

## Field Exercise No.1

### Title: Determining Pace Factor

- Objectives:
- To determine the individual pace factor.
  - To measure distance by pacing

Instruments & Accessories: Range Poles, Steel Tape, Markers

#### Procedure:

- Determining Pace Factor.
  - Select a straight and level course and on both ends establish markers at least 100 meters apart. Designate these points as A and B.
  - Walk over the course at a natural pace or gait starting with heel over point A and count the number of paces to reach point B.
  - For succeeding trials, walk from B to A, then A to B, until 4 trials are completed, and record the number of paces accordingly.
  - Refer to the accompanying sample format for the recording of observed field data.

TRIAL	LINE	TAPED DISTANCE (m)	NUMBER OF PACES	Mean No. of Paces	Pace Factor
1	AB	100m			
2	BA				
3	AB				
4	BA				

- Measuring the Distance by Pacing.
  - Define or establish the end points of another level course whose length is to be determined by pacing. Designate these end points as C and D.
  - For the first trial, walk over the course from C to D at a natural pace and record the number of paces. Then, walk from D to C and again record the number of paces.
  - Repeat the above procedure until all five trials are completed.
  - After the field data is recorded, make an actual taping of the course CD to determine the taped distance.
  - Refer to the accompanying sample format for the recording of observed field data.

TRIAL	LINE	TAPED DISTANCE (m)	NUMBER OF PACES	Mean No. of Paces	Pace Factor
1	CD				
2	DC				
3	CD				
4	DC				

#### Computations:

- Computing the Pace Factor (PF).
  - Get the sum of the number of paces for the four trials performed on course AB then compute the most probable value of the number of paces.

- b. Divide the known or taped length of course AB by the mean number of paces AB to determine the pace factor.
2. Computing the Paced Distance (CD)
  - a. Get the sum of the number of paces for the four trials performed on CD and compute the most probable value of the number of paces.
  - b. Multiply the most probable value of paces for CD by the pace factor to obtain the paced distance.
3. Computing the Relative Precision (RP)
  - a. Determine the difference between the taped distance of CD and the paced distance of CD.
  - b. Divide the difference by the taped distance of CD.

Additional computations:

Compute the number of paces you need to cover the following distances:

- a. 200 m
- b. 300 m
- c. 500 m

Compute the distance you will cover with the following number of paces

- a. 500 paces
- b. 1000 paces
- c. 1200 paces

Conclusion: