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Physiology G

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Blood pressure manipulation conclusion; Tetris

**Introduction**

August and I both like games, so we decided that we would do an experiment around games. We decided to do Tetris. We figured that as you play and the difficulty increased your blood pressure and your heart rate would increase (to a certain extent). Blood pressure is the amount of force that blood puts on the walls of the arteries. When measuring blood pressure there are two different numbers. The first one come almost after you release the pressure form the pressure cuff and it’s called systolic. The secant one happens soon after the first one and it’s called diastolic. If we play Tetris, then our blood pressure will increases, because the mix of stress and excitement triggers flight or fight which then triggers adrenalin to dump on your heart, which raises your heart rate and blood pressure.

**Blood Pressure Manipulation**

 Blood pressure can be manipulated by adrenalin being dumped on your heart or by asedocloen being dumped on your heart. Adrenalin is normally dumped on your heart because of two main different reasons. The first is your flight or fight response. The second is when your mussels are being worked out a lot they need more oxygen and adrenalin is dumped on your heart. The others are related to flight or fight and they are fear, cold and stress. Those have evolved to get away from predators.

**Data**

|  |  |  |
| --- | --- | --- |
|  | Resting  | Effected  |
| Heart rate  | 68 BPM | 80 BPM |
| Blood pressure  | Systolic:90Diastolic: 60 | Systolic: 100Diastolic: 80 |

When I played Tetris my heart rate was increased from 68 BPM to 80 BPM. My blood pressure was increased from 90/60 to 100/80. Even when playing a game of Tetris my heart rate and blood pressure stayed in a healthy range.

**Bibliography:**

<http://www.webmd.com/hypertension-high-blood-pressure/guide/diastolic-and-systolic-blood-pressure-know-your-numbers>

<http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/AboutHighBloodPressure/Understanding-Blood-Pressure-Readings_UCM_301764_Article.jsp>