

DIRECTORATE OF DISTANCE EDUCATION Document

Directorate of Distance Education

Introduction

Directorate of Distance Education (DDE) is a vital wing within many universities, colleges, and educational institutions dedicated to expanding access to higher education and lifelong learning through flexible, non-traditional modes of instruction. It primarily caters to students who are unable to attend regular classroom-based courses due to geographical, professional, personal, or other constraints. Over the years, the significance of distance education has grown, driven by advancements in communication technology, increasing demand for lifelong learning, and the need for inclusive education. The directorate plays a crucial role in designing, implementing, and maintaining effective distance learning programs, ensuring quality, accessibility, and relevance.

The Role and Functions of the Directorate of Distance Education

Administrative Responsibilities

- Curriculum Development: Designing and updating course content suitable for distance learners.
- Faculty Recruitment & Training: Engaging qualified educators and providing them with training specific to distance education methodologies.
- Student Support Services: Establishing counseling, helplines, and academic advising to support learners.
- Examination and Evaluation: Conducting examinations, grading, and certifying students' performance.
- Quality Assurance: Ensuring that the programs meet academic standards and accreditation requirements.

Academic Responsibilities

- Course Material Production: Creating textbooks, online modules, audio/video lectures, and other instructional materials.
- Delivery Modes: Utilizing various platforms like printed materials, online portals, satellite broadcasts, and radio/TV programs.

- Assessment and Feedback: Implementing continuous assessment methods and providing constructive feedback to learners.

Technological Responsibilities

- Learning Management Systems (LMS): Developing and maintaining digital platforms for course delivery and student interaction.
- E-Learning Resources: Incorporating multimedia content, virtual labs, and interactive sessions.
- Data Management: Keeping track of student progress, attendance, and performance data securely.

Importance of the Directorate of Distance Education

Accessibility and Inclusivity

Distance education breaks down geographical barriers, allowing students from remote or underserved areas to access quality higher education. It promotes inclusivity by accommodating learners with disabilities, working professionals, and those with personal commitments.

Flexibility and Convenience

Students can learn at their own pace, choose suitable timing, and balance studies with work or family responsibilities. This flexibility broadens participation and encourages lifelong learning.

Cost-Effectiveness

Distance education often reduces costs associated with commuting, accommodation, and campus facilities, making higher education more affordable.

Promoting Lifelong Learning

It facilitates continuous skill development and upskilling, essential in a rapidly changing global economy.

Challenges Faced by the Directorate of Distance Education

Quality Assurance

Maintaining high academic standards comparable to traditional education remains a challenge. Ensuring that course materials, faculty, and assessments uphold quality standards requires rigorous

oversight.

Technological Barriers

Limited access to reliable internet and digital devices can hinder effective learning for students in rural or underprivileged areas.

Student Engagement and Motivation

Distance learners may feel isolated or disconnected, impacting motivation and perseverance. Creating an interactive and engaging learning environment is essential.

Accreditation and Recognition

Ensuring that degrees awarded through distance education are recognized by employers and other institutions is vital for student credibility and career prospects.

Infrastructure and Resources

Developing and maintaining state-of-the-art technological infrastructure demands significant investment and ongoing support.

Evolution of Distance Education and the Role of the Directorate

Historical Perspective

Initially, distance education relied heavily on correspondence courses via postal services, with limited interaction between students and teachers. Over time, technological innovations like radio, television, and eventually the internet transformed the landscape.

Modern Trends

- Online Learning Platforms: The rise of MOOCs (Massive Open Online Courses) and university portals.
- Blended Learning: Combining traditional face-to-face instruction with online components.
- Mobile Learning: Leveraging smartphones for access to course materials and discussions.
- Artificial Intelligence: Personalized learning experiences and automated assessments.

The Role of the Directorate in Embracing Innovation

The directorate must stay abreast of emerging technologies, adapt curricula to digital formats, and foster innovative pedagogies to enhance learner engagement and success.

Organizational Structure of the Directorate of Distance Education

Typical Departments and Units

- Curriculum Design and Development: Responsible for creating course content.
- Instructional Technology Unit: Manages digital platforms and multimedia production.
- Student Support Services: Provides counseling, mentorship, and administrative assistance.
- Examinations and Evaluation: Handles assessments, invigilation, and result processing.
- Quality Assurance Cell: Ensures standards compliance and accreditation.
- Research and Development: Looks into improving teaching methods and technologies.

Leadership and Staffing

The directorate is generally headed by a Director or Dean, supported by deputy directors, coordinators, faculty members, technical staff, and administrative personnel.

Quality Assurance and Accreditation

Ensuring the credibility of distance education programs involves:

- Adherence to National and International Standards: Such as NAAC (National Assessment and Accreditation Council) and UGC (University Grants Commission) guidelines.
- Regular Curriculum Review: Updating content to reflect current knowledge and industry needs.
- Feedback Mechanisms: Collecting student and faculty feedback for continuous improvement.
- External Inspection and Certification: Undergoing periodic evaluations by accrediting bodies.

Future Directions of the Directorate of Distance Education

Integration with New Technologies

- Expanding the use of artificial intelligence and machine learning for personalized learning.
- Incorporating virtual reality (VR) and augmented reality (AR) to simulate real-world environments.

Promoting Open and Flexible Education

- Developing open educational resources (OER) for wider dissemination.
- Facilitating flexible credit transfer systems and recognition of prior learning.

Strengthening Global Outreach

- Offering programs tailored for international students.
- Partnering with global institutions for collaborative courses and exchanges.

Enhancing Learner Support

- Building robust online communities and peer learning groups.
- Providing tailored academic and career counseling.

Conclusion

The Directorate of Distance Education stands as a cornerstone in the democratization of higher education, making learning accessible, flexible, and inclusive. As technological advancements continue to reshape the educational landscape, the role of the directorate becomes even more pivotal in ensuring quality, relevance, and innovation. By addressing challenges proactively and embracing new pedagogies and tools, the directorate can significantly contribute to developing a knowledgeable, skilled, and adaptable workforce for the future. Its strategic efforts will determine how effectively distance education can meet the evolving needs of learners worldwide and promote lifelong learning opportunities across diverse populations.

Directorate of Distance Education: A Comprehensive Guide to Its Role, Functionality, and Impact

In the evolving landscape of higher education and lifelong learning, the directorate of distance education stands as a pivotal institution that bridges the gap between traditional classroom learning and the flexible, accessible modes of education required by diverse learners. As institutions seek to expand their reach beyond geographical constraints, the role of the directorate of distance education becomes increasingly vital in designing, implementing, and managing distance learning programs that meet quality standards and cater to the needs of a varied student demographic.

What is a Directorate of Distance Education?

A directorate of distance education is a dedicated administrative body within universities, colleges, or educational boards responsible for overseeing and coordinating all aspects of distance learning programs. Its primary goal is to facilitate education delivery through non-traditional, remote methods, utilizing technology to enable students to study from any location, at their own pace.

Key Functions of the Directorate of Distance Education

- Curriculum Development & Course Design: Creating and updating courses that are suitable for remote delivery, often involving multimedia content, online lectures, and self-assessment tools.
- Academic Administration: Managing admissions, examinations, certifications, and student records specific to distance learners.
- Faculty Coordination: Recruiting, training, and supporting faculty members who deliver courses remotely, often through online platforms.
- Technology Infrastructure: Ensuring robust e-learning platforms, Learning Management Systems (LMS), and other technological tools are in place.
- Quality Assurance: Maintaining academic standards, conducting evaluations, and implementing improvements based on feedback.
- Student Support Services: Providing counseling, tutoring, and technical assistance tailored for distance learners.

Historical Evolution and Significance

Origins and Growth

The concept of distance education dates back centuries, with correspondence courses being the earliest form. The advent of radio, television, and, more recently, the internet has transformed the scope and reach of distance learning.

The directorate of distance education emerged as a formal administrative unit in the mid-20th century, particularly with the rise of open universities and national open schooling initiatives. Its evolution has been driven by:

- The need to democratize access to higher education.
- The desire to provide lifelong learning opportunities.
- The rapid technological advancements enabling interactive and multimedia-rich courses.

Impact on Education

- Increased Accessibility: Learners from remote or underserved areas can access quality education.
- Flexibility: Students can learn at their own pace, balancing studies with work or family commitments.
- Cost-Effectiveness: Reduced infrastructure and commuting costs make education more

affordable.

- Lifelong Learning: Facilitates continuous skill development in a rapidly changing job market.

Components and Structure of a Directorate of Distance Education

A typical directorate comprises various departments working synergistically to ensure smooth operation:

- Curriculum and Content Development Department

- Responsible for designing course material.
- Incorporates multimedia elements, online modules, and interactive content.
- Ensures courses meet academic standards and industry relevance.

- Academic Administration

- Manages admissions and enrollment processes.
- Coordinates examinations, results, and certification.
- Maintains student records and transcripts.

- Technology & E-Learning Infrastructure

- Maintains Learning Management Systems (LMS) like Moodle, Blackboard, or proprietary platforms.

- Ensures cybersecurity and data privacy.
- Supports live online classes, discussion forums, and resource sharing.

- Faculty and Staff Development

- Trains faculty in online pedagogy and technology use.
- Offers workshops on innovative teaching methods.
- Supports faculty in content creation and assessment.

- Student Support Services

- Provides academic counseling and mentorship.
- Offers technical support for online learning tools.
- Facilitates student forums, peer interaction, and feedback mechanisms.

- Quality Assurance and Evaluation

- Regularly reviews course content and delivery.
- Conducts student feedback surveys.
- Implements continuous improvement strategies.

Challenges Faced by the Directorate of Distance Education

While the benefits are substantial, several challenges need addressing to ensure the effectiveness and credibility of distance education programs:

- Technological Barriers: Limited access to high-speed internet or devices among students.
- Quality Control: Ensuring consistent academic standards across courses and programs.
- Student Engagement: Maintaining motivation and participation in remote settings.
- Assessment Integrity: Preventing cheating and ensuring fair evaluation.
- Recognition and Accreditation: Gaining acceptance from employers and academic bodies.

Strategies for Effective Management

To overcome the challenges and maximize the impact of distance education, directorates should adopt:

- Robust Technological Infrastructure

- Invest in reliable LMS platforms.
- Incorporate mobile-friendly content for wider accessibility.
- Use multimedia and interactive tools to enhance learning.

- Faculty Training and Development

- Conduct regular workshops on online pedagogy.
- Encourage faculty to innovate with digital tools.
- Promote a community of practice among educators.

- Student Engagement Initiatives

- Use discussion forums and live sessions to foster interaction.
- Incorporate gamification and reward systems.
- Provide timely feedback and personalized support.

- Quality Assurance Frameworks

- Establish clear standards and benchmarks.
- Conduct periodic audits and reviews.
- Incorporate student feedback into course improvement.

- Collaboration and Partnerships

- Partner with technology providers for innovative solutions.
- Collaborate with industry for relevant skill-based courses.
- Engage alumni and industry experts for mentorship programs.

Future Trends and Innovations

The landscape of distance education continues to evolve with technological advancements and changing learner needs. Some emerging trends include:

- Artificial Intelligence (AI): Personalized learning paths and intelligent tutoring systems.
- Virtual Reality (VR) and Augmented Reality (AR): Immersive learning experiences for practical skill development.
- Mobile Learning: Increasingly mobile apps and micro-learning modules for on-the-go study.

- Data Analytics: Monitoring learner progress and customizing interventions.
- Micro-Credentials & Digital Badges: Recognizing short-term skill acquisition for career advancement.

The Role of Accreditation and Quality Standards

For distance education programs to be recognized and respected, adherence to accreditation standards is crucial. Bodies such as the Distance Education Bureau (DEB) under the University Grants Commission (UGC) in India, or other national and international accreditation agencies, set the benchmarks for:

- Curriculum relevance and rigor
- Faculty qualifications
- Assessment integrity
- Infrastructure and technological support
- Student support and services

Maintaining compliance not only enhances credibility but also ensures that degrees and certificates hold value in the job market.

Conclusion

The directorate of distance education plays a transformative role in shaping accessible, flexible, and quality education for a diverse learner base. Its success hinges on strategic planning, technological innovation, faculty support, and rigorous quality assurance. As the world leans more towards digital learning modalities, the importance of such directorates will only grow, serving as catalysts for democratizing education and fostering lifelong learning opportunities across the globe.

By continuously adapting to technological advancements and learner needs, the directorate of distance education can ensure that remote learning remains engaging, credible, and impactful, ultimately empowering individuals to achieve their personal and professional goals regardless of geographical or social barriers.

