

Lab: Exercise and Homeostasis

Purpose: Plan an investigation to examine how heart rate changes during and after an exercise is performed for two different periods of time.

Time: Approximately 60 minutes.

Question: How does the heart rate change during and after an exercise is performed for two different periods of time?

Hypothesis: The change in heart rate has to do with how fit you are and your maximum heart rate, which, for adults, is about 220 beats per minute (bpm) minus your age. For example, if you are 30 years old, your maximum heart rate would be 190 bpm. Doing exercise that increases a person's heart rate to between 50 to 85 percent of their maximum heart rate. This range is called the target heart rate zone. It is recommended that a person gets at least 30 minutes of moderate to vigorous exercise—exercise that elevates their heart rate to the target heart rate zone—on most days of the week, or a total of about 150 minutes a week.

Data and Observations:

Table 1: Effect of Exercise

Total Time (Minutes)	Heart Rate (Beats per Minute)	Breathing Rate (Breaths per Minute)	Perspiration Level (Scale of 0 to 5)
0 – Prior to Exercise	87	33	0
2 Minutes	118	57	0
6 Minutes	86	32	1
8 Minutes	110	41	2
9 Minutes	142	46	3

Table 1: shows the heart rate, breathing rate and perspiration level of exercisers over nine minutes

Table 2: Effects of Exercise: Class Averages

Variables Measured		Hameed	Wasey	Zaid	Travis	Farah	Averages:
Heart Rate	Start:	104	68	84	98	104	73
	Finish:	36	154	119	121	144	115
Breathing Rate	Start:	20	57	63	20	32	38
	Finish:	68	65	64	32	47	59
Perspiration Level	Start:	0	0	1	1	0	1
	Finish:	1	3	4	1	2	1

Table 2: shows the averages of the entire group's heart rate, breathing rate and perspiration levels at two period of time. 1st period: At the start of the exercise. 2nd period: At the end of the exercise.

Homeostasis And Exercise Lab Answers

Michael Hoelscher



Homeostasis And Exercise Lab Answers:

Workbook and Lab Manual for Sonography Reva Arnez Curry, Betty Bates Tempkin, 2016-01-01 Curry and Tempkin's *Workbook for Sonography Introduction to Normal Structure and Function* 4th Edition is the essential reinforcement and review tool for visual information covered in the text. This Workbook supports and completes the text by providing an excellent introduction to sonography and preparing you to accurately identify sonographic pathology and abnormalities. Each chapter opens with review questions and features drawings from the text with parallel sonograms where appropriate that include leader lines to label structures. You fill in the labels to identify structures reinforcing visual and auditory learning from the text. You can also refer to the text if you are uncertain or need to review an area. Unlabeled line drawings and images from every chapter allow for immediate thorough review of material and let you refer to the text's diagrams and Workbook's appendix for answers. Review questions test you on information learned in the text. User-friendly standardized chapter format means you know exactly where to go for review in each chapter. NEW Thorough coverage of the newest U.S. imaging techniques keeps you informed about the latest developments and prepares you to meet the challenges of the clinical environment. NEW Three brand new chapters give you the most up to date information on fetal echocardiography, laboratory values, and ergonomics. NEW 340 added content review questions provide you with extra practice on core content from Curry and Tempkin's textbook. NEW Updated sonograms present the best and latest images from state of the art equipment including 3D and 4D images.

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Exercises for the Anatomy & Physiology

Laboratory Erin C. Amerman,2019-02-01 This concise inexpensive black and white manual is appropriate for one or two semester anatomy and physiology laboratory courses It offers a flexible alternative to the larger more expensive laboratory manuals on the market This streamlined manual shares the same innovative activities based approach as its more comprehensive full color counterpart Exploring Anatomy Physiology in the Laboratory 3e *Fluid Homeostasis During Exercise* David R. Lamb,Carl V. Gisolfi,1990

