

The Effect of Exercise on Heart Rate

How fast will pulse increase with physical activity and how long does it take to return to normal?

Unlike most workers, the heart never gets time off. Each hour, an average heart pumps about 75 gallons of blood throughout your body. Even more difficult, during exercise the heart must work overtime. The heart is the pump that causes your blood to circulate throughout your body and to all of your cells. The heart makes sure that the oxygen you breathe, the nutrients from the food you eat, and the water you drink, get delivered to your body. Without the heart, each of your organs would not be able to function.



When you exercise, you increase the demands for energy.

Therefore your heart must increase the speed at which the blood delivers the vital nutrients. But just how hard is your heart willing to work? In this investigation, you will examine how much your heart rate will increase and the amount of time it takes for your heart to return to its normal rate.

Materials

- Clock with a Secondhand
- Ruler

Setting up

A pulse is the vibrations created each time your heart pumps blood through your arteries. The rate of your pulse indicates the speed of your heart pumping.

Find a large tendon on the underside of your wrist. Using your **middle and ring finger** from your other hand, locate your pulse just below the base of the thumb and on the outside of the large tendon.

1. Feel the surface of your thumb. Why can't you use your thumb or index finger to take your pulse?

-
- Other students took their pulse to find the number of beats per minute. They recorded this score three times in **Table 1** and then found the average.
 - Students in this sample had an average resting pulse rate ranging from 48 to 88.

Table 1: Rate of pulse when resting

Name	Resting Beats/ Minute			
	Trial 1	Trial 2	Trial 3	Average
Kevin	48	47	49	49
Angelina	60	59	61	60
Dana	78	80	77	78
Yesenia	90	85	88	88
Your name				

2. Now it's your turn to find your resting pulse rate before you exercise. As the teacher times you for 30 seconds, count the beats in your pulse then multiply that number by 2 to find the number of beats per minute. Repeat the step two more times, and average your results. Record your results in **Table 1**.
3. The students then exercised by doing jumping jacks. They had pulse rates ranging from 93 to 130 beats per minute. What do you think your pulse rate will be after you do 100 jumping jacks? Be specific. _____

Homeostasis And Exercise Lab Answers

RM Cervero



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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 Workbook and Lab Manual for Sonography - E-Book Reva Arnez Curry, 2015-11-06 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

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Poignant Moments... John Wissler,2005-07-20 Dialysis patient and author Jurgen Hesse says Poignant Moments A Caregiver s Perspective is A powerful memoir it is the kind of moving story that cannot be told enough times Many people unfortunately do not understand dialysis but all know that we have kidneys However author John Francis Wissler will wager that almost everyone knows someone who gives care for a friend mother or father a grandfather a grandmother a son daughter or a spouse and home hemodialysis patient In the United States alone caregiver value accounts for 265 billion per year In this book a story is told of the skills patience and stresses of one out of fifty million caregivers Wissler takes the reader on a tortuous journey of him as caregiver and his significant other Lois as care receiver with all the bumps and laughs in the road along the way No less important is the bureaucratic wrangling as the author relentlessly seeks the appropriate level of medical care for a woman in increasingly dire straits It is a compelling human interest educational nonfiction novel that NHHD caregiver Martha Washburn articulates is a required reading for everyone in government and the healthcare industry

Thriving in Graduate School Arielle Shanok,Nicole Benedicto Elden,2021-08-02 Addresses the mental health challenges of graduate school and how students can succeed and thrive With rates of depression and anxiety six times higher among graduate students than the general population maintaining emotional wellbeing in graduate school is vital Students must be prepared with skills that will not only help them perform well but also help them feel well Thriving in Graduate School The Expert s Guide to Success and Wellness is the first book on graduate student mental health written by mental health professionals It promotes psychologically healthy approaches to navigating the graduate school experience and teaches students that they are not alone in their mental health struggles The authors introduce students to unique perspectives that are key to positive mental health Additionally this is the only book of its type to explore issues routinely faced by historically marginalized graduate students Special sections at the end of each chapter written for faculty administrators and mental health professionals augment the book by suggesting ways that each of these groups can help guide and support graduate students through their journey Featuring vignettes and