Question What is the Directorate of Distance Education? The Directorate of Distance Education is an administrative body responsible for managing and overseeing distance learning programs at universities or educational institutions, providing flexible learning options for students outside traditional classroom settings. **Answer** How can I enroll in courses offered by the Directorate of Distance Education? You can enroll by visiting the official website of the Directorate of Distance Education, completing the online application form, submitting required documents, and paying the prescribed fees as per the admission guidelines. What are the benefits of studying through the

Directorate of Distance Education? Benefits include flexible study schedules, the ability to learn remotely from any location, access to a wide range of courses, and opportunities to balance education with work or personal commitments. Are the degrees obtained from the Directorate of Distance Education recognized? Yes, degrees awarded by the Directorate of Distance Education are recognized by relevant educational authorities and employers, provided the institution is accredited and authorized to offer such programs. What types of programs are available through the Directorate of Distance Education? Programs typically include undergraduate, postgraduate, diploma, and certificate courses across various disciplines such as arts, science, commerce, education, and management. How do I access study materials for courses in the Directorate of Distance Education? Study materials are usually provided through online portals, downloadable PDFs, mailed textbooks, or digital resources, depending on the institution's delivery method. What technical requirements are needed to participate in distance education courses? A reliable internet connection, a computer or mobile device, and access to the institution's online learning platform are essential for participating effectively in distance education courses. Can I switch from traditional to distance education programs within the same institution? Switching options depend on the institution's policies; students should consult the Directorate of Distance Education to understand transfer procedures and eligibility criteria. What support services are available for students enrolled in distance education programs? Students can access academic counseling, online tutorials, discussion forums, technical support, and administrative assistance to facilitate their learning experience.

Related keywords: distance learning, online education, e-learning, remote education, open university, distance courses, online programs, virtual classrooms, distance education institute, continuing education

Speed and distance practice a answer key

Speed and Distance Practice A Answer Key

Understanding how to accurately solve problems related to speed and distance is essential for students preparing for exams, especially in mathematics and physics. Practice questions help reinforce concepts, improve problem-solving skills, and build confidence. In this article, we will provide a comprehensive speed and distance practice A answer key, along with detailed explanations to help you grasp the core principles behind each problem. Whether you're a student studying for a test or a teacher preparing practice materials, this guide will serve as a valuable resource.

Understanding the Basics of Speed and Distance

Before diving into practice problems, it's important to review the fundamental concepts that underpin speed and distance calculations.

Key Formulas

- **Speed = Distance / Time**
- **Distance = Speed × Time**
- **Time = Distance / Speed**

These formulas are the foundation for solving most speed and distance problems. Remember to keep units consistent, e.g., if speed is in km/h, distance in km, and time in hours.

Practice Problem Set and Answer Key

Below are typical practice questions related to speed and distance, followed by their detailed solutions.

Question 1:

A car travels 240 km in 4 hours. What is its average speed?

Answer 1:

To find the average speed, use the formula:

$$\text{Speed} = \text{Distance} / \text{Time}$$

Substitute the given values:

$$\text{Speed} = 240 \text{ km} / 4 \text{ hours} = 60 \text{ km/h}$$

Answer: The car's average speed is 60 km/h.

Question 2:

A cyclist covers a distance of 90 km at a speed of 15 km/h. How long does the journey take?

Answer 2:

Using the formula:

Time = Distance / Speed

Time = 90 km / 15 km/h = 6 hours

Answer: The journey takes 6 hours.

Question 3:

An airplane flies at a speed of 900 km/h for 3 hours. How far does it travel?

Answer 3:

Apply the distance formula:

Distance = Speed × Time

Distance = 900 km/h × 3 hours = 2700 km

Answer: The airplane travels 2700 km.

Question 4:

A runner completes a 10 km race in 50 minutes. What is their average speed in km/h?

Answer 4:

First, convert minutes to hours:

50 minutes = 50 / 60 = 5 / 6 hours ? 0.833 hours

Now, use the speed formula:

Speed = Distance / Time

Speed = 10 km / (5/6 hours) = 10 km × (6/5) = 12 km/h

Answer: The runner's average speed is 12 km/h.

Question 5:

Two cars start from the same point and travel in the same direction. Car A travels at 80 km/h, and

Car B at 100 km/h. How long will it take for Car B to catch up with Car A if Car A has a 20 km head start?

Answer 5:

This is a problem of relative speed.

