

NAME: _____

DATE: _____

BLOCK: _____

Circulatory & Respiratory Exercise Lab

Today, you are going to experience physical changes that happen to your circulatory and respiratory systems. Work with a partner! **READ** through the **ENTIRE** lab handout before you start!

MATERIALS:

- Timer
- Paper and tape
- Pencil
- Lab handout

WHAT TO DO:

PART 1:

1. Determine your resting heart rate (RHR)

- Use your index and middle finger to find your pulse at your wrist (the radial artery) or at your carotid artery in your neck.
- Once you have located your pulse, count the number of beats you feel in 1 min
- The number of beats you feel in 1 min is your RHR

What is your resting heart rate? _____ bpm

bpm = beats per minute

2. 30 sec High Knees

- Determine who will go first. Everyone will need to participate.
- One person will be the timer, the other will perform the high knees
- Immediately after completing high knees for 30 seconds, check your pulse and count how many beats per minute
- Switch roles

What is your heart rate after 30 sec of high knees? _____ bpm

Calculate the difference between your RHR and your heart rate after performing high knees: _____ bpm

3. Rest for 3 to 5 min after performing high knees

PART 2:

4. Determine your resting heart rate (RHR)

- Use your index and middle finger to find your pulse at your wrist (the radial artery) or at your carotid artery in your neck.
- Once you have located your pulse, count the number of beats you feel in 1 min
- The number of beats you feel in 1 min is your RHR

What is your resting heart rate? _____ bpm

5. Breathing through a tube

- Role up a piece of paper to make a skinny tube and hold it to your mouth
- You are now going to only breath in and out through the tube

6. 30 sec High Knees with tube

- Determine who will go first. Everyone will need to participate.
- One person will be the timer, the other will perform the high knees
- Immediately after completing high knees for 30 seconds, check your pulse and count how many beats per minute
- Switch roles

What is your heart rate after 30 sec of high knees with straw? _____bpm

Calculate the difference between your RHR and your heart rate after performing high knees: _____bpm

Observations/Notes:

PART 1		
Resting Heart Rate before exercise:	Heart Rate after exercise:	Difference in heart rate:
PART 2		
Resting Heart Rate before exercise:	Heart Rate after exercise:	Difference in heart rate:
Difference in heart rate with and without breathing through a tube:		

How did you feel when you performed high knees while only breathing through a tube? What was the difference between performing high knees with and without a tube?

Name? Date? Block? Everything answered?
Hand it in!