

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 level?

Hypothesis:

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

Materials:

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

Procedure:

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

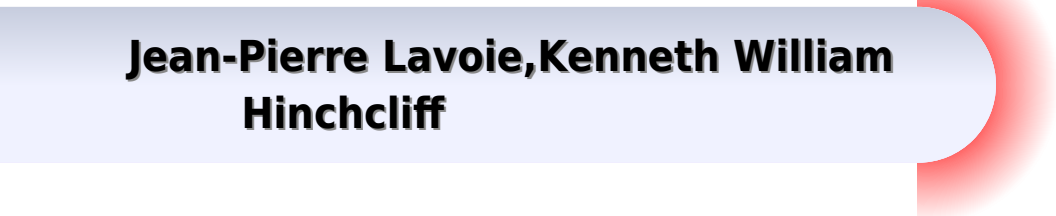
2. Measure the heart rate by taking his or her pulse; you can do this one of two ways.

1) Radial Pulse: This is probably what we're most familiar with when visiting the doctor's office. Take two fingers (usually the 1st and 2nd 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

**Jean-Pierre Lavoie, Kenneth William
Hinchcliff**



Homeostasis And Exercise Lab Answers:

Anatomy and Physiology Jay Marvin Templin, 1989-06 This manual is designed for the student to use in the laboratory portion of an anatomy and physiology course It has a number of features that will help the student learn about the structure and function of the human body Pref

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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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

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Improving the Experimental Skills of High School Biology Students by Introducing Laboratory Techniques of Molecular Biology Mary Margaret Fowler, 1989 Principles of Anatomy and Physiology Gerard J. Tortora, Bryan H.

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