

Lab 1. Heart Rate, Physical Fitness, and the Scientific Method

Prelab Assignment

Before coming to lab read carefully the following pages on the scientific method and then answer the prelab questions at the end of this lab handout. Be prepared to discuss and/or hand in your responses to the prelab questions at the start of lab.

Introduction

Biology is a dynamic field of study whose aim is to unravel the mysteries of life itself. Throughout history, humans have been curious about the world around them. Through the millennia people have observed the natural world and have asked, "why?" Those that have advanced our biological knowledge the most, whether the great scientists of the centuries before us, such as Robert Hooke (Discovered cells in 1665) and Charles Darwin (Co-developer of the theory of evolution by natural selection in 1859), or modern molecular biologists such as James Watson and Francis Crick (Discovered the structure of DNA in 1953), have certain traits in common: They have inquiring minds, great powers of observation, and they use a systematic approach to answer their questions that intrigue them, the scientific method.

In this course you will have ample opportunity to develop your scientific skills. The weekly laboratory exercises are designed not only to stimulate your curiosity and heighten your powers of observation, but also to introduce you to and allow you to practice the scientific method. This laboratory activity will allow you to learn about and practice the scientific method as you study the impact of physical exercise on cardiovascular fitness.

In this experiment, cardiovascular fitness will be determined by using an arbitrary rating system to "score" fitness during a variety of situations. The heart rate will be measured while standing, in a reclined position, as well as during and after physical exercise.

Goals of this Lab:

- Use a computer and exercise heart rate monitor to measure the human heart rate.
- Determine the effect of body position on heart rate.
- Identify, describe, and practice the steps of the scientific method
- Define and identify *scientific* questions.
- Define hypothesis and identify the qualities of a good scientific hypothesis.
- Design an experiment to test a hypothesis.
- Correlate the fitness level of individuals with factors such as smoking, the amount of daily exercise, or other factors identified by students.
- Collect data and summarize it in tables and graphs.
- Interpret experimental data and discuss the validity of these interpretations and conclusions

Scientific Method

The scientific method is neither complicated nor intimidating, nor is it unique to science. It is a powerful tool of logic that can be employed any time a problem or question about the world around us arises. In fact, we all use the principles of the scientific method daily to solve problems that pop up, but we do it so quickly and automatically that we are not conscious of the methodology. In brief, the scientific method consists of

- Observing natural phenomena
- Asking a question (or questions) based on one's observations
- Constructing a hypothesis to answer the question
- Testing the hypothesis with experiments
- Drawing conclusions about the hypothesis based on the data resulting from the experiments
- Publishing results in a scientific journal

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American College of Sports Medicine

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the American College of Sports Medicine text.

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Laboratory Assessment and Exercise Prescription Jeffrey M. Janot, Nicholas M. Beltz, 2022-05-23 Laboratory Assessment and Exercise Prescription With HKPropel Online Video provides the practical knowledge and application skills for administering interpreting and applying data from health and fitness testing to create data backed exercise prescription for clients Focusing on the tests most widely used by professionals working in health fitness and allied health the text covers both clinical and field tests so readers will be able to conduct assessments using a wide range of equipment and resources Because the content is consistent with ACSM s Guidelines for Exercise Testing and Prescription Eleventh Edition both current and aspiring professionals can be assured they re using the most up to date methods and information available to best serve individual client needs and goals Each lab demonstrates applications for the screenings and tests presented with straightforward instructions for performing the assessment and collecting accurate data both in the lab and when working with actual clients Readers will learn about common errors made in assessments and will find out how to interpret results to assist clients in setting realistic health and fitness goals Finally readers will understand how the results of assessment will affect exercise program design and will learn how to combine data and client goals to design and prescribe an individualized exercise program The book begins by taking the reader through the groundwork of working with clients and giving the reader experience with preparticipation screenings and basic fitness assessments Next assessment of body composition is addressed along with assessment of resting metabolic rate metabolic equations and the application of those calculations within an exercise program Aerobic and muscular fitness assessments are presented followed by assessment of clinical variables including pulmonary function testing basic electrocardiography and functional fitness testing Two appendices cover common classes of medications and how these medications may affect the exercise response and basic emergency procedures for exercise physiology labs Eleven case studies are also included providing practical experience with interpreting data and designing an exercise program for a client Related online video delivered through HKPropel demonstrates select assessments to improve comprehension of how to apply the content and develop skills for use with clients Laboratory Assessment and Exercise Prescription is the essential guide for those studying for a fitness certification as well as for current health and fitness professionals who want a handy reference for testing It offers the direction and understanding needed to accurately conduct exercise testing analyze interpret and communicate data and ultimately prescribe effective and safe exercise programs for clients Note A code for accessing online videos is included with this ebook

