Load the Cessna 172 in your simulator and follow the manual's speeds for normal takeoff.

Start slow rotation at 55 KIAS
(Main gear should lift off at approx. 60 KIAS. 55 KIAS is V_R)

Climb out at 75 kts Vy and note the vertical speed.

Enter the pattern at 1,000' above the airport and fly the downwind leg at 100 kts, at the numbers put in the first notch of flaps, start pulling the power to maintain a 500 foot per minute descent and 90 kts. When the threshold is about 45° off your wingtip put in 20° of flaps, start your base turn, and reduce speed to 80 kts. Turn final and pull a bit of power to reduce speed to 70 kts. Put in the last notch of flaps when approaching the threshold. When crossing the threshold pull the power and manage airspeed and height so that you land just above full stall speed of 44 kts.

Then do the same thing on takeoff except instead of climbing out at Vy, climb out at Vx (59 kts) in order to get over any obstacles at the end of the runway. How has the vertical speed changed?

Fly the airplane up to 4,000' above ground and do a power off stall. Slowly reduce power, and all the flaps one at a time, and not the airspeed at which the plane stalls.

Do the same thing with the airplane in a standard rate turn (about 30° of bank). What is the airspeed that the airplane stalls at? Try 45° and 60°.

Then do the same thing without any flaps and note the stall speeds

We'll cover the attachments from the Cessna 172 Flight Manual in class but you might want to read them before that.

SYMBOLS, ABBREVIATIONS AND TERMINOLOGY

GENERAL AIRSPEED TERMINOLOGY AND SYMBOLS

KCAS	**Knots Calibrated Airspeed** is indicated airspeed corrected for position and instrument error and expressed in knots. Knots calibrated airspeed is equal to KTAS in standard atmosphere at sea level.
KIAS	**Knots Indicated Airspeed** is the speed shown on the airspeed indicator and expressed in knots.
KTAS	**Knots True Airspeed** is the airspeed expressed in knots relative to undisturbed air which is KCAS corrected for altitude and temperature.
V_A	**Manuevering Speed** is the maximum speed at which you may use abrupt control travel.
V_{FE}	**Maximum Flap Extended Speed** is the highest speed permissible with wing flaps in a prescribed extended position.
V_{NO}	**Maximum Structural Cruising Speed** is the speed that should not be exceeded except in smooth air, then only with caution.
V_{NE}	**Never Exceed Speed** is the speed limit that may not be exceeded at any time.
V_S	**Stalling Speed or the minimum steady flight speed** at which the airplane is controllable.
V_{S_o}	**Stalling Speed or the minimum steady flight speed** at which the airplane is controllable in the landing configuration at the most forward center of gravity.
V_X	**Best Angle-of-Climb Speed** is the speed which results in the greatest gain of altitude in a given horizontal distance.
V_Y	**Best Rate-of-Climb Speed** is the speed which results in the greatest gain in altitude in a given time.

Takeoff, Flaps Up:	
Normal Climb Out	70-80 KIAS
Short Field Takeoff, Flaps Up, Speed at 50 Feet	59 KIAS
Enroute Climb, Flaps Up:	
Normal, Sea Level	75-85 KIAS
Normal, 10,000 Feet	70-80 KIAS
Best Rate of Climb, Sea Level	73 KIAS
Best Rate of Climb, 10,000 Feet	68 KIAS
Best Angle of Climb, Sea Level	59 KIAS
Best Angle of Climb, 10,000 Feet	61 KIAS
Landing Approach:	
Normal Approach, Flaps Up	60-70 KIAS
Normal Approach, Flaps 40°	55-65 KIAS
Short Field Approach, Flaps 40°	60 KIAS
Balked Landing:	
Maximum Power, Flaps 20°	55 KIAS
Maximum Recommended Turbulent Air Penetration Speed:	
2300 Lbs	97 KIAS
1950 Lbs	89 KIAS
1600 Lbs	80 KIAS
Maximum Demonstrated Crosswind Velocity:	
Takeoff or Landing	15 KNOTS

STALL SPEEDS

CONDITIONS:
Power Off

NOTES:
1. Maximum altitude loss during a stall recovery may be as much as 180 feet.
2. KIAS values are approximate.

MOST REARWARD CENTER OF GRAVITY

WEIGHT LBS	FLAP DEFLECTION	ANGLE OF BANK							
		0°		30°		45°		60°	
		KIAS	KCAS	KIAS	KCAS	KIAS	KCAS	KIAS	KCAS
2300	UP	42	50	45	54	50	59	59	71
	10°	38	47	40	51	45	56	54	66
	40°	36	44	38	47	43	52	51	62

MOST FORWARD CENTER OF GRAVITY

WEIGHT LBS	FLAP DEFLECTION	ANGLE OF BANK							
		0°		30°		45°		60°	
		KIAS	KCAS	KIAS	KCAS	KIAS	KCAS	KIAS	KCAS
2300	UP	47	53	51	57	56	63	66	75
	10°	44	51	47	55	52	61	62	72
	40°	41	47	44	51	49	56	58	66

Figure 5-3. Stall Speeds