

**A. Physiology Topics**

1. Aviation Physiology
2. Noise and Vibration
3. G-Induced Loss of Consciousness and G-Tolerance Improvement
4. Chemical Warfare
5. Biological Warfare
6. Radiological Warfare
7. Exercise
8. Cardiovascular Fitness
9. Strength Training
10. Nutrition/Weight Control
11. Hypothermia
12. Heat Stress
13. Self-imposed Stress
14. Drugs
  - a. Self Medication
  - b. "Illegal" Drugs
  - c. Performance Enhancement
  - d. Stimulants
15. Alcohol
16. Fatigue
17. Survival/Combat First-Aid
18. 3710.7 (Chapter 8)

**B. Sensory Physiology**

1. Vision
2. Disorientation/Misorientation (Types)
3. Visual Illusions/Problems
4. Vestibular Illusions
5. Night Vision Environment
6. Night Vision Goggles
7. Lasers/Laser Protection
8. Midair Collision Avoidance (Aeromedical Factors)
9. Motion Sickness
10. Simulator Sickness
11. Visual Scanning/Blindspots
12. Target Fixation
13. Induced Myopia (Night and Empty Field)
14. Visual Overload

**C. Psychology/Stress**

1. Stress
2. Stress Management
3. Low-Level Human Factors of Flight
  - a. NOE
  - b. TEAF
4. Temporal Distortion/Time Distortion
5. Situational Awareness
6. Anomalies of Attention/Complacency
7. Self Hypnosis (Performance Awareness)
8. Crew Coordination
9. Cockpit Resource Management
10. Task Saturation
11. Learning
12. Memory Improvement
13. Circadian Rhythms/Long-Duration Flights/Fatigue
14. Human Factors (General)

**D. Emergency Egress/Survival/Survival Equipment**

1. Aeromedical Aspects of Ejection
2. Psychology of Delayed Ejection
3. Emergency Egress/Ground Egress
4. Search/Rescue/Survival
5. Aviation Life Support Systems (ALSS)
6. Parachuting Techniques
7. Ditching/Crash Landing
8. Land Survival
9. Water Survival
10. Impact/Acceleration/Survivability
11. Escape and Evasion

**E. Specialized/Deployment Briefs**

1. Surg Op/Combat Stress
2. Motor Vehicle Human Factors
3. AMSO/Flight Surgeon Roles
4. Predeployment Syndrome
5. Jungle Survival
6. Mountain Survival
7. Desert Survival
8. Arctic Survival

**NOTES:**

1. Many of the above topics are interrelated and hence could be/have been listed in more than one area.
2. This list is not exhaustive. Aviation physiologists, aeromedical safety officers, aviation psychologists, aviation optometrists, and flight surgeons may be able to speak on any number of other topics.

Figure E-2. Adjunctive Training/Physiological Threat Briefs