# September 20, 2013

1. What is your average resting pulse rate? Most adults are between 60-90 beats/min. How do your values compare? Explain why you believe your rate is high or low in comparison to the norm.

2. What appens to your pulse rate with vigorous exercise? How does your heart respond and why does this occur?
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3. Did your body respond using homeostasis each time to cope with the disturbed pulse rate? To see the pattern of response, look at the graph of your pulse
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4. How can recording your changing pulse rate demonstrate negative feedback?
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5. How do you think the results from this lab would compare for a trained athlete and an average person? Explain.
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6. What are some ways your body regulates the increase of body temperature that also occurs when exercising?
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2. It increased

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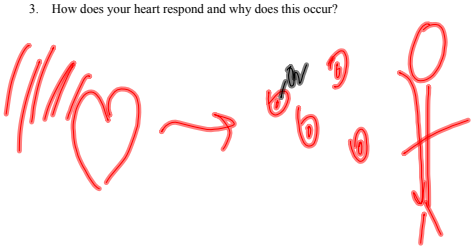

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1. Did your body respond using homeostasis each time to cope with the disturbed pulse rate? To see the pattern of response, look at the graph of your pulse rate from trials 1, 3, 5 and 7 and compare them with your pulse rates from Trials 2,4 and 6. A fairly quick return of the pulse rate back to normal is indicative of good health. Explain your health as it relates to your data.

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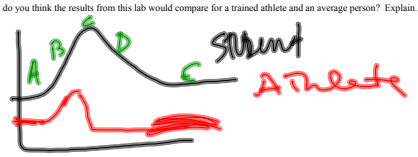


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