



Pathfinder's Name

Gold Prospecting

1. Create a list of equipment used for gold panning. Describe each item and tell what it is used for. The list should include at least the following.

Gold Pan _____

Classifier _____

Snuffer Bottle _____

Shovel _____

Pick _____

Bucket _____

Trowel _____

Pry bar _____

Rock hammer _____

Crevice Tool _____

Drinking Water _____

2. Define the following:

Pay Dirt _____

Quartz _____

Pyrite _____

Blond Sand _____

Black Sand _____

Placer _____

Lode _____

Nugget _____

Flake _____

Mercury (historical use) DO NOT USE TODAY _____

Dust _____

Specific Gravity _____

Wet and Dry Panning _____

Gold Fever _____

Troy Pound _____

Troy Ounce _____

Penny weight (dwt) _____

Grain _____

- 3. What are the following identifying characteristics of Gold.

Specific Gravity _____

Color of streak _____

Color _____

- 4. Where are some good places on a river or stream to look for gold?

- 5. Make a timeline containing at least 15 items about the history of gold prospecting from 1600 until the present day, including the following rushes: California Gold Rush, Klondike/Yukon Gold Rush, Witwatersrand Gold Rush and the Victorian Gold Rush.

- 6. Learn about gold panning by doing one of the following:

- a. Do some gold panning. (preferred).
- b. Practice panning using flattened lead or tungsten shot mixed with sand (preferably from a river bank).

- 7. Look up the following verses in the Bible and discuss them in relation to prospecting for gold.

Matthew 13:44-46 _____

Matthew 6:19-21 _____

Date completed _____

Instructor's Signature _____

Gold Prospecting, Advanced

- 1. Have the Gold Prospecting Honor.
- 2. Describe the following types of prospecting equipment.

Sluice box _____

Rocker box _____

High banker _____

Bucket dredge _____

Suction dredge _____

Dry washer _____

Trommel _____

Beach box _____

Metal detector _____

Jig _____

Shaker table _____

- 3. What government requirements, if any, are associated with the equipment listed in number 2 above?

Sluice box _____

Rocker box _____

High banker _____

Bucket dredge _____

Suction dredge _____

Dry washer _____

Trommel _____

Beach box _____

Metal detector _____

Jig _____

Shaker table _____

- ❑ 4. What are the advantages or disadvantages to the equipment listed in number 2 above?

Sluice box _____

Rocker box _____

High banker _____

Bucket dredge _____

Suction dredge _____

Dry washer _____

Trommel _____

Beach box _____

Metal detector _____

Jig _____

Shaker table _____

- 5. Use at least two of the types of equipment listed in number 2 above to prospect for gold.
- 6. Pathfinders are supposed to take only pictures and leave only footprints, but prospecting requires moving rocks and digging large holes. How can you reconcile these two conflicting requirements?

Date completed _____

Instructor's Signature _____

Heart and Circulation

1. Describe the basic function of the following parts of the circulatory system:

heart _____

blood vessels _____

blood _____

lungs _____

2. Describe the major difference between arteries and veins.

What is a capillary and what is its function?

- 3. Identify two locations for measuring your pulse. Demonstrate your ability to accurately take someone's pulse.

- 4. Record your resting pulse rate, then exercise strenuously (ie jog, swim laps, climb stairs, etc.) for 10 minutes. Retake your pulse immediately after exercising, and then again after five minutes. Do this each day for one week recording your results on a chart or a graph. Did the exercise effect your heart rate?

- 5. Make a simple stethoscope and listen so someone's heart beat.

- 6. List at least five things you can do to keep your heart healthy. Put these into practice if you have not been doing so already.

1. _____
2. _____
3. _____
4. _____
5. _____

- 7. What is cholesterol and how is it related to arteriosclerosis?

- 8. What is a heart attack and what are its symptoms? How can CPR help?

9. What is an ECG and how is it used by a doctor?

10. Find five verses in the Bible that refer to your heart. Memorize two of them.

1. _____
2. _____
3. _____
4. _____
5. _____

Date completed _____

Instructor's Signature _____

Record for 1 week your resting heart rate then exercise strenuously (ie jog, swim laps, climb stairs, etc.) for 10 minutes. Retake your pulse immediately after exercising, and then again after five minutes. Do this each day for one week recording your results on a chart or a graph. Did the exercise effect your heart rate?

Day 1 Resting Exercise Heart rate Heart rate
Day 2 Resting Exercise Heart rate Heart rate
Day 3 Resting Exercise Heart rate Heart rate
Day 4 Resting Exercise Heart rate Heart rate
Day 5 Resting Exercise Heart rate Heart rate
Day 6 Resting Exercise Heart rate Heart rate
Day 7 Resting Exercise Heart rate Heart rate