

HOMEOSTASIS AND EXERCISE LAB

Background:

Your body's temperature, heart rate, and blood pressure need to remain within certain ranges. In this lab, you will work in groups to examine the effects of exercise on the circulatory and respiratory systems, and on perspiration level. You will then observe how the body reacts when exercise is stopped.

Problem:

How does exercise affect a person's heart rate, breathing rate, and perspiration?

Hypothesis:

Write a hypothesis about the effect of exercise on the dependent variable that you are measuring, giving a possible explanation to the problem listed above, using your knowledge of homeostasis. (You may read the procedure first, to gain a better understanding.)

Materials:

- You, plus two other group members
- A clock or stopwatch/digital watch

Procedure:

1. Choose one volunteer to act as the subject -- (pick at a pace that can be maintained for eight minutes (just choose right now; don't worry about the timing part). Make sure the volunteer is inactive for a few minutes before the experiment begins.)

2. Measure the heart rate by taking his or her pulse; you can do this one of two ways.

1) Radial Pulse: This is probably what we're most familiar with when visiting the doctor's office. Take two fingers (usually the 2nd and 3rd finger), and place them in the groove in the wrist that lies beneath the thumb. Move your fingers back and forth gently until you can feel a slight pulsation -- this is the pulse of the radial artery which delivers blood to the hand. Don't press too hard, or else you'll just feel the blood flowing through your fingers!

2) Carotid Pulse: The carotid arteries supply blood to the head and neck. You can feel the pulse of the common carotid artery by taking the same two fingers and running them along the outer edge of your trachea (windpipe). This pulse may be easier to find than the radial artery. Since the carotid arteries supply a lot of the blood to the brain, it's important not to press on both of them at the same time!

Homeostasis And Exercise Lab Answers

Michal Rosen-Zvi



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*

Jean-Pierre Lavoie,Kenneth William Hinchcliff,2011-09-20 Blackwell s Five Minute Veterinary Consult Equine Second Edition is a concise comprehensive resource for all topics related to equine medicine Now fully revised and updated this authoritative quick reference provides thorough coverage of practical information arranged alphabetically for efficient searching Bringing together the expert knowledge of 175 contributors the popular Five Minute Veterinary Consult format allows rapid access to complete coverage of nearly 500 diseases and conditions seen in the horse This reference is an essential tool for students and practicing veterinarians to quickly diagnose and treat equine patients

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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

KEY TOPICS Introduction to Anatomy Physiology Body Organization and Terminology Care and Use of the Compound Light Microscope The Cell Cell Structure and Cell Division Membrane Transport Tissues Epithelial and Connective Tissues The Integumentary System The Skeletal System The Axial Skeleton The Appendicular Skeleton Articulations The Muscular System Histology of Muscle Tissue Gross Anatomy of the Muscular System Physiology of the Muscular System The Nervous System Histology of Nervous Tissue The Brain and Cranial Nerves The Spinal Cord and Spinal Nerves Human Reflex Physiology Special Senses The Endocrine System The Cardiovascular System Blood Cells Gross Anatomy of the Heart Anatomy of Blood Vessels Cardiovascular Physiology The Lymphatic System The Respiratory System Anatomy of the Respiratory System Respiratory Physiology The Digestive System Anatomy of the Digestive System Actions of a Digestive Enzyme The Urinary System Urinary Physiology The Reproductive Systems Introduction to the Cat and Removal of the Skin Dissection of the Cat Muscular System Dissection of the Cat Nervous System Dissection of the Cat Ventral Body Cavities and Endocrine System Dissection of the Cat Cardiovascular System Dissection of the Cat Lymphatic System Dissection of the Cat Respiratory System Dissection of the Cat Digestive System Dissection of the Cat Urinary System Dissection of the Cat Reproductive System

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