- Relative speed of Car B with respect to Car A = $100 \text{ km/h} - 80 \text{ km/h} = 20 \text{ km/h}$
- Distance to cover = 20 km (head start)

Time taken to catch up:

Time = Distance / Relative speed = $20 \text{ km} / 20 \text{ km/h} = 1 \text{ hour}$

Answer: It will take 1 hour for Car B to catch Car A.

Tips for Solving Speed and Distance Problems

Understanding common pitfalls and strategies can help improve accuracy.

1. Keep Units Consistent

Always ensure that the units for distance, speed, and time are compatible. Convert units where necessary before calculations.

2. Use Formulas Appropriately

Identify which formula applies to the problem. For example, if you have distance and time, find speed; if you have speed and time, find distance.

3. Break Down Complex Problems

For multi-step problems, write down what is known and what you need to find before setting up equations.

4. Practice Word Problems

Work through various scenarios to develop a flexible understanding of how different variables relate.

Additional Practice Questions for Mastery

To further reinforce your understanding, here are additional questions:

- Calculate the speed of a train that covers 500 km in 5 hours.
- If a boat travels at 30 km/h downstream and takes 2 hours to reach a point 60 km away, what is its upstream speed if it takes 3 hours to return?
- A motorbike accelerates uniformly from 20 km/h to 60 km/h in 5 seconds. What is its acceleration?

Answers:

- Speed = $500 \text{ km} / 5 \text{ hours} = 100 \text{ km/h}$
- Downstream speed = $60 \text{ km} / 2 \text{ hours} = 30 \text{ km/h}$

Upstream speed = Distance / Time = $60 \text{ km} / 3 \text{ hours} = 20 \text{ km/h}$

- Acceleration = (Final velocity - Initial velocity) / Time

Convert velocities to m/s: $20 \text{ km/h} = 20 \times (1000/3600) \approx 5.56 \text{ m/s}$

$60 \text{ km/h} \approx 16.67 \text{ m/s}$

Acceleration = $(16.67 - 5.56) \text{ m/s} / 5 \text{ s} \approx 2.22 \text{ m/s}^2$

Conclusion

Mastering speed and distance problems requires a clear understanding of formulas, consistent unit conversion, and strategic problem-solving. The speed and distance practice A answer key provided here aims to clarify common question types and their solutions, serving as a solid resource for learners. Regular practice using these types of problems will enhance your ability to quickly and accurately solve speed and distance questions, whether for exams or real-world applications. Remember, consistent practice and a thorough grasp of the fundamentals are key to success.

Speed and Distance Practice Answer Key: A Comprehensive Guide to Mastering Speed and Distance Problems

Understanding speed and distance practice answer key is essential for students preparing for

exams that involve kinematic concepts, such as physics tests, standardized assessments, or competitive exams. These practice questions help reinforce fundamental principles, improve problem-solving skills, and build confidence in tackling real-world scenarios involving motion. In this guide, we will explore the core concepts, common question formats, strategies for solving, and how to interpret answer keys effectively.

Introduction to Speed and Distance Problems

Speed and distance problems are a staple in many mathematics and physics curricula because they provide practical insights into the relationship between how fast something is moving, the distance it covers, and the time taken. These problems often involve the basic formula:

$$\text{Speed} = \text{Distance} / \text{Time}$$

or equivalently,

$$\text{Distance} = \text{Speed} \times \text{Time}$$

and sometimes require solving for any of these variables when given the other two.

Why Practice with Answer Keys?

Utilizing speed and distance practice answer key resources offers several benefits:

- Immediate Feedback: Quickly verify your solutions to understand where mistakes may have occurred.
- Understanding Problem Variations: Exposure to different question types helps develop flexible problem-solving skills.
- Building Confidence: Repeated practice with answer keys enhances accuracy and speed.
- Preparation for Exams: Familiarity with common question formats reduces exam anxiety.

Types of Speed and Distance Practice Questions

Speed and distance problems can vary in complexity and format. Here are common types:

- Basic Speed, Distance, and Time Problems
- Example: A car travels 150 miles in 3 hours. What is its average speed?

- Relative Speed Problems

- Example: Two trains leave opposite ends of a track and move towards each other. Find the time until they meet given their speeds and the starting distance.

