

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.

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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
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 - Homeostasis And Exercise Lab Answers Budget-Friendly Options
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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
 - Interactive and Gamified eBooks

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