

### 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. 1<sup>st</sup> period: At the start of the exercise. 2<sup>nd</sup> period: At the end of the exercise.

# Homeostasis And Exercise Lab Answers

**Stephen N. Sarikas**



## **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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