

HBS L11 - Altitude Sickness Postcard Assignment

1. Read this whole document before you write anything down.
2. Read page 96 in the Human Body Book. Write down three facts about the effects of altitude on the human body on SN p11-3.
3. *Only do this step if you were not in class to see the video.* Find a website that talks about Acute Mountain Sickness (AMS), High Altitude Pulmonary Edema (HAPE), or, High Altitude Cerebral Edema (HACE). There are some at the end of this document. Write down the following information on a separate piece of paper to turn in with your postcard:
 - a) Website name and url (address).
 - b) Which form of altitude sickness it is (AMS, HACE, or HAPE).
 - c) Two symptoms.
 - d) Two ways to treat it.

Starting points for the alternate assignment

1. NOVA website <http://www.pbs.org/wgbh/nova/denali/>
2. India map http://www.atlapedia.com/online/map_images/physical/India_etc_phy.jpg
3. Himalaya mtn <http://www.woodlands-junior.kent.sch.uk/Homework/mountains.htm>
4. Altitude Sickness <http://www.navis.gr/medico/altitude.htm>
5. BasecampMD <http://www.basecampmd.com/>
6. Altitude Sickness <http://health.howstuffworks.com/altitude-sickness.htm/printable>

4. Write a postcard to someone (real or fictitious) about your recent ascent of one of Earth's tall peaks (see list below) and your experience with altitude sickness there. Use the grading rubric below to guide your writing and drawing. Use information and vocabulary from Lesson 11 and the video yesterday (or the alternate assignment).

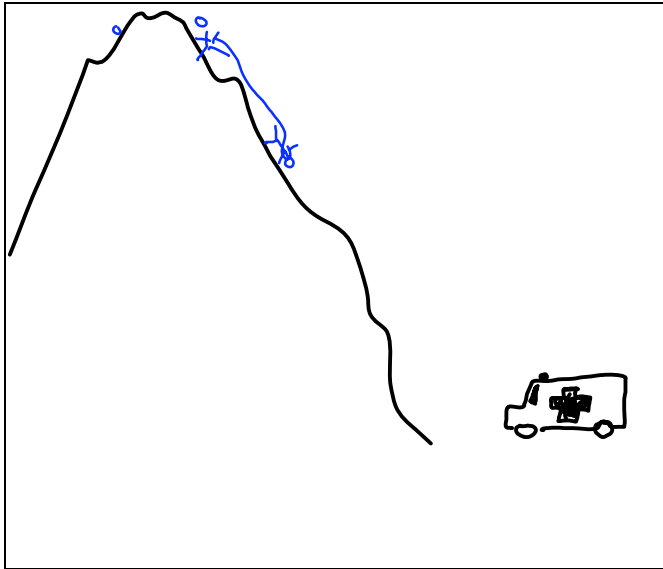
Points	Causes	Symptoms	Picture	Writing – voice & clarity
3	Contains an explanation of issues faced at high altitude (BOTH oxygen AND temperature)	Contains 4 symptoms related to altitude. Includes symptoms related BOTH low oxygen AND cold.	Includes BOTH the name of the mountain AND visual details.	Communicates causes and symptoms clearly using friendly postcard style .
2	Contains an explanation of issues faced at high altitude (BOTH oxygen OR temperature)	Contains 3 symptoms related to altitude – EITHER low oxygen OR cold.	Includes EITHER name of mountain OR details.	Communicates causes and symptoms clearly .
1	Contains neither	Contains fewer than three symptoms	Lacks name of mountain and details.	Lacks clarity and style.

5. Underline in color all words you used relating to altitude sickness.
6. Make sure your name and period are printed neatly on the illustration side and turn into metal basket by the due date for full credit.

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EXAMPLE

Front



Back

Dear Trache,
 I hope your alveoli are healthy and your crampons sharp. We could have used your strong quadriceps and intercostal muscles during our recent epic ascent of Chomolangma, in the Himalayan Mtns, as I battled altitude sickness....
Use lots of science words to tell more. Make your story better than mine.



DR. T.E.
 2 TENDON WAY
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 WI 21874

Mountain List

<u>Mountain</u>	<u>Height (meters)*</u>	<u>Location</u>		<u>Mountain</u>	<u>Height (meters)*</u>	<u>Location</u>	
Everest	8.848	Nepal/Tibet	Asia	Chomo Lhari	7.313	Bhutan/Tibet	Asia
K-2	8.611	Pakistan	Asia	Aconcagua	6.962	Argentina	S. Am.
Kangchenjunga	8.586	Nepal/India	Asia	Yamit	6.940	Afghanistan	Asia
Lhotse	8.511	Nepal	Asia	Ojos del Salado	6.880	Chile	S. Am.
Makalu	8.463	Nepal/Tibet	Asia	Koyo Zom	6.872	Pakistan	Asia
Cho Oyu	8.201	Nepal/Tibet	Asia	Bonete	6.872	Argentina	S. Am.
Dhaulagiri	8.167	Nepal	Asia	Ama Dablam	6.856	Nepal	Asia
Manaslu	8.163	Nepal	Asia	Tirgaran	6.843	Afghanistan	Asia
Nanga Parbat	8.125	Pakistan	Asia	Mercedario	6.770	Argentina/Chile	S. Am.
Annapurna	8.091	Nepal	Asia	Huascarán	6.768	Peru	S. Am.
Kula Kangri	7.553	Bhutan	Asia	Denali	6.194	Alaska	N. Am.
Muztaghata	7.546	China	Asia	Rainier	4.392	Washington	N. Am.
Nowshak	7.485	Afghanistan	Asia	Hood	3.429	Oregon	N. Am.
Haramosh	7.406	Pakistan	Asia	Adams	3.742	Washington	N. Am.
Ultar	7.398	Pakistan	Asia	S Sister	3.159	Oregon	N. Am.

*3,000 meters is approximately 10,000 feet. Many countries use a "." Instead of a ",", when writing large numbers. In this list 6.768m = 6,768m. To convert meters to feet: multiply height in meters by 3.28 ft/m