreme and challenging weather and environment conditions.

Answer: Romeo "Romi" Garduce

* An outdoor activity which consists of walking in natural environments, often on hiking trails.

Answer: Hiking

* One of the hiking essentials.

Answer: Navigation

* Often, their tips are hardened carbide steel, with the ability to "set" into rock and soil to provide traction.

Answer: Trekking Poles

* Any climb that can be accomplished within a single day without extraordinary physical effort, taking five hours or less from the jump-off point before reaching the summit.

Answer: major climb

* normally requires two or more days to accomplish, with the climber exerting a great deal of physical effort, and normally takes six hours or more to reach the summit.

Answer: major climb

* it is the easiest and inexpensive way to get in shape 3-4 times a week before you schedule an outdoor climb.

Answer: walking

* While hiking, wear quick dry clothes and stay away from cotton fabrics and denim pants since you will be sweating profusely during the climb

Answer: True

* For day hikes, 1 to 2 liters of water per person would suffice, although you may need to bring more if it is in your nature to consume a greater amount.

Answer: True

* venture into the woods without properly informing other people.

Answer: False

* This Backpack is similar in volume as the Trekking pack, but the type of activity it is used for is very different.

Answer: travel pack

* To carry enough clothing, food, and camping equipment for multi-day walks or Trekking trips, you will need this.

Answer: Trekking Pack

* Most Mountaineering Backpacks are very simple, robust, and streamlined, with a single compartment and single lid pocket.

Answer: Mountaineering Backpacks

* Trekking helps tone the muscles while enhancing their elasticity. This strengthens and powers up the muscles.

Answer: Musculo-Skeletal Health

* In the European context, mountaineering is often referred to as alpinism which means climbing with difficulty such as climbing the alps.

Answer: True

* There are different ways of lacing and they are often combined to make use of the advantages of each mechanism.

Answer: Laces

* sometimes also called “car camping” is camping on planned campgrounds where it is close to a vehicle, with certain amenities (such as bathrooms and stores) and emergency aid.

Answer: Frontcountry camping

* considered as the father of modern camping.

Answer: Thomas Hiram Holding

* A ‘thinking’ outdoor sport that combines a participant’s mental ability with physical ability.

Answer: orienteering

* Event is done on a lake or tidal water area within a canoe.

Answer: canoe orienteering

* Variation of point-to-point or score orienteering conducted at night.

Answer: night orienteering

* Two-dimension representation of a three-dimension surface. It is a graphic representation of the ground and the terrain.

Answer: map

* Another important feature of the orienteering map as it will tell you valuable information. It will describe the terrain, roads, buildings, rivers, etc. using symbols.

Answer: legends

* A horizontal angle measured clockwise from north (either magnetic north or true north) to some point (either a point on a map or a point in the real world).

Answer: bearing

* Used to locate your position when two or more prominent landmarks are visible.

Answer: triangulation

* Event is done on cross country skis.

Answer: ski orienteering

* It is an un-timed event where the challenge is mental and achievement is based upon the ability to correctly interpret the map and its relationship to the ground.

Answer: Trail Orienteering

* The word _____ is associated with the very early history of the sport, and was used by the Military Academy, Sweden in 1886 to mean 'crossing unknown territory with the aid of a map and compass'.

Answer: orienteering

* Excellent for use by school and scout groups. At each control, the participant attempts to complete some type of activity. The activity may be used to teach a new concept or used to test a skill.

Answer: project orienteering

* Route orienteering that requires participants to mark their map correctly with the controls.

Answer: True

* associated with the very early history of the sport, and was used by the Military Academy, Sweden in 1886 to mean 'crossing unknown territory with the aid of a map and compass'

Answer: orienteering

* Used with pre-schoolers and primary grade children. Controls are placed along a string which leads the child to each of the controls. Level of difficulty may be varied.

Answer: string orienteering

* Proof-of-arrival at each control site is confirmed by answering a question about the site.

Answer: trivia orienteering

* True north and south are of course the local directions to the respective geographic poles

Answer: True

* Variation of point-to-point or score orienteering conducted at night

Answer: night orienteering

* a 'thinking' outdoor sport that combines a participant's mental ability with physical ability.

Answer: Orienteering

* Teams try to locate as many controls as possible in a 4, 12 or 24 hour period. Similar to a score event.

Answer: rogaine

* Triangulation is used to locate your position when two or more prominent landmarks are visible.

Answer: True

* Line orienteering of a set course with undisclosed control points. Success depends on accuracy

Answer: True

* Score orienteering that has numerous controls set up, each allocated points according to difficulty.

Answer: True

* . a great military general and leader who commanded the Carthaginian forces against Rome, was believed to have used a magnetic compass when he sailed from Italy in 203 B.C.

Answer: Hannibal

* Magnetic north and south are widely misunderstood. The statement is often made that magnetic north is the direction to the North Magnetic Pole.

Answer: True

* Participants try to find as many controls as possible in a given amount of time. Controls usually have different point values depending upon distance from the start and the difficulty of navigation required to find them.

Answer: score orienteering

* Each team member does a short course and tags the next team member. A mass start is usually used

Answer: relay orienteering

* Came into being in the first decade of the twentieth century and soon became standard equipment on large ships.

Answer: Gyrocompasses

* a horizontal angle measured clockwise from north (either magnetic north or true north) to some point (either a point on a map or a point in the real world)

Answer: bearing

*This Backpack is similar in volume as the Trekking pack, but the type of activity it is used for is very different.

Answer: Travelpack

*A practical way to gain management skills is a trekking expedition.

Answer: Grow on your softer skills

* Trekking helps tone the muscles while enhancing their elasticity. This strengthens and powers up the muscles.