Laboratory Manual for Anatomy and Physiology Connie Allen,Valerie Harper,2020-12-10 Laboratory Manual for Anatomy Physiology 7th Edition contains dynamic and applied activities and experiments that help students both visualize anatomical structures and understand complex physiological topics Lab exercises are designed in a way that requires students to first apply information they learned and then critically evaluate it With many different format options available and powerful digital resources it s easy to customize this laboratory manual to best fit your course While the Laboratory Manual for Anatomy and Physiology is designed to complement the latest 16th edition of Principles of Anatomy Physiology it can be used with any two semester A P text

Principles of Anatomy and Physiology Gerard J. Tortora,Bryan H. Derrickson,2020-10-13 From the very first edition Principles of Anatomy and Physiology has been recognized for its pioneering homeostatic approach to learning structure and function of the human body The 16th edition continues to set the discipline standardby combining exceptional content and outstanding visuals for a rich and comprehensive experience Highly regarded authors Jerry Tortora and Bryan Derrickson motivate and support learners at every level from novice to expert and equip them with the skills they need to succeed in this class and beyond

Instructors Lab Manual for Biologylabs On-Line Robert Desharnais,Michael Palladino,Les Bell,2001

Improving the Experimental Skills of High School Biology Students by Introducing Laboratory Techniques of Molecular Biology Mary Margaret Fowler,1989 *Chemical Abstracts* ,2002 *Blackwell's Five-Minute Veterinary Consult*

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while building the critical thinking skills that will prepare them for success in their future careers Critical thinking exercises help students apply their knowledge of physiology by asking them to address real life situations and guiding them through the logical progression of thought processes needed to answer them Biofeedback John V. Basmajian,1983 **Danish Medical Bulletin** ,1997 **Youth, Exercise, and Sport** David R. Lamb,Carl V. Gisolfi,1989 *Laboratory Investigations in Anatomy and Physiology* Stephen N. Sarikas,2007 This concise lab manual is designed for instructors who wish to avoid cookbook style lab instruction for Anatomy Physiology Through the use of an engaging connective learning methodology author Stephen Sarikas builds each lab exercise step on the previous one helping readers to understand complex ideas and make connections between concepts

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Table of Contents Homeostasis And Exercise Lab Answers

1. Understanding the eBook Homeostasis And Exercise Lab Answers
 - The Rise of Digital Reading Homeostasis And Exercise Lab Answers
 - Advantages of eBooks Over Traditional Books
2. Identifying Homeostasis And Exercise Lab Answers
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Homeostasis And Exercise Lab Answers
 - User-Friendly Interface
4. Exploring eBook Recommendations from Homeostasis And Exercise Lab Answers
 - Personalized Recommendations
 - Homeostasis And Exercise Lab Answers User Reviews and Ratings
 - Homeostasis And Exercise Lab Answers and Bestseller Lists

5. Accessing Homeostasis And Exercise Lab Answers Free and Paid eBooks
 - Homeostasis And Exercise Lab Answers Public Domain eBooks
 - Homeostasis And Exercise Lab Answers eBook Subscription Services
 - Homeostasis And Exercise Lab Answers Budget-Friendly Options
6. Navigating Homeostasis And Exercise Lab Answers eBook Formats
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 - Homeostasis And Exercise Lab Answers Compatibility with Devices
 - Homeostasis And Exercise Lab Answers Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Homeostasis And Exercise Lab Answers
 - Highlighting and Note-Taking Homeostasis And Exercise Lab Answers
 - Interactive Elements Homeostasis And Exercise Lab Answers
8. Staying Engaged with Homeostasis And Exercise Lab Answers
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Homeostasis And Exercise Lab Answers
9. Balancing eBooks and Physical Books Homeostasis And Exercise Lab Answers
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Homeostasis And Exercise Lab Answers
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Homeostasis And Exercise Lab Answers
 - Setting Reading Goals Homeostasis And Exercise Lab Answers
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Homeostasis And Exercise Lab Answers
 - Fact-Checking eBook Content of Homeostasis And Exercise Lab Answers
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
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