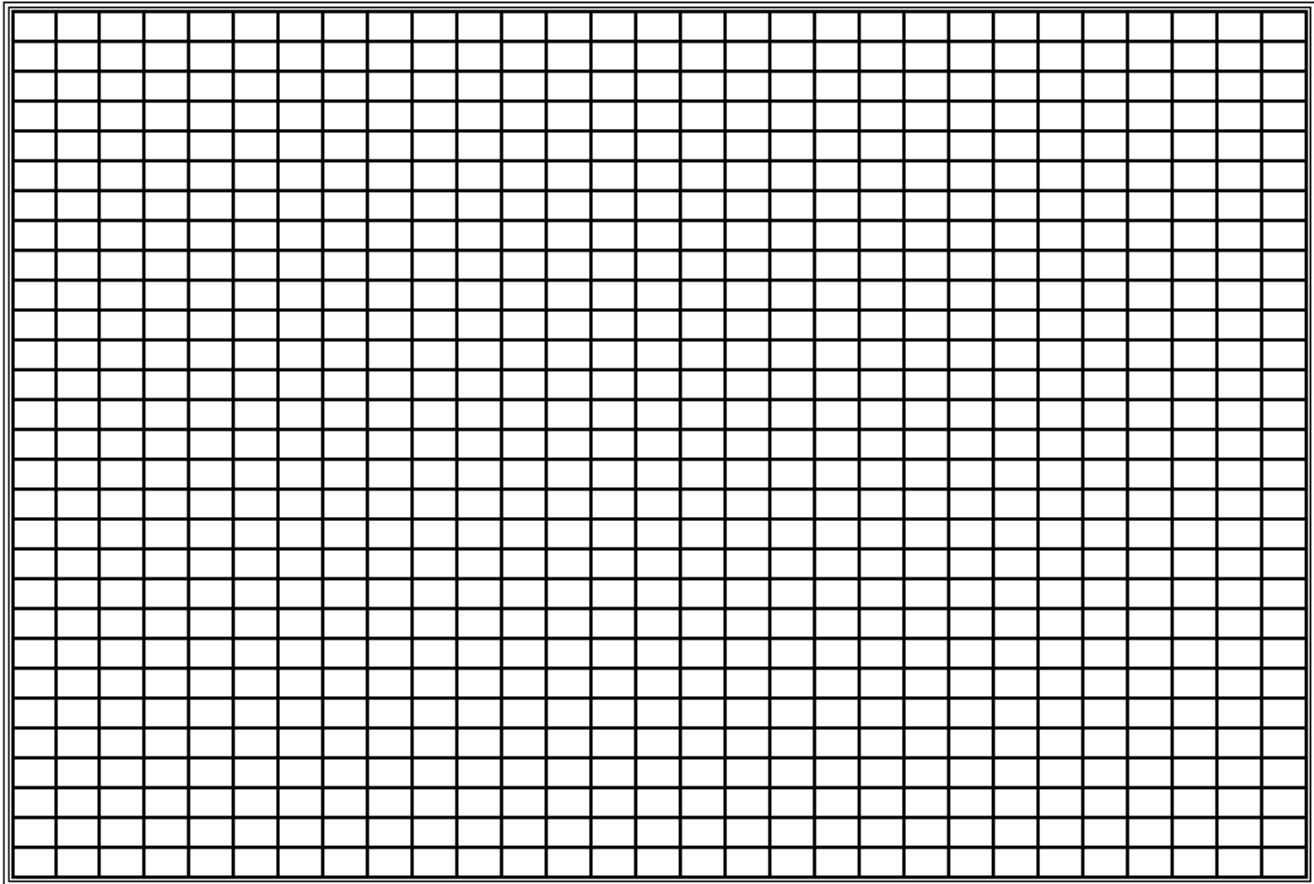


Name: _____

Class Period: _____

Graph Data Table 2:



Questions:

1. What is your average resting pulse rate? Most adults are between 60-90 beats/min. How do your values compare?
2. What happens to your pulse rate with vigorous exercise?
3. How did your body respond during the resting period?

4. Explain why your body responded this way during the resting period?

5. How do you think the results from this lab would compare for a trained athlete and an average person? Explain.

6. What are some ways your body regulates the increase of body temperature that also occurs when exercising?

7. Explain what happened to your respiratory rate (breaths per minute) during exercise.

8. Explain what happened to your respiratory rate during the resting period after exercise?

9. Every cell in the body requires oxygen for respiration so that sufficient energy can be produced. Carbon dioxide, a waste product, is also produced and needs to be removed. Therefore, the levels of both gases must be regulated. How does this explain the changes in your pulse rate and breathing rate?