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Metabolism and Fluid Compartment Volumes in Humans at Altitude, 1997 **Workbook in Practical Neonatology E-Book** Richard A. Polin, Mervin C. Yoder, 2014-06-17 Workbook in Practical Neonatology provides authoritative guidance on neonatal evaluation and management of the problems that you are most likely to see in practice Meticulous revisions and updates incorporate advances in neonatal care including hypotension mechanical ventilation and early discharge An ideal learning tool for beginners and a valuable reference for experienced healthcare professionals its interactive case based approach allows you see to diagnosis and treatment in a clinical context and test your knowledge with review questions and answers for each topic Consult this title on your favorite e reader conduct rapid searches and adjust font sizes for optimal readability Put concepts into practice Each chapter features case histories that require you to make diagnostic decisions and that help you understand how scientific concepts apply to each clinical problem Gauge your mastery of the material and build confidence Copious review questions and answers help you test your knowledge Stay current the latest advancements and developments All content has been completely re written and fully updated to include a new chapter on perinatal asphyxia l new true to life clinical cases l changes in NRP guidelines for resuscitation l new approaches to managing patent ductus arteriosus PDA and feeding the preterm infant l new guidelines for managing preterm infants with respiratory distress and more Experience clinical scenarios with vivid clarity An online image library many in full color and 5 streaming Echocardiograph and Fluroscopic image video clips show you what to expect and how to proceed Access the image gallery and video clips at Expert Consult **AP Biology For Dummies** Peter J. Mikulecky, Michelle Rose Gilman, Brian Peterson, 2008-06-02 Relax The fact that you re even considering taking the AP Biology exam means you re smart hard working and ambitious All you need is to get up to speed on the exam s topics and themes and take a couple of practice tests to get comfortable with its question formats and time limits That s where AP Biology For Dummies comes in This user friendly and completely reliable guide helps you get the most out of any AP biology class and reviews all of the topics emphasized on the test It also provides two full length practice exams complete with detailed answer explanations and scoring guides This powerful prep guide helps you practice and perfect all of the skills you need to get your best possible score And as a special bonus you ll also get a handy primer to help you prepare for the test taking experience Discover how to Figure out what the questions are actually asking Get a firm grip on all exam topics from molecules and cells to ecology and genetics Boost your knowledge of organisms and populations Become equally comfortable with large concepts and nitty gritty details Maximize your score on multiple choice questions Craft clever responses to free essay questions Identify your strengths and weaknesses Use practice tests to adjust you exam taking strategy Supplemented with handy lists of test taking

tips must know terminology and more AP Biology For Dummies helps you make exam day a very good day indeed **Human Physiology** Bryan H. Derrickson, 2019-01-28 The 2nd edition of Human Physiology is an integrated solution to the challenges students encounter when enrolled in a Human Physiology course Incorporating digital and print content this program supports students understanding of core physiological concepts 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 AAAS Science Book List Supplement American Association for the Advancement of Science, 1978 Approximately 2700 titles arranged in classified order Each entry gives bibliographical information annotation and reading levels Author and title subject indexes **Scientific and Technical Aerospace Reports**, 1990 **The Great Nerve** Kevin J. Tracey, MD, 2025-05-13 New science reveals the groundbreaking potential of the vagus nerve to regulate your body's vital systems and heal a wide variety of medical conditions without drugs The vagus nerve is fundamental to our health and vitality coordinating critical functions from the precise heartbeat we need to exercise or rest to the balance of appetite and digestion Made up of 200 000 fibers the vagus nerve sends thousands of electrical signals every second between your brain and your most important organs Yet despite its essential role in life important vagus nerve functions have eluded centuries of scientific investigation Now neurosurgeon and researcher Kevin Tracey has discovered the previously unknown power of the vagus nerve to reverse inflammation balance the immune system treat chronic illness and keep our organs humming together in harmony In The Great Nerve Dr Tracey shows us how stimulating the vagus nerve with a tiny electrical implant has the potential to reverse life altering diseases like rheumatoid arthritis inflammatory bowel disease lupus MS diabetes obesity stroke depression Alzheimer's and Parkinson's If this sounds too good to believe Dr Tracey shares stories of patients who have gone from being nearly bedridden to running and dancing along with the science that makes possible these recoveries He also explains the evidence for lifestyle strategies like ice baths meditation exercise and breathwork that can maintain and improve vagus nerve function By opening the door to the new field of neuroimmunology The Great Nerve not only revolutionizes how we understand and treat disease it gives us unprecedented hope for our health This is the story of your body's ability to heal itself **Dietary Research and Cancer** Rajesh N. Gacche, 2021-10-31 This book reviews all important aspects of dietary research associated with cancer with the aim of shedding new light on these conditions through combined understanding of traditional and new paradigms The book is divided into 17 chapters the first portion reinterprets healthy diets for cancer based on up to date evidence from a network science perspective examining the dietary patterns outcome of diet related clinical trials emerging framework of molecular mechanisms and interactions of dietary interventions and their applications in personalized diet ground realities of benefits and regulatory frame work for functional foods nutraceuticals and supplements in cancer prevention and upcoming future prospectus in diet cancer research The later part of the book

discusses recent advances in understanding of the elaborative discourse on cancer and fasting covering for example calorie restriction and fasting mimicking diet Finally different Dietary research and approaches are considered in the context of novel intervention for cancer research Dietary Research in Cancer will be of interest for all researchers nutritionists students and clinicians in the field Fundamentals of Anatomy and Physiology Roberta M. Meehan,1997-08 Lab courses in the fundamentals of anatomy and physiology This laboratory textbook is written to accompany Fundamentals of Anatomy and Physiology Fourth Edition by Frederic Martini It includes 70 exercises exploring the concepts integral to an understanding of anatomy and physiology Ideal for laboratory settings that emphasize hands on learning this manual is organized to provide maximum flexibility Exercises are short enough to be mixed and matched and both cat and fetal pig dissection are included

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