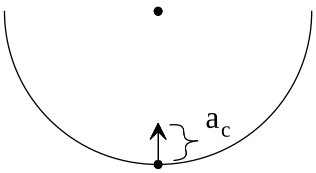
Find the acceleration:



1) The acceleration of the pilot is centripetal. The formula that gives this is $a_c = \frac{v^2}{r}$

2) To convert $k\,\frac{km}{hr}$ to $\frac{meters}{second}$, replace k with your specific number, and perform the calculation below.

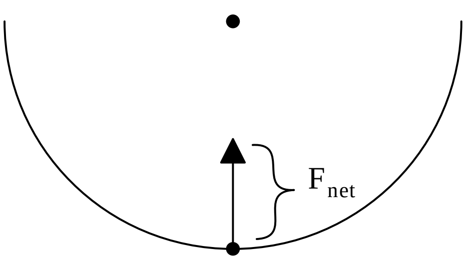
$$k\,\frac{km}{hr} \times \frac{1\ hr}{3600\ s} \times \frac{1000\ m}{1\ km} = \frac{k\,(1000m)}{3600\ s} = \frac{1000k\ m}{3600\ s}$$

Be sure to simplify the last step once you put in your specific k.
For example, when k=100, we get

$$\frac{1000(100)\ m}{3600\ s} = \frac{1000 \times 100m}{36 \times 100\ s} = \frac{1000\ m}{36\ s} = 27.778\ \frac{m}{s}$$

3) Now apply $a_c = \frac{v^2}{r}$ to get the centripetal acceleration.

Find the net force.



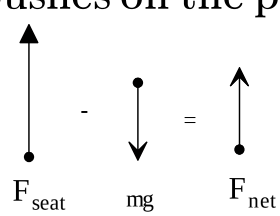
The net force is found from the usual F=ma.
This means replace m with the specific m you're given,
and replace a with the acceleration found above.
So you should have $F_{net} = ma_c$

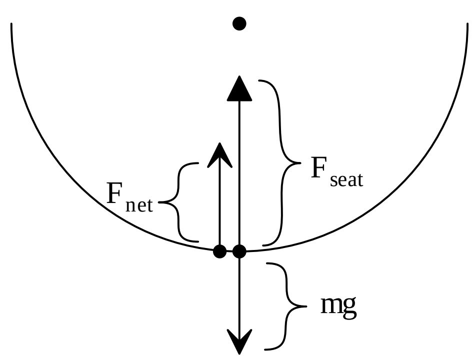
Find the force with which the seat pushes on the pilot.

Here, $F_{seat} - mg = F_{net}$

However, $F_{net} = ma$, so replace

$F_{seat} - mg = ma$





At this point, move mg to the right side to isolate F_{net} and factor m out
Plug in the values given and you're done. Remember that this is the same a as above. It's a_c, in other words.

$F_{seat} = ma_c + mg = m(a_c + g)$