Laboratory Manual for Exercise Physiology G. Gregory Haff, Charles Dumke, 2018-03-13 Laboratory Manual for Exercise Physiology Second Edition With Web Study Guide provides guided opportunities for students to translate their scientific understanding of exercise physiology into practical applications in a variety of settings Written by experts G Gregory Haff and Charles Dumke the text builds upon the success of the first edition with full color images and the addition

of several new interactive lab activities in the web study guide The revitalized second edition comprises 16 laboratory chapters that offer a total of 49 lab activities Each laboratory chapter provides a complete lesson including objectives definitions of key terms and background information that sets the stage for learning Each lab activity supplies step by step procedures providing guidance for those new to lab settings so that they may complete the procedures New features in this edition include the following An updated web study guide that contains 10 interactive lab activities to enhance student learning including video that helps simulate the experience of performing the labs in the real world A completely new laboratory chapter on high intensity fitness training that includes several popular intermittent fitness tests that students can learn to perform and interpret An appendix that helps estimate the oxygen cost of walking running and cycling Full color printing throughout In addition Laboratory Manual for Exercise Physiology Second Edition is thoroughly updated offering the following New research and information pertaining to each laboratory topic Current standards and norms Case studies to illuminate laboratory concepts Answers to the case studies to facilitate student learning Question sets to help students better understand laboratory concepts A lab activity finder that makes it easy to locate specific tests The web study guide for students provides lab activities with an enhanced learning experience Through this portal students and instructors can access electronic versions of individual data sheets group data sheets question sets case studies and their answers and 10 interactive lab activities Instructors also receive access to an image bank which includes most of the figures tables and photos from the book Organized in a logical progression the text builds upon the knowledge students acquire as they advance Furthermore the text provides multiple lab activities and includes an equipment list at the beginning of each activity allowing instructors flexibility in choosing the lab activities that will best work in their facility Laboratory Manual for Exercise Physiology Second Edition With Web Study Guide exposes students to a broad expanse of tests that are typically performed in an exercise physiology lab and that can be applied to a variety of professional settings As such the text serves as a high quality resource for basic laboratory testing procedures used in assessing human performance health and wellness

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Table of Contents Lab 1 Heart Rate Physical Fitness And The Scientific Method

1. Understanding the eBook Lab 1 Heart Rate Physical Fitness And The Scientific Method
 - The Rise of Digital Reading Lab 1 Heart Rate Physical Fitness And The Scientific Method
 - Advantages of eBooks Over Traditional Books
2. Identifying Lab 1 Heart Rate Physical Fitness And The Scientific Method
 - 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 Lab 1 Heart Rate Physical Fitness And The Scientific Method
 - User-Friendly Interface

4. Exploring eBook Recommendations from Lab 1 Heart Rate Physical Fitness And The Scientific Method
 - Personalized Recommendations
 - Lab 1 Heart Rate Physical Fitness And The Scientific Method User Reviews and Ratings
 - Lab 1 Heart Rate Physical Fitness And The Scientific Method and Bestseller Lists
5. Accessing Lab 1 Heart Rate Physical Fitness And The Scientific Method Free and Paid eBooks
 - Lab 1 Heart Rate Physical Fitness And The Scientific Method Public Domain eBooks
 - Lab 1 Heart Rate Physical Fitness And The Scientific Method eBook Subscription Services
 - Lab 1 Heart Rate Physical Fitness And The Scientific Method Budget-Friendly Options
6. Navigating Lab 1 Heart Rate Physical Fitness And The Scientific Method eBook Formats
 - ePub, PDF, MOBI, and More
 - Lab 1 Heart Rate Physical Fitness And The Scientific Method Compatibility with Devices
 - Lab 1 Heart Rate Physical Fitness And The Scientific Method Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Lab 1 Heart Rate Physical Fitness And The Scientific Method
 - Highlighting and Note-Taking Lab 1 Heart Rate Physical Fitness And The Scientific Method
 - Interactive Elements Lab 1 Heart Rate Physical Fitness And The Scientific Method
8. Staying Engaged with Lab 1 Heart Rate Physical Fitness And The Scientific Method
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Lab 1 Heart Rate Physical Fitness And The Scientific Method
9. Balancing eBooks and Physical Books Lab 1 Heart Rate Physical Fitness And The Scientific Method
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Lab 1 Heart Rate Physical Fitness And The Scientific Method
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Lab 1 Heart Rate Physical Fitness And The Scientific Method
 - Setting Reading Goals Lab 1 Heart Rate Physical Fitness And The Scientific Method
 - Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of Lab 1 Heart Rate Physical Fitness And The Scientific Method
 - Fact-Checking eBook Content of Lab 1 Heart Rate Physical Fitness And The Scientific Method
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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