Answer: Musculo-Skeletal Health

* Excellent for use by school and scout groups. At each control the participant attempts to complete some type of activity. The activity may be used to teach a new concept or used to test a skill.

Answer: project orienteering

* Each team member does a short course and tags the next team member. A mass start is usually used

Answer: Relay orienteering

* Teams try to locate as many controls as possible in a 4, 12 or 24 hour period. Similar to a score event.

Answer: rogaine

* Participants try to find as many controls as possible in a given amount of time. Controls usually have different point values depending upon distance from the start and the difficulty of navigation required to find them.

Answer: score orienteering

* Proof-of-arrival at each control site is confirmed by answering a question about the site.

Answer: trivia orienteering

* Used with pre-schoolers and primary grade children. Controls are placed along a string which leads the child to each of the controls. Level of difficulty may be varied.

Answer: string orienteering

* A lifestyle sport involving hiking and trekking through rugged terrain, camping, climbing over rocks, fallen trees and logs, passing by thick vegetation, crossing rivers, and exploring the great outdoors while having fun in the process.

Answer: mountain climbing

* Is any climb that can be accomplished within a single day without extraordinary physical effort, taking five hours or less from the jump-off point (location at the foot of the mountain where the hike begins) before reaching the summit.

Answer: minor climb

* Normally requires two or more days to accomplish, with the climber exerting a great deal of physical effort, and normally takes six hours or more to reach the summit.

Answer: Major Climb

* The first Filipino who was able to accomplish that. He scaled the nature's Goliaths, surviving the most extreme and challenging weather and environment conditions.

Answer: Romeo "Romi" Garduce

* Is an outdoor activity which consists of walking in natural environments, often on hiking trails.

Answer: Hiking

* Are probably the single most important piece of equipment you will need to purchase before a trip.

Answer: shoes/boots

* One of the hiking essentials.

Answer: Navigation

* Another key element in keeping feet dry and free of blisters.

Answer: socks

* A 'thinking' outdoor sport that combines a participant's mental ability with physical ability.

Answer: orienteering

* Event is done on a lake or tidal water area within a canoe.

Answer: canoe orienteering

* Variation of point-to-point or score orienteering conducted at night.

Answer: night orienteering

* two-dimension representation of a three-dimension surface. It is a graphic representation of the ground and the terrain.

Answer: map

* Another important feature of the orienteering map as it will tell you valuable information. It will describe the terrain, roads, buildings, rivers, etc. using symbols.

Answer: legends

* Used to locate your position when two or more prominent landmarks are visible.

Answer: triangulation

* Event is done on cross country skis.

Answer: ski orienteering

* It is an un-timed event where the challenge is mental and achievement is based upon the ability to correctly interpret the map and its relationship to the ground.

Answer: Trail Orienteering

* Most Mountaineering Backpacks are very simple, robust, and streamlined, with a single compartment and single lid pocket.

Answer: mountaineering backpacks

* Considered as the father of modern camping.

Answer: Thomas Hiram Holding

* A great military general and leader who commanded the Carthaginian forces against Rome, was believed to have used a magnetic compass when he sailed from Italy in 203 B.C.

Answer: Hannibal

* While hiking, wear quick dry clothes and stay away from cotton fabrics and denim pants since you will be sweating profusely during the climb.

Answer: True

* Venture into the woods without properly informing other people.

Answer: False

* In the European context, mountaineering is often referred to as alpinism which means climbing with difficulty such as climbing the alps.

Answer: True

* Line orienteering of a set course with undisclosed control points. Success depends on accuracy.

Answer: True

* Route orienteering that requires participants to mark their map correctly with the controls.

Answer: True

* Score orienteering that has numerous controls set up, each allocated points according to difficulty.

Answer: True

* Triangulation is used to locate your position when two or more prominent landmarks are visible.

Answer: True

* True north and south are of course the local directions to the respective geographic poles.

Answer: True

* Magnetic north and south are widely misunderstood. The statement is often made that magnetic north is the direction to the North Magnetic Pole.

Answer: True

* For day hikes, 1 to 2 liters of water per person would suffice, although you may need to bring more if it is in your nature to consume a greater amount.

Answer: True

* For most climbers, the pleasures of mountaineering lie not only in the “conquest” of a peak but also in the physical and spiritual satisfactions brought about through intense personal effort, ever-increasing proficiency, and contact with natural grandeur.

Answer: True

* Climbing mountains is truly rewarding: not only does it cultivate environmental awareness, it also develops a person's character by facing and conquering one's fears and ultimately conquering oneself, leaving the mountain climber with a great feeling of achievement.

Answer: True

* Socks are the first line of defense so that the body can maintain an appropriate core temperature.

Answer: False

* Tents are needed for day hikes.

Answer: False

* If you are located on a prominent feature marked on the map such as a ridge, stream, or road, only one calculation from a prominent landmark should be necessary. Your position will be approximately where the drawn line intersects this linear feature.

Answer: True

* On March 28th 1918 he organized the first official event over a 12km course with 3 controls.

Answer: False

* Came into being in the first decade of the twentieth century and soon became standard equipment on large ships.

Answer: Gyrocompass

* A sport in attaining or attempting to attain high points in mountainous regions, mainly for the pleasure of the climb.

Answer: Mountaineering

* Participants travel to each control on this.

Answer: Bike Orienteering

* It is the easiest and inexpensive way to get in shape 3-4 times a week before you schedules outdoor climb..

Answer: Jogging

* “Pack it in pack it out” means everything you brought should be brought back with you including left-over food or fruit peel. Nothing should be left.

Answer: True

* an outdoor activity which consists of walking in natural environments.

Answer: Hiking

* Walk, run, bike, or camp on durable surfaces like established tracks, rocks, gravel, and dry grasses

Answer: True



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