

## Join the A-ttire Team!

Lesson Title: Olympic Fashions

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Name: \_\_\_\_\_

Review the information from **Dressing for Winter Sports:**

<http://www.intelihealth.com/specials/ol3DrsWrm.html>, on the IntelliHealth website. Also review the information from

**Clothing for Winter Hiking:** <http://world.std.com/~bostonhb/docs/winterclothes.html>, from the website of the same name. Apply what you learn at these sites to answer the questions below.

1. What clothing are the Olympic athletes wearing that everyone should be wearing?
2. Compare and contrast the insulation value of cotton and polypropylene. Why is it important to wear a layer of synthetic material close to the body?

3. Complete the table below by applying what you learn from the website.



	How heat is lost	How clothing can help prevent heat loss
<b>Conduction</b>	This occurs when heat flows directly to a solid object.	
<b>Convection</b>	The transfer of heat by the fluid circulation or movement of the heated parts of a liquid or gas. Wind chill is an example.	
<b>Radiation</b>	Radiant heat transfer generally involves electromagnetic waves called infrared radiation.	
<b>Evaporation</b>	An example of this is when sweat evaporates off your skin	

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Review the information from these websites: **Layering for the Cold:**

<http://www.quinntecentral.com/quinnshandcycling/clothes tips.html>, and

**NBC Olympics Page:** [http://www.nbcolympics.com/x/f/frame.htm?u=/news/nbcomain\\_front.asp](http://www.nbcolympics.com/x/f/frame.htm?u=/news/nbcomain_front.asp).

Imagine that you are a spectator at a Winter Olympics event. What would be the ideal outfit to stay warm? Apply what you learned from the websites to complete the table below.



Event	Describe your outfit from head-to-toe. Specify how heat loss or wind-chill is lessened in each layer.		
	Layer 1	Layer 2	Layer 3
<b>Downhill Skiing</b> <b>Ski Jumping</b> (Assume that you have a long walk to get this venue for these events, which is located at a high elevation, wind gusty winds)			
<b>Cross-Country Skiing</b> (Assume that you are only a short distance from this venue, which is located in a large, treeless site with stadium seating)			
<b>Speed Skating</b> (Assume that the venue for this is indoors)			