- Multiple-Stage Problems

- Example: A person walks for 2 hours at 3 mph, then bikes for 1 hour at 9 mph. Find the total distance traveled.

- Speed and Time with Variable Speeds

- Example: A runner accelerates during a race. How does this affect average speed calculations?

Core Strategies for Solving Speed and Distance Questions

Step 1: Identify Known Variables

Read the problem carefully and note down:

- Distance (d)
- Speed (s)
- Time (t)

Step 2: Determine What You Need to Find

Clarify whether the question asks for speed, distance, or time.

Step 3: Choose the Appropriate Formula

Recall the basic relationships:

- $\text{Speed} = \text{Distance} / \text{Time}$
- $\text{Distance} = \text{Speed} \times \text{Time}$

- $\text{Time} = \text{Distance} / \text{Speed}$

Step 4: Set Up the Equation

Translate the problem into an algebraic equation based on knowns and unknowns.

Step 5: Solve and Check Units

Ensure units are consistent (miles/hour, km/hour, meters/second) before solving.

Step 6: Verify Your Answer

Check if the answer makes sense in the context of the problem.

Interpreting the Answer Key

An answer key provides the correct solutions to practice questions. When reviewing:

- Compare your solution steps with the answer key's methodology.
- Check calculations for arithmetic errors.
- Understand alternative solutions if provided.
- Review explanations to grasp the reasoning behind correct answers.

Sample Problem with Answer Key Breakdown

Question: A cyclist travels 60 miles at a constant speed. If the trip takes 4 hours, what is the cyclist's average speed?

Solution:

- Identify variables:
 - Distance (d) = 60 miles
 - Time (t) = 4 hours
 - Speed (s) = ?
- Use the formula:

$$s = d / t$$

- Substitute knowns:

$$s = 60 \text{ miles} / 4 \text{ hours}$$

- Calculate:

$$s = 15 \text{ miles/hour}$$

Answer: The cyclist's average speed is 15 miles per hour.

Tips for Effective Practice Using Answer Keys

- Attempt problems independently before consulting the answer key.
- Use the answer key to understand mistakes, not just to verify answers.
- Practice regularly to improve speed and accuracy.
- Create an error log to track recurring mistakes and focus on those areas.
- Work through explanations provided in the answer key to deepen understanding.

Common Pitfalls and How to Avoid Them

- Misreading the question: Always double-check what is being asked.
- Ignoring units: Ensure units are consistent throughout calculations.
- Rushing calculations: Take your time to avoid simple arithmetic errors.
- Assuming constant speed: Clarify whether the problem specifies uniform or variable speed.

Conclusion

Mastering speed and distance practice answer key exercises is crucial for excelling in exams that test understanding of motion concepts. By systematically applying problem-solving strategies, interpreting answer keys carefully, and learning from mistakes, students can significantly improve their competency in these topics. Remember, consistent practice coupled with thoughtful review of answers and explanations is the key to becoming proficient in solving speed, distance, and time problems efficiently and accurately.

Final Thoughts

Whether you're a student preparing for a physics test, a math exam, or simply looking to strengthen your understanding of basic kinematic principles, using practice questions with detailed answer keys is an effective way to learn. Keep practicing, stay curious, and use each problem as a stepping stone toward mastering the concepts of speed, distance, and time.

Question What is the basic formula to calculate speed in a speed-distance-time problem? The basic formula is $\text{Speed} = \text{Distance} / \text{Time}$. How do you find the distance traveled when speed and time are given? Use the formula $\text{Distance} = \text{Speed} \times \text{Time}$. If a car travels at 60 km/h for 2 hours, what is the total distance covered? $\text{Distance} = 60 \text{ km/h} \times 2 \text{ hours} = 120 \text{ km}$. In a practice problem, if a train covers 240 km in 4 hours, what is its speed? $\text{Speed} = 240 \text{ km} / 4 \text{ hours} = 60 \text{ km/h}$. Why is understanding the relationship between speed, distance, and time important for solving practice problems? Because it allows you to set up and solve equations accurately, helping to find missing values in various real-world scenarios efficiently.

Related keywords: speed practice, distance calculations, physics practice, speed and distance worksheet, motion problems, velocity and time exercises, kinematics practice, speed distance problems answers, physics answer key, motion worksheet solutions

Read the full article online: [SPEED AND DISTANCE PRACTICE A ANSWER KEY](#)